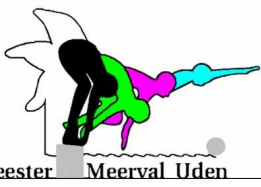


Programmanr. 30
9-2-2014 - 16:25

Heren, 400m vrije slag

Senioren Open
Resultaten

Rang					In.tijd	Tijd			
1.	Jan van Aken		Hgn (Sg)		4:14.93	199504369	4:24.46		
	50m: 30.17	30.17	150m: 1:38.20	34.14	250m: 2:46.12	33.75	350m: 3:52.61	33.26	
	100m: 1:04.06	33.89	200m: 2:12.37	34.17	300m: 3:19.35	33.23	400m: 4:24.46	31.85	
2.	Nino Sieling		Dwk		4:19.83	199701845	4:28.26		
	50m: 30.61	30.61	150m: 1:39.21	34.60	250m: 2:46.63	33.60	350m: 3:54.57	34.17	
	100m: 1:04.61	34.00	200m: 2:13.03	33.82	300m: 3:20.40	33.77	400m: 4:28.26	33.69	
3.	Loek van Houtert		ZWK Merlet		4:29.33	199504515	4:30.35		
	50m: 30.40	30.40	150m: 1:37.53	33.81	250m: 2:47.49	34.83	350m: 3:57.59	34.18	
	100m: 1:03.72	33.32	200m: 2:12.66	35.13	300m: 3:23.41	35.92	400m: 4:30.35	32.76	
4.	Kenneth Luys		Overpeltse Zwemvereniging		4:30.66	OZV/10205/974	4:26.69		
	50m: 31.26	31.26	150m: 1:42.19	36.23	250m: 2:54.37	36.26	350m: 4:07.93	36.48	
	100m: 1:05.96	34.70	200m: 2:18.11	35.92	300m: 3:31.45	37.08	400m: 4:42.69	34.76	
5.	Bas Gibbels		Z&PV Nuenen		4:51.56	199801973	4:52.64		
	50m: 32.53	32.53	150m: 1:46.84	37.85	250m: 3:01.49	37.22	350m: 4:16.77	37.75	
	100m: 1:08.99	36.46	200m: 2:24.27	37.43	300m: 3:39.02	37.53	400m: 4:52.64	35.87	
6.	Lars van Tuijl		Arethusa		4:46.02	199900425	4:52.95		
	50m: 32.17	32.17	150m: 1:46.63	37.89	250m: 3:01.70	36.79	350m: 4:17.40	37.96	
	100m: 1:08.74	36.57	200m: 2:24.91	38.28	300m: 3:39.44	37.74	400m: 4:52.95	35.55	
7.	Joey Dukker		D'elft		4:34.40	199703533	4:55.10		
	50m: 31.39	31.39	150m: 1:44.10	37.13	250m: 3:01.27	38.77	350m: 4:18.56	38.28	
	100m: 1:06.97	35.58	200m: 2:22.50	38.40	300m: 3:40.28	39.01	400m: 4:55.10	36.54	
8.	Ruben Geys		Overpeltse Zwemvereniging		4:49.55	OZV/10257/865	01:01.91		
	50m: 33.44	33.44	150m: 1:48.57	37.69	250m: 3:05.95	38.52	350m: 4:24.45	38.89	
	100m: 1:10.88	37.44	200m: 2:27.43	38.86	300m: 3:45.56	39.61	400m: 5:01.91	37.46	
9.	Sven Westerlaken		Zvdo'74		5:16.09	199900271	5:04.37		
	50m: 33.72	33.72	150m: 1:51.76	39.29	250m: 3:10.41	38.81	350m: 4:27.62	38.35	
	100m: 1:12.47	38.75	200m: 2:31.60	39.84	300m: 3:49.27	38.86	400m: 5:04.37	36.75	
10.	Steef Warmerdam		Arethusa		6:27.56	200003915	5:08.16		
	50m: 34.81	34.81	150m: 1:52.93	38.81	250m: 3:11.98	39.62	350m: 4:30.96	38.81	
	100m: 1:14.12	39.31	200m: 2:32.36	39.43	300m: 3:52.15	40.17	400m: 5:08.16	37.20	
11.	Max-Fernon Troenokarso		Arethusa		5:46.41	199903151	5:10.15		
	50m: 31.63	31.63	150m: 1:48.68	39.43	250m: 3:09.80	40.36	350m: 4:31.52	40.62	
	100m: 1:09.25	37.62	200m: 2:29.44	40.76	300m: 3:50.90	41.10	400m: 5:10.15	38.63	
12.	Matthijs Kooijman		Arethusa		NT	199900537	5:11.01		
	50m: 35.05	35.05	150m: 1:54.00	39.41	250m: 3:13.64	39.80	350m: 4:34.42	40.26	
	100m: 1:14.59	39.54	200m: 2:33.84	39.84	300m: 3:54.16	40.52	400m: 5:11.01	36.59	
13.	Tom Kerstens		De Wildert		5:24.21	199802479	5:20.43		
	50m: 32.95	32.95	150m: 1:50.40	39.30	250m: 3:14.52	42.73	350m: 4:41.67	44.11	
	100m: 1:11.10	38.15	200m: 2:31.79	41.39	300m: 3:57.56	43.04	400m: 5:20.43	38.76	
14.	Raoul Oosterveen		Arethusa		NT	199804989	5:20.55		
	50m: 33.76	33.76	150m: 1:54.17	40.23	250m: 3:16.54	40.61	350m: 4:41.06	41.60	
	100m: 1:13.94	40.18	200m: 2:35.93	41.76	300m: 3:59.46	42.92	400m: 5:20.55	39.49	
15.	Martino Valentijn		Z & Pc Dio		5:22.76	199403913	5:22.58		
	50m: 35.02	35.02	150m: 1:57.93	42.01	250m: 3:21.91	41.62	350m: 4:44.90	41.48	
	100m: 1:15.92	40.90	200m: 2:40.29	42.36	300m: 4:03.42	41.51	400m: 5:22.58	37.68	
16.	Bas van Haperen		Z & Pc Dio		NT	199805507	5:39.46		
	50m: 37.23	37.23	150m: 2:04.01	44.24	250m: 3:32.82	44.62	350m: 5:00.04	43.59	
	100m: 1:19.77	42.54	200m: 2:48.20	44.19	300m: 4:16.45	43.63	400m: 5:39.46	39.42	
17.	Coen Graat		ZWK Merlet		5:37.88	200201363	5:48.26		
	50m: 37.22	37.22	150m: 2:04.42	43.73	250m: 3:36.17	46.28	350m: 5:08.79	45.89	
	100m: 1:20.69	43.47	200m: 2:49.89	45.47	300m: 4:22.90	46.73	400m: 5:48.26	39.47	



Zeester Meerval Uden

Programmanr. 30, Heren, 400m vrije slag, Senioren Open

Rang							In.tijd		Tijd			
18.	Hans van Zutven			Zeester Meerval			NT	200201999	6:59.98			
	50m:	40.60	40.60	150m:	2:27.24	53.84	250m:	4:20.17	55.95			
	100m:	1:33.40	52.80	200m:	3:24.22	56.98	300m:	5:15.88	55.71			
								350m:	6:10.61	54.73		
								400m:	6:59.98	49.37		
19.	Devan Jonkers			Zeester Meerval			6:51.68	200201061	7:16.40			
	50m:	47.60	47.60	150m:	2:35.88	54.48	250m:	4:30.48	57.18	350m:	6:24.58	56.63
	100m:	1:41.40	53.80	200m:	3:33.30	57.42	300m:	5:27.95	57.47	400m:	7:16.40	51.82