

VC Deel 1
Delfzijl, 3-10-2026

Programmanr. 11
03-10-2026 - 14:50

Heren, 400m vrije slag

Senioren Open
Resultaten

rang	naam	vereniging		intijd		tijd		RT
1.	Wout Kroeze	Azuro		4:34.90	200601441	4:33.32		
	50m: 29.64	29.64	150m:	250m:	350m:			
	100m: 1:06.51	32.87	200m: 2:13.01	300m:	400m: 4:33.32			
2.	Erwin Pras	Gzvw		4:43.72	199601781	4:35.45		
	50m:		150m:	250m:	350m:			
	100m:		200m:	300m:	400m: 4:35.45			
3.	Jarno Ottens	Azuro		4:52.80	200000273	4:43.21		
	50m: 30.89	30.89	150m:	250m:	350m:			
	100m: 1:06.35	35.46	200m: 2:20.23	300m:	400m: 4:43.21			
4.	Xander Huberts	Zeno		4:51.48	199800809	5:00.14		
	50m: 30.75	30.75	150m:	250m:	350m:			
	100m: 1:06.37	35.62	200m: 2:23.67	300m:	400m: 5:00.14			
5.	Edwin Bulten	Azuro		5:05.78	200600553	5:14.18		
	50m: 33.76	33.76	150m:	250m:	350m:			
	100m: 1:12.53	38.77	200m: 2:34.40	300m:	400m: 5:14.18			
6.	Harmen van der Ploeg	Azuro		5:11.27	200203695	5:14.22		
	50m: 32.91	32.91	150m:	250m:	350m:			
	100m: 1:12.76	39.85	200m: 2:34.55	300m:	400m: 5:14.22			
7.	Eric Zwiep	Zeno		5:13.91	199802531	5:15.93		
	50m: 33.37	33.37	150m:	250m:	350m:			
	100m: 1:12.49	39.12	200m: 2:33.58	300m:	400m: 5:15.93			
8.	Rubert Boer	Aqualero		5:20.90	197902011	5:19.51		
	50m: 34.36	34.36	150m:	250m:	350m:			
	100m: 1:13.13	38.77	200m: 2:36.61	300m:	400m: 5:19.51			
9.	Patrick Graver	Gzvw		5:33.33	199404735	5:24.44		
	50m: 34.50	34.50	150m:	250m:	350m:			
	100m: 1:13.42	38.92	200m: 2:34.91	300m:	400m: 5:24.44			
10.	Han Zwiep	Zeno		5:23.90	199603163	5:33.42		
	50m: 34.73	34.73	150m:	250m:	350m:			
	100m: 1:15.53	40.80	200m: 2:41.01	300m:	400m: 5:33.42			
AFGEM	Jesper Tjassing	Azuro		5:19.70	200201499			
AFGEM	Erik Zoethout	Aqualero		5:44.80	196901157			