

Programmanr. 12  
14-12-2019

Heren, 400m wisselslag

Senioren Open  
Resultaten Finale

World Record	4:03.84	Michael Phelps	Beijing (CHN)	10-08-2008
European Record	4:06.16	Laszlo Cseh	Beijing (CHN)	10-08-2008
Nederlands Record Senioren	4:13.46	Arjan Knipping	Gwangju (KOR)	28-07-2019
Nederlands Record Jeugd	4:24.96	Jari Groenhart	Den Haag	07-04-2018
Nederlands Record Junioren	4:29.79	Sam van de Schootbrugge	Sheffield (GBR)	02-08-2009
Prestatie-eis OS Tokio 2020	4:15.84			
Prestatie-eis EK Boedapest 2020	4:18.61			
Prestatie-eis EJK Aberdeen 2020	4:29.88			
Prestatie-eis Post EJK-EK Budapest 2020	4:21.04			

Punten: FINA 2019

rank	name	club name	time	RT	FINA
<b>Finale A</b>					
1.	Arjan Knipping	PSV	199401667	<b>4:15.12</b> +0,71	873
	50m: 27.14 27.14	150m: 1:32.16 33.52	250m: 2:40.44 34.84	350m: 3:46.27 30.41	
	100m: 58.64 31.50	200m: 2:05.60 33.44	300m: 3:15.86 35.42	400m: 4:15.12 28.85	
2.	Joan Lluís Pons Ramon	Royal Spanish SF		<b>4:15.74</b> +0,66	866
	50m: 27.50 27.50	150m: 1:31.59 33.22	250m: 2:40.26 36.47	350m: 3:46.89 30.09	
	100m: 58.37 30.87	200m: 2:03.79 32.20	300m: 3:16.80 36.54	400m: 4:15.74 28.85	
3.	Jacob Heidtmann	ST Stadtwerke Elmshorn	152217	<b>4:19.37</b> +0,75	830
	50m: 27.13 27.13	150m: 1:33.26 34.58	250m: 2:43.27 35.86	350m: 3:50.31 29.92	
	100m: 58.68 31.55	200m: 2:07.41 34.15	300m: 3:20.39 37.12	400m: 4:19.37 29.06	
4.	Joao Alexandre Vital	Portugal	110165	<b>4:21.89</b> * +0,68	807
	50m: 27.76 27.76	150m: 1:33.07 33.62	250m: 2:43.21 37.61	350m: 3:52.12 31.27	
	100m: 59.45 31.69	200m: 2:05.60 32.53	300m: 3:20.85 37.64	400m: 4:21.89 29.77	
5.	Hugo Gonzalez De Oliveira	Royal Spanish SF		<b>4:21.90</b> +0,69	807
	50m: 26.80 26.80	150m: 1:31.93 33.77	250m: 2:41.72 36.93	350m: 3:51.13 31.28	
	100m: 58.16 31.36	200m: 2:04.79 32.86	300m: 3:19.85 38.13	400m: 4:21.90 30.77	
6.	Jacob Greenow	University of Bath	399355	<b>4:22.69</b> +0,68	799
	50m: 26.92 26.92	150m: 1:31.44 33.59	250m: 2:41.74 36.74	350m: 3:52.32 32.44	
	100m: 57.85 30.93	200m: 2:05.00 33.56	300m: 3:19.88 38.14	400m: 4:22.69 30.37	
7.	Alex Castejon Ramirez	C.N. Sabadell	39401097	<b>4:22.78</b> +0,66	798
	50m: 28.05 28.05	150m: 1:35.39 34.93	250m: 2:45.50 36.05	350m: 3:53.67 31.99	
	100m: 1:00.46 32.41	200m: 2:09.45 34.06	300m: 3:21.68 36.18	400m: 4:22.78 29.11	
8.	Sinan Rüegg	Limmat Sharks Zürich	30872	<b>4:25.04</b> +0,70	778
	50m: 28.25 28.25	150m: 1:36.69 35.48	250m: 2:47.01 35.56	350m: 3:54.35 31.35	
	100m: 1:01.21 32.96	200m: 2:11.45 34.76	300m: 3:23.00 35.99	400m: 4:25.04 30.69	
<b>Finale B</b>					
9.	Ruan Ras	Tuks Swimming	961227	<b>4:27.25</b> +0,74	759
	50m: 27.67 27.67	150m: 1:34.55 34.30	250m: 2:46.78 37.68	350m: 3:57.43 31.20	
	100m: 1:00.25 32.58	200m: 2:09.10 34.55	300m: 3:26.23 39.45	400m: 4:27.25 29.82	
10.	Ruan Breytenbach	Tuks Swimming	020511	<b>4:27.41</b> +0,70	758
	50m: 28.32 28.32	150m: 1:36.70 35.70	250m: 2:49.16 36.93	350m: 3:57.98 31.37	
	100m: 1:01.00 32.68	200m: 2:12.23 35.53	300m: 3:26.61 37.45	400m: 4:27.41 29.43	
11.	Thomas Jansen	OC-WVZ	200100143	<b>4:29.07</b> +0,73	744
	50m: 28.26 28.26	150m: 1:36.05 34.75	250m: 2:48.58 37.75	350m: 3:59.36 31.76	
	100m: 1:01.30 33.04	200m: 2:10.83 34.78	300m: 3:27.60 39.02	400m: 4:29.07 29.71	
12.	Christoph Meier	Liechtensteiner SV		<b>4:29.80</b> +0,73	738
	50m: 27.69 27.69	150m: 1:36.52 37.03	250m: 2:49.11 36.24	350m: 3:58.54 31.87	
	100m: 59.49 31.80	200m: 2:12.87 36.35	300m: 3:26.67 37.56	400m: 4:29.80 31.26	
13.	Francisco Javier Chacon Mateos	Royal Spanish SF		<b>4:30.56</b> +0,75	732
	50m: 28.05 28.05	150m: 1:35.86 35.69	250m: 2:49.13 38.26	350m: 4:00.47 31.63	
	100m: 1:00.17 32.12	200m: 2:10.87 35.01	300m: 3:28.84 39.71	400m: 4:30.56 30.09	
14.	Tim Dennis Kost	Baden-Württemberg	295298	<b>4:32.74</b> +0,71	714
	50m: 29.05 29.05	150m: 1:39.43 36.27	250m: 2:52.49 37.71	350m: 4:02.53 32.61	
	100m: 1:03.16 34.11	200m: 2:14.78 35.35	300m: 3:29.92 37.43	400m: 4:32.74 30.21	
15.	David Miller	University of Bath	493056	<b>4:37.05</b> +0,67	681
	50m: 29.47 29.47	150m: 1:40.97 35.71	250m: 2:53.74 37.79	350m: 4:05.30 32.61	
	100m: 1:05.26 35.79	200m: 2:15.95 34.98	300m: 3:32.69 38.95	400m: 4:37.05 31.75	
16.	Lars Verhale	PSV	200200019	<b>4:41.22</b> +0,76	651
	50m: 28.63 28.63	150m: 1:40.15 37.19	250m: 2:55.95 40.22	350m: 4:09.48 32.60	
	100m: 1:02.96 34.33	200m: 2:15.73 35.58	300m: 3:36.88 40.93	400m: 4:41.22 31.74	

onjuistheden / mistakes?

mail naar / to: [amsterdamschrijving@swimcup.nl](mailto:amsterdamschrijving@swimcup.nl)

Splash Meet Manager, 11.62141

Registered to KNZB

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