

Programmanr. 131  
 23-12-2018

Heren, 400m vrije slag

 Senioren PARA  
 Resultaten

rang	naam	vereniging						tijd	RT	para
1.	Bas Takken <i>Europees Record PARA</i>	HPC PARA - De Dolfijn	199901643	S10	<b>3:58.90</b>	+0,76				985
	50m: 27.27	27.27	150m: 1:27.41	30.43	250m: 2:28.93	30.58	350m: 3:30.11	30.42		
	100m: 56.98	29.71	200m: 1:58.35	30.94	300m: 2:59.69	30.76	400m: 3:58.90	28.79		
2.	Thijs van Hofweegen <i>Nederlands Record PARA</i>	HPC PARA - ZPC AMERSFOORT	199605253	S6	<b>5:07.48</b>	+0,92				936
	50m: 32.43	32.43	150m: 1:49.46	39.29	250m: 3:08.72	39.47	350m: 4:29.57	41.32		
	100m: 1:10.17	37.74	200m: 2:29.25	39.79	300m: 3:48.25	39.53	400m: 5:07.48	37.91		
3.	Sebastiaan Broere	Hieronymus	199803687	S14	<b>4:27.79</b>	+0,91				850
	50m: 29.81	29.81	150m: 1:36.20	33.69	250m: 2:44.68	34.49	350m: 3:54.02	34.98		
	100m: 1:02.51	32.70	200m: 2:10.19	33.99	300m: 3:19.04	34.36	400m: 4:27.79	33.77		
4.	Rogier Dorsman <i>Nederlands Record PARA, 200m *</i>	HPC PARA - ZZ&PC De Devel	199900211	S12	<b>4:21.45</b>	+0,73				832
	50m: 29.12	29.12	150m: 1:34.75	33.14	250m: 2:41.24	33.37	350m: 3:48.39	33.73		
	100m: 1:01.61	32.49	200m: 2:07.87	33.12	300m: 3:14.66	33.42	400m: 4:21.45	33.06		
5.	Bram Daalman	HPC PARA - ZV Haerlem	200300629	S14	<b>4:35.41</b>	+0,85				781
	50m: 28.81	28.81	150m: 1:36.42	34.35	250m: 2:47.29	35.58	350m: 3:59.06	35.88		
	100m: 1:02.07	33.26	200m: 2:11.71	35.29	300m: 3:23.18	35.89	400m: 4:35.41	36.35		
6.	Thomas van Wanrooij	HPC PARA - Poseidon '56	200201473	S13	<b>4:29.48</b>	+0,77				668
	50m: 29.48	29.48	150m: 1:36.72	34.43	250m: 2:46.24	34.81	350m: 3:56.51	35.28		
	100m: 1:02.29	32.81	200m: 2:11.43	34.71	300m: 3:21.23	34.99	400m: 4:29.48	32.97		
7.	Lars Jacobsen	DWK	199705453	S14	<b>4:53.33</b>	+0,89				646
	50m: 31.07	31.07	150m: 1:44.50	37.41	250m: 3:01.51	38.39	350m: 4:18.97	39.06		
	100m: 1:07.09	36.02	200m: 2:23.12	38.62	300m: 3:39.91	38.40	400m: 4:53.33	34.36		