

Programmanr. 117
22-12-2017

Heren, 400m vrije slag

Senioren IPC
Resultaten

rang	naam	vereniging	intijd	tijd	RT	pnt.
1.	Bas Takken	NTC PARA - De Dolfijn	NT	199901643 S10	4:07.57	+0,54 952
	50m: 27.03	27.03	150m: 1:28.43	31.44	250m: 2:32.48	32.24
	100m: 56.99	29.96	200m: 2:00.24	31.81	300m: 3:04.78	32.30
					350m: 3:36.85	32.07
					400m: 4:07.57	30.72
2.	Sebastiaan Broere	Hieronymus	4:32.55	199803687 S14	4:30.91	+0,80 821
	50m: 31.33	31.33	150m: 1:39.32	34.46	250m: 2:48.75	34.72
	100m: 1:04.86	33.53	200m: 2:14.03	34.71	300m: 3:23.42	34.67
					350m: 3:57.71	34.29
					400m: 4:30.91	33.20
3.	Sam Janmaat	ZPC AMERSFOORT	4:22.14	200203017 S10	4:20.30	+0,69 819
	50m: 28.64	28.64	150m: 1:33.38	32.64	250m: 2:39.55	33.35
	100m: 1:00.74	32.10	200m: 2:06.20	32.82	300m: 3:13.00	33.45
					350m: 3:46.96	33.96
					400m: 4:20.30	33.34
4.	Thijs van den End	NTC PARA - ZPC Woerden	4:31.94	199306803 S9	4:29.50	+0,98 798
	50m: 30.98	30.98	150m: 1:38.50	34.11	250m: 2:46.69	33.71
	100m: 1:04.39	33.41	200m: 2:12.98	34.48	300m: 3:21.30	34.61
					350m: 3:55.83	34.53
					400m: 4:29.50	33.67
5.	Thijs van Hofweegen	NTC PARA - ZPC AMERSFOORT	5:15.44	199605253 S6	5:11.75	+0,76 786
	50m: 34.06	34.06	150m: 1:52.92	40.33	250m: 3:12.89	40.21
	100m: 1:12.59	38.53	200m: 2:32.68	39.76	300m: 3:53.48	40.59
					350m: 4:34.33	40.85
					400m: 5:11.75	37.42
6.	Colin Degenars	ZPCH	4:45.61	199505951 S14	4:40.10	+0,84 743
	50m: 32.21	32.21	150m: 1:42.07	35.03	250m: 2:53.30	35.93
	100m: 1:07.04	34.83	200m: 2:17.37	35.30	300m: 3:29.48	36.18
					350m: 4:05.69	36.21
					400m: 4:40.10	34.41
7.	Thomas van Wanrooij <i>IPC Nederlands Record</i>	NTC PARA - Poseidon '56	4:41.18	200201473 S13	4:33.06	+0,83 642
	50m: 30.99	30.99	150m: 1:39.93	34.67	250m: 2:49.36	34.64
	100m: 1:05.26	34.27	200m: 2:14.72	34.79	300m: 3:24.63	35.27
					350m: 3:59.93	35.30
					400m: 4:33.06	33.13
8.	Lars Jacobsen	DWK	4:59.78	199705453 S14	4:55.18	+0,92 635
	50m: 32.44	32.44	150m: 1:46.07	37.11	250m: 3:03.10	38.71
	100m: 1:08.96	36.52	200m: 2:24.39	38.32	300m: 3:40.75	37.65
					350m: 4:19.70	38.95
					400m: 4:55.18	35.48