

KNZB Zwemcompetitie deel 1
Nijverdal, 5-10-2025

Programmanr. 11
5-10-2025 - 13:56

Heren, 400m vrije slag

Senioren Open
Resultaten

rang	naam	vereniging	intijd	tijd	RT
1.	Bram Siebers	EZCL (SG)	5:11.86	199302241	4:54.34
	50m: 31.51	31.51 150m: 1:43.96	37.10	250m: 2:59.84	37.79
	100m: 1:06.86	35.35 200m: 2:22.05	38.09	300m: 3:38.48	38.64
				350m: 4:16.55	38.07
				400m: 4:54.34	37.79
2.	Bram Tombergen	Livo	4:52.36	199701517	4:54.91
	50m: 30.56	30.56 150m: 1:41.96	36.54	250m: 2:57.12	37.67
	100m: 1:05.42	34.86 200m: 2:19.45	37.49	300m: 3:36.52	39.40
				350m: 4:15.89	39.37
				400m: 4:54.91	39.02
3.	Tom Oonk	Livo	5:09.40	200700427	5:02.32
	50m: 31.35	31.35 150m: 1:46.84	39.39	250m: 3:06.76	40.18
	100m: 1:07.45	36.10 200m: 2:26.58	39.74	300m: 3:46.70	39.94
				350m: 4:26.28	39.58
				400m: 5:02.32	36.04
4.	Lanco Manaf	Het Ravijn	4:57.60	200402715	5:13.38
	50m: 32.46	32.46 150m: 1:49.93	39.96	250m: 3:11.43	40.99
	100m: 1:09.97	37.51 200m: 2:30.44	40.51	300m: 3:52.46	41.03
				350m: 4:34.25	41.79
				400m: 5:13.38	39.13
5.	Harm Jan Otter	Het Ravijn	5:09.57	198101283	5:14.40
	50m: 32.90	32.90 150m: 1:49.73	39.41	250m: 3:10.57	41.01
	100m: 1:10.32	37.42 200m: 2:29.56	39.83	300m: 3:52.35	41.78
				350m: 4:33.90	41.55
				400m: 5:14.40	40.50
6.	Mart Bluiminck	Livo	4:46.65	199900485	5:25.10
	50m: 32.15	32.15 150m: 1:48.87	39.75	250m: 3:13.80	30:42.74
	100m: 1:09.12	36.97 200m: 2:31.06	42.19	300m: 3:57.84	
				350m: 4:41.95	44.11
				400m: 5:25.10	43.15
7.	Wout Wilens	EZCL (SG)	5:31.10	200001431	5:36.29
	50m: 36.41	36.41 150m: 1:57.06	41.16	250m: 3:23.98	44.02
	100m: 1:15.90	39.49 200m: 2:39.96	42.90	300m: 4:08.22	44.24
				350m: 4:53.63	45.41
				400m: 5:36.29	42.66
8.	Mathijs Krieger	EZCL (SG)	5:44.05	199905361	5:47.54
	50m: 40.51	40.51 150m: 2:43.49	1:27.81	250m:	350m:
	100m: 1:15.68	35.17 200m: 3:29.81	46.32	300m:	400m: 5:47.54
9.	Esknder Dabbous	EZCL (SG)	NT	200804171	6:21.80
	50m: 35.65	35.65 150m: 2:02.60	45.70	250m: 3:44.44	52.17
	100m: 1:16.90	41.25 200m: 2:52.27	49.67	300m: 4:35.79	51.35
DIS	Dylan van Doeselaar	EZCL (SG)	5:46.35	200700477	
	<i>AF - De aangegeven afstand niet uitgezwommen.</i>				