

KNZB Competitie ronde 1
Zwolle, 5-10-2024

Programmanr. 11
5-10-2024 - 13:50

Heren, 400m vrije slag

Senioren Open
Resultaten

rang	naam	vereniging	intijd	tijd	RT			
1.	Sven Klink	SWOL 1894	3:58.01	200500349	3:59.05			
	50m: 27.46	27.46	150m: 1:26.11	29.65	250m: 2:26.94	30.59	350m: 3:29.13	31.29
	100m: 56.46	29.00	200m: 1:56.35	30.24	300m: 2:57.84	30.90	400m: 3:59.05	29.92
2.	Niek Vreeling	O Z & P C	4:22.62	200604211	4:23.38			
	50m: 29.03	29.03	150m: 1:36.60	34.87	250m: 2:43.88	33.94	350m: 3:50.89	33.28
	100m: 1:01.73	32.70	200m: 2:09.94	33.34	300m: 3:17.61	33.73	400m: 4:23.38	32.49
3.	Kylian Heederik	SWOL 1894	4:23.02	200300353	4:26.63			
	50m: 28.61	28.61	150m: 1:34.98	33.83	250m: 2:42.52	33.50	350m: 3:51.60	35.01
	100m: 1:01.15	32.54	200m: 2:09.02	34.04	300m: 3:16.59	34.07	400m: 4:26.63	35.03
4.	Bastiaan Tamminga	SWOL 1894	NT	198101659	4:27.92			
	50m: 29.09	29.09	150m: 1:35.41	33.67	250m: 2:44.54	34.50	350m: 3:54.48	34.85
	100m: 1:01.74	32.65	200m: 2:10.04	34.63	300m: 3:19.63	35.09	400m: 4:27.92	33.44
5.	Jens zum Grotenhoff	O Z & P C	4:40.52	200200171	4:28.41			
	50m: 30.02	30.02	150m: 1:36.96	34.13	250m: 2:45.49	34.50	350m: 3:55.13	34.67
	100m: 1:02.83	32.81	200m: 2:10.99	34.03	300m: 3:20.46	34.97	400m: 4:28.41	33.28
6.	Teun van Weeren	O Z & P C	4:27.05	200801145	4:29.20			
	50m: 30.26	30.26	150m: 1:37.67	34.13	250m: 2:45.80	33.91	350m: 3:55.23	34.69
	100m: 1:03.54	33.28	200m: 2:11.89	34.22	300m: 3:20.54	34.74	400m: 4:29.20	33.97
7.	Jort Siebelt	O Z & P C	4:37.55	200700083	4:30.69			
	50m: 29.98	29.98	150m: 1:38.48	34.60	250m: 2:48.06	34.85	350m: 3:57.64	34.50
	100m: 1:03.88	33.90	200m: 2:13.21	34.73	300m: 3:23.14	35.08	400m: 4:30.69	33.05
8.	Bart Oude Egbrink	O Z & P C	4:36.55	200300491	4:31.58			
	50m: 30.84	30.84	150m: 1:38.48	34.01	250m: 2:46.87	34.68	350m: 3:56.89	35.00
	100m: 1:04.47	33.63	200m: 2:12.19	33.71	300m: 3:21.89	35.02	400m: 4:31.58	34.69
9.	Robin van den Berg	SWOL 1894	4:27.92	200400699	4:32.81 FJ 1			
	50m: 29.37	29.37	150m: 1:36.11	33.85	250m: 2:45.93	35.19	350m: 3:57.40	36.00
	100m: 1:02.26	32.89	200m: 2:10.74	34.63	300m: 3:21.40	35.47	400m: 4:32.81	35.41
10.	Jochem Hallie	SG Octopus - ZVV	4:26.49	200000009	4:32.81 FJ 2			
	50m: 29.59	29.59	150m: 1:37.65	34.46	250m: 2:47.93	35.08	350m: 3:59.01	35.61
	100m: 1:03.19	33.60	200m: 2:12.85	35.20	300m: 3:23.40	35.47	400m: 4:32.81	33.80
11.	Luuk Hulleman	SG Octopus - ZVV	4:24.32	200300189	4:41.95			
	50m: 30.48	30.48	150m: 1:39.13	34.77	250m: 2:51.26	36.24	350m: 4:05.20	36.91
	100m: 1:04.36	33.88	200m: 2:15.02	35.89	300m: 3:28.29	37.03	400m: 4:41.95	36.75
12.	Bob de Vries	SG Octopus - ZVV	4:42.30	196601101	4:45.92			
	50m: 31.67	31.67	150m: 1:45.89	37.16	250m: 2:59.32	36.40	350m: 4:10.92	35.56
	100m: 1:08.73	37.06	200m: 2:22.92	37.03	300m: 3:35.36	36.04	400m: 4:45.92	35.00
13.	Seb Pieterman	SWOL 1894	4:41.09	200600331	4:50.42			
	50m: 31.37	31.37	150m: 1:44.98	37.29	250m: 3:00.07	37.76	350m: 4:13.83	36.43
	100m: 1:07.69	36.32	200m: 2:22.31	37.33	300m: 3:37.40	37.33	400m: 4:50.42	36.59
14.	Wes Velthuis	O Z & P C	4:54.86	200602217	4:56.02			
	50m: 31.65	31.65	150m: 1:46.07	38.04	250m: 3:02.25	38.18	350m: 4:18.13	38.24
	100m: 1:08.03	36.38	200m: 2:24.07	38.00	300m: 3:39.89	37.64	400m: 4:56.02	37.89
15.	Ruben Grunder	SWOL 1894	5:34.70	200602267	5:24.13			
	50m: 33.02	33.02	150m: 1:49.92	39.85	250m: 3:15.04	43.09	350m: 4:43.10	44.08
	100m: 1:10.07	37.05	200m: 2:31.95	42.03	300m: 3:59.02	43.98	400m: 5:24.13	41.03