

Programmanr. 31
 22-12-2019 - 9:10

Heren, 400m vrije slag

 Senioren Open
 Resultaten Voorronde

Punten: FINA 2019

rang	naam	vereniging	tijd	RT	fin.	FINA	para
Senioren Open							
1.	Henrik Christiansen	Loerenskog-Raelingen KK	3:49.65	+0,75	A		
	50m: 25.93	25.93 150m: 1:23.80	29.22	250m: 2:22.35	29.28	350m: 3:20.63	29.20
	100m: 54.58	28.65 200m: 1:53.07	29.27	300m: 2:51.43	29.08	400m: 3:49.65	29.02
2.	Luc Kroon	OC - Ed-Vo	3:49.99	+0,78	A		
	50m: 26.63	26.63 150m: 1:25.79	29.96	250m: 2:24.11	29.10	350m: 3:21.87	28.15
	100m: 55.83	29.20 200m: 1:55.01	29.22	300m: 2:53.72	29.61	400m: 3:49.99	28.12
3.	Bart Sommeling	OC - De Dolfijn	3:52.12	+0,79	A		
	50m: 26.51	26.51 150m: 1:25.70	29.77	250m: 2:24.40	29.33	350m: 3:23.17	29.33
	100m: 55.93	29.42 200m: 1:55.07	29.37	300m: 2:53.84	29.44	400m: 3:52.12	28.95
4.	Pepijn Smits	HPC - PSV	3:56.72	+0,84	A		
	50m: 27.31	27.31 150m: 1:26.49	29.74	250m: 2:26.38	29.78	350m: 3:26.99	30.39
	100m: 56.75	29.44 200m: 1:56.60	30.11	300m: 2:56.60	30.22	400m: 3:56.72	29.73
5.	Erik Nijholt	DZ&PC	3:56.96	+0,75	A		
	50m: 26.58	26.58 150m: 1:25.93	29.94	250m: 2:26.20	30.10	350m: 3:27.45	30.71
	100m: 55.99	29.41 200m: 1:56.10	30.17	300m: 2:56.74	30.54	400m: 3:56.96	29.51
6.	Tim Hoogerwerf	DWK	3:58.92		A		
	50m: 26.37	26.37 150m: 1:25.55	30.07	250m: 2:26.93	30.62	350m: 3:28.07	30.18
	100m: 55.48	29.11 200m: 1:56.31	30.76	300m: 2:57.89	30.96	400m: 3:58.92	30.85
7.	Owen Peek	ZPC Hoogeveen	4:02.71	+0,84	A		
	50m: 28.66	28.66 150m: 1:29.48	30.56	250m: 2:31.05	31.04	350m: 3:33.11	30.84
	100m: 58.92	30.26 200m: 2:00.01	30.53	300m: 3:02.27	31.22	400m: 4:02.71	29.60
8.	Raf Hendriks	Hellas-Glana	4:03.34	+0,76	A		
	50m: 27.95	27.95 150m: 1:29.81	31.06	250m: 2:31.45	30.56	350m: 3:33.42	31.10
	100m: 58.75	30.80 200m: 2:00.89	31.08	300m: 3:02.32	30.87	400m: 4:03.34	29.92
9.	Rowan Keen	Borger	4:03.40	+0,73	B		
	50m: 27.78	27.78 150m: 1:28.76	30.65	250m: 2:30.76	30.90	350m: 3:33.28	30.89
	100m: 58.11	30.33 200m: 1:59.86	31.10	300m: 3:02.39	31.63	400m: 4:03.40	30.12
10.	Karst Boersma	De Dinkel	4:06.47	+0,74	B		
	50m: 27.00	27.00 150m: 1:27.73	30.61	250m: 2:30.49	31.39	350m: 3:34.59	32.16
	100m: 57.12	30.12 200m: 1:59.10	31.37	300m: 3:02.43	31.94	400m: 4:06.47	31.88
11.	George Skotadis	Olympiacos S.F.P.	4:06.80	+0,81	B		
	50m: 27.50	27.50 150m: 1:28.88	31.10	250m: 2:31.04	31.31	350m: 3:34.47	31.72
	100m: 57.78	30.28 200m: 1:59.73	30.85	300m: 3:02.75	31.71	400m: 4:06.80	32.33
12.	Jelle Smid	Aqua-Novio'94	4:07.20	+0,68	B		
	50m: 26.80	26.80 150m: 1:28.75	31.23	250m: 2:33.07	32.07	350m: 3:36.87	31.92
	100m: 57.52	30.72 200m: 2:01.00	32.25	300m: 3:04.95	31.88	400m: 4:07.20	30.33
13.	Niels Wiersema	TriVia	4:09.70	+0,82	B		
	50m: 28.00	28.00 150m: 1:31.41	32.15	250m: 2:35.16	31.53	350m: 3:38.97	31.77
	100m: 59.26	31.26 200m: 2:03.63	32.22	300m: 3:07.20	32.04	400m: 4:09.70	30.73
14.	Sem Zijl	De Dolfijn	4:10.76	+0,68	B		
	50m: 28.03	28.03 150m: 1:30.40	31.43	250m: 2:34.33	31.99	350m: 3:38.77	32.03
	100m: 58.97	30.94 200m: 2:02.34	31.94	300m: 3:06.74	32.41	400m: 4:10.76	31.99
15.	Bas Takken	HPC PARA - De Dolfijn	4:11.14	+0,73	B		848
	50m: 27.47	27.47 150m: 1:29.16	31.53	250m: 2:33.76	32.80	350m: 3:39.41	32.89
	100m: 57.63	30.16 200m: 2:00.96	31.80	300m: 3:06.52	32.76	400m: 4:11.14	31.73
16.	David Kuipers	Orca	4:14.30	+0,75	B		
	50m: 27.95	27.95 150m: 1:31.35	32.21	250m: 2:36.69	32.51	350m: 3:42.86	32.88
	100m: 59.14	31.19 200m: 2:04.18	32.83	300m: 3:09.98	33.29	400m: 4:14.30	31.44
17.	Daen Spoor	VZC	4:16.03	+0,72	R		
	50m: 27.92	27.92 150m: 1:30.43	31.68	250m: 2:35.51	32.45	350m: 3:42.37	33.58
	100m: 58.75	30.83 200m: 2:03.06	32.63	300m: 3:08.79	33.28	400m: 4:16.03	33.66
18.	Timo Dinkelberg	Albion WSS (SG)	4:17.71	+0,69	R		
	50m: 28.03	28.03 150m: 1:30.95	32.05	250m: 2:37.41	33.67	350m: 3:45.53	34.15
	100m: 58.90	30.87 200m: 2:03.74	32.79	300m: 3:11.38	33.97	400m: 4:17.71	32.18
19.	Freek Hollander	The Hague Swimming (SG)	4:19.45	+0,83			
	50m: 29.53	29.53 150m: 1:36.00	33.50	250m: 2:42.76	33.46	350m: 3:47.74	32.63
	100m: 1:02.50	32.97 200m: 2:09.30	33.30	300m: 3:15.11	32.35	400m: 4:19.45	31.71
20.	Sebastiaan Broere	Hieronymus	4:32.13	+0,90			810
	50m: 31.86	31.86 150m: 1:40.51	34.50	250m: 2:49.51	34.65	350m: 3:59.01	34.91
	100m: 1:06.01	34.15 200m: 2:14.86	34.35	300m: 3:24.10	34.59	400m: 4:32.13	33.12



GEMEENTE TILBURG



Open Nederlandse Kampioenschappen korte baan 2019
Tilburg, 20- - 22-12-2019



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

rang	naam	vereniging						tijd	RT	fin.	FINA	para
21.	Lars Jacobsen	DWK						4:51.36	+0,88			660
	50m: 32.16	32.16	150m: 1:45.21	37.37	250m: 3:02.04	38.43	350m: 4:16.76	37.45			37.45	
	100m: 1:07.84	35.68	200m: 2:23.61	38.40	300m: 3:39.31	37.27	400m: 4:51.36	34.60			34.60	
22.	Thijs van Hofweegen	HPC PARA - ZPC AMERSFOORT						5:14.85	+0,87			872
	50m: 34.19	34.19	150m: 1:52.44	39.37	250m: 3:13.75	40.97	350m: 4:35.75	40.85			40.85	
	100m: 1:13.07	38.88	200m: 2:32.78	40.34	300m: 3:54.90	41.15	400m: 5:14.85	39.10			39.10	
NG	Nino Sieling	De Dolfijn										
NG	Max Visser	WVZ										

Senioren PARA

1.	Thijs van Hofweegen	HPC PARA - ZPC AMERSFOORT						5:14.85	+0,87			872
	50m: 34.19	34.19	150m: 1:52.44	39.37	250m: 3:13.75	40.97	350m: 4:35.75	40.85			40.85	
	100m: 1:13.07	38.88	200m: 2:32.78	40.34	300m: 3:54.90	41.15	400m: 5:14.85	39.10			39.10	
2.	Bas Takken	HPC PARA - De Dolfijn						4:11.14	+0,73	B		848
	50m: 27.47	27.47	150m: 1:29.16	31.53	250m: 2:33.76	32.80	350m: 3:39.41	32.89			32.89	
	100m: 57.63	30.16	200m: 2:00.96	31.80	300m: 3:06.52	32.76	400m: 4:11.14	31.73			31.73	
3.	Sebastiaan Broere	Hieronymus						4:32.13	+0,90			810
	50m: 31.86	31.86	150m: 1:40.51	34.50	250m: 2:49.51	34.65	350m: 3:59.01	34.91			34.91	
	100m: 1:06.01	34.15	200m: 2:14.86	34.35	300m: 3:24.10	34.59	400m: 4:32.13	33.12			33.12	
4.	Lars Jacobsen	DWK						4:51.36	+0,88			660
	50m: 32.16	32.16	150m: 1:45.21	37.37	250m: 3:02.04	38.43	350m: 4:16.76	37.45			37.45	
	100m: 1:07.84	35.68	200m: 2:23.61	38.40	300m: 3:39.31	37.27	400m: 4:51.36	34.60			34.60	

