

Programmanr. 14  
4-3-2017

Heren, 400m vrije slag

Senioren Open  
Resultaten Finale

rang	naam	vereniging	intijd	tijd	RT	pnt.
<b>Finale A</b>						
1.	Maarten Brzoskowski	NTC - PSV	3:58.02	199500769	3:55.74	+0,72 814
	50m: 27.28	27.28 150m: 1:26.73	29.94	250m: 2:27.03	30.25	350m: 3:27.11
	100m: 56.79	29.51 200m: 1:56.78	30.05	300m: 2:57.06	30.03	400m: 3:55.74
2.	Luc Kroon	RTC - Ed-Vo	4:04.40	200100697	4:03.17	+0,87 741
	50m: 27.86	27.86 150m: 1:28.89	30.89	250m: 2:30.88	31.12	350m: 3:33.42
	100m: 58.00	30.14 200m: 1:59.76	30.87	300m: 3:02.30	31.42	400m: 4:03.17
3.	Frank Roovers	RTC - PSV	4:09.77	199800219	4:05.13	+0,84 724
	50m: 27.21	27.21 150m: 1:27.91	30.86	250m: 2:30.68	31.26	350m: 3:34.42
	100m: 57.05	29.84 200m: 1:59.42	31.51	300m: 3:02.74	32.06	400m: 4:05.13
4.	Lars Bottelier	RTC - VZV	4:09.83	199702681	4:09.20	+0,76 689
	50m: 28.82	28.82 150m: 1:31.12	31.63	250m: 2:34.78	31.95	350m: 3:39.02
	100m: 59.49	30.67 200m: 2:02.83	31.71	300m: 3:07.14	32.36	400m: 4:09.20
5.	Berjen Mellema	RTC - Nova	4:13.14	199800615	4:09.77	+0,72 684
	50m: 27.77	27.77 150m: 1:30.71	31.68	250m: 2:34.81	32.02	350m: 3:39.43
	100m: 59.03	31.26 200m: 2:02.79	32.08	300m: 3:07.01	32.20	400m: 4:09.77
6.	Jorgos Skotadis	RTC - De Dolfijn	4:11.92	199803317	4:10.42	+0,71 679
	50m: 28.20	28.20 150m: 1:30.02	31.18	250m: 2:34.35	32.02	350m: 3:39.58
	100m: 58.84	30.64 200m: 2:02.33	32.31	300m: 3:07.30	32.95	400m: 4:10.42
7.	Bart Sommeling	De Dolfijn	4:10.58	199800765	4:13.83	+0,68 652
	50m: 27.24	27.24 150m: 1:27.79	31.08	250m: 2:32.93	32.81	350m: 3:40.60
	100m: 56.71	29.47 200m: 2:00.12	32.33	300m: 3:06.43	33.50	400m: 4:13.83
8.	Sten Postma	VZC	4:12.32	200000011	4:16.18	+0,72 634
	50m: 28.12	28.12 150m: 1:32.33	33.05	250m: 2:38.50	33.02	350m: 3:45.34
	100m: 59.28	31.16 200m: 2:05.48	33.15	300m: 3:11.99	33.49	400m: 4:16.18
<b>Finale B</b>						
9.	Vincent Crooijmans	VZC	4:16.41	200100381	4:10.50	+0,77 678
	50m: 28.65	28.65 150m: 1:32.13	31.98	250m: 2:36.29	31.92	350m: 3:40.00
	100m: 1:00.15	31.50 200m: 2:04.37	32.24	300m: 3:08.31	32.02	400m: 4:10.50
10.	Sander Crooijmans	VZC	4:15.87	200100383	4:10.85	+0,77 675
	50m: 28.63	28.63 150m: 1:32.19	31.97	250m: 2:36.41	31.95	350m: 3:40.21
	100m: 1:00.22	31.59 200m: 2:04.46	32.27	300m: 3:08.70	32.29	400m: 4:10.85
11.	Bas Takken	NTC PARA - De Dolfijn	4:16.91	199901643 S10	4:13.32	+0,80 889
	50m: 28.61	28.61 150m: 1:32.34	32.45	250m: 2:37.03	32.38	350m: 3:42.51
	100m: 59.89	31.28 200m: 2:04.65	32.31	300m: 3:10.05	33.02	400m: 4:13.32
12.	Olivier van de Voort	NTC PARA - DZ&PC	4:21.89	199703035 S10	4:22.05	+1,09 803
	50m: 29.34	29.34 150m: 1:33.21	32.76	250m: 2:39.43	33.52	350m: 3:48.52
	100m: 1:00.45	31.11 200m: 2:05.91	32.70	300m: 3:13.85	34.42	400m: 4:22.05
13.	Timos Skotadis	De Dolfijn	4:23.63	199804615	4:23.11	+0,75 585
	50m: 29.61	29.61 150m: 1:34.74	33.12	250m: 2:41.39	33.44	350m: 3:49.46
	100m: 1:01.62	32.01 200m: 2:07.95	33.21	300m: 3:15.19	33.80	400m: 4:23.11
14.	Jaap van Trijp	The Hague Swimming (SG)	4:47.47	199903225	4:46.15	+0,78 455
	50m: 31.69	31.69 150m: 1:43.56	36.29	250m: 2:57.53	37.18	350m: 4:11.11
	100m: 1:07.27	35.58 200m: 2:20.35	36.79	300m: 3:34.54	37.01	400m: 4:46.15
15.	Stijn Lafontaine	The Hague Swimming (SG)	4:49.60	200005205	4:51.40	+0,83 431
	50m: 32.70	32.70 150m: 1:45.24	36.62	250m: 2:59.15	37.46	350m: 4:14.56
	100m: 1:08.62	35.92 200m: 2:21.69	36.45	300m: 3:36.72	37.57	400m: 4:51.40