

Limiet LB Oosterhout
Oosterhout, 7-4-2024

Programmanr. 30
7-4-2024 - 17:23

Heren, 400m vrije slag

Senioren Open
Resultaten

rang	naam	vereniging	intijd	tijd	RT	
1.	Max van der Spank	Hieronymus	4:58.40	201000275	4:45.66	
	50m: 32.09	32.09	150m: 1:45.93	37.00	250m: 2:59.36	36.33
	100m: 1:08.93	36.84	200m: 2:23.03	37.10	300m: 3:36.13	36.77
					350m: 4:12.48	36.35
					400m: 4:45.66	33.18
2.	Craig Frankum	O.Z. & P.C. De Warande	NT	199007759	4:58.54	
	50m: 31.85	31.85	150m: 1:45.34	37.57	250m: 3:02.15	38.62
	100m: 1:07.77	35.92	200m: 2:23.53	38.19	300m: 3:41.00	38.85
					350m: 4:20.55	39.55
					400m: 4:58.54	37.99
3.	Tibbe Rongen	Sbc2000	5:19.95	200801929	5:10.64	
	50m: 33.37	33.37	150m: 1:54.39	40.72	250m: 3:15.63	40.20
	100m: 1:13.67	40.30	200m: 2:35.43	41.04	300m: 3:56.65	41.02
					350m: 4:35.68	39.03
					400m: 5:10.64	34.96
4.	Tijs Sauren	HZV Lutra	4:56.20	200402759	5:11.58	
	50m: 34.26	34.26	150m: 1:53.98	40.73	250m: 3:14.01	39.81
	100m: 1:13.25	38.99	200m: 2:34.20	40.22	300m: 3:53.50	39.49
					350m: 4:33.42	39.92
					400m: 5:11.58	38.16
5.	Ben Konings	Sbc2000	6:01.10	201002835	6:00.79	
	50m: 38.93	38.93	150m: 2:08.82	46.22	250m: 3:42.88	47.70
	100m: 1:22.60	43.67	200m: 2:55.18	46.36	300m: 4:30.07	47.19
					350m: 5:15.95	45.88
					400m: 6:00.79	44.84
6.	Mikey Zwiers	Sbc2000	6:37.94	201200067	6:37.37	
	50m: 44.82	44.82	150m: 2:25.03	50.41	250m: 4:06.09	51.72
	100m: 1:34.62	49.80	200m: 3:14.37	49.34	300m: 4:56.90	50.81
					350m: 5:48.33	51.43
					400m: 6:37.37	49.04