



Limietwedstrijd HZ&PC Heerenveen
Heerenveen, 1-5-2022



Programmanr. 16
1-5-2022 - 15:05

Heren, 400m vrije slag

Senioren Open
Resultaten

rang	naam	vereniging	intijd	tijd	RT			
1.	Siem de Zeeuw	O Z & P C	4:50.01	200800013	4:36.62 +0,76			
	50m: 29.88	29.88	150m: 1:39.66	35.79	250m: 2:52.27	36.44	350m: 4:03.23	35.78
	100m: 1:03.87	33.99	200m: 2:15.83	36.17	300m: 3:27.45	35.18	400m: 4:36.62	33.39
2.	Lars van Zessen	HZ&PC Heerenveen	5:14.84	200603045	4:46.03			
	50m: 31.13	31.13	150m: 1:43.77	36.85	250m: 2:56.63	36.50	350m: 4:10.89	37.31
	100m: 1:06.92	35.79	200m: 2:20.13	36.36	300m: 3:33.58	36.95	400m: 4:46.03	35.14
3.	Sven Koornstra	De Vikings	6:10.63	200900189	4:47.50 +0,69			
	50m: 33.25	33.25	150m: 1:45.62	36.30	250m: 2:59.46	36.95	350m: 4:13.15	36.59
	100m: 1:09.32	36.07	200m: 2:22.51	36.89	300m: 3:36.56	37.10	400m: 4:47.50	34.35
4.	Daan van de Belt	MZ&PC De Reest	4:56.49	200601221	4:50.52 +0,83			
	50m: 30.79	30.79	150m: 1:41.72	36.08	250m: 2:56.28	37.49	350m: 4:12.87	38.06
	100m: 1:05.64	34.85	200m: 2:18.79	37.07	300m: 3:34.81	38.53	400m: 4:50.52	37.65
5.	Teun Overmars	O Z & P C	4:59.16	200800103	4:59.80 +0,79			
	50m: 33.16	33.16	150m: 1:48.94	39.34	250m: 3:06.25	38.80	350m: 4:22.81	37.87
	100m: 1:09.60	36.44	200m: 2:27.45	38.51	300m: 3:44.94	38.69	400m: 4:59.80	36.99
6.	Koen de Vries	MZ&PC De Reest	5:13.00	200802379	5:03.90			
	50m: 32.96	32.96	150m: 1:50.14	39.74	250m: 3:08.99	39.36	350m: 4:28.23	39.33
	100m: 1:10.40	37.44	200m: 2:29.63	39.49	300m: 3:48.90	39.91	400m: 5:03.90	35.67
7.	Colin Beuker	ZC Polaris	6:27.58	200802023	5:10.19 +0,93			
	50m: 34.47	34.47	150m: 1:52.09	39.38	250m: 3:13.36	40.84	350m: 4:32.58	38.57
	100m: 1:12.71	38.24	200m: 2:32.52	40.43	300m: 3:54.01	40.65	400m: 5:10.19	37.61
8.	Hylke de Jong	de Granaet	5:27.91	200801057	5:25.52 +0,91			
	50m: 34.68	34.68	150m: 1:57.40	42.12	250m: 3:21.93	42.04	350m: 4:45.43	40.98
	100m: 1:15.28	40.60	200m: 2:39.89	42.49	300m: 4:04.45	42.52	400m: 5:25.52	40.09
9.	Yorre van der Wal	De Vikings	5:53.59	201000017	5:41.14			
	50m: 37.18	37.18	150m: 2:03.08	43.36	250m: 3:31.08	44.37	350m: 4:59.27	43.61
	100m: 1:19.72	42.54	200m: 2:46.71	43.63	300m: 4:15.66	44.58	400m: 5:41.14	41.87
10.	Tijn Bijma	De Vikings	5:54.96	200900397	5:56.19 +0,74			
	50m: 37.55	37.55	150m: 2:08.18	45.68	250m: 3:39.79	47.01	350m: 5:12.13	46.13
	100m: 1:22.50	44.95	200m: 2:52.78	44.60	300m: 4:26.00	46.21	400m: 5:56.19	44.06
11.	Pieter de Boer	SG. Bolsward-Workum	6:39.43	200900103	6:08.84 +0,90			
	50m: 41.32	41.32	150m: 2:15.98	47.66	250m: 3:52.18	48.26	350m: 5:26.05	46.03
	100m: 1:28.32	47.00	200m: 3:03.92	47.94	300m: 4:40.02	47.84	400m: 6:08.84	42.79