

KNZB Challenger
Dordrecht, 18- - 19-3-2017

Programmanr. 19
19-3-2017 - 13:26

Heren, 400m vrije slag

Senioren Open
Resultaten

rang	naam	vereniging	intijd	tijd	RT		
1.	Ruben van Leeuwen	Rtc - Psv	4:01.58	199704803	4:01.34 +0,68 758		
	50m: 27.32	27.32 150m: 1:27.20	30.26	250m: 2:28.97	30.61	350m: 3:31.32	31.22
	100m: 56.94	29.62 200m: 1:58.36	31.16	300m: 3:00.10	31.13	400m: 4:01.34	30.02
2.	Jorgos Skotadis	RTC - De Dolfijn	4:04.73	199803317	4:13.36 +0,72 655		
	50m: 28.90	28.90 150m: 1:30.92	31.27	250m: 2:35.74	32.51	350m: 3:40.92	32.59
	100m: 59.65	30.75 200m: 2:03.23	32.31	300m: 3:08.33	32.59	400m: 4:13.36	32.44
3.	Bart Sommeling	De Dolfijn	3:58.75	199800765	4:16.34 +0,70 633		
	50m: 27.53	27.53 150m: 1:29.12	31.43	250m: 2:35.25	33.52	350m: 3:43.14	33.80
	100m: 57.69	30.16 200m: 2:01.73	32.61	300m: 3:09.34	34.09	400m: 4:16.34	33.20
4.	Bas Takken	NTC PARA - De Dolfijn	4:05.46	199901643	4:19.91 +0,78 823		
	50m: 28.85	28.85 150m: 1:34.40	33.31	250m: 2:41.21	33.13	350m: 3:48.13	33.03
	100m: 1:01.09	32.24 200m: 2:08.08	33.68	300m: 3:15.10	33.89	400m: 4:19.91	31.78
5.	Timos Skotadis	De Dolfijn	4:06.03	199804615	4:24.04 +0,71 579		
	50m: 30.15	30.15 150m: 1:36.85	33.72	250m: 2:44.00	33.21	350m: 3:50.72	33.21
	100m: 1:03.13	32.98 200m: 2:10.79	33.94	300m: 3:17.51	33.51	400m: 4:24.04	33.32
6.	Olivier Jans	Utrecht Swimming	4:10.93	200001815	4:26.13 +0,73 565		
	50m: 30.40	30.40 150m: 1:36.32	33.45	250m: 2:44.34	34.09	350m: 3:53.16	34.29
	100m: 1:02.87	32.47 200m: 2:10.25	33.93	300m: 3:18.87	34.53	400m: 4:26.13	32.97
7.	Dave van der Voet	De Dolfijn	4:17.17	200102783	4:28.60 +0,78 550		
	50m: 30.17	30.17 150m: 1:39.37	34.74	250m: 2:48.60	33.68	350m: 3:57.21	34.16
	100m: 1:04.63	34.46 200m: 2:14.92	35.55	300m: 3:23.05	34.45	400m: 4:28.60	31.39
8.	Scott Jansen	Wvz	4:25.15	200202455	4:34.18 +0,76 517		
	50m: 29.84	29.84 150m: 1:40.92	36.86	250m: 2:52.21	35.06	350m: 4:02.23	34.22
	100m: 1:04.06	34.22 200m: 2:17.15	36.23	300m: 3:28.01	35.80	400m: 4:34.18	31.95
9.	Lucas Peters	Psv	4:20.48	200301325	4:35.12 +0,67 512		
	50m: 31.39	31.39 150m: 1:41.77	35.10	250m: 2:52.34	35.44	350m: 4:02.04	34.01
	100m: 1:06.67	35.28 200m: 2:16.90	35.13	300m: 3:28.03	35.69	400m: 4:35.12	33.08
10.	Christiaan Smit	Utrecht Swimming	4:18.16	200102463	4:39.34 +0,67 489		
	50m: 29.77	29.77 150m: 1:38.55	35.09	250m: 2:50.87	35.94	350m: 4:03.26	36.07
	100m: 1:03.46	33.69 200m: 2:14.93	36.38	300m: 3:27.19	36.32	400m: 4:39.34	36.08
11.	Elroy Schot	De Dolfijn	4:31.45	200200689	4:39.76 +0,74 487		
	50m: 30.54	30.54 150m: 1:41.01	35.92	250m: 2:53.78	35.95	350m: 4:06.79	36.18
	100m: 1:05.09	34.55 200m: 2:17.83	36.82	300m: 3:30.61	36.83	400m: 4:39.76	32.97
12.	Dylan Donkersteeg	Dwk	4:24.89	200202217	4:40.89 +0,88 481		
	50m: 31.87	31.87 150m: 1:43.23	35.38	250m: 2:54.65	35.93	350m: 4:05.47	34.78
	100m: 1:07.85	35.98 200m: 2:18.72	35.49	300m: 3:30.69	36.04	400m: 4:40.89	35.42
13.	Max Langerveld	Ed-Vo	4:31.28	200203435	4:43.24 +0,75 469		
	50m: 33.73	33.73 150m: 1:47.58	36.74	250m: 2:59.99	35.61	350m: 4:10.23	34.92
	100m: 1:10.84	37.11 200m: 2:24.38	36.80	300m: 3:35.31	35.32	400m: 4:43.24	33.01
14.	Joep Post	De Otters Het Gooi	4:41.60	200000725	4:44.63 +0,63 462		
	50m: 30.38	30.38 150m: 1:41.65	36.30	250m: 2:55.16	36.34	350m: 4:08.92	36.63
	100m: 1:05.35	34.97 200m: 2:18.82	37.17	300m: 3:32.29	37.13	400m: 4:44.63	35.71
15.	Bas van Haperen	Z & Pc Dio	4:37.94	199805507	4:46.75 +0,77 452		
	50m: 32.76	32.76 150m: 1:44.90	36.27	250m: 2:58.91	37.19	350m: 4:12.00	36.02
	100m: 1:08.63	35.87 200m: 2:21.72	36.82	300m: 3:35.98	37.07	400m: 4:46.75	34.75
16.	Timo Kock	de Devel	4:51.80	200400387	4:53.28 +0,70 423		
	50m: 33.53	33.53 150m: 1:48.19	38.11	250m: 3:04.26	38.04	350m: 4:19.14	36.97
	100m: 1:10.08	36.55 200m: 2:26.22	38.03	300m: 3:42.17	37.91	400m: 4:53.28	34.14
17.	Barry Schot	De Dolfijn	4:57.23	200300321	4:55.32 +0,72 414		
	50m: 32.52	32.52 150m: 1:45.99	37.48	250m: 3:02.57	38.39	350m: 4:19.30	38.36
	100m: 1:08.51	35.99 200m: 2:24.18	38.19	300m: 3:40.94	38.37	400m: 4:55.32	36.02
18.	Bjarne Buijs	Utrecht Swimming	4:54.01	200301089	4:59.48 +0,94 397		
	50m: 33.17	33.17 150m: 1:49.20	38.69	250m: 3:06.85	38.77	350m: 4:23.55	38.12
	100m: 1:10.51	37.34 200m: 2:28.08	38.88	300m: 3:45.43	38.58	400m: 4:59.48	35.93
19.	Jay de Vries	de Devel	4:43.39	200400669	5:00.23 +0,80 394		
	50m: 32.40	32.40 150m: 1:48.28	38.15	250m: 3:05.46	38.75	350m: 4:22.84	38.71
	100m: 1:10.13	37.73 200m: 2:26.71	38.43	300m: 3:44.13	38.67	400m: 5:00.23	37.39
20.	Dylano Termoshuizen	Wvz	4:48.68	200202169	5:00.39 +0,81 393		
	50m: 31.55	31.55 150m: 1:48.58	39.35	250m: 3:07.33	39.04	350m: 4:24.36	38.40
	100m: 1:09.23	37.68 200m: 2:28.29	39.71	300m: 3:45.96	38.63	400m: 5:00.39	36.03
21.	Milan van Aken	Utrecht Swimming	5:00.77	200303307	5:00.65 +0,62 392		
	50m: 32.97	32.97 150m: 1:48.75	39.96	250m: 3:07.31	39.56	350m: 4:25.59	39.44
	100m: 1:09.79	36.82 200m: 2:27.75	38.90	300m: 3:46.15	38.84	400m: 5:00.65	35.06
22.	Ian Pennekamp	De Otters Het Gooi	5:01.32	200103485	5:06.83 +0,77 369		
	50m: 34.80	34.80 150m: 1:53.01	39.18	250m: 3:11.43	38.56	350m: 4:29.48	38.49
	100m: 1:13.83	39.03 200m: 2:32.87	39.86	300m: 3:50.99	39.56	400m: 5:06.83	37.35

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Dordrecht, 18- - 19-3-2017

Programmanr. 19, Heren, 400m vrije slag, Senioren Open

rang	naam	vereniging	intijd		tijd	RT		
23.	Ruben Zwartbol	ZPC Woerden	4:59.82	200102651	5:12.74	+0,70 348		
	50m: 34.02	34.02	150m: 1:52.89	39.91	250m: 3:12.81	40.01	350m: 4:34.66	40.48
	100m: 1:12.98	38.96	200m: 2:32.80	39.91	300m: 3:54.18	41.37	400m: 5:12.74	38.08
24.	Thijs van Hofweegen	Ntc Para - Zpc Amersfoort	5:07.82	199605253	S6	5:24.70	+0,84 696	
	50m: 34.54	34.54	150m: 1:54.34	41.07	250m: 3:18.03	41.65	350m: 4:42.93	42.14
	100m: 1:13.27	38.73	200m: 2:36.38	42.04	300m: 4:00.79	42.76	400m: 5:24.70	41.77