

# KNZB Regio Oost Circuit deel 3

Programmanr. 1  
17-1-2026 - 13:30

Heren, 400m vrije slag

Senioren Open  
Resultaten

| rang              | naam                   | vereniging |       |       |         | intijd  |       |         |       | tijd      |         |       |  | RT      |  |
|-------------------|------------------------|------------|-------|-------|---------|---------|-------|---------|-------|-----------|---------|-------|--|---------|--|
| Gebjr 2012 - 2014 |                        |            |       |       |         |         |       |         |       |           |         |       |  |         |  |
| 1.                | Kjelt de Wit           | WS Twente  |       |       |         | 5:23.21 |       |         |       | 201201099 |         |       |  | 5:11.03 |  |
|                   | 50m:                   | 34.48      | 34.48 | 150m: | 1:53.88 | 40.33   | 250m: | 3:13.94 | 40.45 | 350m:     | 4:33.61 | 39.46 |  |         |  |
|                   | 100m:                  | 1:13.55    | 39.07 | 200m: | 2:33.49 | 39.61   | 300m: | 3:54.15 | 40.21 | 400m:     | 5:11.03 | 37.42 |  |         |  |
| 2.                | Teis Scholten          | WS Twente  |       |       |         | 6:02.45 |       |         |       | 201300669 |         |       |  | 5:58.78 |  |
|                   | 50m:                   | 39.95      | 39.95 | 150m: | 2:11.65 | 46.25   | 250m: | 3:42.58 | 45.01 | 350m:     | 5:14.05 | 45.12 |  |         |  |
|                   | 100m:                  | 1:25.40    | 45.45 | 200m: | 2:57.57 | 45.92   | 300m: | 4:28.93 | 46.35 | 400m:     | 5:58.78 | 44.73 |  |         |  |
| 2007 en ouder     |                        |            |       |       |         |         |       |         |       |           |         |       |  |         |  |
| 1.                | Laurens Klein Breteler | WS Twente  |       |       |         | 6:31.22 |       |         |       | 195400109 |         |       |  | 6:21.59 |  |
|                   | 50m:                   | 40.15      | 40.15 | 150m: | 2:15.06 | 48.44   | 250m: | 3:53.17 | 49.01 | 350m:     | 5:33.38 | 50.40 |  |         |  |
|                   | 100m:                  | 1:26.62    | 46.47 | 200m: | 3:04.16 | 49.10   | 300m: | 4:42.98 | 49.81 | 400m:     | 6:21.59 | 48.21 |  |         |  |