

Programmanr. 17  
 21-12-2019

Heren, 400m wisselslag

 Senioren Open  
 Resultaten Finale

Punten: FINA 2019

rang	naam		vereniging				tijd	RT	FINA
Finale A									
1.	Arjan Knipping		PSV		199401667		<b>4:08.29</b>	+0,79	
	50m:	26.83	26.83	150m:	1:30.09	32.72	250m:	2:35.20	33.91
	100m:	57.37	30.54	200m:	2:01.29	31.20	300m:	3:09.78	34.58
							350m:	3:39.87	30.09
							400m:	4:08.29	28.42
2.	Thomas Jansen		OC - WVZ		200100143		<b>4:19.00</b>		
	50m:	28.31	28.31	150m:	1:33.14	32.58	250m:	2:42.33	37.23
	100m:	1:00.56	32.25	200m:	2:05.10	31.96	300m:	3:19.84	37.51
							350m:	3:50.14	30.30
							400m:	4:19.00	28.86
3.	Rowan Keen		Borger		199500727		<b>4:27.03</b>	+0,71	
	50m:	28.10	28.10	150m:	1:35.28	34.09	250m:	2:46.24	37.36
	100m:	1:01.19	33.09	200m:	2:08.88	33.60	300m:	3:25.05	38.81
							350m:	3:56.27	31.22
							400m:	4:27.03	30.76
4.	Emile Dost		Borger		200100731		<b>4:27.59</b>	+0,75	
	50m:	28.03	28.03	150m:	1:35.74	34.83	250m:	2:46.51	37.32
	100m:	1:00.91	32.88	200m:	2:09.19	33.45	300m:	3:25.46	38.95
							350m:	3:57.01	31.55
							400m:	4:27.59	30.58
5.	Lars Verhalle		PSV		200200019		<b>4:27.99</b>	+0,75	
	50m:	28.32	28.32	150m:	1:36.20	34.85	250m:	2:48.06	37.57
	100m:	1:01.35	33.03	200m:	2:10.49	34.29	300m:	3:26.95	38.89
							350m:	3:57.85	30.90
							400m:	4:27.99	30.14
6.	Wietse Beerens		De Marlijn (SG)		198700159		<b>4:31.65</b>	+0,76	
	50m:	28.57	28.57	150m:	1:38.69	35.87	250m:	2:50.75	37.18
	100m:	1:02.82	34.25	200m:	2:13.57	34.88	300m:	3:28.61	37.86
							350m:	4:00.39	31.78
							400m:	4:31.65	31.26
7.	Dave Holweg		ZPC AMERSFOORT		199701521		<b>4:33.47</b>	+0,77	
	50m:	28.10	28.10	150m:	1:35.61	34.14	250m:	2:49.56	40.00
	100m:	1:01.47	33.37	200m:	2:09.56	33.95	300m:	3:29.84	40.28
							350m:	4:01.92	32.08
							400m:	4:33.47	31.55
8.	Jelle Nap		VZC		199502875		<b>4:38.69</b>	+0,77	
	50m:	29.00	29.00	150m:	1:40.07	37.95	250m:	2:55.46	38.59
	100m:	1:02.12	33.12	200m:	2:16.87	36.80	300m:	3:33.84	38.38
							350m:	4:06.64	32.80
							400m:	4:38.69	32.05
Finale B									
9.	Freek Hollander		The Hague Swimming (SG)		200103815		<b>4:39.09</b>	+0,82	
	50m:	28.98	28.98	150m:	1:38.70	35.90	250m:	2:54.59	40.96
	100m:	1:02.80	33.82	200m:	2:13.63	34.93	300m:	3:36.79	42.20
							350m:	4:09.07	32.28
							400m:	4:39.09	30.02
10.	Arjan Dekker		ReVeLie Swim Team		200000499		<b>4:39.34</b>	+0,72	
	50m:	29.48	29.48	150m:	1:40.77	36.07	250m:	2:56.49	39.75
	100m:	1:04.70	35.22	200m:	2:16.74	35.97	300m:	3:36.88	40.39
							350m:	4:09.28	32.40
							400m:	4:39.34	30.06
11.	Justus Ykema		De Dolfijn		199900029		<b>4:39.64</b>	+0,77	
	50m:	28.11	28.11	150m:	1:38.39	36.60	250m:	2:53.43	40.37
	100m:	1:01.79	33.68	200m:	2:13.06	34.67	300m:	3:33.63	40.20
							350m:	4:07.32	33.69
							400m:	4:39.64	32.32
12.	Coen de Lang		ZPC Hoogeveen		200100067		<b>4:40.95</b>	+0,81	
	50m:	31.94	31.94	150m:	1:43.40	34.56	250m:	2:58.38	40.61
	100m:	1:08.84	36.90	200m:	2:17.77	34.37	300m:	3:38.65	40.27
							350m:	4:10.25	31.60
							400m:	4:40.95	30.70
13.	Darren Chen		Borger		200001149		<b>4:42.01</b>	+0,71	
	50m:	30.15	30.15	150m:	1:43.08	38.12	250m:	2:59.54	39.42
	100m:	1:04.96	34.81	200m:	2:20.12	37.04	300m:	3:39.53	39.99
							350m:	4:11.45	31.92
							400m:	4:42.01	30.56
14.	Björn Piket		HZPC		199602133		<b>4:47.08</b>	+0,68	
	50m:	31.00	31.00	150m:	1:43.97	37.02	250m:	3:00.28	39.92
	100m:	1:06.95	35.95	200m:	2:20.36	36.39	300m:	3:41.83	41.55
							350m:	4:14.98	33.15
							400m:	4:47.08	32.10
AFGEM	Bart Muselaers		DWK		200100865				