

NZC deel 1
Hardenberg, 3-10-2026

Programmanr. 11
3-10-2026 - 14:56

Heren, 400m vrije slag

Senioren Open
Resultaten

rang	naam	vereniging		intijd		tijd		RT
1.	Erik Pape	de IJssel		4:42.92		199601669		4:55.66
	50m: 34.26	34.26	150m: 1:48.13	37.06	250m: 3:03.59	38.14	350m: 4:20.06	37.79
	100m: 1:11.07	36.81	200m: 2:25.45	37.32	300m: 3:42.27	38.68	400m: 4:55.66	35.60
2.	Ruben Overbeek	de IJssel		4:43.34		200502887		4:55.81
	50m: 32.68	32.68	150m: 1:48.29	38.39	250m: 3:03.79	37.45	350m: 4:21.11	38.26
	100m: 1:09.90	37.22	200m: 2:26.34	38.05	300m: 3:42.85	39.06	400m: 4:55.81	34.70
3.	Luuk Tangenberg	De Grunte		5:01.21		200601183		4:59.68
	50m: 32.41	32.41	150m: 1:48.71	39.10	250m: 3:08.36	39.51	350m: 4:26.19	38.05
	100m: 1:09.61	37.20	200m: 2:28.85	40.14	300m: 3:48.14	39.78	400m: 4:59.68	33.49
4.	Justus van Asselt	de IJssel		5:03.86		200703599		5:05.84
	50m: 33.81	33.81	150m: 1:51.40	39.19	250m: 3:09.71	38.68	350m: 4:28.21	39.24
	100m: 1:12.21	38.40	200m: 2:31.03	39.63	300m: 3:48.97	39.26	400m: 5:05.84	37.63
5.	Robert Toeter	Hera'11		5:06.45		200101779		5:08.37
	50m: 32.55	32.55	150m: 1:50.89	39.42	250m: 3:11.08	40.30	350m: 4:30.16	39.13
	100m: 1:11.47	38.92	200m: 2:30.78	39.89	300m: 3:51.03	39.95	400m: 5:08.37	38.21
6.	Sven Besten	Hera'11		NT		200305097		5:16.91
	50m: 32.26	32.26	150m: 2:28.21	40.58	250m:		350m:	
	100m: 1:47.63	1:15.37	200m: 3:09.83	41.62	300m:		400m: 5:16.91	
7.	Chris Kouwenhoven	De Grunte		5:16.85		197101669		5:23.13
	50m: 35.66	35.66	150m: 1:56.36	40.84	250m: 3:18.23	41.31	350m: 4:42.57	41.81
	100m: 1:15.52	39.86	200m: 2:36.92	40.56	300m: 4:00.76	42.53	400m: 5:23.13	40.56
8.	Thiemo Bruin	Swol1894 2		5:17.51		201200477		5:27.28
	50m: 35.37	35.37	150m: 1:58.99	42.06	250m: 3:23.38	42.84	350m: 4:48.53	43.04
	100m: 1:16.93	41.56	200m: 2:40.54	41.55	300m: 4:05.49	42.11	400m: 5:27.28	38.75
9.	Fabian Kieftenbeld	Hera'11		NT		200904005		6:09.26
	50m: 37.87	37.87	150m: 2:09.59	47.26	250m: 3:47.56	49.26	350m: 5:27.36	50.77
	100m: 1:22.33	44.46	200m: 2:58.30	48.71	300m: 4:36.59	49.03	400m: 6:09.26	41.90
10.	Maxim Hardziyenka	Swol1894 2		6:36.67		197201723		6:42.28
	50m: 42.11	42.11	150m: 2:22.43	51.20	250m: 4:04.68	52.34	350m: 5:51.14	53.28
	100m: 1:31.23	49.12	200m: 3:12.34	49.91	300m: 4:57.86	53.18	400m: 6:42.28	51.14