

KNZB Regio Oost Circuit deel 3

Programmanr. 1  
1-3-2025 - 12:30

Heren, 400m vrije slag

Senioren Open  
Resultaten

Punten: FINA 2023

rang	naam	vereniging	intijd	tijd	Pnt	
<b>Gebjr 2011 - 2013</b>						
1.	Dorian Leeftink	ZPC De Hof	6:08.83	201200111	<b>5:59.29</b>	206
	50m: 39.57 100m: 1:25.57	39.57 150m: 46.00 200m:	2:57.51	250m: 300m:	350m: 400m: 5:59.29	
2.	Daan Bekke	Z&PV de Veene	NT	201201487	<b>6:01.82</b>	201
	50m: 39.42 100m: 1:24.82	39.42 150m: 45.40 200m:	3:01.00	250m: 300m:	350m: 400m: 6:01.82	
3.	Tim Prinsen	Z&PV de Veene	NT	201300273	<b>6:18.90</b>	175
	50m: 40.93 100m: 1:28.14	40.93 150m: 47.21 200m:	3:06.55	250m: 300m:	350m: 400m: 6:18.90	
4.	Eduard Mihai	Z&PV de Veene	NT	201103111	<b>7:05.43</b>	124
	50m: 48.12 100m: 1:41.45	48.12 150m: 53.33 200m:	3:29.74	250m: 300m:	350m: 400m: 7:05.43	
<b>Gebjr 2009 - 2010</b>						
1.	Rinse de Jonge	De Grunte	4:58.92	200900705	<b>4:55.32</b>	371
	50m: 32.16 100m: 1:08.18	32.16 150m: 36.02 200m:	2:23.83	250m: 300m:	350m: 400m: 4:55.32	
2.	Thijmen Holterman	ZPC De Hof	5:19.81	201000005	<b>5:00.54</b>	352
	50m: 32.48 100m: 1:09.80	32.48 150m: 37.32 200m:	2:28.26	250m: 300m:	350m: 400m: 5:00.54	
<b>2006 en ouder</b>						
1.	Mathieu Boers	WS Twente	4:50.14	199800187	<b>4:33.67</b>	466
	50m: 29.36 100m: 1:03.64	29.36 150m: 34.28 200m:	2:13.20	250m: 300m:	350m: 400m: 4:33.67	
2.	Niels Bent	WS Twente	4:59.94	199400465	<b>4:56.12</b>	368
	50m: 31.35 100m: 1:06.30	31.35 150m: 34.95 200m:	2:19.79	250m: 300m:	350m: 400m: 4:56.12	
3.	Laurens Spoelstra	WS Twente	5:25.00	199901273	<b>5:04.14</b>	339
	50m: 31.97 100m: 1:08.08	31.97 150m: 36.11 200m:	2:25.27	250m: 300m:	350m: 400m: 5:04.14	
4.	Koen de Meyere	WS Twente	5:17.24	199406783	<b>5:13.32</b>	310
	50m: 32.51 100m: 1:09.57	32.51 150m: 37.06 200m:	2:28.54	250m: 300m:	350m: 400m: 5:13.32	
5.	Chris Kouwenhoven	De Grunte	5:16.85	197101669	<b>5:29.60</b>	267
	50m: 35.55 100m: 1:15.49	35.55 150m: 39.94 200m:	2:38.62	250m: 300m:	350m: 400m: 5:29.60	