

Programmanr. 3
4-11-2016

Heren, 400m wisselslag

Senioren Open
Resultaten Finale

rang	naam	vereniging		tijd		RT	fin	pnt	niv
Finale A									
1.	Arjan Knipping	PSV		199401667		4:12.46	+0,77	901	A
	50m: 27.38	27.38	150m: 1:31.74	33.21	250m: 2:39.10	34.69	350m: 3:43.56	29.66	
	100m: 58.53	31.15	200m: 2:04.41	32.67	300m: 3:13.90	34.80	400m: 4:12.46	28.90	
2.	Marek Osina	KPSP Kometa Brno		199401667		4:14.18	+0,78	883	A
	50m: 27.12	27.12	150m: 1:31.37	32.77	250m: 2:39.28	35.31	350m: 3:44.91	30.06	
	100m: 58.60	31.48	200m: 2:03.97	32.60	300m: 3:14.85	35.57	400m: 4:14.18	29.27	
3.	Frank Roovers	RTC - PSV		199800219		4:21.72	+0,71	809	C
	50m: 27.97	27.97	150m: 1:34.96	34.39	250m: 2:45.06	36.84	350m: 3:52.87	29.77	
	100m: 1:00.57	32.60	200m: 2:08.22	33.26	300m: 3:23.10	38.04	400m: 4:21.72	28.85	
4.	Rowan Keen	Borger		199500727		4:22.68	+0,79	800	C
	50m: 28.35	28.35	150m: 1:34.39	33.36	250m: 2:44.69	37.07	350m: 3:53.02	30.49	
	100m: 1:01.03	32.68	200m: 2:07.62	33.23	300m: 3:22.53	37.84	400m: 4:22.68	29.66	
5.	Thomas Thijs	VZF		ZGEEL/10061/97		4:26.66	+0,67	765	D
	50m: 27.08	27.08	150m: 1:32.55	33.24	250m: 2:48.06	41.91	350m: 3:59.23	29.50	
	100m: 59.31	32.23	200m: 2:06.15	33.60	300m: 3:29.73	41.67	400m: 4:26.66	27.43	
6.	Sjobbe Luyten	VZF		MOZKA/284/98		4:26.85	+0,73	763	D
	50m: 28.84	28.84	150m: 1:34.08	31.99	250m: 2:46.60	40.82	350m: 3:58.30	31.04	
	100m: 1:02.09	33.25	200m: 2:05.78	31.70	300m: 3:27.26	40.66	400m: 4:26.85	28.55	
7.	Jari Groenhart	RTC - TriVia		200000271		4:27.07	+0,82	761	C
	<i>Nederlands Record 16 jaar</i>								
	50m: 28.59	28.59	150m: 1:36.42	34.51	250m: 2:47.70	37.87	350m: 3:57.68	31.20	
	100m: 1:01.91	33.32	200m: 2:09.83	33.41	300m: 3:26.48	38.78	400m: 4:27.07	29.39	
8.	Jens Bakker	De Dolfijn		199300021		4:33.51	+0,79	709	E
	50m: 29.01	29.01	150m: 1:38.21	36.39	250m: 2:51.01	37.09	350m: 4:01.68	32.95	
	100m: 1:01.82	32.81	200m: 2:13.92	35.71	300m: 3:28.73	37.72	400m: 4:33.51	31.83	
Finale B									
9.	Wietse Beerens	Dommelbaarzen		198700159		4:30.71	+0,76	731	E
	50m: 29.87	29.87	150m: 1:40.93	36.03	250m: 2:52.60	36.99	350m: 4:01.71	31.79	
	100m: 1:04.90	35.03	200m: 2:15.61	34.68	300m: 3:29.92	37.32	400m: 4:30.71	29.00	
10.	Llewellyn Little	De Dolfijn		199207333		4:30.72	+0,71	731	E
	50m: 28.49	28.49	150m: 1:37.52	35.90	250m: 2:50.26	38.48	350m: 4:01.09	31.57	
	100m: 1:01.62	33.13	200m: 2:11.78	34.26	300m: 3:29.52	39.26	400m: 4:30.72	29.63	
11.	Niels Post	PSV		199801327		4:33.15	+0,68	711	E
	50m: 28.54	28.54	150m: 1:37.03	35.60	250m: 2:50.40	38.95	350m: 4:02.52	32.28	
	100m: 1:01.43	32.89	200m: 2:11.45	34.42	300m: 3:30.24	39.84	400m: 4:33.15	30.63	
12.	Matthew Dullemond	MNC Dordrecht		199805005		4:46.61	+0,79	616	E
	50m: 29.48	29.48	150m: 1:40.26	36.21	250m: 2:58.57	42.14	350m: 4:14.66	33.17	
	100m: 1:04.05	34.57	200m: 2:16.43	36.17	300m: 3:41.49	42.92	400m: 4:46.61	31.95	