

Programmanr. 1
31-1-2026 - 17:35

Heren, 400m vrije slag

Senioren Open
Resultaten

rang	naam	vereniging	intijd	tijd	RT
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Gebjr 2012 - 2014

1.	Lucas Vos	Swol 1894	5:21.41	201300005	5:13.60
	50m: 34.86	34.86 150m:		250m:	350m:
	100m: 1:13.39	38.53 200m: 2:34.67		300m:	400m: 5:13.60
2.	Dirk Rietman	Swol 1894	5:30.00	201300131	5:23.76
	50m: 34.08	34.08 150m:		250m:	350m:
	100m: 1:13.61	39.53 200m: 2:35.23		300m:	400m: 5:23.76
3.	Julian Vos	Swol 1894	6:12.21	201300003	6:11.77
	50m: 40.20	40.20 150m:		250m:	350m:
	100m: 1:26.50	46.30 200m: 3:04.18		300m:	400m: 6:11.77
4.	Miloh Krieger	Hera'11	7:24.65	201302493	7:05.81
	50m: 47.42	47.42 150m:		250m:	350m:
	100m: 1:41.63	54.21 200m: 3:34.53		300m:	400m: 7:05.81

Gebjr 2010 - 2011

1.	Sander Voorhorst	De Eerste Kolk	5:02.78	201100819	5:05.54
	50m: 32.88	32.88 150m:		250m:	350m:
	100m: 1:09.48	36.60 200m: 2:26.45		300m:	400m: 5:05.54
2.	Ian Krieger	Hera'11	NT	201103277	6:31.01
	50m: 43.46	43.46 150m:		250m:	350m:
	100m: 1:33.79	50.33 200m: 3:13.68		300m:	400m: 6:31.01

2007 en ouder

1.	Ruben Overbeek	de IJssel	4:43.34	200502887	4:53.22
	50m: 31.59	31.59 150m:		250m:	350m:
	100m: 1:07.15	35.56 200m: 2:21.64		300m:	400m: 4:53.22
2.	Jöran Brouwer	De Eerste Kolk	5:03.54	200600449	4:56.85
	50m: 31.59	31.59 150m:		250m:	350m:
	100m: 1:06.95	35.36 200m: 2:22.06		300m:	400m: 4:56.85
3.	Sebastiaan Scholten	de IJssel	5:17.49	200504299	5:21.06
	50m: 33.52	33.52 150m:		250m:	350m:
	100m: 1:12.24	38.72 200m: 2:33.65		300m:	400m: 5:21.06
4.	Abel van Leeuwen	de IJssel	NT	200704095	6:18.86
	50m: 40.56	40.56 150m:		250m:	350m:
	100m: 1:25.98	45.42 200m: 3:01.95		300m:	400m: 6:18.86