

Programmanr. 29
23-6-2019 - 9:11

Heren, 400m vrije slag

Senioren Open
Resultaten Voorronde

Punten: FINA 2018

rank	name	club name	time	RT	fin.	FINA	para	
Senioren Open								
1.	Erik Nijholt	DZ&PC	199401349	4:00.66	+0,77	A	764	
	50m: 27.85	27.85	150m: 1:28.61	30.79	250m: 2:29.52	30.41	350m: 3:30.58	30.32
	100m: 57.82	29.97	200m: 1:59.11	30.50	300m: 3:00.26	30.74	400m: 4:00.66	30.08
2.	Lleyton Plattel	OC - PSV	200204993	4:00.92	+0,65	A	762	
	50m: 27.83	27.83	150m: 1:28.36	30.40	250m: 2:30.09	30.71	350m: 3:31.28	30.44
	100m: 57.96	30.13	200m: 1:59.38	31.02	300m: 3:00.84	30.75	400m: 4:00.92	29.64
3.	Bart Sommeling	OC - De Dolfijn	199800765	4:03.94	+0,76	A	734	
	50m: 27.69	27.69	150m: 1:28.44	30.65	250m: 2:30.47	31.15	350m: 3:33.24	31.76
	100m: 57.79	30.10	200m: 1:59.32	30.88	300m: 3:01.48	31.01	400m: 4:03.94	30.70
4.	Maarten Brzoskowski	HPC - PSV	199500769	4:08.68	+0,69	A	693	
	50m: 28.42	28.42	150m: 1:30.23	30.87	250m: 2:32.97	31.11	350m: 3:37.23	32.28
	100m: 59.36	30.94	200m: 2:01.86	31.63	300m: 3:04.95	31.98	400m: 4:08.68	31.45
5.	Bas Takken	HPC PARA - De Dolfijn	199901643	4:11.19	+0,73	A	672	847
	50m: 28.56	28.56	150m: 1:31.39	32.07	250m: 2:35.29	31.91	350m: 3:39.63	32.07
	100m: 59.32	30.76	200m: 2:03.38	31.99	300m: 3:07.56	32.27	400m: 4:11.19	31.56
6.	Rowan Keen	Borger	199500727	4:11.50	+0,74	A	669	
	50m: 28.27	28.27	150m: 1:31.73	32.21	250m: 2:35.53	31.82	350m: 3:39.66	32.14
	100m: 59.52	31.25	200m: 2:03.71	31.98	300m: 3:07.52	31.99	400m: 4:11.50	31.84
7.	Karst Boersma	De Dinkel	199600849	4:14.02	+0,77	A	650	
	50m: 28.67	28.67	150m: 1:33.13	32.19	250m: 2:37.45	32.30	350m: 3:41.98	32.31
	100m: 1:00.94	32.27	200m: 2:05.15	32.02	300m: 3:09.67	32.22	400m: 4:14.02	32.04
8.	Lucas Peters	Nextline Swimming	200301325	4:15.40	+0,74	A	639	
	50m: 28.92	28.92	150m: 1:33.23	32.55	250m: 2:39.08	32.90	350m: 3:44.12	32.41
	100m: 1:00.68	31.76	200m: 2:06.18	32.95	300m: 3:11.71	32.63	400m: 4:15.40	31.28
9.	Nino Sieling	De Dolfijn	199701845	4:16.04	+0,73	B	634	
	50m: 28.79	28.79	150m: 1:32.99	32.54	250m: 2:37.97	32.33	350m: 3:43.17	32.84
	100m: 1:00.45	31.66	200m: 2:05.64	32.65	300m: 3:10.33	32.36	400m: 4:16.04	32.87
10.	David Kuipers	Orca	200003633	4:18.27	+0,75	B	618	
	50m: 29.13	29.13	150m: 1:34.33	32.76	250m: 2:40.60	33.05	350m: 3:46.74	32.91
	100m: 1:01.57	32.44	200m: 2:07.55	33.22	300m: 3:13.83	33.23	400m: 4:18.27	31.53
11.	Dave van der Voet	De Dolfijn	200102783	4:18.93	+0,70	B	613	
	50m: 29.59	29.59	150m: 1:35.56	33.43	250m: 2:42.91	33.98	350m: 3:48.00	31.95
	100m: 1:02.13	32.54	200m: 2:08.93	33.37	300m: 3:16.05	33.14	400m: 4:18.93	30.93
12.	Merlin Belmon	De Dolfijn	200403191	4:24.37	+0,84	B	576	
	50m: 29.19	29.19	150m: 1:34.47	33.34	250m: 2:41.94	33.87	350m: 3:51.11	34.72
	100m: 1:01.13	31.94	200m: 2:08.07	33.60	300m: 3:16.39	34.45	400m: 4:24.37	33.26
13.	Sebastiaan Broere	Hieronymus	199803687	4:41.06	+0,83	B	480	735
	50m: 31.42	31.42	150m: 1:41.12	34.99	250m: 2:52.09	35.52	350m: 4:04.96	36.71
	100m: 1:06.13	34.71	200m: 2:16.57	35.45	300m: 3:28.25	36.16	400m: 4:41.06	36.10
14.	Lars Jacobsen	DWK	199705453	4:53.35	+0,84	B	422	646
	50m: 32.23	32.23	150m: 1:44.76	36.86	250m: 3:01.15	38.56	350m: 4:18.01	38.57
	100m: 1:07.90	35.67	200m: 2:22.59	37.83	300m: 3:39.44	38.29	400m: 4:53.35	35.34
15.	Thijs van Hofweegen	HPC PARA - ZPC AMERSFOORT	199605253	5:40.38	+0,91	B	270	690
	50m: 34.10	34.10	150m: 1:56.82	42.64	250m: 3:24.02	43.32	350m: 4:55.27	45.35
	100m: 1:14.18	40.08	200m: 2:40.70	43.88	300m: 4:09.92	45.90	400m: 5:40.38	45.11
NG.ZA	Mohamed Hegazy	Al-Ahly club						
AFGEM	Mustafa Aslan	NPC Turkey			S12			
AFGEM	Janne Englebort	Hieronymus	200101561					
NG	Elroy Schot	De Dolfijn	200200689					

PARA

1.	Bas Takken	HPC PARA - De Dolfijn	199901643	4:11.19	+0,73	A	672	847
	50m: 28.56	28.56	150m: 1:31.39	32.07	250m: 2:35.29	31.91	350m: 3:39.63	32.07
	100m: 59.32	30.76	200m: 2:03.38	31.99	300m: 3:07.56	32.27	400m: 4:11.19	31.56
2.	Sebastiaan Broere	Hieronymus	199803687	4:41.06	+0,83	B	480	735
	50m: 31.42	31.42	150m: 1:41.12	34.99	250m: 2:52.09	35.52	350m: 4:04.96	36.71
	100m: 1:06.13	34.71	200m: 2:16.57	35.45	300m: 3:28.25	36.16	400m: 4:41.06	36.10

Programmanr. 29, Heren, 400m vrije slag, Voorronde, PARA

rank	name	club name	time	RT	fin.	FINA	para		
3.	Thijs van Hofweegen	HPC PARA - ZPC AMERSFOORT	199605253	S6	5:40.38	+0,91	B	270	690
	50m: 34.10	34.10	150m: 1:56.82	42.64	250m: 3:24.02	43.32	350m: 4:55.27	45.35	
	100m: 1:14.18	40.08	200m: 2:40.70	43.88	300m: 4:09.92	45.90	400m: 5:40.38	45.11	
4.	Lars Jacobsen	DWK	199705453	S14	4:53.35	+0,84	B	422	646
	50m: 32.23	32.23	150m: 1:44.76	36.86	250m: 3:01.15	38.56	350m: 4:18.01	38.57	
	100m: 1:07.90	35.67	200m: 2:22.59	37.83	300m: 3:39.44	38.29	400m: 4:53.35	35.34	
AFGEM	Mustafa Aslan	NPC Turkey		S12					