

Programmanr. 11
5-10-2025 - 14:16

Heren, 400m vrije slag

Senioren Open
Resultaten

rang	naam	vereniging	intijd	tijd	RT			
1.	Koen Koster	HZPC	4:10.80	199900517	4:10.56			
	50m: 27.37	27.37	150m: 1:29.21	31.23	250m: 2:32.94	31.73	350m: 3:37.94	32.79
	100m: 57.98	30.61	200m: 2:01.21	32.00	300m: 3:05.15	32.21	400m: 4:10.56	32.62
2.	Ties Berghs	ZEPS	4:16.40	200700709	4:14.44			
	50m: 28.94	28.94	150m: 1:32.64	32.31	250m: 2:38.15	32.98	350m: 3:44.04	33.07
	100m: 1:00.33	31.39	200m: 2:05.17	32.53	300m: 3:10.97	32.82	400m: 4:14.44	30.40
3.	Jesse Marijn Thimister	ZEPS	4:19.63	200602893	4:15.02			
	50m: 28.92	28.92	150m: 1:32.65	32.46	250m: 2:38.37	32.59	350m: 3:43.30	32.09
	100m: 1:00.19	31.27	200m: 2:05.78	33.13	300m: 3:11.21	32.84	400m: 4:15.02	31.72
4.	Jason van der Beek	SG Patrick - De Roersoppers	4:24.20	200403933	4:25.65			
	50m: 29.52	29.52	150m: 1:35.97	33.63	250m: 2:44.35	34.37	350m: 3:52.44	33.82
	100m: 1:02.34	32.82	200m: 2:09.98	34.01	300m: 3:18.62	34.27	400m: 4:25.65	33.21
5.	Iwan Hobus	Hellas-Glana 2	4:33.30	200104023	4:26.24			
	50m: 29.72	29.72	150m: 1:36.08	33.52	250m: 2:44.66	34.54	350m: 3:53.92	34.55
	100m: 1:02.56	32.84	200m: 2:10.12	34.04	300m: 3:19.37	34.71	400m: 4:26.24	32.32
6.	Jelle Huntjens	Hellas-Glana 2	4:26.64	200604257	4:26.44			
	50m: 29.47	29.47	150m: 1:35.75	33.70	250m: 2:44.18	34.22	350m: 3:52.74	33.93
	100m: 1:02.05	32.58	200m: 2:09.96	34.21	300m: 3:18.81	34.63	400m: 4:26.44	33.70
7.	Senn Rutten	Hellas-Glana 2	4:35.23	200700629	4:29.95			
	50m: 30.07	30.07	150m: 1:37.64	33.66	250m: 2:46.07	34.04	350m: 3:55.91	35.10
	100m: 1:03.98	33.91	200m: 2:12.03	34.39	300m: 3:20.81	34.74	400m: 4:29.95	34.04
8.	Dennis Brouwers	HZPC	4:50.90	197800167	4:38.83			
	50m: 32.54	32.54	150m: 1:44.59	35.96	250m: 2:55.16	34.39	350m: 4:04.30	34.43
	100m: 1:08.63	36.09	200m: 2:20.77	36.18	300m: 3:29.87	34.71	400m: 4:38.83	34.53
9.	Bodewyn Long	Hellas-Glana 2	4:37.22	200702205	4:40.98			
	50m: 30.40	30.40	150m: 1:40.03	35.22	250m: 2:51.13	35.36	350m: 4:04.01	36.62
	100m: 1:04.81	34.41	200m: 2:15.77	35.74	300m: 3:27.39	36.26	400m: 4:40.98	36.97
10.	Jesse Jacobs	HZPC	4:32.65	200700407	4:41.56			
	50m: 31.64	31.64	150m: 1:41.03	35.21	250m: 2:52.98	36.10	350m: 4:05.94	36.52
	100m: 1:05.82	34.18	200m: 2:16.88	35.85	300m: 3:29.42	36.44	400m: 4:41.56	35.62
11.	Max Martens	SG Patrick - De Roersoppers	4:45.67	200004499	4:44.20			
	50m: 33.23	33.23	150m: 1:45.12	36.15	250m: 2:57.03	35.96	350m: 4:09.18	36.32
	100m: 1:08.97	35.74	200m: 2:21.07	35.95	300m: 3:32.86	35.83	400m: 4:44.20	35.02
12.	Pim Hardeman	Hellas-Glana 2	4:51.55	200600499	4:45.38			
	50m: 30.68	30.68	150m: 1:41.44	35.72	250m: 2:54.94	36.91	350m: 4:09.96	37.53
	100m: 1:05.72	35.04	200m: 2:18.03	36.59	300m: 3:32.43	37.49	400m: 4:45.38	35.42
13.	Stan Houtvast	SG Patrick - De Roersoppers	4:41.70	200500883	4:47.60			
	50m: 29.85	29.85	150m: 1:39.26	35.59	250m: 2:52.11	36.75	350m: 4:03.57	34.15
	100m: 1:03.67	33.82	200m: 2:15.36	36.10	300m: 3:29.42	37.31	400m: 4:47.60	44.03
14.	Koen Wijnands	SG Patrick - De Roersoppers	4:39.60	199800247	4:48.04			
	50m: 30.51	30.51	150m: 1:40.91	35.94	250m: 2:55.37	37.63	350m: 4:10.64	37.81
	100m: 1:04.97	34.46	200m: 2:17.74	36.83	300m: 3:32.83	37.46	400m: 4:48.04	37.40
15.	Daan Wijnands	SG Patrick - De Roersoppers	4:36.05	200200127	4:51.69			
	50m: 32.33	32.33	150m: 1:43.87	37.76	250m: 2:59.42	37.97	350m: 4:14.30	37.14
	100m: 1:06.11	33.78	200m: 2:21.45	37.58	300m: 3:37.16	37.74	400m: 4:51.69	37.39
16.	Mike Jansen	SG Patrick - De Roersoppers	4:47.20	200200151	4:52.67			
	50m: 32.33	32.33	150m: 1:44.36	36.25	250m: 2:58.41	37.14	350m: 4:13.14	37.22
	100m: 1:08.11	35.78	200m: 2:21.27	36.91	300m: 3:35.92	37.51	400m: 4:52.67	39.53
17.	Yves Roemen	SG Patrick - De Roersoppers	4:42.27	200602309	4:53.34			
	50m: 30.36	30.36	150m: 1:39.83	35.18	250m: 2:52.26	36.35	350m: 4:05.66	36.35
	100m: 1:04.65	34.29	200m: 2:15.91	36.08	300m: 3:29.31	37.05	400m: 4:53.34	47.68
18.	Jack Meerten	SG Patrick - De Roersoppers	4:39.92	199704377	4:55.24			
	50m: 30.62	30.62	150m: 1:41.03	36.08	250m: 2:55.90	37.82	350m: 4:11.09	36.59
	100m: 1:04.95	34.33	200m: 2:18.08	37.05	300m: 3:34.50	38.60	400m: 4:55.24	44.15
19.	Mark van Enckevort	HZPC	NT	199000797	4:56.00			
	50m: 33.40	33.40	150m: 1:46.88	37.04	250m: 3:02.14	37.65	350m: 4:18.34	38.35
	100m: 1:09.84	36.44	200m: 2:24.49	37.61	300m: 3:39.99	37.85	400m: 4:56.00	37.66
20.	Kevin Hobbel	SG Patrick - De Roersoppers	4:58.52	199704915	4:57.56			
	50m: 32.12	32.12	150m: 1:45.91	37.33	250m: 3:01.66	37.90	350m: 4:19.08	38.61
	100m: 1:08.58	36.46	200m: 2:23.76	37.85	300m: 3:40.47	38.81	400m: 4:57.56	38.48
21.	Patrick Creemers	SG Patrick - De Roersoppers	4:34.58	199000579	5:07.89			
	50m: 32.49	32.49	150m: 1:49.73	39.40	250m: 3:10.32	40.10	350m: 4:28.62	38.02
	100m: 1:10.33	37.84	200m: 2:30.22	40.49	300m: 3:50.60	40.28	400m: 5:07.89	39.27
22.	Andy van Poll	SG Patrick - De Roersoppers	5:01.83	200200493	5:16.73			
	50m: 31.88	31.88	150m: 1:47.83	39.06	250m: 3:08.01	40.94	350m: 4:33.05	42.61
	100m: 1:08.77	36.89	200m: 2:27.07	39.24	300m: 3:50.44	42.43	400m: 5:16.73	43.68