

Programmanr. 129
23-6-2019

Heren, 400m vrije slag

PARA
Resultaten

rank	name	club name		time	RT	para
1.	Bas Takken	HPC PARA - De Dolfijn	199901643 S10	4:09.36	+0,72	866
	50m: 27.95	27.95 150m: 1:30.71	31.81 250m: 2:34.98	32.26 350m: 3:39.49	31.70	
	100m: 58.90	30.95 200m: 2:02.72	32.01 300m: 3:07.79	32.81 400m: 4:09.36	29.87	
2.	Thijs van Hofweegen	HPC PARA - ZPC AMERSFOORT	199605253 S6	5:26.96	+0,81	778
	50m: 33.94	33.94 150m: 1:56.92	42.15 250m: 3:21.85	42.36 350m: 4:46.59	42.45	
	100m: 1:14.77	40.83 200m: 2:39.49	42.57 300m: 4:04.14	42.29 400m: 5:26.96	40.37	
3.	Sebastiaan Broere	Hieronymus	199803687 S14	4:37.74	+0,84	761
	50m: 30.93	30.93 150m: 1:39.94	35.24 250m: 2:51.22	35.83 350m: 4:03.22	36.08	
	100m: 1:04.70	33.77 200m: 2:15.39	35.45 300m: 3:27.14	35.92 400m: 4:37.74	34.52	
4.	Lars Jacobsen	DWK	199705453 S14	4:51.17	+0,80	661
	50m: 31.44	31.44 150m: 1:43.37	37.11 250m: 2:59.77	39.07 350m: 4:17.17	39.38	
	100m: 1:06.26	34.82 200m: 2:20.70	37.33 300m: 3:37.79	38.02 400m: 4:51.17	34.00	