

Programmanr. 31
 22-12-2019

Heren, 400m vrije slag

 Senioren Open
 Resultaten Finale

Punten: FINA 2019

rang	naam	vereniging	tijd	RT	FINA
Finale A					
1.	Henrik Christiansen <i>Kampioenschaps Record</i>	Loerenskog-Raelingen KK	3:40.58	+0,76	
	50m: 25.40 25.40 150m: 1:20.80 27.85 250m: 2:16.69 28.04 350m: 3:13.21 28.42 100m: 52.95 27.55 200m: 1:48.65 27.85 300m: 2:44.79 28.10 400m: 3:40.58 27.37				
2.	Luc Kroon <i>Nederlands Record 18 jaar</i>	OC - Ed-Vo	200100697	3:40.92	
	50m: 25.64 25.64 150m: 1:21.59 28.17 250m: 2:17.54 27.71 350m: 3:13.52 27.98 100m: 53.42 27.78 200m: 1:49.83 28.24 300m: 2:45.54 28.00 400m: 3:40.92 27.40				
3.	Bart Sommeling	OC - De Dolfijn	199800765	3:47.37	+0,74
	50m: 25.35 25.35 150m: 1:21.78 28.38 250m: 2:19.49 29.11 350m: 3:18.64 30.02 100m: 53.40 28.05 200m: 1:50.38 28.60 300m: 2:48.62 29.13 400m: 3:47.37 28.73				
4.	Pepijn Smits	HPC - PSV	199600691	3:53.07	+0,79
	50m: 26.61 26.61 150m: 1:24.36 28.86 250m: 2:23.69 29.70 350m: 3:24.11 30.20 100m: 55.50 28.89 200m: 1:53.99 29.63 300m: 2:53.91 30.22 400m: 3:53.07 28.96				
5.	Erik Nijholt	DZ&PC	199401349	3:54.11	+0,75
	50m: 26.44 26.44 150m: 1:25.64 30.01 250m: 2:25.89 30.14 350m: 3:25.63 29.73 100m: 55.63 29.19 200m: 1:55.75 30.11 300m: 2:55.90 30.01 400m: 3:54.11 28.48				
6.	Tim Hoogerwerf	DWK	200005587	3:55.60	+0,72
	50m: 25.71 25.71 150m: 1:23.58 29.26 250m: 2:24.03 30.19 350m: 3:25.45 31.11 100m: 54.32 28.61 200m: 1:53.84 30.26 300m: 2:54.34 30.31 400m: 3:55.60 30.15				
7.	Owen Peeks	ZPC Hoogeveen	200100765	3:59.50	+0,81
	50m: 27.98 27.98 150m: 1:27.52 29.92 250m: 2:28.17 30.33 350m: 3:29.22 30.30 100m: 57.60 29.62 200m: 1:57.84 30.32 300m: 2:58.92 30.75 400m: 3:59.50 30.28				
8.	Karst Boersma	De Dinkel	199600849	4:07.34	+0,74
	50m: 27.06 27.06 150m: 1:27.88 30.90 250m: 2:30.40 31.52 350m: 3:35.15 32.67 100m: 56.98 29.92 200m: 1:58.88 31.00 300m: 3:02.48 32.08 400m: 4:07.34 32.19				
Finale B					
9.	Bas Takken	HPC PARA - De Dolfijn	199901643	S10 3:59.20	+0,75
	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				
10.	George Skotadis	Olympiacos S.F.P.		4:05.57	+0,78
	50m: 28.10 28.10 150m: 1:29.55 30.96 250m: 2:32.08 31.47 350m: 3:34.40 30.77 100m: 58.59 30.49 200m: 2:00.61 31.06 300m: 3:03.63 31.55 400m: 4:05.57 31.17				
11.	Niels Wiersema	TriVia	199703221	4:06.15	
	50m: 28.43 28.43 150m: 1:30.48 31.34 250m: 2:33.03 31.26 350m: 3:35.85 31.37 100m: 59.14 30.71 200m: 2:01.77 31.29 300m: 3:04.48 31.45 400m: 4:06.15 30.30				
12.	Sem Zijl	De Dolfijn	200204757	4:06.80	+0,69
	50m: 28.22 28.22 150m: 1:30.29 31.41 250m: 2:33.31 31.45 350m: 3:36.47 31.64 100m: 58.88 30.66 200m: 2:01.86 31.57 300m: 3:04.83 31.52 400m: 4:06.80 30.33				
13.	Daen Spoor	VZC	200101117	4:13.61	+0,72
	50m: 28.18 28.18 150m: 1:31.24 31.74 250m: 2:35.82 32.27 350m: 3:41.15 32.75 100m: 59.50 31.32 200m: 2:03.55 32.31 300m: 3:08.40 32.58 400m: 4:13.61 32.46				