

Programmanr. 29
 23-6-2019

Heren, 400m vrije slag

 Senioren Open
 Resultaten Finale

Punten: FINA 2018

rank	name	club name	time	RT	FINA	para
Finale A						
1.	Maarten Brzoskowski	HPC - PSV	3:54.01	+0,66	831	
	50m: 26.87	26.87	150m: 1:25.03	29.51	250m: 2:24.60	29.74
	100m: 55.52	28.65	200m: 1:54.86	29.83	300m: 2:54.51	29.91
					350m: 3:24.64	30.13
					400m: 3:54.01	29.37
2.	Lleyton Plattel	OC - PSV	3:57.19	+0,65	798	
	50m: 27.34	27.34	150m: 1:27.58	30.56	250m: 2:28.50	30.49
	100m: 57.02	29.68	200m: 1:58.01	30.43	300m: 2:58.97	30.47
					350m: 3:28.61	29.64
					400m: 3:57.19	28.58
3.	Erik Nijholt	DZ&PC	3:59.15	+0,76	779	
	50m: 27.08	27.08	150m: 1:27.62	30.53	250m: 2:29.11	30.63
	100m: 57.09	30.01	200m: 1:58.48	30.86	300m: 2:59.84	30.73
					350m: 3:30.00	30.16
					400m: 3:59.15	29.15
4.	Bart Sommeling	OC - De Dolfijn	3:59.21	+0,73	778	
	50m: 27.08	27.08	150m: 1:26.98	30.32	250m: 2:27.63	30.13
	100m: 56.66	29.58	200m: 1:57.50	30.52	300m: 2:58.49	30.86
					350m: 3:29.62	31.13
					400m: 3:59.21	29.59
5.	Bas Takken	HPC PARA - De Dolfijn	4:09.36	+0,72	687	866
	50m: 27.95	27.95	150m: 1:30.71	31.81	250m: 2:34.98	32.26
	100m: 58.90	30.95	200m: 2:02.72	32.01	300m: 3:07.79	32.81
					350m: 3:39.49	31.70
					400m: 4:09.36	29.87
6.	Karst Boersma	De Dinkel	4:09.81	+0,70	683	
	50m: 28.17	28.17	150m: 1:30.85	31.85	250m: 2:34.68	31.90
	100m: 59.00	30.83	200m: 2:02.78	31.93	300m: 3:06.91	32.23
					350m: 3:38.85	31.94
					400m: 4:09.81	30.96
7.	Rowan Keen	Borger	4:10.57	+0,70	677	
	50m: 28.13	28.13	150m: 1:30.20	31.34	250m: 2:34.61	32.37
	100m: 58.86	30.73	200m: 2:02.24	32.04	300m: 3:07.06	32.45
					350m: 3:39.95	32.89
					400m: 4:10.57	30.62
	Lucas Peters	Nextline Swimming	4:10.57	+0,73	677	
	50m: 28.22	28.22	150m: 1:30.60	31.51	250m: 2:35.16	32.27
	100m: 59.09	30.87	200m: 2:02.89	32.29	300m: 3:07.51	32.35
					350m: 3:39.78	32.27
					400m: 4:10.57	30.79