

Programmanr. 3  
21-12-2017 - 9:40

Heren, 400m wisselslag

Senioren Open  
Resultaten Voorronde

rang	naam	vereniging	tijd	RT	fin	pnt
<b>Senioren Open</b>						
1.	Arjan Knipping	PSV	199401667	<b>4:13.66</b>	+0,72	A
	50m: 27.52	27.52 150m: 1:32.03	33.01	250m: 2:38.90	34.40	350m: 3:44.75
	100m: 59.02	31.50 200m: 2:04.50	32.47	300m: 3:14.02	35.12	400m: 4:13.66
2.	Jari Groenhart	RTC - TriVia	200000271	<b>4:21.61</b>	+0,77	A
	50m: 27.51	27.51 150m: 1:33.89	34.02	250m: 2:42.80	36.30	350m: 3:51.44
	100m: 59.87	32.36 200m: 2:06.50	32.61	300m: 3:20.12	37.32	400m: 4:21.61
3.	Joeri Verlinden	PSV	198803549	<b>4:25.68</b>	+0,71	A
	50m: 25.78	25.78 150m: 1:31.04	35.11	250m: 2:44.26	38.79	350m: 3:55.55
	100m: 55.93	30.15 200m: 2:05.47	34.43	300m: 3:23.70	39.44	400m: 4:25.68
4.	Ferry Weertman	NTC - De Otters het Gooi	199201461	<b>4:26.48</b>	+0,79	A
	50m: 28.65	28.65 150m: 1:36.13	34.84	250m: 2:49.31	38.78	350m: 3:57.78
	100m: 1:01.29	32.64 200m: 2:10.53	34.40	300m: 3:28.27	38.96	400m: 4:26.48
5.	Rowan Keen	Borger	199500727	<b>4:27.63</b>	+0,84	A
	50m: 29.43	29.43 150m: 1:38.33	34.81	250m: 2:49.26	37.17	350m: 3:57.69
	100m: 1:03.52	34.09 200m: 2:12.09	33.76	300m: 3:27.05	37.79	400m: 4:27.63
6.	Wietse Beerens	De Dommelbaarzen	198700159	<b>4:32.95</b>	+0,75	A
	50m: 29.77	29.77 150m: 1:40.37	35.25	250m: 2:52.61	37.19	350m: 4:02.63
	100m: 1:05.12	35.35 200m: 2:15.42	35.05	300m: 3:30.77	38.16	400m: 4:32.95
7.	Austin Namesnik	ZPC AMERSFOORT	200101817	<b>4:34.31</b>	+0,64	A
	50m: 27.96	27.96 150m: 1:35.59	35.02	250m: 2:49.14	39.58	350m: 4:02.82
	100m: 1:00.57	32.61 200m: 2:09.56	33.97	300m: 3:29.95	40.81	400m: 4:34.31
8.	Emile Dost	Borger	200100731	<b>4:36.32</b>	+0,78	A
	50m: 29.31	29.31 150m: 1:40.86	35.97	250m: 2:54.23	38.04	350m: 4:05.25
	100m: 1:04.89	35.58 200m: 2:16.19	35.33	300m: 3:33.52	39.29	400m: 4:36.32
9.	Olivier Jans	The Hague Swimming (SG)	200001815	<b>4:38.69</b>	+0,74	B
	50m: 29.35	29.35 150m: 1:40.07	36.08	250m: 2:54.05	38.39	350m: 4:06.90
	100m: 1:03.99	34.64 200m: 2:15.66	35.59	300m: 3:33.44	39.39	400m: 4:38.69
10.	Dave Holweg	ZPC AMERSFOORT	199701521	<b>4:39.88</b>	+0,76	B
	50m: 28.29	28.29 150m: 1:37.96	35.57	250m: 2:54.16	41.63	350m: 4:08.26
	100m: 1:02.39	34.10 200m: 2:12.53	34.57	300m: 3:35.52	41.36	400m: 4:39.88
11.	Matthew Dullemond	The Hague Swimming (SG)	199805005	<b>4:44.19</b>	+0,75	B
	50m: 29.84	29.84 150m: 1:40.82	35.76	250m: 2:58.05	41.41	350m: 4:12.29
	100m: 1:05.06	35.22 200m: 2:16.64	35.82	300m: 3:40.03	41.98	400m: 4:44.19
12.	Erwin Heinsius	ZPC Hoogeveen	199900695	<b>4:46.13</b>	+0,71	B
	50m: 30.19	30.19 150m: 1:42.31	36.49	250m: 2:59.30	39.93	350m: 4:13.11
	100m: 1:05.82	35.63 200m: 2:19.37	37.06	300m: 3:39.79	40.49	400m: 4:46.13
13.	Aaron Hendriksen of Hendriks	LZ&PC De Haaien	200002711	<b>4:46.55</b>	+0,66	B
	50m: 29.33	29.33 150m: 1:41.62	37.25	250m: 2:59.48	41.57	350m: 4:14.75
	100m: 1:04.37	35.04 200m: 2:17.91	36.29	300m: 3:41.18	41.70	400m: 4:46.55
14.	Björn Piket	HZPC	199602133	<b>4:47.60</b>	+0,68	B
	50m: 31.12	31.12 150m: 1:44.43	36.29	250m: 2:59.73	39.91	350m: 4:15.44
	100m: 1:08.14	37.02 200m: 2:19.82	35.39	300m: 3:41.15	41.42	400m: 4:47.60
15.	Christiaan Smit	The Hague Swimming (SG)	200102463	<b>4:48.08</b>	+0,72	B
	50m: 30.08	30.08 150m: 1:42.05	36.44	250m: 3:00.39	41.61	350m: 4:16.24
	100m: 1:05.61	35.53 200m: 2:18.78	36.73	300m: 3:43.12	42.73	400m: 4:48.08
AFGEM	Bas Morelissen	ZPC AMERSFOORT	200100861			