



Programmanr. 43  
26-11-2022 - 17:56

Heren, 400m vrije slag

Senioren Open  
Resultaten

rang	naam	vereniging	intijd	tijd	RT
1.	Justin Steenkamp	PSV	4:18.35	200404133	4:26.94
	50m: 29.72	150m: 1:37.89	250m: 2:44.87	350m: 3:53.22	
	100m: 1:03.15	200m: 2:10.75	300m: 3:19.04	400m: 4:26.94	
2.	Korneel Van Hissenhoven	Racing Swimming Club Mechel	4:25.74	RSCM/11133/06	4:28.82
	50m: 29.92	150m: 1:37.41	250m: 2:44.99	350m: 3:54.33	
	100m: 1:03.13	200m: 2:11.03	300m: 3:19.67	400m: 4:28.82	
3.	Theodore Allan	PSV	5:02.77	200902925	4:38.69
	50m: 29.10	150m: 1:38.01	250m: 2:51.27	350m: 4:04.05	
	100m: 1:02.55	200m: 2:14.80	300m: 3:27.45	400m: 4:38.69	
4.	Gerrit Rochat	RZC	NT	200500393	4:59.89
	50m: 32.64	150m: 1:47.72	250m: 3:04.04	350m: 4:20.80	
	100m: 1:09.69	200m: 2:25.64	300m: 3:42.50	400m: 4:59.89	
5.	Berend van der Schrier	Hieronymus	5:15.24	200601915	5:06.64
	50m: 33.52	150m: 1:49.24	250m: 3:06.19	350m: 4:26.81	
	100m: 1:10.87	200m: 2:27.23	300m: 3:46.11	400m: 5:06.64	
6.	Mattias Meijers	RZC	NT	200001975	5:10.24
	50m: 34.05	150m: 1:51.66	250m: 3:11.95	350m: 4:31.62	
	100m: 1:12.04	200m: 2:31.79	300m: 3:51.73	400m: 5:10.24	
7.	Max van der Spank	Hieronymus	5:23.36	201000275	5:14.41
	50m: 34.77	150m: 1:54.61	250m: 3:15.43	350m: 4:36.98	
	100m: 1:14.21	200m: 2:35.46	300m: 3:56.86	400m: 5:14.41	
8.	Sven Potappel	Dwk	5:42.00	201000127	5:20.67
	50m: 36.98	150m: 2:01.63	250m: 3:24.17	350m: 4:44.16	
	100m: 1:18.99	200m: 2:43.82	300m: 4:04.63	400m: 5:20.67	
9.	Dani Yefimov	WS Twente	5:17.08	200901305	5:24.20
	50m: 35.48	150m: 1:57.77	250m: 3:21.61	350m: 4:44.83	
	100m: 1:15.88	200m: 2:39.36	300m: 4:03.53	400m: 5:24.20	
10.	Nicolai Matla	PSV	6:05.68	200901031	5:50.82
	50m: 40.56	150m: 2:09.06	250m: 3:40.22	350m: 5:09.80	
	100m: 1:23.16	200m: 2:54.68	300m: 4:24.43	400m: 5:50.82	
11.	Micah Hoeben	Z&PC Zegenwerp	6:42.93	200801113	6:42.32
	50m: 37.67	150m: 2:12.93	250m: 3:53.01	350m: 5:35.08	
	100m: 1:24.14	200m: 3:02.68	300m: 4:43.76	400m: 6:42.32	
AFGEM	Mathijs Verdonck	PSV	4:32.07	200101685	