

Programmanr. 2
10-2-2013 - 12:45

Heren, 400m wisselslag

Senioren Open
Resultaten

Rang									In.tijd	Tijd		
1.	Arjan Knipping			Psv			4:39.34		199401667	4:44.54		
	50m:	30.98	30.98	150m:	1:43.72	37.16	250m:	2:59.63	39.38	350m:	4:13.11	33.90
	100m:	1:06.56	35.58	200m:	2:20.25	36.53	300m:	3:39.21	39.58	400m:	4:44.54	31.43
2.	Koen Lems			ZPC Bikkel Hoogeveen			4:56.13		199603709	5:02.53		
	50m:	31.40	31.40	150m:	1:50.09	40.16	250m:	3:09.17	39.25	350m:	4:27.37	36.85
	100m:	1:09.93	38.53	200m:	2:29.92	39.83	300m:	3:50.52	41.35	400m:	5:02.53	35.16
3.	Senne Goris			Arendonkse Zwemvereniging			4:58.54		AZV/103/97	5:06.45		
	50m:	30.50	30.50	150m:	1:46.45	40.94	250m:	3:10.09	43.83	350m:	4:31.52	37.35
	100m:	1:05.51	35.01	200m:	2:26.26	39.81	300m:	3:54.17	44.08	400m:	5:06.45	34.93
4.	Loek van Houtert			Dommelbaarzen			4:53.52		199504515	5:09.32		
	50m:	31.39	31.39	150m:	1:49.53	42.40	250m:	3:16.06	45.56	350m:	4:36.14	35.01
	100m:	1:07.13	35.74	200m:	2:30.50	40.97	300m:	4:01.13	45.07	400m:	5:09.32	33.18
5.	Ardi Knol			ZPC Bikkel Hoogeveen			5:08.26		199603447	5:12.72		
	50m:	31.40	31.40	150m:	1:50.80	41.05	250m:	3:15.05	44.33	350m:	4:36.79	37.15
	100m:	1:09.75	38.35	200m:	2:30.72	39.92	300m:	3:59.64	44.59	400m:	5:12.72	35.93
6.	Jesse Derk van Schravendijk			WS Twente			5:19.20		199701479	5:22.97		
	50m:	31.77	31.77	150m:	1:52.33	42.46	250m:	3:21.68	47.16	350m:	4:47.28	38.25
	100m:	1:09.87	38.10	200m:	2:34.52	42.19	300m:	4:09.03	47.35	400m:	5:22.97	35.69
7.	Bonk Stout			De Dolfijn			5:20.27		199902181	5:35.36		
	50m:	34.83	34.83	150m:	2:03.16	45.13	250m:	3:31.59	44.76	350m:	4:57.36	40.01
	100m:	1:18.03	43.20	200m:	2:46.83	43.67	300m:	4:17.35	45.76	400m:	5:35.36	38.00
8.	Noah Legerstee			D'Elft			NT		200003593	5:48.25		
	50m:	37.11	37.11	150m:	2:05.13	43.18	250m:	3:36.74	48.88	350m:	5:08.48	42.39
	100m:	1:21.95	44.84	200m:	2:47.86	42.73	300m:	4:26.09	49.35	400m:	5:48.25	39.77