

NationaleZwemCompetitie-deel1
Denekamp, 4/10/2025

Programmanr. 11
04/10/2025 - 15:45

Heren, 400m vrije slag

Senioren Open
Resultaten

rang	naam	vereniging	intijd	200301085	tijd	RT
1.	Luuk Ruinemans	De Dinkel	4:14.83	200301085	4:11.10	
	50m: 28.04	28.04	150m:	250m:	350m:	
	100m: 59.36	31.32	200m: 2:02.73	300m:	400m: 4:11.10	
2.	Karst Boersma	De Dinkel	4:10.75	199600849	4:11.48	
	50m: 28.22	28.22	150m:	250m:	350m:	
	100m: 59.70	31.48	200m: 2:03.61	300m:	400m: 4:11.48	
3.	Ramon Vos	ZPC Hoogeveen 1	4:20.60	201100051	4:20.11	
	50m: 30.32	30.32	150m:	250m:	350m:	
	100m: 1:03.30	32.98	200m: 2:09.89	300m:	400m: 4:20.11	
4.	Kevin Lucas	De Dinkel	4:26.16	200300545	4:31.74	
	50m: 29.82	29.82	150m:	250m:	350m:	
	100m: 1:03.36	33.54	200m: 2:12.76	300m:	400m: 4:31.74	
5.	Maquinho Vorst	De Dinkel	4:10.96	200204179	4:31.98	
	50m: 28.28	28.28	150m:	250m:	350m:	
	100m: 59.86	31.58	200m: 2:05.22	300m:	400m: 4:31.98	
6.	Thijs Poll	Deltasteur	4:27.31	200700203	4:33.31	
	50m: 30.50	30.50	150m:	250m:	350m:	
	100m: 1:04.17	33.67	200m: 2:13.04	300m:	400m: 4:33.31	
7.	Colin Beuker	ZPC Hoogeveen 1	4:44.50	200802023	4:36.21	
	50m: 28.94	28.94	150m:	250m:	350m:	
	100m: 1:02.31	33.37	200m: 2:12.56	300m:	400m: 4:36.21	
8.	Edwin Kanis	Deltasteur	4:49.89	200200505	4:40.02	
	50m: 29.86	29.86	150m:	250m:	350m:	
	100m: 1:03.23	33.37	200m: 2:13.29	300m:	400m: 4:40.02	
9.	Thomas van Velzen	Deltasteur	4:44.84	200703189	4:55.91	
	50m: 30.38	30.38	150m:	250m:	350m:	
	100m: 1:06.71	36.33	200m: 2:21.97	300m:	400m: 4:55.91	