Programmanr. 5 | Heren, 400m vrije slag | Senioren Open
30-9-2023 | V.v.t. A-klasse: 5:32,20 | Resultaten

rang	naam	vereniging	intijd		tijd	RT
1.	Bas Blanker	ACZ	4:16.20	200601497	**4:27.60**	
	50m: 30.42	150m: 34.53	250m: 34.26	350m: 32.73		
	100m: 34.00	200m: 34.17	300m: 34.58	400m: 32.91		
2.	Christian Kalle	De Schotejil	4:33.93	200400687	**4:33.78**	
	50m: 29.03	150m: 34.81	250m: 35.38	350m: 36.14		
	100m: 32.92	200m: 34.95	300m: 35.29	400m: 35.26		
3.	Menno Wieringa	ACZ	4:46.50	200500927	**4:36.37**	
	50m: 39.69	150m: 35.69	250m: 35.57	350m: 34.80		
	100m: 25.05	200m: 36.21	300m: 35.13	400m: 34.23		
4.	Niels Albrechts	De Schotejil	4:35.73	198800039	**4:36.83**	
	50m: 32.21	100m: 35.02	200m: 1:11.25	400m: 2:18.35		
5.	Sybren Groenewegen	De Schotejil	4:43.04	199306223	**4:37.81**	
	50m: 31.24	150m: 34.91	250m: 35.77	350m: 35.87		
	100m: 34.00	200m: 35.41	300m: 36.07	400m: 34.54		
6.	David Kievit	De Schotejil	4:48.38	199900325	**4:42.75**	
	50m: 30.46	150m: 35.11	250m: 36.16	350m: 37.51		
	100m: 33.80	200m: 35.40	300m: 36.88	400m: 37.43		
7.	Sven Dubbeld	De Schotejil	5:09.20	199601141	**5:06.46**	
	50m: 33.15	100m: 36.55	200m: 1:18.16	400m: 2:38.60		

Cornet Groep | PROXSYS*