

Programmanr. 131  
22-12-2019

Heren, 400m vrije slag

Senioren PARA  
Resultaten

rang	naam	vereniging				tijd	RT	para
1.	Bas Takken	De Dolfijn	199901643	S10	<b>3:59.20</b>	+0,75	981	
	50m: 27.27	27.27	150m: 1:28.34	30.86	250m: 2:29.93	30.90	350m: 3:30.54	29.77
	100m: 57.48	30.21	200m: 1:59.03	30.69	300m: 3:00.77	30.84	400m: 3:59.20	28.66
2.	Thijs van Hofweegen	HPC PARA - ZPC AMERSFOORT	199605253	S6	<b>5:08.76</b>	+0,88	924	
	50m: 34.21	34.21	150m: 1:54.04	39.68	250m: 3:12.70	39.67	350m: 4:32.21	39.76
	100m: 1:14.36	40.15	200m: 2:33.03	38.99	300m: 3:52.45	39.75	400m: 5:08.76	36.55
3.	Sebastiaan Broere	Hieronimus	199803687	S14	<b>4:27.76</b>	+0,87	850	
	50m: 28.78	28.78	150m: 1:33.67	33.10	250m: 2:41.27	34.15	350m: 3:52.22	35.58
	100m: 1:00.57	31.79	200m: 2:07.12	33.45	300m: 3:16.64	35.37	400m: 4:27.76	35.54
4.	Lars Jacobsen	DWK	199705453	S14	<b>4:50.16</b>		668	
	50m: 31.50	31.50	150m: 1:44.88	37.39	250m: 3:00.21	37.67	350m: 4:15.43	36.75
	100m: 1:07.49	35.99	200m: 2:22.54	37.66	300m: 3:38.68	38.47	400m: 4:50.16	34.73