

Programmanr. 30
 15-2-2015 - 15:40

Heren, 400m vrije slag

 Senioren Open
 Resultaten

Rang							In.tijd	Tijd	
1.	Loek van Houtert		ZWK Merlet			4:18.78	199504515	4:23.62	
	50m:	30.32	30.32	150m:	1:37.09	34.01	250m:	2:45.04	33.81
	100m:	1:03.08	32.76	200m:	2:11.23	34.14	300m:	3:18.66	33.62
							350m:	3:51.86	33.20
							400m:	4:23.62	31.76
2.	Daan Pex		Overpeltse Zwemvereniging			4:22.45	OZV/11009/864	4:41.34	
	50m:	31.55	31.55	150m:	1:43.32	35.93	250m:	2:55.65	35.93
	100m:	1:07.39	35.84	200m:	2:19.72	36.40	300m:	3:31.72	36.07
							350m:	4:07.03	35.31
							400m:	4:41.34	34.31
3.	Thijs Loman		Overpeltse Zwemvereniging			4:51.13	OZV/10234/964	5:54.04	
	50m:	32.82	32.82	150m:	1:48.04	38.38	250m:	3:04.44	38.43
	100m:	1:09.66	36.84	200m:	2:26.01	37.97	300m:	3:42.40	37.96
							350m:	4:19.92	37.52
							400m:	4:54.04	34.12
4.	Ruben Geys		Overpeltse Zwemvereniging			5:01.91	OZV/10257/864	5:59.10	
	50m:	33.75	33.75	150m:	1:48.94	38.16	250m:	3:06.00	38.70
	100m:	1:10.78	37.03	200m:	2:27.30	38.36	300m:	3:44.69	38.69
							350m:	4:22.75	38.06
							400m:	4:59.10	36.35
5.	Jo-an Mudde		Zeester Meerval			4:49.48	196701457	4:59.47	
	50m:	33.19	33.19	150m:	1:47.43	37.36	250m:	3:03.97	38.32
	100m:	1:10.07	36.88	200m:	2:25.65	38.22	300m:	3:42.97	39.00
							350m:	4:21.65	38.68
							400m:	4:59.47	37.82
6.	Tim Vinckx		De Wildert			4:46.29	199005367	5:19.90	
	50m:	32.15	32.15	150m:	1:49.42	40.17	250m:	3:12.27	42.15
	100m:	1:09.25	37.10	200m:	2:30.12	40.70	300m:	3:54.96	42.69
							350m:	4:37.90	42.94
							400m:	5:19.90	42.00
7.	Sam Janmaat		De Duinkickers			5:42.70	200203017	5:28.13	
	50m:	35.76	35.76	150m:	1:57.00	41.97	250m:	3:22.41	43.46
	100m:	1:15.03	39.27	200m:	2:38.95	41.95	300m:	4:05.08	42.67
							350m:	4:46.40	41.32
							400m:	5:28.13	41.73
AFGEM	Colin Derkx		Lutra			NT	199904721		