

Limietwedstrijd
Dordrecht, 11-5-2019

Programmanr. 30
11-5-2019 - 16:44

Heren, 400m vrije slag

Senioren Open
Resultaten

rang	naam	vereniging	intijd	tijd	RT			
1.	Jacob Mackloet	z.c De Schotejil	4:37.10	200001171	4:29.50 +0,77			
	50m: 30.02	30.02	150m: 1:39.03	34.98	250m: 2:49.40	34.70	350m: 3:57.70	33.27
	100m: 1:04.05	34.03	200m: 2:14.70	35.67	300m: 3:24.43	35.03	400m: 4:29.50	31.80
2.	Jelle Bon	ZV Vlaardingen-Schiedam	4:15.66	200301077	4:29.65 +0,66			
	50m: 29.07	29.07	150m: 1:37.13	34.52	250m: 2:46.32	34.93	350m: 3:56.33	35.03
	100m: 1:02.61	33.54	200m: 2:11.39	34.26	300m: 3:21.30	34.98	400m: 4:29.65	33.32
3.	Bart Muselaers	Dwk	4:34.70	200100865	4:33.18 +0,82			
	50m: 30.32	30.32	150m: 1:40.72	35.55	250m: 2:52.12	35.58	350m: 4:00.11	33.47
	100m: 1:05.17	34.85	200m: 2:16.54	35.82	300m: 3:26.64	34.52	400m: 4:33.18	33.07
4.	Maximilian Lopes Cardozo	Wzk	4:24.62	200300665	4:33.58 +0,88			
	50m: 29.62	29.62	150m: 1:38.14	34.94	250m: 2:48.57	35.68	350m: 3:59.60	35.16
	100m: 1:03.20	33.58	200m: 2:12.89	34.75	300m: 3:24.44	35.87	400m: 4:33.58	33.98
5.	Pepijn van Egmond	Wvz	4:33.48	200402309	4:43.65			
	50m: 30.04	30.04	150m: 1:39.22	35.30	250m: 2:52.68	36.90	350m: 4:07.44	37.68
	100m: 1:03.92	33.88	200m: 2:15.78	36.56	300m: 3:29.76	37.08	400m: 4:43.65	36.21
6.	Christian Kalle	z.c De Schotejil	4:46.38	200400687	4:44.63 +0,75			
	50m: 31.10	31.10	150m: 1:45.09	37.27	250m: 2:58.92	36.13	350m: 4:10.82	35.42
	100m: 1:07.82	36.72	200m: 2:22.79	37.70	300m: 3:35.40	36.48	400m: 4:44.63	33.81
7.	Sem Agterdenbos	MNC Dordrecht	4:40.86	200500049	4:55.62 +0,69			
	50m: 32.24	32.24	150m: 1:47.12	37.72	250m: 3:04.34	38.79	350m: 4:20.24	37.44
	100m: 1:09.40	37.16	200m: 2:25.55	38.43	300m: 3:42.80	38.46	400m: 4:55.62	35.38
8.	Laurens Kalle	z.c De Schotejil	4:57.51	200600161	5:14.59 +0,74			
	50m: 33.88	33.88	150m: 1:53.87	40.55	250m: 3:16.48	41.24	350m: 4:38.24	40.67
	100m: 1:13.32	39.44	200m: 2:35.24	41.37	300m: 3:57.57	41.09	400m: 5:14.59	36.35
9.	Benjamin Boender	Zob'66	5:43.02	200401351	5:22.20 +0,70			
	50m: 32.50	32.50	150m: 1:50.44	40.03	250m: 3:14.56	42.11	350m: 4:41.17	43.44
	100m: 1:10.41	37.91	200m: 2:32.45	42.01	300m: 3:57.73	43.17	400m: 5:22.20	41.03
10.	Arthur Bondartsov * Backup 350m	Rotterdam Swimming (SG)	4:45.31	200403231	5:22.45 +0,77			
	50m: 32.72	32.72	150m: 1:50.80	39.97	250m: 3:14.37	42.44	350m: 4:41.11	43.37
	100m: 1:10.63	37.91	200m: 2:31.93	41.33	300m: 3:57.74	43.37	400m: 5:22.45	41.34
11.	Robin den Ouden	ZPC Wiekslag	5:40.65	200600255	5:48.42 +0,70			
	50m: 36.06	36.06	150m: 2:03.93	45.06	250m: 3:35.21	45.74	350m: 5:06.19	44.97
	100m: 1:18.87	42.81	200m: 2:49.47	45.54	300m: 4:21.22	46.01	400m: 5:48.42	42.23