

KNZB Regio Oost Circuit deel 3

Programmanr. 1
15-2-2025 - 17:00

Heren, 400m vrije slag

Senioren Open
Resultaten

Punten: FINA 2023

rang	naam	vereniging	intijd	tijd	Pnt
Gebjr 2011 - 2013					
1.	Dax Muijlaert	Octopus-ZVV (SG)	4:48.91	201100535	4:42.34 424
	50m: 31.41 100m: 1:06.13	31.41 150m: 34.72 200m: 2:17.95		250m: 300m:	350m: 400m: 4:42.34
2.	Ward Ferweda	Aquapoldro	NT	201202959	5:55.07 213
	50m: 39.18 100m: 1:23.13	39.18 150m: 43.95 200m: 2:54.95		250m: 300m:	350m: 400m: 5:55.07
3.	Tobias Verhoef	Nunspeet	NT	201201955	6:53.02 135
	50m: 43.91 100m: 1:33.93	43.91 150m: 50.02 200m: 3:19.94		250m: 300m:	350m: 400m: 6:53.02
AFGEM	Stan Ordelman	Octopus-ZVV (SG)	5:32.72	201100009	
AFGEM	Mark van Wijhe	Nunspeet	6:41.56	201101671	
Gebjr 2009 - 2010					
AFGEM	Aram Gevorgian	Nunspeet	7:06.94	200903165	
Gebjr 2007 - 2008					
1.	Timo Bourgonje	Octopus-ZVV (SG)	4:40.99	200700599	4:42.28 425
	50m: 31.36 100m: 1:06.29	31.36 150m: 34.93 200m: 2:18.29		250m: 300m:	350m: 400m: 4:42.28
2.	Stijn Krol	Aquapoldro	4:56.94	200804011	4:49.22 395
	50m: 31.52 100m: 1:06.95	31.52 150m: 35.43 200m: 2:20.39		250m: 300m:	350m: 400m: 4:49.22
3.	Thijs Brouns	Nunspeet	5:41.54	200803281	6:06.21 194
	50m: 40.01 100m: 1:24.56	40.01 150m: 44.55 200m: 2:58.60		250m: 300m:	350m: 400m: 6:06.21
4.	Seth de Vries	Nunspeet	6:24.80	200803283	6:10.05 188
	50m: 38.20 100m: 1:22.96	38.20 150m: 44.76 200m: 2:59.22		250m: 300m:	350m: 400m: 6:10.05
5.	Niels van Gerrevink	Aquapoldro	NT	200804163	7:15.29 115
	50m: 40.73 100m: 1:29.29	40.73 150m: 48.56 200m: 3:22.60		250m: 300m:	350m: 400m: 7:15.29
AFGEM	Marius Beernink	Nunspeet	6:23.71	200803361	
2006 en ouder					
1.	Max Vlijm	Nunspeet	5:02.08	200201937	5:08.80 324
	50m: 32.71 100m: 1:09.78	32.71 150m: 37.07 200m: 2:27.42		250m: 300m:	350m: 400m: 5:08.80
AFGEM	Danny Rekers	Nunspeet	5:28.63	200201459	