

Programmanr. 3
21-12-2017

Heren, 400m wisselslag

Senioren Open
Resultaten Finale

rang	naam	vereniging	intijd	tijd	RT	pnt.
Finale A						
1.	Arjan Knipping	PSV	4:13.66	199401667	4:09.21	+0,75
	<i>Kampioenschaps Record</i>					
	50m: 26.70	26.70	150m: 1:29.63	32.37	250m: 2:35.63	34.26
	100m: 57.26	30.56	200m: 2:01.37	31.74	300m: 3:10.57	34.94
					350m: 3:40.66	30.09
					400m: 4:09.21	28.55
2.	Jari Groenhart	RTC - TriVia	4:21.61	200000271	4:16.03	+0,77
	<i>Nederlands Record Jeugd</i>					
	50m: 27.84	27.84	150m: 1:33.49	33.40	250m: 2:41.69	36.30
	100m: 1:00.09	32.25	200m: 2:05.39	31.90	300m: 3:18.40	36.71
					350m: 3:48.07	29.67
					400m: 4:16.03	27.96
3.	Ferry Weertman	NTC - De Otters het Gooi	4:26.48	199201461	4:16.05	+0,73
	50m: 27.71	27.71	150m: 1:33.66	34.35	250m: 2:44.11	36.75
	100m: 59.31	31.60	200m: 2:07.36	33.70	300m: 3:21.19	37.08
					350m: 3:49.66	28.47
					400m: 4:16.05	26.39
4.	Joeri Verlinden	PSV	4:25.68	198803549	4:18.69	+0,74
	50m: 25.46	25.46	150m: 1:30.14	35.00	250m: 2:40.87	37.35
	100m: 55.14	29.68	200m: 2:03.52	33.38	300m: 3:19.94	39.07
					350m: 3:50.34	30.40
					400m: 4:18.69	28.35
5.	Rowan Keen	Borger	4:27.63	199500727	4:23.66	+0,81
	50m: 28.73	28.73	150m: 1:36.13	34.20	250m: 2:46.26	36.21
	100m: 1:01.93	33.20	200m: 2:10.05	33.92	300m: 3:23.59	37.33
					350m: 3:54.26	30.67
					400m: 4:23.66	29.40
6.	Wietse Beerens	De Dommelbaarzen	4:32.95	198700159	4:29.91	+0,74
	50m: 29.25	29.25	150m: 1:38.28	34.85	250m: 2:49.44	36.78
	100m: 1:03.43	34.18	200m: 2:12.66	34.38	300m: 3:26.90	37.46
					350m: 3:59.06	32.16
					400m: 4:29.91	30.85
7.	Olivier Jans	The Hague Swimming (SG)	4:38.69	200001815	4:34.35	+0,72
	50m: 29.56	29.56	150m: 1:38.64	35.44	250m: 2:51.01	37.97
	100m: 1:03.20	33.64	200m: 2:13.04	34.40	300m: 3:30.23	39.22
					350m: 4:03.04	32.81
					400m: 4:34.35	31.31
8.	Emile Dost	Borger	4:36.32	200100731	4:36.30	+0,77
	50m: 28.95	28.95	150m: 1:39.00	35.94	250m: 2:52.93	38.34
	100m: 1:03.06	34.11	200m: 2:14.59	35.59	300m: 3:33.00	40.07
					350m: 4:04.91	31.91
					400m: 4:36.30	31.39
Finale B						
9.	Dave Holweg	ZPC AMERSFOORT	4:39.88	199701521	4:37.65	+0,75
	50m: 28.12	28.12	150m: 1:37.33	35.52	250m: 2:53.40	40.95
	100m: 1:01.81	33.69	200m: 2:12.45	35.12	300m: 3:34.07	40.67
					350m: 4:06.35	32.28
					400m: 4:37.65	31.30
10.	Matthew Dullemond	The Hague Swimming (SG)	4:44.19	199805005	4:40.72	+0,76
	50m: 29.34	29.34	150m: 1:38.79	35.65	250m: 2:56.02	41.37
	100m: 1:03.14	33.80	200m: 2:14.65	35.86	300m: 3:37.39	41.37
					350m: 4:09.30	31.91
					400m: 4:40.72	31.42
11.	Christiaan Smit	The Hague Swimming (SG)	4:48.08	200102463	4:43.10	+0,76
	50m: 30.03	30.03	150m: 1:40.95	36.25	250m: 2:57.84	41.11
	100m: 1:04.70	34.67	200m: 2:16.73	35.78	300m: 3:39.24	41.40
					350m: 4:11.87	32.63
					400m: 4:43.10	31.23
12.	Björn Piket	HZPC	4:47.60	199602133	4:44.83	+0,68
	50m: 31.00	31.00	150m: 1:44.79	36.25	250m: 2:59.33	38.75
	100m: 1:08.54	37.54	200m: 2:20.58	35.79	300m: 3:39.32	39.99
					350m: 4:13.23	33.91
					400m: 4:44.83	31.60
13.	Erwin Heinsius	ZPC Hoogeveen	4:46.13	199900695	4:46.33	+0,74
	50m: 31.59	31.59	150m: 1:44.31	36.28	250m: 3:01.14	40.14
	100m: 1:08.03	36.44	200m: 2:21.00	36.69	300m: 3:41.60	40.46
					350m: 4:14.33	32.73
					400m: 4:46.33	32.00