

Limietwedstrijd korte baan deel 2
Nijmegen, 25-11-2023

Programmanr. 21
25-11-2023 - 16:11

Heren, 400m vrije slag

Senioren Open
Resultaten

rang	naam	vereniging	intijd	tijd	RT	
1.	Sem Belmon	PSV	4:22.95	200702099	4:18.86	
	50m: 30.00	30.00	150m: 1:35.31	32.79	250m: 2:40.86	32.71
	100m: 1:02.52	32.52	200m: 2:08.15	32.84	300m: 3:13.74	32.88
					350m: 3:46.39	32.65
					400m: 4:18.86	32.47
2.	Mink Hugen	Aqua-Novio'94	4:33.90	200801391	4:30.98	
	50m: 29.66	29.66	150m: 1:37.32	34.25	250m: 2:46.26	34.64
	100m: 1:03.07	33.41	200m: 2:11.62	34.30	300m: 3:20.98	34.72
					350m: 3:56.03	35.05
					400m: 4:30.98	34.95
3.	Stefan van der Meer	VZC	4:38.60	200901361	4:37.83	
	50m: 31.09	31.09	150m: 1:41.27	35.78	250m: 2:52.11	35.44
	100m: 1:05.49	34.40	200m: 2:16.67	35.40	300m: 3:27.46	35.35
					350m: 4:03.14	35.68
					400m: 4:37.83	34.69
4.	Davi Fonseca Gomes	PSV	4:38.06	200902795	4:38.99	
	50m: 30.83	30.83	150m: 1:42.63	36.38	250m: 2:54.71	36.06
	100m: 1:06.25	35.42	200m: 2:18.65	36.02	300m: 3:30.13	35.42
					350m: 4:05.23	35.10
					400m: 4:38.99	33.76
5.	Thomas Nauta	Arethusa	4:39.97	200900339	4:40.96	
	50m: 31.08	31.08	150m: 1:42.82	36.33	250m: 2:54.89	35.88
	100m: 1:06.49	35.41	200m: 2:19.01	36.19	300m: 3:30.97	36.08
					350m: 4:06.58	35.61
					400m: 4:40.96	34.38
6.	Ruben Kragt	ZV 44	4:55.28	201000007	4:46.83	
	50m: 31.29	31.29	150m: 1:42.69	36.17	250m: 2:56.87	36.95
	100m: 1:06.52	35.23	200m: 2:19.92	37.23	300m: 3:33.94	37.07
					350m: 4:11.29	37.35
					400m: 4:46.83	35.54
7.	Simon Travaille	Aqua-Novio'94	5:11.57	200800991	4:55.20	
	50m: 30.83	30.83	150m: 1:44.64	38.11	250m: 3:00.97	38.45
	100m: 1:06.53	35.70	200m: 2:22.52	37.88	300m: 3:39.57	38.60
					350m: 4:17.89	38.32
					400m: 4:55.20	37.31
8.	Yahav Shalev	PSV	5:12.21	200902093	5:12.90	
	50m: 34.65	34.65	150m: 1:53.54	40.15	250m: 3:14.45	40.76
	100m: 1:13.39	38.74	200m: 2:33.69	40.15	300m: 3:55.03	40.58
					350m: 4:34.96	39.93
					400m: 5:12.90	37.94
9.	Pim Hofmans	ZWK Merlet	NT	200603707	5:17.17	
	50m: 33.49	33.49	150m: 1:55.74	41.76	250m: 3:19.60	41.99
	100m: 1:13.98	40.49	200m: 2:37.61	41.87	300m: 4:00.57	40.97
					350m: 4:40.45	39.88
					400m: 5:17.17	36.72
10.	Coen Graat	ZWK Merlet	5:23.84	200201363	5:28.18	
	50m: 31.25	31.25	150m: 1:49.53	40.61	250m: 3:15.00	43.48
	100m: 1:08.92	37.67	200m: 2:31.52	41.99	300m: 3:59.28	44.28
					350m: 4:43.50	44.22
					400m: 5:28.18	44.68