

Programmanr. 9
12-3-2023 - 13:03

Heren, 400m vrije slag

Juniores 1 en ouder
Resultaten

Rang							Tijd	RT
1.	Bart Sommeling		De Dolfijn			199800765	4:08.05	+0,76
	50m: 27.75	27.75	150m: 1:30.92	32.06	250m: 2:33.62	31.48	350m: 3:38.14	32.38
	100m: 58.86	31.11	200m: 2:02.14	31.22	300m: 3:05.76	32.14	400m: 4:08.05	29.91
2.	Émile Fouzaï		Blue Marlins			200500263	4:08.20	+0,70
	50m: 28.45	28.45	150m: 1:31.86	32.10	250m: 2:35.17	31.57	350m: 3:38.43	31.48
	100m: 59.76	31.31	200m: 2:03.60	31.74	300m: 3:06.95	31.78	400m: 4:08.20	29.77
3.	Noah de Schryver		De Dolfijn			200105483	4:13.55	+0,72
	50m: 29.18	29.18	150m: 1:32.88	32.20	250m: 2:37.28	32.39	350m: 3:42.36	32.79
	100m: 1:00.68	31.50	200m: 2:04.89	32.01	300m: 3:09.57	32.29	400m: 4:13.55	31.19
4.	Wouter Zijlstra		HZ&PC Heerenveen			200401545	4:13.92	+0,59
	50m: 28.63	28.63	150m: 1:32.81	32.13	250m: 2:37.94	32.06	350m: 3:42.18	32.03
	100m: 1:00.68	32.05	200m: 2:05.88	33.07	300m: 3:10.15	32.21	400m: 4:13.92	31.74
5.	Olivier Wilbers		ZPC Hoogeveen			200600181	4:16.27	+0,76
	50m: 29.50	29.50	150m: 1:33.63	32.31	250m: 2:39.09	32.93	350m: 3:44.77	32.48
	100m: 1:01.32	31.82	200m: 2:06.16	32.53	300m: 3:12.29	33.20	400m: 4:16.27	31.50
6.	Borys Rudman		Blue Marlins			200504479	4:16.41	+0,69
	50m: 28.65	28.65	150m: 1:32.12	32.11	250m: 2:37.57	32.99	350m: 3:45.16	33.85
	100m: 1:00.01	31.36	200m: 2:04.58	32.46	300m: 3:11.31	33.74	400m: 4:16.41	31.25
7.	Ronis van Everdingen		DWK			200300043	4:25.82	+0,79
	50m: 29.84	29.84	150m: 1:37.40	34.09	250m: 2:44.59	33.02	350m: 3:51.97	33.92
	100m: 1:03.31	33.47	200m: 2:11.57	34.17	300m: 3:18.05	33.46	400m: 4:25.82	33.85
8.	Giovanni Phillipson		Team Noord-Holland (SG)			200801099	4:28.92	+0,78
	50m: 28.87	28.87	150m: 1:35.64	33.76	250m: 2:44.50	34.84	350m: 3:54.88	34.95
	100m: 1:01.88	33.01	200m: 2:09.66	34.02	300m: 3:19.93	35.43	400m: 4:28.92	34.04
9.	Jeffrey Camphens		Team Noord-Holland (SG)			199503113	4:31.95	+0,68
	50m: 31.22	31.22	150m: 1:39.82	34.81	250m: 2:49.65	34.88	350m: 3:58.88	34.49
	100m: 1:05.01	33.79	200m: 2:14.77	34.95	300m: 3:24.39	34.74	400m: 4:31.95	33.07
10.	Tim van Erven		DZ&PC			200700175	4:32.45	+0,73
	50m: 30.19	30.19	150m: 1:38.55	34.71	250m: 2:49.57	35.61	350m: 3:59.97	34.89
	100m: 1:03.84	33.65	200m: 2:13.96	35.41	300m: 3:25.08	35.51	400m: 4:32.45	32.48
11.	Rens Noordover		Team Noord-Holland (SG)			200800237	4:32.77	+0,75
	50m: 30.63	30.63	150m: 1:38.99	34.18	250m: 2:48.97	34.54	350m: 3:59.37	34.82
	100m: 1:04.81	34.18	200m: 2:14.43	35.44	300m: 3:24.55	35.58	400m: 4:32.77	33.40
12.	Joey Pop		ZVVS			200800277	4:42.01	+0,81
	50m: 32.35	32.35	150m: 1:43.84	36.22	250m: 2:55.62	36.18	350m: 4:07.87	36.36
	100m: 1:07.62	35.27	200m: 2:19.44	35.60	300m: 3:31.51	35.89	400m: 4:42.01	34.14
13.	Lou van Leeuwen		De Dolfijn			200702779	4:43.29	+0,72
	<i>100m en 200m *</i>							
	50m: 31.88	31.88	150m: 1:44.19	36.64	250m: 2:56.31	36.66	350m: 4:08.48	36.31
	100m: 1:07.55	35.67	200m: 2:19.65	35.46	300m: 3:32.17	36.86	400m: 4:43.29	34.81
14.	Justin Steenkamp		PSV			200404133	4:44.68	+0,67
	<i>50m, 100m en 200m *</i>							
	50m: 31.92	31.92	150m: 1:43.99	36.48	250m: 2:56.21	35.73	350m: 4:09.18	36.24
	100m: 1:07.51	35.59	200m: 2:20.48	36.49	300m: 3:32.94	36.73	400m: 4:44.68	35.50
15.	Steven Smith		Nextline Swimming			200402939	4:46.20	+0,72
	50m: 31.58	31.58	150m: 1:44.12	36.38	250m: 2:57.47	35.89	350m: 4:11.08	36.65
	100m: 1:07.74	36.16	200m: 2:21.58	37.46	300m: 3:34.43	36.96	400m: 4:46.20	35.12
16.	Menno Bas		Zwemclub Zeist			199902947	4:46.37	+0,70
	50m: 30.31	30.31	150m: 1:40.46	35.62	250m: 2:54.45	37.33	350m: 4:10.38	38.04
	100m: 1:04.84	34.53	200m: 2:17.12	36.66	300m: 3:32.34	37.89	400m: 4:46.37	35.99
17.	Adriaan Coppelmans		AZC			200903243	4:47.83	+0,64
	50m: 30.65	30.65	150m: 1:42.09	36.07	250m: 2:56.35	37.32	350m: 4:11.48	37.46
	100m: 1:06.02	35.37	200m: 2:19.03	36.94	300m: 3:34.02	37.67	400m: 4:47.83	36.35
18.	Tiemen Jonkman		DZ&PC			200301193	4:54.67	+0,74
	50m: 31.10	31.10	150m: 1:45.94	37.94	250m: 3:02.54	38.65	350m: 4:18.55	37.65
	100m: 1:08.00	36.90	200m: 2:23.89	37.95	300m: 3:40.90	38.36	400m: 4:54.67	36.12
19.	Jordey Thole		ZPC Hoogeveen			200700385	4:58.34	+0,74
	50m: 32.45	32.45	150m: 1:49.41	39.05	250m: 3:06.70	38.50	350m: 4:23.36	38.06
	100m: 1:10.36	37.91	200m: 2:28.20	38.79	300m: 3:45.30	38.60	400m: 4:58.34	34.98



Programmanr. 9, Heren, 400m vrije slag, Junioren 1 en ouder

Rang							Tijd	RT				
20.	Thijmen Puijssers		Hieronymus		201000129		5:03.31	+0,64				
	50m:	33.39	33.39	150m:	1:49.31	38.23	250m:	3:07.17	38.41	350m:	4:26.47	39.41
	100m:	1:11.08	37.69	200m:	2:28.76	39.45	300m:	3:47.06	39.89	400m:	5:03.31	36.84
21.	Thijs Huizer		Noordwijkerhout		200502523		5:13.86	+0,67				
	50m:	32.59	32.59	150m:	1:52.03	40.37	250m:	3:16.20	43.23	350m:	4:39.82	43.08
	100m:	1:11.66	39.07	200m:	2:32.97	40.94	300m:	3:56.74	40.54	400m:	5:13.86	34.04
22.	Yusuf Temizisler		De Dolfijn		201002197		6:20.18	+0,63				
	200m *											
	50m:	40.46	40.46	150m:	2:12.31	47.29	250m:	3:50.17	50.33	350m:	5:30.51	50.87
	100m:	1:25.02	44.56	200m:	2:59.84	47.53	300m:	4:39.64	49.47	400m:	6:20.18	49.67