

Programmanr. 8
3-3-2017

Heren, 400m wisselslag

Senioren Open
Resultaten Finale

rang	naam	vereniging	intijd	tijd	RT	pnt.
Finale A						
1.	Jari Groenhart	RTC - TriVia	4:35.87	200000271	4:28.55	+0,83 749
	50m: 28.41	28.41 150m: 1:37.02	35.22	250m: 2:48.77	37.38	350m: 3:59.27
	100m: 1:01.80	33.39 200m: 2:11.39	34.37	300m: 3:28.10	39.33	400m: 4:28.55
2.	Senne De Gols	VZF Belgium	4:30.72		4:30.39	+0,79 733
	50m: 28.52	28.52 150m: 1:37.52	35.11	250m: 2:49.36	37.46	350m: 3:59.23
	100m: 1:02.41	33.89 200m: 2:11.90	34.38	300m: 3:27.67	38.31	400m: 4:30.39
3.	Olivier Jans	The Hague Swimming (SG)	5:01.08	200001815	4:54.51	+0,79 568
	50m: 31.41	31.41 150m: 1:46.67	38.70	250m: 3:04.76	40.53	350m: 4:21.54
	100m: 1:07.97	36.56 200m: 2:24.23	37.56	300m: 3:46.37	41.61	400m: 4:54.51
4.	Vincent Crooijmans	VZC	4:55.13	200100381	4:58.48	+0,80 545
	50m: 31.85	31.85 150m: 1:50.72	39.05	250m: 3:10.66	42.54	350m: 4:27.41
	100m: 1:11.67	39.82 200m: 2:28.12	37.40	300m: 3:53.77	43.11	400m: 4:58.48
5.	Sander Crooijmans	VZC	4:51.00	200100383	4:58.73	+0,81 544
	50m: 31.44	31.44 150m: 1:48.43	39.58	250m: 3:09.80	42.75	350m: 4:26.44
	100m: 1:08.85	37.41 200m: 2:27.05	38.62	300m: 3:52.52	42.72	400m: 4:58.73
6.	Freek Hollander	The Hague Swimming (SG)	5:11.31	200103815	5:11.40	+0,81 480
	50m: 32.28	32.28 150m: 1:51.10	39.31	250m: 3:15.47	45.34	350m: 4:37.19
	100m: 1:11.79	39.51 200m: 2:30.13	39.03	300m: 4:01.87	46.40	400m: 5:11.40