

Programmanr. 31
 23-12-2018 - 8:41

Heren, 400m vrije slag

 Senioren Open
 Resultaten Voorronde

Punten: FINA 2018

rang	naam	vereniging	tijd	RT	FINA
Senioren Open					
1.	Luc Kroon	OC - Ed-Vo	200100697	3:48.47 +0,78 A	801
	50m: 26.70 26.70 100m: 56.01 29.31	150m: 1:25.34 29.33 200m: 1:54.07 28.73	250m: 2:22.96 28.89 300m: 2:52.02 29.06	350m: 3:20.59 28.57 400m: 3:48.47 27.88	
2.	Alexandre Marcourt	FLANDERS		3:48.59 +0,60 A	800
	50m: 26.83 26.83 100m: 55.87 29.04	150m: 1:24.89 29.02 200m: 1:53.95 29.06	250m: 2:23.08 29.13 300m: 2:52.10 29.02	350m: 3:20.81 28.71 400m: 3:48.59 27.78	
3.	Thomas Thijs	FLANDERS		3:50.95 +0,69 A	776
	50m: 26.86 26.86 100m: 55.21 28.35	150m: 1:24.16 28.95 200m: 1:53.76 29.60	250m: 2:23.71 29.95 300m: 2:53.35 29.64	350m: 3:22.92 29.57 400m: 3:50.95 28.03	
4.	Bart Sommeling	OC - De Dolfijn	199800765	3:51.21 +0,80 A	773
	50m: 26.65 26.65 100m: 55.78 29.13	150m: 1:25.32 29.54 200m: 1:54.47 29.15	250m: 2:23.68 29.21 300m: 2:52.89 29.21	350m: 3:21.87 28.98 400m: 3:51.21 29.34	
5.	Maarten Brzoskowski	HPC - PSV	199500769	3:51.43 +0,68 A	771
	50m: 26.59 26.59 100m: 55.94 29.35	150m: 1:25.65 29.71 200m: 1:55.55 29.90	250m: 2:25.39 29.84 300m: 2:55.19 29.80	350m: 3:23.90 28.71 400m: 3:51.43 27.53	
6.	Sebastien De Meulemeester	FLANDERS		3:51.59 +0,71 A	769
	50m: 26.62 26.62 100m: 55.77 29.15	150m: 1:25.48 29.71 200m: 1:55.08 29.60	250m: 2:24.40 29.32 300m: 2:54.06 29.66	350m: 3:23.62 29.56 400m: 3:51.59 27.97	
7.	Lorenz Weiremans	FLANDERS		3:52.94 +0,70 A	756
	50m: 26.73 26.73 100m: 55.84 29.11	150m: 1:25.60 29.76 200m: 1:55.53 29.93	250m: 2:25.49 29.96 300m: 2:55.22 29.73	350m: 3:24.86 29.64 400m: 3:52.94 28.08	
8.	Erik Nijholt	DZ&PC	199401349	3:55.67 +0,75 A	730
	50m: 27.19 27.19 100m: 57.16 29.97	150m: 1:27.26 30.10 200m: 1:57.63 30.37	250m: 2:27.45 29.82 300m: 2:57.46 30.01	350m: 3:27.19 29.73 400m: 3:55.67 28.48	
9.	Noah Martens	FLANDERS		3:56.85 +0,75 B	719
	50m: 26.81 26.81 100m: 56.13 29.32	150m: 1:26.30 30.17 200m: 1:56.38 30.08	250m: 2:26.23 29.85 300m: 2:56.12 29.89	350m: 3:26.77 30.65 400m: 3:56.85 30.08	
10.	Marcel Schouten	HPC - PSV	199300653	3:57.78 +0,75 B	711
	50m: 27.86 27.86 100m: 57.89 30.03	150m: 1:28.39 30.50 200m: 1:58.79 30.40	250m: 2:29.09 30.30 300m: 2:59.56 30.47	350m: 3:28.70 29.14 400m: 3:57.78 29.08	
11.	Lars Bottelier	OC - VZV	199702681	3:58.72 +0,74 B	702
	50m: 27.72 27.72 100m: 57.97 30.25	150m: 1:28.39 30.42 200m: 1:58.86 30.47	250m: 2:29.17 30.31 300m: 2:59.20 30.03	350m: 3:29.07 29.87 400m: 3:58.72 29.65	
12.	Chad Michau	DWK	200005653	3:59.48 +0,72 B	696
	50m: 27.16 27.16 100m: 56.58 29.42	150m: 1:26.78 30.20 200m: 1:57.48 30.70	250m: 2:28.22 30.74 300m: 2:58.85 30.63	350m: 3:29.43 30.58 400m: 3:59.48 30.05	
13.	Karst Boersma	De Dinkel	199600849	4:00.28 +0,78 B	689
	50m: 27.27 27.27 100m: 56.84 29.57	150m: 1:26.98 30.14 200m: 1:57.79 30.81	250m: 2:28.38 30.59 300m: 2:59.32 30.94	350m: 3:30.00 30.68 400m: 4:00.28 30.28	
14.	Jorgos Skotadis	OLYMPIACOS S.F.P		4:00.77 +0,74 B	685
	50m: 27.46 27.46 100m: 57.24 29.78	150m: 1:27.34 30.10 200m: 1:58.19 30.85	250m: 2:28.57 30.38 300m: 2:59.78 31.21	350m: 3:30.97 31.19 400m: 4:00.77 29.80	
15.	Sander Crooijmans	OC - VZC	200100383	4:00.85 +0,83 B	684
	50m: 27.33 27.33 100m: 56.96 29.63	150m: 1:27.33 30.37 200m: 1:58.16 30.83	250m: 2:28.75 30.59 300m: 2:59.67 30.92	350m: 3:30.74 31.07 400m: 4:00.85 30.11	
16.	Vincent Crooijmans	OC - VZC	200100381	4:00.95 +0,77 B	683
	50m: 27.08 27.08 100m: 56.23 29.15	150m: 1:26.26 30.03 200m: 1:56.82 30.56	250m: 2:27.73 30.91 300m: 2:58.93 31.20	350m: 3:30.45 31.52 400m: 4:00.95 30.50	
17.	Rowan Keen	Borger	199500727	4:01.13 +0,71 R	682
	50m: 27.08 27.08 100m: 56.84 29.76	150m: 1:27.13 30.29 200m: 1:57.70 30.57	250m: 2:28.67 30.97 300m: 2:59.82 31.15	350m: 3:30.91 31.09 400m: 4:01.13 30.22	
18.	Nino Sieling	De Dolfijn	199701845	4:01.96 +0,72 R	675
	50m: 27.27 27.27 100m: 57.56 30.29	150m: 1:28.44 30.88 200m: 1:59.40 30.96	250m: 2:30.29 30.89 300m: 3:00.85 30.56	350m: 3:31.53 30.68 400m: 4:01.96 30.43	
19.	Tim Hoogerwerf	DWK	200005587	4:02.05 +0,71	674
	50m: 26.99 26.99 100m: 56.43 29.44	150m: 1:26.34 29.91 200m: 1:57.16 30.82	250m: 2:28.49 31.33 300m: 3:00.39 31.90	350m: 3:32.10 31.71 400m: 4:02.05 29.95	
20.	Bas Takken	HPC PARA - De Dolfijn	199901643	4:06.12 +0,74	641
	50m: 28.03 28.03 100m: 58.05 30.02	150m: 1:28.56 30.51 200m: 1:59.57 31.01	250m: 2:31.02 31.45 300m: 3:02.81 31.79	350m: 3:34.66 31.85 400m: 4:06.12 31.46	

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rang	naam	vereniging		tijd	RT	FINA		
21.	David Kuipers	Orca	200003633	4:06.64	+0,78	637		
	50m: 27.83	27.83	150m: 1:29.94	31.52	250m: 2:34.21	32.27	350m: 3:38.74	32.21
	100m: 58.42	30.59	200m: 2:01.94	32.00	300m: 3:06.53	32.32	400m: 4:06.64	27.90
22.	Ivo Stolk	OC - De Zeehond '73	200100615	4:07.43	+0,72	631		
	50m: 27.35	27.35	150m: 1:29.43	31.31	250m: 2:31.75	30.84	350m: 3:35.55	32.33
	100m: 58.12	30.77	200m: 2:00.91	31.48	300m: 3:03.22	31.47	400m: 4:07.43	31.88
23.	Timo Dinkelberg	Feijenoord Albion Zwemclub	199300773	4:09.05	+0,69	618		
	50m: 27.89	27.89	150m: 1:30.52	31.87	250m: 2:34.98	32.21	350m: 3:39.39	31.95
	100m: 58.65	30.76	200m: 2:02.77	32.25	300m: 3:07.44	32.46	400m: 4:09.05	29.66
24.	Jorian Tanis	De Schoteijl	199900327	4:10.12	+0,78	611		
	50m: 28.29	28.29	150m: 1:31.06	31.61	250m: 2:35.08	32.17	350m: 3:39.86	32.17
	100m: 59.45	31.16	200m: 2:02.91	31.85	300m: 3:07.69	32.61	400m: 4:10.12	30.26
25.	Niels Wiersema	TriVia	199703221	4:10.83	+0,81	605		
	50m: 28.34	28.34	150m: 1:31.76	31.99	250m: 2:35.66	31.70	350m: 3:39.22	31.91
	100m: 59.77	31.43	200m: 2:03.96	32.20	300m: 3:07.31	31.65	400m: 4:10.83	31.61
26.	Stefan Timmermans	RZC	199403015	4:14.57	+0,72	579		
	50m: 28.03	28.03	150m: 1:30.78	31.67	250m: 2:35.02	32.27	350m: 3:41.57	33.37
	100m: 59.11	31.08	200m: 2:02.75	31.97	300m: 3:08.20	33.18	400m: 4:14.57	33.00
27.	Sem Zijl	De Dolfijn	200204757	4:14.65	+0,65	579		
	50m: 28.54	28.54	150m: 1:30.41	31.16	250m: 2:35.08	32.65	350m: 3:41.81	33.33
	100m: 59.25	30.71	200m: 2:02.43	32.02	300m: 3:08.48	33.40	400m: 4:14.65	32.84
28.	Darren Chen	KSN (SG)	200001149	4:16.75	+0,68	564		
	50m: 28.71	28.71	150m: 1:33.07	33.14	250m: 2:38.49	32.70	350m: 3:44.12	33.09
	100m: 59.93	31.22	200m: 2:05.79	32.72	300m: 3:11.03	32.54	400m: 4:16.75	32.63
29.	Rogier Dorsman <i>Nederlands Record PARA</i>	HPC PARA - ZZ&PC De Devel	199900211	4:26.10	+0,76	507		
	50m: 29.48	29.48	150m: 1:35.73	33.42	250m: 2:43.84	34.08	350m: 3:52.08	34.38
	100m: 1:02.31	32.83	200m: 2:09.76	34.03	300m: 3:17.70	33.86	400m: 4:26.10	34.02
30.	Bram Daalman	HPC PARA - ZV Haerlem	200300629	4:29.00	+0,87	491		
	50m: 29.81	29.81	150m: 1:37.54	34.52	250m: 2:46.82	34.74	350m: 3:55.04	34.32
	100m: 1:03.02	33.21	200m: 2:12.08	34.54	300m: 3:20.72	33.90	400m: 4:29.00	33.96
31.	Sebastiaan Broere	Hieronymus	199803687	4:31.14	+0,89	479		
	50m: 31.15	31.15	150m: 1:39.73	34.87	250m: 2:48.93	34.44	350m: 3:57.59	34.43
	100m: 1:04.86	33.71	200m: 2:14.49	34.76	300m: 3:23.16	34.23	400m: 4:31.14	33.55
32.	Thomas van Wanrooij	HPC PARA - Poseidon '56	200201473	4:39.12	+0,76	439		
	50m: 29.56	29.56	150m: 1:37.73	34.70	250m: 2:50.05	36.44	350m: 4:03.56	37.05
	100m: 1:03.03	33.47	200m: 2:13.61	35.88	300m: 3:26.51	36.46	400m: 4:39.12	35.56
33.	Lars Jacobsen	DWK	199705453	4:51.35	+0,92	386		
	50m: 32.72	32.72	150m: 1:45.76	36.67	250m: 3:00.96	37.65	350m: 4:15.91	36.85
	100m: 1:09.09	36.37	200m: 2:23.31	37.55	300m: 3:39.06	38.10	400m: 4:51.35	35.44
34.	Thijs van Hofweegen	HPC PARA - ZPC AMERSFOORT	199605253	5:12.72	+0,91	312		
	50m: 33.41	33.41	150m: 1:51.23	39.40	250m: 3:11.38	39.87	350m: 4:32.93	41.55
	100m: 1:11.83	38.42	200m: 2:31.51	40.28	300m: 3:51.38	40.00	400m: 5:12.72	39.79
NG	Bjorn van Doesburg	Aquarijn	200201867					
NG	Finn Vos	De Dolfijn	200200665					
NG	Arjan Knipping	PSV	199401667					

Senioren PARA

1.	Bas Takken	HPC PARA - De Dolfijn	199901643	4:06.12	+0,74	641		
	50m: 28.03	28.03	150m: 1:28.56	30.51	250m: 2:31.02	31.45	350m: 3:34.66	31.85
	100m: 58.05	30.02	200m: 1:59.57	31.01	300m: 3:02.81	31.79	400m: 4:06.12	31.46
2.	Thijs van Hofweegen	HPC PARA - ZPC AMERSFOORT	199605253	5:12.72	+0,91	312		
	50m: 33.41	33.41	150m: 1:51.23	39.40	250m: 3:11.38	39.87	350m: 4:32.93	41.55
	100m: 1:11.83	38.42	200m: 2:31.51	40.28	300m: 3:51.38	40.00	400m: 5:12.72	39.79
3.	Bram Daalman	HPC PARA - ZV Haerlem	200300629	4:29.00	+0,87	491		
	50m: 29.81	29.81	150m: 1:37.54	34.52	250m: 2:46.82	34.74	350m: 3:55.04	34.32
	100m: 1:03.02	33.21	200m: 2:12.08	34.54	300m: 3:20.72	33.90	400m: 4:29.00	33.96
4.	Sebastiaan Broere	Hieronymus	199803687	4:31.14	+0,89	479		
	50m: 31.15	31.15	150m: 1:39.73	34.87	250m: 2:48.93	34.44	350m: 3:57.59	34.43
	100m: 1:04.86	33.71	200m: 2:14.49	34.76	300m: 3:23.16	34.23	400m: 4:31.14	33.55
5.	Rogier Dorsman <i>Nederlands Record PARA</i>	HPC PARA - ZZ&PC De Devel	199900211	4:26.10	+0,76	507		
	50m: 29.48	29.48	150m: 1:35.73	33.42	250m: 2:43.84	34.08	350m: 3:52.08	34.38
	100m: 1:02.31	32.83	200m: 2:09.76	34.03	300m: 3:17.70	33.86	400m: 4:26.10	34.02



Programmanr. 31, Heren, 400m vrije slag, Voorronde, Senioren PARA

rang	naam	vereniging		tijd			RT	FINA
6.	Lars Jacobsen	DWK		199705453	S14	4:51.35	+0,92	386
	50m:	32.72	150m:	1:45.76	36.67	250m:	3:00.96	37.65
	100m:	1:09.09	200m:	2:23.31	37.55	300m:	3:39.06	38.10
						350m:	4:15.91	36.85
						400m:	4:51.35	35.44
7.	Thomas van Wanrooij	HPC PARA - Poseidon '56		200201473	S13	4:39.12	+0,76	439
	50m:	29.56	150m:	1:37.73	34.70	250m:	2:50.05	36.44
	100m:	1:03.03	200m:	2:13.61	35.88	300m:	3:26.51	36.46
						350m:	4:03.56	37.05
						400m:	4:39.12	35.56