

LAC deel 4
Roosendaal, 22-2-2015

Programmanr. 5
22-2-2015 - 14:20

Heren, 400m wisselslag

Heren Senioren Open
Resultaten

rang	naam	vereniging		intijd		tijd		RT
1.	Jaro Musters	Z & Pc Dio		NT 199801141		5:19.44		+0,82
	50m: 31.10	31.10	150m: 1:50.47	40.91	250m: 3:18.00	47.94	350m: 4:43.22	37.61
	100m: 1:09.56	38.46	200m: 2:30.06	39.59	300m: 4:05.61	47.61	400m: 5:19.44	36.22
2.	Tom Kruis	De Biesboschzwemmers		5:52.52 200000059		5:29.67		+0,68
	50m: 33.34	33.34	150m: 1:54.32	39.72	250m: 3:21.69	46.18	350m: 4:50.96	39.79
	100m: 1:14.60	41.26	200m: 2:35.51	41.19	300m: 4:11.17	49.48	400m: 5:29.67	38.71
3.	Timo Musters	Z & Pc Dio		NT 199803325		5:51.52		+0,77
	50m: 33.35	33.35	150m: 2:08.50	49.02	250m: 3:42.79	49.65	350m: 5:12.97	41.94
	100m: 1:19.48	46.13	200m: 2:53.14	44.64	300m: 4:31.03	48.24	400m: 5:51.52	38.55
4.	Floris Verburgh	O.Z. & P.C. De Warande		NT 200001191		5:52.97		+0,78
	50m: 37.06	37.06	150m: 2:08.80	45.12	250m: 3:43.48	50.74	350m: 5:14.27	39.72
	100m: 1:23.68	46.62	200m: 2:52.74	43.94	300m: 4:34.55	51.07	400m: 5:52.97	38.70
5.	Max Botermans	O.Z. & P.C. De Warande		NT 200100999		5:55.18		+0,79
	50m: 38.58	38.58	150m: 2:13.64	46.87	250m: 3:48.55	53.76	350m: 5:19.12	38.41
	100m: 1:26.77	48.19	200m: 2:54.79	41.15	300m: 4:40.71	52.16	400m: 5:55.18	36.06
6.	Jordy Mulder	De Bevelanders		NT 200102381		6:09.07		+0,78
	50m: 39.59	39.59	150m: 2:14.96	46.97	250m: 3:52.85	53.50	350m: 5:29.27	43.38
	100m: 1:27.99	48.40	200m: 2:59.35	44.39	300m: 4:45.89	53.04	400m: 6:09.07	39.80
7.	Steyn Nieuwstad	Hieronymus		NT 200102641		6:18.75		+0,67
	50m: 43.30	43.30	150m: 2:24.79	46.67	250m: 4:03.21	50.99	350m: 5:38.45	42.10
	100m: 1:38.12	54.82	200m: 3:12.22	47.43	300m: 4:56.35	53.14	400m: 6:18.75	40.30
8.	Dion Staal	O.Z. & P.C. De Warande		NT 200200065		6:25.51		+0,70
	50m: 39.51	39.51	150m: 2:22.05	53.52	250m: 4:06.26	54.04	350m: 5:44.47	43.76
	100m: 1:28.53	49.02	200m: 3:12.22	50.17	300m: 5:00.71	54.45	400m: 6:25.51	41.04
9.	Max Embregts	O.Z. & P.C. De Warande		NT 200200583		6:25.99		+0,69
	50m: 40.74	40.74	150m: 2:22.27	50.11	250m: 4:01.19	52.38	350m: 5:44.33	45.56
	100m: 1:32.16	51.42	200m: 3:08.81	46.54	300m: 4:58.77	57.58	400m: 6:25.99	41.66
10.	Stijn de Rechter	Zwemclub Koewacht		NT 200202989		6:37.72		+0,78
	50m: 41.70	41.70	150m: 2:25.94	49.45	250m: 4:13.95	1:00.33	350m: 5:55.34	40.59
	100m: 1:36.49	54.79	200m: 3:13.62	47.68	300m: 5:14.75	1:00.80	400m: 6:37.72	42.38