

Programmanr. 88
 18-7-2021 - 16:30

Heren, 400m vrije slag

 alg. leeftijdsgroep
 Resultaten

rang	naam	vereniging	intijd	tijd	RT
1.	Thijn Damen	Psv	4:16.03	200300973	4:13.48 +0,78
	50m: 28.41	28.41 150m: 1:31.81	32.16	250m: 2:36.79	32.55
	100m: 59.65	31.24 200m: 2:04.24	32.43	300m: 3:09.76	32.97
				350m: 3:42.30	32.54
				400m: 4:13.48	31.18
2.	Janne Englebort	Hieronymus	4:19.08	200101561	4:14.23 +0,68
	50m: 28.49	28.49 150m: 1:33.82	32.69	250m: 2:39.73	33.22
	100m: 1:01.13	32.64 200m: 2:06.51	32.69	300m: 3:12.76	33.03
				350m: 3:45.19	32.43
				400m: 4:14.23	29.04
3.	Koen Vissers	Psv	4:15.67	200401429	4:20.70 +0,84
	50m: 28.51	28.51 150m: 1:32.39	32.29	250m: 2:39.11	33.66
	100m: 1:00.10	31.59 200m: 2:05.45	33.06	300m: 3:13.12	34.01
				350m: 3:46.91	33.79
				400m: 4:20.70	33.79
4.	Yuri Wasser	Psv	4:33.26	200301327	4:30.20 +0,76
	50m: 30.14	30.14 150m: 1:38.35	34.63	250m: 2:47.53	34.52
	100m: 1:03.72	33.58 200m: 2:13.01	34.66	300m: 3:21.87	34.34
				350m: 3:55.97	34.10
				400m: 4:30.20	34.23
5.	Lars Servaas	Psv	4:41.00	200600377	4:31.12 +0,71
	50m: 31.38	31.38 150m: 1:40.54	34.64	250m: 2:49.79	34.72
	100m: 1:05.90	34.52 200m: 2:15.07	34.53	300m: 3:24.42	34.63
				350m: 3:58.64	34.22
				400m: 4:31.12	32.48
6.	Bas Blanker	SG SCOM/de Zeehond'73	4:48.95	200601497	4:31.41 +0,71
	50m: 30.21	30.21 150m: 1:39.14	35.14	250m: 2:49.86	35.03
	100m: 1:04.00	33.79 200m: 2:14.83	35.69	300m: 3:24.83	34.97
				350m: 3:58.78	33.95
				400m: 4:31.41	32.63
7.	Justin Steenkamp	Psv	4:36.31	200404133	4:32.60 +0,67
	50m: 29.68	29.68 150m: 1:38.77	35.02	250m: 2:49.25	35.66
	100m: 1:03.75	34.07 200m: 2:13.59	34.82	300m: 3:23.61	34.36
				350m: 3:59.28	35.67
				400m: 4:32.60	33.32
8.	Bjorn van den Berge	Z&PC De Ganze	5:13.87	200701991	4:36.53 +0,64
	50m: 31.32	31.32 150m: 1:41.25	35.27	250m: 2:52.18	35.78
	100m: 1:05.98	34.66 200m: 2:16.40	35.15	300m: 3:28.33	36.15
				350m: 4:03.85	35.52
				400m: 4:36.53	32.68
9.	Martino Valentijn	Z & Pc Dio	4:39.74	199403913	4:50.39 +0,74
	50m: 32.48	32.48 150m: 1:45.63	36.93	250m: 3:00.40	37.18
	100m: 1:08.70	36.22 200m: 2:23.22	37.59	300m: 3:37.65	37.25
				350m: 4:14.97	37.32
				400m: 4:50.39	35.42
10.	Milco Matla	Psv	5:06.18	200600555	4:52.55 +0,85
	50m: 32.48	32.48 150m: 1:46.66	37.29	250m: 3:01.83	37.13
	100m: 1:09.37	36.89 200m: 2:24.70	38.04	300m: 3:40.05	38.22
				350m: 4:17.39	37.34
				400m: 4:52.55	35.16
11.	Wout Serrarens	Psv	5:06.91	200800261	4:56.07 +0,72
	50m: 32.78	32.78 150m: 1:47.40	38.06	250m: 3:03.38	38.19
	100m: 1:09.34	36.56 200m: 2:25.19	37.79	300m: 3:41.45	38.07
				350m: 4:20.09	38.64
				400m: 4:56.07	35.98
12.	Berend van der Schrier	Hieronymus	5:35.74	200601915	5:17.05 +0,79
	50m: 34.71	34.71 150m: 1:54.18	40.65	250m: 3:17.60	41.37
	100m: 1:13.53	38.82 200m: 2:36.23	42.05	300m: 3:57.70	40.10
				350m: 4:38.30	40.60
				400m: 5:17.05	38.75
13.	Izayah Castillo	SG SCOM/de Zeehond'73	6:54.56	201100311	6:27.83
	50m: 37.74	37.74 150m: 5:13.48	3:49.98	250m: 3:54.05	51.62
	100m: 1:23.50	45.76 200m: 3:02.43		300m: 4:44.63	50.58
				350m: 5:38.04	53.41
				400m: 6:27.83	49.79