

Programmanr. 15
22-6-2019

Heren, 400m wisselslag

Senioren Open
Resultaten Finale

Punten: FINA 2018

rank	name			club name			time			RT	FINA	
Finale A												
1.	Sten Postma			Aqua-Novio'94			200000011			4:34.69	+0,68	699
	50m:	28.99	28.99	150m:	1:40.60	37.84	250m:	2:55.96	38.32	350m:	4:05.30	30.78
	100m:	1:02.76	33.77	200m:	2:17.64	37.04	300m:	3:34.52	38.56	400m:	4:34.69	29.39
2.	Rowan Keen			Borger			199500727			4:36.05	+0,74	689
	50m:	29.59	29.59	150m:	1:40.50	36.70	250m:	2:54.18	38.32	350m:	4:05.00	31.63
	100m:	1:03.80	34.21	200m:	2:15.86	35.36	300m:	3:33.37	39.19	400m:	4:36.05	31.05
3.	Wietse Beerens			De Dommelbaarzen			198700159			4:41.96	+0,76	646
	50m:	29.79	29.79	150m:	1:41.77	36.51	250m:	2:56.40	38.68	350m:	4:09.83	34.43
	100m:	1:05.26	35.47	200m:	2:17.72	35.95	300m:	3:35.40	39.00	400m:	4:41.96	32.13
4.	Dave Holweg			ZPC AMERSFOORT			199701521			4:45.64	+0,72	622
	50m:	28.28	28.28	150m:	1:39.69	36.67	250m:	2:57.53	41.69	350m:	4:12.56	33.55
	100m:	1:03.02	34.74	200m:	2:15.84	36.15	300m:	3:39.01	41.48	400m:	4:45.64	33.08
5.	Owen Peeks			ZPC Hoogeveen			200100765			4:47.64	+0,77	609
	50m:	31.85	31.85	150m:	1:44.32	36.67	250m:	3:02.28	42.02	350m:	4:16.84	32.68
	100m:	1:07.65	35.80	200m:	2:20.26	35.94	300m:	3:44.16	41.88	400m:	4:47.64	30.80
6.	Arjan Dekker			ReVeLie Swim Team			200000499			4:47.71	+0,67	608
	50m:	30.16	30.16	150m:	1:43.61	37.91	250m:	2:59.51	39.71	350m:	4:15.04	34.13
	100m:	1:05.70	35.54	200m:	2:19.80	36.19	300m:	3:40.91	41.40	400m:	4:47.71	32.67
7.	David Kuipers			Orca			200003633			4:51.65	+0,72	584
	50m:	29.76	29.76	150m:	1:44.37	40.07	250m:	3:04.53	41.42	350m:	4:20.96	33.17
	100m:	1:04.30	34.54	200m:	2:23.11	38.74	300m:	3:47.79	43.26	400m:	4:51.65	30.69
8.	Jelle Nap			VZC			199502875			4:53.07	+0,75	575
	50m:	30.20	30.20	150m:	1:45.26	40.19	250m:	3:05.46	40.82	350m:	4:20.35	33.24
	100m:	1:05.07	34.87	200m:	2:24.64	39.38	300m:	3:47.11	41.65	400m:	4:53.07	32.72
Finale B												
9.	Nicko Kamphuis			De Warande			199900887			4:55.00	+0,64	564
	50m:	30.76	30.76	150m:	1:47.09	40.40	250m:	3:08.27	40.80	350m:	4:22.77	32.92
	100m:	1:06.69	35.93	200m:	2:27.47	40.38	300m:	3:49.85	41.58	400m:	4:55.00	32.23
10.	Olivier Jans			De Fuut			200001815			4:56.70	+0,75	555
	50m:	31.96	31.96	150m:	1:46.71	38.69	250m:	3:06.97	42.23	350m:	4:24.28	34.88
	100m:	1:08.02	36.06	200m:	2:24.74	38.03	300m:	3:49.40	42.43	400m:	4:56.70	32.42
	Timo Spaans			Nextline Swimming			200201087			4:56.70	+0,64	555
	50m:	29.79	29.79	150m:	1:44.01	39.68	250m:	3:06.58	42.69	350m:	4:25.98	35.95
	100m:	1:04.33	34.54	200m:	2:23.89	39.88	300m:	3:50.03	43.45	400m:	4:56.70	30.72
12.	Björn Piket			HZPC			199602133			4:58.65	+0,72	544
	50m:	31.64	31.64	150m:	1:48.66	39.09	250m:	3:09.31	40.87	350m:	4:26.07	34.65
	100m:	1:09.57	37.93	200m:	2:28.44	39.78	300m:	3:51.42	42.11	400m:	4:58.65	32.58