



Limiet wedstrijd deel 1 KB
Nijmegen, 29-9-2024



Programmanr. 1
29-09-2024 - 15:00

Heren, 400m vrije slag

2016 en eerder
Resultaten

rang	naam	vereniging	intijd	tijd	RT
1.	Wessel van Dorst	Aqua-Novio'94	4:41.80	200900727	4:33.26
	50m: 29.63	150m: 1:38.74	250m: 2:48.27	350m: 3:58.76	
	100m: 1:03.89	200m: 2:13.07	300m: 3:23.10	400m: 4:33.26	
2.	Ben de Kok	Zwemvereniging Utrecht	4:42.36	200200881	5:01.43
	50m: 31.08	150m: 1:42.77	250m: 3:00.82	350m: 4:21.16	
	100m: 1:06.06	200m: 2:21.31	300m: 3:40.77	400m: 5:01.43	
3.	Pieter de Jonge	Aqua-Novio'94	5:27.59	201200211	5:11.22
	50m: 34.26	150m: 1:51.63	250m: 3:11.44	350m: 4:32.37	
	100m: 1:13.03	200m: 2:32.07	300m: 3:51.89	400m: 5:11.22	
4.	Tibo Janssen	De Rog	5:49.92	201101591	5:16.96
	50m: 35.07	150m: 1:54.28	250m: 3:16.33	350m: 4:38.60	
	100m: 1:13.89	200m: 2:34.75	300m: 3:57.17	400m: 5:16.96	
5.	Thomas Metz	Batavia Swim	5:37.64	201300043	5:40.74
	50m: 37.93	150m: 2:03.51	250m: 3:31.55	350m: 5:00.10	
	100m: 1:19.94	200m: 2:47.40	300m: 4:16.48	400m: 5:40.74	
6.	Jelle Stevens	Merlet	6:10.60	201200393	5:44.28
	50m: 38.47	150m: 2:06.04	250m: 3:35.66	350m: 5:03.48	
	100m: 1:22.41	200m: 2:51.02	300m: 4:20.34	400m: 5:44.28	
7.	Stephan Overwijk	Zwemvereniging Utrecht	5:40.40	200500319	5:45.00
	50m: 34.51	150m: 1:59.04	250m: 3:30.26	350m: 5:00.92	
	100m: 1:14.95	200m: 2:44.26	300m: 4:15.51	400m: 5:45.00	
8.	Jesse Voet	Aqua-Novio'94	NT	201300057	5:46.16
	50m: 38.14	150m: 2:06.95	250m: 3:35.68	350m: 5:05.39	
	100m: 1:22.20	200m: 2:50.91	300m: 4:20.56	400m: 5:46.16	
9.	Yaro de Vries	Merlet	6:19.10	201200115	6:03.18
	50m: 39.33	150m: 2:10.59	250m: 3:46.43	350m: 5:20.45	
	100m: 1:25.25	200m: 2:58.55	300m: 4:34.56	400m: 6:03.18	