

A-Limietwedstrijd LB deel 1  
Hengelo, 23-3-2024

Programmanr. 2  
23-3-2024 - 13:49

Heren, 400m vrije slag

Senioren Open  
Resultaten

rang naam	vereniging	intijd	tijd	RT	100m	200m	300m	400m
1. Milan Veelders	De Dinkel	4:13.89 200800279	<b>4:20.38</b> +0,69		1:02.28	1:06.89	1:07.13	1:04.08
50m: 29.69	29.69	150m: 1:35.58	33.30	250m: 2:42.88	33.71	350m: 3:48.79	32.49	
100m: 1:02.28	32.59	200m: 2:09.17	33.59	300m: 3:16.30	33.42	400m: 4:20.38	31.59	
2. Luuk Ruinemans	De Dinkel	4:20.16 200301085	<b>4:33.80</b> +0,71		1:03.81	1:09.83	1:09.85	1:10.31
50m: 30.01	30.01	150m: 1:38.77	34.96	250m: 2:48.25	34.61	350m: 3:59.08	35.59	
100m: 1:03.81	33.80	200m: 2:13.64	34.87	300m: 3:23.49	35.24	400m: 4:33.80	34.72	
3. Arnoud Bult	De Dinkel	4:31.07 200701387	<b>4:40.38</b> +0,74		1:06.63	1:12.70	1:12.12	1:08.93
50m: 31.13	31.13	150m: 1:42.69	36.06	250m: 2:55.05	35.72	350m: 4:06.81	35.36	
100m: 1:06.63	35.50	200m: 2:19.33	36.64	300m: 3:31.45	36.40	400m: 4:40.38	33.57	
4. Niek Vreeling	O Z & P C	4:41.11 200604211	<b>4:40.66</b> +0,69		1:03.22	1:12.14	1:13.10	1:12.20
50m: 29.70	29.70	150m: 1:38.83	35.61	250m: 2:51.95	36.59	350m: 4:05.19	36.73	
100m: 1:03.22	33.52	200m: 2:15.36	36.53	300m: 3:28.46	36.51	400m: 4:40.66	35.47	
5. Finn Ooijman	De Berkelduikers	5:09.55 200603161	<b>4:51.10</b> +0,55		1:08.21	1:14.04	1:14.87	1:13.98
50m: 32.48	32.48	150m: 1:44.98	36.77	250m: 2:59.82	37.57	350m: 4:14.96	37.84	
100m: 1:08.21	35.73	200m: 2:22.25	37.27	300m: 3:37.12	37.30	400m: 4:51.10	36.14	
6. Xander Boets	ZPC de Kanaalstreek	5:02.34 200800133	<b>4:52.06</b> +0,77		1:07.72	1:14.20	1:14.88	1:15.26
50m: 32.06	32.06	150m: 1:44.37	36.65	250m: 2:58.95	37.03	350m: 4:14.62	37.82	
100m: 1:07.72	35.66	200m: 2:21.92	37.55	300m: 3:36.80	37.85	400m: 4:52.06	37.44	
7. Matthijs van Velzen	Deltasteur	4:48.33 201100435	<b>4:56.72</b> +0,62		1:07.22	1:15.82	1:17.77	1:15.91
50m: 30.82	30.82	150m: 1:44.90	37.68	250m: 3:02.05	39.01	350m: 4:19.88	39.07	
100m: 1:07.22	36.40	200m: 2:23.04	38.14	300m: 3:40.81	38.76	400m: 4:56.72	36.84	
8. Thomas van Velzen	Deltasteur	4:44.84 200703189	<b>4:57.91</b> +0,64		1:07.70	1:16.11	1:18.54	1:15.56
50m: 31.52	31.52	150m: 1:45.21	37.51	250m: 3:02.94	39.13	350m: 4:20.47	38.12	
100m: 1:07.70	36.18	200m: 2:23.81	38.60	300m: 3:42.35	39.41	400m: 4:57.91	37.44	
9. Douwe Enzerink	Deltasteur	5:04.26 201102657	<b>5:00.34</b> +0,49		1:09.85	1:17.05	1:17.20	1:16.24
50m: 32.55	32.55	150m: 1:44.08	38.23	250m: 3:05.04	38.14	350m: 4:22.41	38.31	
100m: 1:09.85	37.30	200m: 2:26.90	38.82	300m: 3:44.10	39.06	400m: 5:00.34	37.93	
10. Yorre van der Wal	SG. Bolsward-Workum	5:16.07 201000017	<b>5:04.28</b> +0,55		1:10.46	1:17.12	1:17.67	1:19.03
50m: 33.25	33.25	150m: 1:48.69	38.23	250m: 3:05.96	38.38	350m: 4:25.04	39.79	
100m: 1:10.46	37.21	200m: 2:27.58	38.89	300m: 3:45.25	39.29	400m: 5:04.28	39.24	
11. Daan Overmars	O Z & P C	5:33.85 201100027	<b>5:11.67</b> +0,60		1:11.90	1:20.28	1:21.06	1:18.43
50m: 33.85	33.85	150m: 1:51.67	39.77	250m: 3:13.20	41.02	350m: 4:33.08	39.84	
100m: 1:11.90	38.05	200m: 2:32.18	40.51	300m: 3:53.24	40.04	400m: 5:11.67	38.59	
12. Thijmen Holterman	ZPC De Hof	5:19.81 201000005	<b>5:13.03</b> +0,89		1:15.08	1:20.33	1:20.16	1:17.46
50m: 34.62	34.62	150m: 1:55.73	40.65	250m: 3:15.14	39.73	350m: 4:34.57	39.00	
100m: 1:15.08	40.46	200m: 2:35.41	39.68	300m: 3:55.57	40.43	400m: 5:13.03	38.46	
13. Rafael Agterbos	O Z & P C	5:28.86 201000171	<b>5:15.86</b>		1:12.95	1:21.24	1:21.94	1:19.73
50m: 34.68	34.68	150m: 1:53.32	40.37	250m: 3:15.20	41.01	350m: 4:37.02	40.89	
100m: 1:12.95	38.27	200m: 2:34.19	40.87	300m: 3:56.13	40.93	400m: 5:15.86	38.84	
14. Kick Germers	Swol 1894	5:10.00 201000185	<b>5:16.47</b> +0,68		1:13.90	1:21.72	1:21.96	1:18.89
50m: 34.64	34.64	150m: 1:54.06	40.16	250m: 3:16.59	40.97	350m: 4:37.44	39.86	
100m: 1:13.90	39.26	200m: 2:35.62	41.56	300m: 3:57.58	40.99	400m: 5:16.47	39.03	
15. Gerdian Leeftink	ZPC De Hof	5:23.20 201000091	<b>5:16.48</b> +0,78		1:14.31	1:22.42	1:21.82	1:17.93
50m: 34.79	34.79	150m: 1:55.39	41.08	250m: 3:17.37	40.64	350m: 4:39.11	40.56	
100m: 1:14.31	39.52	200m: 2:36.73	41.34	300m: 3:58.55	41.18	400m: 5:16.48	37.37	
16. Stan Nijhuis	O Z & P C	5:36.25 201100191	<b>5:18.67</b>		1:15.60	1:21.52	1:21.89	1:19.66
50m: 34.95	34.95	150m: 1:55.95	40.35	250m: 3:18.20	41.08	350m: 4:38.72	39.71	
100m: 1:15.60	40.65	200m: 2:37.12	41.17	300m: 3:59.01	40.81	400m: 5:18.67	39.95	
17. Sem Ikink	O Z & P C	5:36.25 201100007	<b>5:35.79</b> +0,58		1:16.11	1:24.31	1:28.15	1:27.22
50m: 35.17	35.17	150m: 1:58.05	41.94	250m: 3:24.89	44.47	350m: 4:53.35	44.78	
100m: 1:16.11	40.94	200m: 2:40.42	42.37	300m: 4:08.57	43.68	400m: 5:35.79	42.44	
18. Dewin Volker	WS Twente	5:42.67 201101935	<b>5:41.75</b> +0,59		1:18.19	1:28.01	1:29.03	1:26.52
50m: 36.17	36.17	150m: 2:00.96	42.77	250m: 3:29.59	43.39	350m: 4:59.47	44.24	
100m: 1:18.19	42.02	200m: 2:46.20	45.24	300m: 4:15.23	45.64	400m: 5:41.75	42.28	