

Swim-all Circuit deel 3
Zoetermeer, 15-2-2026

Programmanr. 110
15-2-2026 - 16:11

400m vrije slag

20 jaar en ouder
Resultaten

rang	naam	vereniging	intijd		tijd		RT
Masters 25+							
1.	Audrey Toole	AZ&PC De Futen	6:14.78	200005204	6:11.88		
	50m: 39.76	39.76 150m: 2:10.87	46.46	250m: 3:46.25	48.08	350m: 5:24.11	48.88
	100m: 1:24.41	44.65 200m: 2:58.17	47.30	300m: 4:35.23	48.98	400m: 6:11.88	47.77
Masters 30+							
1.	Sven van den Hoek	SG LinK-ZV Zoetermeer	6:33.14	199207011	6:25.68		+0,91
	50m: 41.60	41.60 150m: 2:13.81	47.18	250m: 3:52.89	50.36	350m: 5:35.13	51.46
	100m: 1:26.63	45.03 200m: 3:02.53	48.72	300m: 4:43.67	50.78	400m: 6:25.68	50.55
Masters 35+							
1.	Robert Braad	Steenwijk 1934	4:46.37	198600407	4:54.25		
	50m: 30.49	30.49 150m: 1:42.84	37.20	250m: 2:58.49	38.38	350m: 4:16.54	39.29
	100m: 1:05.64	35.15 200m: 2:20.11	37.27	300m: 3:37.25	38.76	400m: 4:54.25	37.71
Masters 55+							
AFGEM	Annette Spies	SG LinK-ZV Zoetermeer	6:25.24	197001110			
20 jaar en ouder							
1.	Robert Braad	Steenwijk 1934	4:46.37	198600407	4:54.25		
	50m: 30.49	30.49 150m: 1:42.84	37.20	250m: 2:58.49	38.38	350m: 4:16.54	39.29
	100m: 1:05.64	35.15 200m: 2:20.11	37.27	300m: 3:37.25	38.76	400m: 4:54.25	37.71
2.	Audrey Toole	AZ&PC De Futen	6:14.78	200005204	6:11.88		
	50m: 39.76	39.76 150m: 2:10.87	46.46	250m: 3:46.25	48.08	350m: 5:24.11	48.88
	100m: 1:24.41	44.65 200m: 2:58.17	47.30	300m: 4:35.23	48.98	400m: 6:11.88	47.77
3.	Sven van den Hoek	SG LinK-ZV Zoetermeer	6:33.14	199207011	6:25.68		+0,91
	50m: 41.60	41.60 150m: 2:13.81	47.18	250m: 3:52.89	50.36	350m: 5:35.13	51.46
	100m: 1:26.63	45.03 200m: 3:02.53	48.72	300m: 4:43.67	50.78	400m: 6:25.68	50.55
AFGEM	Annette Spies	SG LinK-ZV Zoetermeer	6:25.24	197001110			