

Limietwedstrijd korte baan ronde 1  
Nijmegen, 14-10-2023

Programmanr. 101  
14-10-2023 - 14:00

Heren, 400m vrije slag

Senioren Open  
Resultaten

rang	naam	vereniging	intijd	tijd	RT
1.	Mink Hugen	Aqua-Novio'94	4:35.74	200801391	<b>4:33.90</b>
	50m: 29.38	29.38 150m: 1:36.94	34.57	250m: 2:47.29	35.19
	100m: 1:02.37	32.99 200m: 2:12.10	35.16	300m: 3:22.90	35.61
				350m: 3:58.81	35.91
				400m: 4:33.90	35.09
2.	Jeroen Schelling	Z&PV Nuenen	4:57.80	199701837	<b>4:45.05</b>
	50m: 30.82	30.82 150m: 1:41.91	35.81	250m: 2:54.86	36.49
	100m: 1:06.10	35.28 200m: 2:18.37	36.46	300m: 3:31.98	37.12
				350m: 4:08.84	36.86
				400m: 4:45.05	36.21
3.	Kaj Hugen	Aqua-Novio'94	4:51.79	200602739	<b>4:47.55</b>
	50m: 29.82	29.82 150m: 1:38.56	35.34	250m: 2:52.61	37.77
	100m: 1:03.22	33.40 200m: 2:14.84	36.28	300m: 3:31.18	38.57
				350m: 4:09.71	38.53
				400m: 4:47.55	37.84
4.	Douwe Enzerink	ZV 44	5:26.38	201102657	<b>5:22.03</b>
	50m: 32.71	32.71 150m: 1:52.62	40.90	250m: 3:17.49	42.65
	100m: 1:11.72	39.01 200m: 2:34.84	42.22	300m: 4:00.51	43.02
				350m: 4:42.78	42.27
				400m: 5:22.03	39.25
5.	Pieter de Jonge	Aqua-Novio'94	6:01.98	201200211	<b>5:39.17</b>
	50m: 35.44	35.44 150m: 1:59.24	43.00	250m: 3:28.95	45.47
	100m: 1:16.24	40.80 200m: 2:43.48	44.24	300m: 4:13.58	44.63
				350m: 4:59.15	45.57
				400m: 5:39.17	40.02
6.	Gudo Hoogzaad	Aqua-Novio '94 Masters	6:00.00	198907025	<b>5:47.28</b>
	50m: 36.05	36.05 150m: 2:02.00	43.91	250m: 3:31.47	44.53
	100m: 1:18.09	42.04 200m: 2:46.94	44.94	300m: 4:17.83	46.36
				350m: 5:04.12	46.29
				400m: 5:47.28	43.16