

Programmanr. 8  
3-3-2017 - 10:54

Heren, 400m wisselslag

Senioren Open  
Resultaten Voorronde

rang	naam	vereniging	tijd	RT	fin	pnt	niv
<b>Senioren Open</b>							
1.	Senne De Gols	VZF Belgium	<b>4:30.72</b>	+0,76	A	731	
	50m: 28.64	28.64 150m: 1:38.30	35.35 250m: 2:50.64	37.39 350m: 4:00.37	31.79		
	100m: 1:02.95	34.31 200m: 2:13.25	34.95 300m: 3:28.58	37.94 400m: 4:30.72	30.35		
2.	Jari Groenhart	RTC - TriVia	<b>4:35.87</b>	+0,82	A	691	
	50m: 28.78	28.78 150m: 1:37.93	35.10 250m: 2:51.00	38.92 350m: 4:04.78	33.39		
	100m: 1:02.83	34.05 200m: 2:12.08	34.15 300m: 3:31.39	40.39 400m: 4:35.87	31.09		
3.	Frank Roovers	RTC - PSV	<b>4:35.91</b>	+0,71	A	690	
	50m: 28.18	28.18 150m: 1:39.51	38.06 250m: 2:53.55	38.94 350m: 4:05.16	32.01		
	100m: 1:01.45	33.27 200m: 2:14.61	35.10 300m: 3:33.15	39.60 400m: 4:35.91	30.75		
4.	Thomas Jansen	RTC - WVZ	<b>4:49.54</b>	+0,94	A	597	
	50m: 30.09	30.09 150m: 1:41.58	36.87 250m: 3:00.47	43.01 350m: 4:18.03	34.22		
	100m: 1:04.71	34.62 200m: 2:17.46	35.88 300m: 3:43.81	43.34 400m: 4:49.54	31.51		
5.	Sander Crooijmans	VZC	<b>4:51.00</b>	+0,82	A	588	
	50m: 30.49	30.49 150m: 1:44.24	37.85 250m: 3:02.46	41.25 350m: 4:18.74	33.65		
	100m: 1:06.39	35.90 200m: 2:21.21	36.97 300m: 3:45.09	42.63 400m: 4:51.00	32.26		
6.	Vincent Crooijmans	VZC	<b>4:55.13</b>	+0,79	A	564	
	50m: 30.79	30.79 150m: 1:46.12	37.16 250m: 3:05.11	41.16 350m: 4:22.48	34.21		
	100m: 1:08.96	38.17 200m: 2:23.95	37.83 300m: 3:48.27	43.16 400m: 4:55.13	32.65		
7.	Sander Kirillova	ZPCH	<b>4:55.18</b>	+0,73	A	564	
	50m: 30.28	30.28 150m: 1:44.66	39.42 250m: 3:05.52	41.99 350m: 4:22.24	34.14		
	100m: 1:05.24	34.96 200m: 2:23.53	38.87 300m: 3:48.10	42.58 400m: 4:55.18	32.94		
8.	Olivier Jans	The Hague Swimming (SG)	<b>5:01.08</b>	+0,90	A	531	
	50m: 31.85	31.85 150m: 1:49.77	40.28 250m: 3:08.65	40.20 350m: 4:27.07	36.62		
	100m: 1:09.49	37.64 200m: 2:28.45	38.68 300m: 3:50.45	41.80 400m: 5:01.08	34.01		
9.	Freek Hollander	The Hague Swimming (SG)	<b>5:11.31</b>	+0,80	B	481	
	50m: 31.57	31.57 150m: 1:48.36	39.84 250m: 3:14.01	46.14 350m: 4:36.45	35.90		
	100m: 1:08.52	36.95 200m: 2:27.87	39.51 300m: 4:00.55	46.54 400m: 5:11.31	34.86		