

Competitie deel 1  
Nijverdal, 5/10/2024

Programmanr. 11  
5/10/2024 - 13:06

Heren, 400m vrije slag

Senioren Open  
Resultaten

rang	naam	vereniging	intijd	tijd	RT
1.	Mattijn Thijert	WS Twente 2	4:28.05	200501921	<b>4:35.38</b>
	50m: 28.87	28.87 150m: 1:37.45	35.03	250m: 2:49.63	36.40
	100m: 1:02.42	33.55 200m: 2:13.23	35.78	300m: 3:25.16	35.53
				350m: 4:01.06	35.90
				400m: 4:35.38	34.32
2.	Finn Ooijman	WS Twente 2	4:42.23	200603161	<b>4:40.43</b>
	50m: 31.40	31.40 150m: 1:40.85	35.50	250m: 2:52.45	35.82
	100m: 1:05.35	33.95 200m: 2:16.63	35.78	300m: 3:28.76	36.31
				350m: 4:04.45	35.69
				400m: 4:40.43	35.98
3.	Patrick Groeneweg	WS Twente 2	4:59.41	200100513	<b>4:50.84</b>
	50m: 30.96	30.96 150m: 1:42.80	36.53	250m: 2:58.58	37.87
	100m: 1:06.27	33.91 200m: 2:20.71	37.91	300m: 3:36.74	38.16
				350m: 4:13.27	36.53
				400m: 4:50.84	37.57
4.	Frank Meier	De Grunte	NT	198802355	<b>4:51.97</b>
	50m: 29.65	29.65 150m: 1:42.68	36.35	250m: 2:58.46	38.33
	100m: 1:06.33	36.68 200m: 2:20.13	37.45	300m: 3:36.77	38.31
				350m: 4:15.02	38.25
				400m: 4:51.97	36.95
5.	Bram Tombergen	ZPC Livo	4:53.41	199701517	<b>4:52.36</b>
	50m: 30.17	30.17 150m: 1:39.84	35.65	250m: 2:54.70	37.78
	100m: 1:04.19	34.02 200m: 2:16.92	37.08	300m: 3:33.34	38.64
				350m: 4:12.31	38.97
				400m: 4:52.36	40.05
6.	Sander Riezebos	WS Twente 2	5:05.89	199400467	<b>4:58.30</b>
	50m: 32.25	32.25 150m: 1:47.31	38.53	250m: 3:05.04	38.87
	100m: 1:08.78	36.53 200m: 2:26.17	38.86	300m: 3:44.03	38.99
				350m: 4:21.47	37.44
				400m: 4:58.30	36.83
7.	Nout Dilling	WS Twente 2	NT	200402857	<b>4:59.49</b>
	50m: 31.31	31.31 150m: 1:44.58	37.49	250m: 3:01.62	38.80
	100m: 1:07.09	35.78 200m: 2:22.82	38.24	300m: 3:40.93	39.31
				350m: 4:20.69	39.76
				400m: 4:59.49	38.80
8.	Luuk Tangenberg	De Grunte	NT	200601183	<b>5:01.21</b>
	50m: 31.58	31.58 150m: 1:45.45	37.78	250m: 3:03.30	38.86
	100m: 1:07.67	36.09 200m: 2:24.44	38.99	300m: 3:43.00	39.70
				350m: 4:22.99	39.99
				400m: 5:01.21	38.22
9.	Roy Tettero	De Grunte	NT	199203013	<b>5:02.66</b>
	50m: 32.18	32.18 150m: 1:46.26	38.20	250m: 3:04.86	39.47
	100m: 1:08.06	35.88 200m: 2:25.39	39.13	300m: 3:45.04	40.18
				350m: 4:24.71	39.67
				400m: 5:02.66	37.95
10.	Rolf Veldboom	WWW Winterswijk	5:23.30	200302231	<b>5:06.56</b>
	50m: 33.86	33.86 150m: 1:49.11	38.19	250m: 3:07.17	39.31
	100m: 1:10.92	37.06 200m: 2:27.86	38.75	300m: 3:46.86	39.69
				350m: 4:27.42	40.56
				400m: 5:06.56	39.14
11.	Harm Jan Otter	Het Ravijn	NT	198101283	<b>5:09.57</b>
	50m: 32.40	32.40 150m: 1:48.38	38.74	250m: 3:08.17	40.51
	100m: 1:09.64	37.24 200m: 2:27.66	39.28	300m: 3:48.69	40.52
				350m: 4:29.24	40.55
				400m: 5:09.57	40.33
12.	Lasse Ophuis	WS Twente 2	5:07.07	200400027	<b>5:09.74</b>
	50m: 32.27	32.27 150m: 1:49.72	39.77	250m: 3:09.59	40.70
	100m: 1:09.95	37.68 200m: 2:28.89	39.17	300m: 3:50.58	40.99
				350m: 4:32.09	41.51
				400m: 5:09.74	37.65
13.	Bram Siebers	Sg - E Z C L	NT	199302241	<b>5:11.86</b>
	50m: 30.78	30.78 150m: 1:44.31	38.05	250m: 3:05.18	41.09
	100m: 1:06.26	35.48 200m: 2:24.09	39.78	300m: 3:46.95	41.77
				350m: 4:29.78	42.83
				400m: 5:11.86	42.08
14.	Tom Schipper	WS Twente 2	5:21.53	200401799	<b>5:14.83</b>
	50m: 33.54	33.54 150m: 1:51.43	40.01	250m: 3:13.35	40.89
	100m: 1:11.42	37.88 200m: 2:32.46	41.03	300m: 3:54.17	40.82
				350m: 4:35.56	41.39
				400m: 5:14.83	39.27
15.	Chris Kouwenhoven	De Grunte	5:18.54	197101669	<b>5:16.85</b>
	50m: 34.96	34.96 150m: 1:53.27	40.05	250m: 3:14.65	40.67
	100m: 1:13.22	38.26 200m: 2:33.98	40.71	300m: 3:55.48	40.83
				350m: 4:36.61	41.13
				400m: 5:16.85	40.24
16.	Niels Bouwmeester	ZPC Livo	5:23.86	200303365	<b>5:20.18</b>
	50m: 33.81	33.81 150m: 1:51.08	39.20	250m: 3:13.06	41.55
	100m: 1:11.88	38.07 200m: 2:31.51	40.43	300m: 3:55.90	42.84
				350m: 4:38.25	42.35
				400m: 5:20.18	41.93
17.	Johan Nijeboer	WS Twente 2	5:26.02	200402417	<b>5:28.46</b>
	50m: 34.59	34.59 150m: 1:54.45	40.90	250m: 3:19.41	42.99
	100m: 1:13.55	38.96 200m: 2:36.42	41.97	300m: 4:03.10	43.69
				350m: 4:46.85	43.75
				400m: 5:28.46	41.61
18.	Cars Wiegmann	WS Twente 2	5:02.42	199401025	<b>5:29.33</b>
	50m: 34.47	34.47 150m: 1:56.05	41.93	250m: 3:20.74	42.41
	100m: 1:14.12	39.65 200m: 2:38.33	42.28	300m: 4:03.76	43.02
				350m: 4:46.74	42.98
				400m: 5:29.33	42.59
19.	Wout Wilens	Sg - E Z C L	NT	200001431	<b>5:31.10</b>
	50m: 34.00	34.00 150m: 1:53.65	41.67	250m: 3:20.59	43.76
	100m: 1:11.98	37.98 200m: 2:36.83	43.18	300m: 4:04.37	43.78
				350m: 4:48.56	44.19
				400m: 5:31.10	42.54
20.	Jordi Freriksen	WS Twente 2	5:25.79	200301927	<b>5:31.59</b>
	50m: 33.99	33.99 150m: 1:52.45	40.47	250m: 3:18.31	43.24
	100m: 1:11.98	37.99 200m: 2:35.07	42.62	300m: 4:02.03	43.72
				350m: 4:47.26	45.23
				400m: 5:31.59	44.33
21.	Daniël Groeneweg	WS Twente 2	5:37.16	200300521	<b>5:38.82</b>
	50m: 33.04	33.04 150m: 1:53.45	41.78	250m: 3:22.27	45.04
	100m: 1:11.67	38.63 200m: 2:37.23	43.78	300m: 4:07.49	45.22
				350m: 4:52.99	45.50
				400m: 5:38.82	45.83
22.	Quinten Tuitert	WS Twente 2	5:18.91	200600447	<b>5:43.83</b>
	50m: 35.82	35.82 150m: 2:00.17	42.98	250m: 3:28.40	44.37
	100m: 1:17.19	41.37 200m: 2:44.03	43.86	300m: 4:13.73	45.33
				350m: 4:58.95	45.22
				400m: 5:43.83	44.88

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Nijverdal, 5/10/2024

Programmanr. 11, Heren, 400m vrije slag, Senioren Open

rang	naam	vereniging	intijd	199903407	tijd	RT
23.	Marijn Heetkamp	Het Ravijn	6:16.42	199903407	<b>5:44.05</b> FJ 1	
	50m: 35.14	35.14 150m: 1:58.49	42.50	250m: 3:26.46	44.32	350m: 4:58.14 46.47
	100m: 1:15.99	40.85 200m: 2:42.14	43.65	300m: 4:11.67	45.21	400m: 5:44.05 45.91
24.	Ruud Schutten	ZPC Livo	6:00.13	200203475	<b>5:44.05</b> FJ 2	
	50m: 37.75	37.75 150m: 2:04.36	43.87	250m: 3:36.40	46.46	350m: 5:04.81 43.05
	100m: 1:20.49	42.74 200m: 2:49.94	45.58	300m: 4:21.76	45.36	400m: 5:44.05 39.24
25.	Mathijs Krieger	Sg - E Z C L	6:02.57	199905361	<b>5:44.05</b> FJ 3	
	50m: 34.85	34.85 150m: 1:57.84	42.80	250m: 3:27.75	45.54	350m: 5:00.00 46.08
	100m: 1:15.04	40.19 200m: 2:42.21	44.37	300m: 4:13.92	46.17	400m: 5:44.05 44.05
26.	Olaf Ophuis	WS Twente 2	5:28.62	200200017	<b>5:59.12</b>	
	50m: 35.78	35.78 150m: 2:01.87	44.12	250m: 3:34.05	46.14	350m: 5:11.64 49.08
	100m: 1:17.75	41.97 200m: 2:47.91	46.04	300m: 4:22.56	48.51	400m: 5:59.12 47.48