

Limietwedstrijd Lange Baan Eindhoven
Eindhoven, 17-2-2019

Programmanr. 4
17-2-2019 - 13:10

Heren, 400m vrije slag

Senioren Open
Resultaten

Rang							In.tijd					
1.	Raf Hendriks						Hellas-Glana	4:18.53	200100879	4:15.43		
	50m:	29.13	29.13	150m:	1:33.74	32.48	250m:	2:38.00	31.56	350m:	3:43.65	32.82
	100m:	1:01.26	32.13	200m:	2:06.44	32.70	300m:	3:10.83	32.83	400m:	4:15.43	31.78
2.	Jorian Tanis						MNC Dordrecht	4:06.12	199900327	4:17.67		
	50m:	28.91	28.91	150m:	1:33.54	32.77	250m:	2:39.58	32.94	350m:	3:45.96	33.00
	100m:	1:00.77	31.86	200m:	2:06.64	33.10	300m:	3:12.96	33.38	400m:	4:17.67	31.71
3.	Luc van Eijndhoven						Psv	4:22.59	200200139	4:25.26		
	50m:	30.25	30.25	150m:	1:37.75	33.62	250m:	2:45.69	33.93	350m:	3:53.17	33.66
	100m:	1:04.13	33.88	200m:	2:11.76	34.01	300m:	3:19.51	33.82	400m:	4:25.26	32.09
4.	Maikel van der Linden						Zwemsport Parkstad 1	4:30.87	200003797	4:28.48		
	50m:	30.40	30.40	150m:	1:38.04	34.27	250m:	2:47.27	34.37	350m:	3:55.64	33.85
	100m:	1:03.77	33.37	200m:	2:12.90	34.86	300m:	3:21.79	34.52	400m:	4:28.48	32.84
5.	Nino van Beek						Zeps	4:27.26	200202153	4:29.34		
	50m:	30.38	30.38	150m:	1:39.06	34.20	250m:	2:48.15	34.46	350m:	3:56.61	34.17
	100m:	1:04.86	34.48	200m:	2:13.69	34.63	300m:	3:22.44	34.29	400m:	4:29.34	32.73
6.	Koen Vissers						Psv	5:00.08	200401429	4:34.95		
	50m:	30.46	30.46	150m:	1:39.47	34.79	250m:	2:50.15	35.22	350m:	4:00.53	34.98
	100m:	1:04.68	34.22	200m:	2:14.93	35.46	300m:	3:25.55	35.40	400m:	4:34.95	34.42
7.	Daan Hogerhuis						LinK	4:43.78	200300317	4:36.83		
	50m:	30.73	30.73	150m:	1:39.97	34.78	250m:	2:51.21	35.63	350m:	4:02.49	35.47
	100m:	1:05.19	34.46	200m:	2:15.58	35.61	300m:	3:27.02	35.81	400m:	4:36.83	34.34
8.	Sem Lazaroms						Hieronymus	4:25.30	200402921	4:38.59		
	50m:	30.05	30.05	150m:	1:39.41	35.35	250m:	2:50.72	36.05	350m:	4:03.43	36.46
	100m:	1:04.06	34.01	200m:	2:14.67	35.26	300m:	3:26.97	36.25	400m:	4:38.59	35.16
9.	Senna Mooldijk						Feijenoord Albion	4:32.46	200301147	4:41.56		
	50m:	30.82	30.82	150m:	1:42.46	35.58	250m:	2:54.93	36.12	350m:	4:06.99	35.41
	100m:	1:06.88	36.06	200m:	2:18.81	36.35	300m:	3:31.58	36.65	400m:	4:41.56	34.57
10.	Alvaro Nesta Criel						Swimming Team Aalter	4:50.74	STA/11018/04	4:46.87		
	50m:	30.73	30.73	150m:	1:42.42	36.62	250m:	2:56.20	37.06	350m:	4:10.92	37.70
	100m:	1:05.80	35.07	200m:	2:19.14	36.72	300m:	3:33.22	37.02	400m:	4:46.87	35.95
11.	Kjell Reumkens						Hellas-Glana	5:12.59	200401385	4:49.65		
	50m:	32.16	32.16	150m:	1:45.07	36.79	250m:	3:00.09	37.12	350m:	4:14.49	36.66
	100m:	1:08.28	36.12	200m:	2:22.97	37.90	300m:	3:37.83	37.74	400m:	4:49.65	35.16
12.	Jarne Van De Sompel						Swimming Team Aalter	5:15.68	STA/11010/04	4:50.31		
	50m:	32.22	32.22	150m:	1:46.24	37.22	250m:	3:01.04	37.06	350m:	4:15.42	36.92
	100m:	1:09.02	36.80	200m:	2:23.98	37.74	300m:	3:38.50	37.46	400m:	4:50.31	34.89
13.	Luka Geraerds						Hellas-Glana	4:43.32	200502077	4:50.37		
	50m:	32.70	32.70	150m:	1:47.24	37.65	250m:	3:03.33	37.86	350m:	4:18.32	37.14
	100m:	1:09.59	36.89	200m:	2:25.47	38.23	300m:	3:41.18	37.85	400m:	4:50.37	32.05
14.	Mick Schüssel						De Ward	4:39.83	200304261	4:52.38		
	50m:	31.79	31.79	150m:	1:47.52	38.02	250m:	3:02.34	37.73	350m:	4:17.05	37.18
	100m:	1:09.50	37.71	200m:	2:24.61	37.09	300m:	3:39.87	37.53	400m:	4:52.38	35.33
15.	Sven ten Hove						Hieronymus	4:51.97	200500273	4:54.69		
	50m:	32.89	32.89	150m:	1:47.36	37.24	250m:	3:01.73	37.16	350m:	4:17.98	37.69
	100m:	1:10.12	37.23	200m:	2:24.57	37.21	300m:	3:40.29	38.56	400m:	4:54.69	36.71
16.	Niels van der Mast						ZPC Numansdorp	4:44.78	200401917	4:58.82		
	50m:	31.98	31.98	150m:	1:45.95	36.71	250m:	3:02.57	38.39	350m:	4:20.75	39.39
	100m:	1:09.24	37.26	200m:	2:24.18	38.23	300m:	3:41.36	38.79	400m:	4:58.82	38.07
17.	Robbe Van de Walle						Swimming Team Aalter	5:07.71	STA/11011/04	4:58.95		
	50m:	31.98	31.98	150m:	1:47.56	38.24	250m:	3:04.27	38.15	350m:	4:20.89	37.98
	100m:	1:09.32	37.34	200m:	2:26.12	38.56	300m:	3:42.91	38.64	400m:	4:58.95	38.06

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Programmanr. 4, Heren, 400m vrije slag, Senioren Open

Rang							In.tijd	Tijd				
18.	Twan van Engen			De Ward			5:00.78	200500581	5:07.13			
	50m:	33.50	33.50	150m:	1:51.00	39.41	250m:	3:10.55	40.01	350m:	4:29.77	39.90
	100m:	1:11.59	38.09	200m:	2:30.54	39.54	300m:	3:49.87	39.32	400m:	5:07.13	37.36
19.	Jurje Veldhuijsen			Hellas-Glana			5:18.69	200400603	5:15.22			
	50m:	34.16	34.16	150m:	1:54.52	40.94	250m:	3:16.43	40.83	350m:	4:38.36	40.70
	100m:	1:13.58	39.42	200m:	2:35.60	41.08	300m:	3:57.66	41.23	400m:	5:15.22	36.86
20.	Mike Corporaal			O.Z. & P.C. De Warande			6:23.19	200302999	5:18.84			
	50m:	33.64	33.64	150m:	1:55.44	41.25	250m:	3:19.70	41.71	350m:	4:40.64	39.75
	100m:	1:14.19	40.55	200m:	2:37.99	42.55	300m:	4:00.89	41.19	400m:	5:18.84	38.20
21.	Mike van Huizen			ZPC Numansdorp			5:12.31	200300891	5:23.66			
	50m:	33.43	33.43	150m:	1:53.98	41.32	250m:	3:19.19	42.41	350m:	4:44.98	42.70
	100m:	1:12.66	39.23	200m:	2:36.78	42.80	300m:	4:02.28	43.09	400m:	5:23.66	38.68
22.	Sytze van Stein			LinK			5:21.74	200501155	5:23.74			
	50m:	34.24	34.24	150m:	1:55.72	41.34	250m:	3:18.31	41.32	350m:	4:42.73	41.86
	100m:	1:14.38	40.14	200m:	2:36.99	41.27	300m:	4:00.87	42.56	400m:	5:23.74	41.01
23.	Lars Keukens			V.Z.V. Njord			5:48.32	200501135	5:32.50			
	50m:	35.84	35.84	150m:	1:58.84	42.42	250m:	3:24.59	42.29	350m:	4:50.21	42.52
	100m:	1:16.42	40.58	200m:	2:42.30	43.46	300m:	4:07.69	43.10	400m:	5:32.50	42.29
24.	Max van Zeijl			Hieronymus			5:29.83	200402075	5:34.07			
	50m:	34.91	34.91	150m:	1:57.71	42.35	250m:	3:25.50	43.75	350m:	4:52.96	43.44
	100m:	1:15.36	40.45	200m:	2:41.75	44.04	300m:	4:09.52	44.02	400m:	5:34.07	41.11
25.	Alrik van Eeghem			Hellas-Glana			5:44.36	200600471	5:35.25			
	50m:	37.71	37.71	150m:	2:03.53	42.86	250m:	3:30.17	43.16	350m:	4:56.30	41.66
	100m:	1:20.67	42.96	200m:	2:47.01	43.48	300m:	4:14.64	44.47	400m:	5:35.25	38.95
26.	Léon van Grevenbroek			De Ward			6:05.31	200601323	5:38.35			
	50m:	37.15	37.15	150m:	2:04.55	43.87	250m:	3:31.86	43.58	350m:	4:57.70	42.67
	100m:	1:20.68	43.53	200m:	2:48.28	43.73	300m:	4:15.03	43.17	400m:	5:38.35	40.65
27.	Arne-Willem Kroonen			Zwemsport Parkstad 1			5:20.00	198401297	5:39.09			
	50m:	36.84	36.84	150m:	1:57.57	40.85	250m:	3:22.97	43.46	350m:	4:53.31	45.59
	100m:	1:16.72	39.88	200m:	2:39.51	41.94	300m:	4:07.72	44.75	400m:	5:39.09	45.78
28.	Martijn Clarijs			Zwemvereniging De Zilvermeeuw			5:28.94	200104669	5:57.50			
	50m:	35.14	35.14	150m:	1:56.67	42.56	250m:	3:29.87	47.24	350m:	5:09.10	49.23
	100m:	1:14.11	38.97	200m:	2:42.63	45.96	300m:	4:19.87	50.00	400m:	5:57.50	48.40
29.	Berend van der Schrier			Hieronymus			6:25.22	200601915	6:20.39			
	50m:	39.88	39.88	150m:	2:15.34	49.39	250m:	3:55.61	50.22	350m:	5:34.60	50.96
	100m:	1:25.95	46.07	200m:	3:05.39	50.05	300m:	4:43.64	48.03	400m:	6:20.39	45.79
AFGEM	Sem Bonte			Z & PC De Zeeuwse Kust 1			4:54.76	200400427				