

A-Limietwedstrijd LB deel 3
Hengelo, 20-4-2024

Programmanr. 2
20-4-2024 - 13:44

Heren, 400m vrije slag

Senioren Open
Resultaten

rang naam	vereniging	intijd	tijd	RT	100m	200m	300m	400m
1. Olivier Wilbers	ZPC Hoogeveen	4:05.77	200600181	4:13.49 +0,71	1:01.97	1:04.31	1:04.49	1:02.72
50m: 30.04	30.04	150m: 1:34.06	32.09	250m: 2:38.51	32.23	350m: 3:42.38	31.61	
100m: 1:01.97	31.93	200m: 2:06.28	32.22	300m: 3:10.77	32.26	400m: 4:13.49	31.11	
2. Melle van Veen	Dedemsvaart-AC	4:26.00	200700661	4:29.21 +0,71	1:02.78	1:08.78	1:09.98	1:07.67
50m: 29.26	29.26	150m: 1:36.89	34.11	250m: 2:46.50	34.94	350m: 3:56.57	35.03	
100m: 1:02.78	33.52	200m: 2:11.56	34.67	300m: 3:21.54	35.04	400m: 4:29.21	32.64	
3. Luc Kerpels	ZPC Hoogeveen	4:13.81	200503015	4:30.89 +0,72	1:04.07	1:08.87	1:09.76	1:08.19
50m: 30.87	30.87	150m: 1:38.11	34.04	250m: 2:47.82	34.88	350m: 3:57.11	34.41	
100m: 1:04.07	33.20	200m: 2:12.94	34.83	300m: 3:22.70	34.88	400m: 4:30.89	33.78	
4. Bjorn Scholten	O Z & P C	4:36.66	200801143	4:32.49 +0,83	1:03.50	1:09.65	1:11.39	1:07.95
50m: 29.79	29.79	150m: 1:37.91	34.41	250m: 2:48.76	35.61	350m: 3:59.67	35.13	
100m: 1:03.50	33.71	200m: 2:13.15	35.24	300m: 3:24.54	35.78	400m: 4:32.49	32.82	
5. Tim Zuurman	ZPC Hoogeveen	4:21.50	200700131	4:32.77	1:06.00	1:09.29	1:09.19	1:08.29
50m: 32.08	32.08	150m: 1:40.65	34.65	250m: 2:49.75	34.46	350m: 3:59.10	34.62	
100m: 1:06.00	33.92	200m: 2:15.29	34.64	300m: 3:24.48	34.73	400m: 4:32.77	33.67	
6. Teun van Weeren	WS Twente	4:42.25	200801145	4:35.24 +0,67	1:06.58	1:09.80	1:10.10	1:08.76
50m: 32.37	32.37	150m: 1:41.52	34.94	250m: 2:51.51	35.13	350m: 4:01.52	35.04	
100m: 1:06.58	34.21	200m: 2:16.38	34.86	300m: 3:26.48	34.97	400m: 4:35.24	33.72	
7. Ramon Vos	ZPC Hoogeveen	4:37.29	201100051	4:38.84 +0,53	1:05.75	1:12.30	1:12.08	1:08.71
50m: 31.11	31.11	150m: 1:41.95	36.20	250m: 2:54.16	36.11	350m: 4:05.88	35.75	
100m: 1:05.75	34.64	200m: 2:18.05	36.10	300m: 3:30.13	35.97	400m: 4:38.84	32.96	
8. Mathijs Boersma	ZPC Hoogeveen	4:52.46	201000313	4:47.04 +0,68	1:08.24	1:13.13	1:14.23	1:11.44
50m: 32.29	32.29	150m: 1:44.55	36.31	250m: 2:58.16	36.79	350m: 4:12.06	36.46	
100m: 1:08.24	35.95	200m: 2:21.37	36.82	300m: 3:35.60	37.44	400m: 4:47.04	34.98	
9. Ruben Kragt	Dedemsvaart-AC	5:07.17	201000007	4:47.16 +0,57	1:06.61	1:14.14	1:15.00	1:11.41
50m: 31.05	31.05	150m: 1:43.62	37.01	250m: 2:57.86	37.11	350m: 4:12.68	36.93	
100m: 1:06.61	35.56	200m: 2:20.75	37.13	300m: 3:35.75	37.89	400m: 4:47.16	34.48	
10. Pieter Pickhardt	ZPC De Hof	4:46.77	198301657	4:48.94 +0,81	1:08.72	1:12.68	1:13.75	1:13.79
50m: 32.93	32.93	150m: 1:45.02	36.30	250m: 2:58.10	36.70	350m: 4:12.37	37.22	
100m: 1:08.72	35.79	200m: 2:21.40	36.38	300m: 3:35.15	37.05	400m: 4:48.94	36.57	
11. Daan Overmars	O Z & P C	5:11.67	201100027	5:07.14 +0,57	1:12.41	1:20.35	1:20.17	1:14.21
50m: 34.22	34.22	150m: 1:52.92	40.51	250m: 3:12.22	39.46	350m: 4:30.59	37.66	
100m: 1:12.41	38.19	200m: 2:32.76	39.84	300m: 3:52.93	40.71	400m: 5:07.14	36.55	
12. Kick Germers	Swol 1894	5:16.47	201000185	5:10.16 +0,64	1:14.32	1:20.45	1:20.20	1:15.19
50m: 35.88	35.88	150m: 1:54.54	40.22	250m: 3:15.06	40.29	350m: 4:33.25	38.28	
100m: 1:14.32	38.44	200m: 2:34.77	40.23	300m: 3:54.97	39.91	400m: 5:10.16	36.91	
13. Eric Hoekman	WS Twente	5:25.01	197401531	5:25.02 +0,84	1:11.14	1:22.36	1:26.34	1:25.18
50m: 33.76	33.76	150m: 1:51.51	40.37	250m: 3:16.78	43.28	350m: 4:42.98	43.14	
100m: 1:11.14	37.38	200m: 2:33.50	41.99	300m: 3:59.84	43.06	400m: 5:25.02	42.04	
14. Milan Eikenaar	Swol 1894	6:04.86	201100599	5:41.98 +0,58	1:17.53	1:27.07	1:29.01	1:28.37
50m: 36.05	36.05	150m: 2:00.77	43.24	250m: 3:29.42	44.82	350m: 4:58.78	45.17	
100m: 1:17.53	41.48	200m: 2:44.60	43.83	300m: 4:13.61	44.19	400m: 5:41.98	43.20	