

Programmanr. 3  
10-06-2022

Jongens, 400m vrije slag

Junioren 1 en 2  
Resultaten

Punten: FINA 2021

rang	naam		vereniging					tijd	RT	FINA para
1.	Xiaoyu Yin		Blue Marlins (SG)	200803363				<b>4:25.81</b>	+0,73	567
	50m: 30.02	30.02	150m: 1:36.55	33.33	250m: 2:44.13	33.17	350m: 3:52.79	33.51		
	100m: 1:03.22	33.20	200m: 2:10.96	34.41	300m: 3:19.28	35.15	400m: 4:25.81	33.02		
2.	Giovanni Phillipson		Team Noord-Holland (SG)	200801099				<b>4:29.25</b>	+0,81	546
	50m: 28.61	28.61	150m: 1:34.84	33.50	250m: 2:45.13	35.42	350m: 3:56.85	35.68		
	100m: 1:01.34	32.73	200m: 2:09.71	34.87	300m: 3:21.17	36.04	400m: 4:29.25	32.40		
3.	Milan Veelders		De Dinkel	200800279				<b>4:29.35</b>	+0,72	545
	50m: 30.38	30.38	150m: 1:38.97	34.33	250m: 2:49.39	35.33	350m: 3:57.07	33.03		
	100m: 1:04.64	34.26	200m: 2:14.06	35.09	300m: 3:24.04	34.65	400m: 4:29.35	32.28		
4.	Wytse Broekstra		De Vikings	200800121				<b>4:33.45</b>	+0,77	521
	50m: 29.53	29.53	150m: 1:37.26	34.17	250m: 2:47.42	35.05	350m: 3:59.01	35.72		
	100m: 1:03.09	33.56	200m: 2:12.37	35.11	300m: 3:23.29	35.87	400m: 4:33.45	34.44		
5.	Yarno van Dam		ACZ	200800115				<b>4:35.06</b>	+0,67	512
	50m: 29.97	29.97	150m: 1:38.56	34.72	250m: 2:49.23	35.47	350m: 4:00.20	35.25		
	100m: 1:03.84	33.87	200m: 2:13.76	35.20	300m: 3:24.95	35.72	400m: 4:35.06	34.86		
6.	Wout Serrarens		PSV	200800261				<b>4:38.37</b>	+0,69	494
	50m: 29.90	29.90	150m: 1:39.97	35.45	250m: 2:51.71	36.00	350m: 4:04.46	36.45		
	100m: 1:04.52	34.62	200m: 2:15.71	35.74	300m: 3:28.01	36.30	400m: 4:38.37	33.91		
7.	Diede Veld		SWOL 1894	200800011				<b>4:38.45</b>	+0,73	493
	50m: 30.98	30.98	150m: 1:41.32	35.55	250m: 2:53.64	36.51	350m: 4:05.65	35.94		
	100m: 1:05.77	34.79	200m: 2:17.13	35.81	300m: 3:29.71	36.07	400m: 4:38.45	32.80		
8.	Siem de Zeeuw		OZ&PC	200800013				<b>4:39.41</b>	+0,71	488
	50m: 29.52	29.52	150m: 1:39.28	35.85	250m: 2:52.16	36.26	350m: 4:04.93	36.27		
	100m: 1:03.43	33.91	200m: 2:15.90	36.62	300m: 3:28.66	36.50	400m: 4:39.41	34.48		
9.	Willem Weustink		Team Noord-Holland (SG)	200800109				<b>4:40.06</b>	+0,76	485
	50m: 30.35	30.35	150m: 1:40.02	35.80	250m: 2:52.55	36.78	350m: 4:05.17	36.17		
	100m: 1:04.22	33.87	200m: 2:15.77	35.75	300m: 3:29.00	36.45	400m: 4:40.06	34.89		
	Gijs Koehoorn		HZ&PC Heerenveen	200800275				<b>4:40.06</b>	+0,71	485
	50m: 30.64	30.64	150m: 1:40.50	35.91	250m: 2:53.10	36.41	350m: 4:05.57	36.14		
	100m: 1:04.59	33.95	200m: 2:16.69	36.19	300m: 3:29.43	36.33	400m: 4:40.06	34.49		
11.	Ross de Wildt		Aqua-Novio'94	200803359				<b>4:40.28</b>	+0,62	484
	50m: 30.24	30.24	150m: 1:39.90	35.22	250m: 2:51.65	35.97	350m: 4:04.88	36.35		
	100m: 1:04.68	34.44	200m: 2:15.68	35.78	300m: 3:28.53	36.88	400m: 4:40.28	35.40		
12.	Kaan Sudak		Blue Marlins (SG)	200803733				<b>4:41.21</b>	+0,62	479
	50m: 29.41	29.41	150m: 1:38.90	35.82	250m: 2:52.44	37.82	350m: 4:06.58	37.57		
	100m: 1:03.08	33.67	200m: 2:14.62	35.72	300m: 3:29.01	36.57	400m: 4:41.21	34.63		
13.	Rens Noordover		Team Noord-Holland (SG)	200800237				<b>4:41.38</b>	+0,69	478
	50m: 30.47	30.47	150m: 1:41.16	35.55	250m: 2:53.51	36.26	350m: 4:06.53	36.22		
	100m: 1:05.61	35.14	200m: 2:17.25	36.09	300m: 3:30.31	36.80	400m: 4:41.38	34.85		
14.	Mattia Maggio		Hellas-Glana	200903311				<b>4:42.23</b>	+0,61	474
	50m: 30.68	30.68	150m: 1:40.19	35.51	250m: 2:53.23	36.95	350m: 4:06.80	36.93		
	100m: 1:04.68	34.00	200m: 2:16.28	36.09	300m: 3:29.87	36.64	400m: 4:42.23	35.43		
15.	Nout Folkersma		PSV	200800595				<b>4:44.01</b>	+0,71	465
	50m: 29.80	29.80	150m: 1:40.28	36.17	250m: 2:53.92	36.58	350m: 4:08.22	37.27		
	100m: 1:04.11	34.31	200m: 2:17.34	37.06	300m: 3:30.95	37.03	400m: 4:44.01	35.79		
16.	Jaydey Schonewille		Steenwijk 1934	200800025				<b>4:44.02</b>	+0,73	465
	50m: 31.68	31.68	150m: 1:43.80	36.86	250m: 2:57.57	36.72	350m: 4:10.75	36.34		
	100m: 1:06.94	35.26	200m: 2:20.85	37.05	300m: 3:34.41	36.84	400m: 4:44.02	33.27		
17.	Damir Mustafic		DZ&PC	200800885				<b>4:44.41</b>	+0,81	463
	50m: 31.32	31.32	150m: 1:41.52	35.31	250m: 2:54.22	36.57	350m: 4:08.08	36.55		
	100m: 1:06.21	34.89	200m: 2:17.65	36.13	300m: 3:31.53	37.31	400m: 4:44.41	36.33		
18.	Gijs Hartwijk		ZVL-1886 Center	200800573				<b>4:45.34</b>	+0,63	458
	50m: 32.26	32.26	150m: 1:43.79	36.25	250m: 2:56.39	36.42	350m: 4:09.79	36.59		
	100m: 1:07.54	35.28	200m: 2:19.97	36.18	300m: 3:33.20	36.81	400m: 4:45.34	35.55		
19.	Bas Mostert		VZC	200800629				<b>4:47.32</b>	+0,70	449
	50m: 31.55	31.55	150m: 1:42.63	36.12	250m: 2:56.65	37.20	350m: 4:10.58	36.75		
	100m: 1:06.51	34.96	200m: 2:19.45	36.82	300m: 3:33.83	37.18	400m: 4:47.32	36.74		

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rang	naam	vereniging	tijd	RT	FINA para
20.	Joey Pop	ZV Vlaardingen-Schiedam	200800277	<b>4:47.39</b>	+0,75 449
	50m: 31.78 31.78	150m: 1:44.47 36.74	250m: 2:58.96 36.99	350m: 4:12.89 36.43	
	100m: 1:07.73 35.95	200m: 2:21.97 37.50	300m: 3:36.46 37.50	400m: 4:47.39 34.50	
21.	Youp Stuijzand	ZV 44	200800521	<b>4:47.57</b>	+0,70 448
	50m: 31.02 31.02	150m: 1:44.17 36.93	250m: 2:59.75 37.31	350m: 4:14.25 36.39	
	100m: 1:07.24 36.22	200m: 2:22.44 38.27	300m: 3:37.86 38.11	400m: 4:47.57 33.32	
22.	Jones Chuang	PSV	200801173	<b>4:47.91</b>	+0,72 446
	50m: 30.85 30.85	150m: 1:42.00 35.59	250m: 2:56.05 36.64	350m: 4:10.82 37.13	
	100m: 1:06.41 35.56	200m: 2:19.41 37.41	300m: 3:33.69 37.64	400m: 4:47.91 37.09	
23.	Bram ter Braak	De Dinkel	200800281	<b>4:48.25</b>	+0,78 445
	50m: 31.58 31.58	150m: 1:45.96 37.62	250m: 3:00.86 36.98	350m: 4:13.27 35.41	
	100m: 1:08.34 36.76	200m: 2:23.88 37.92	300m: 3:37.86 37.00	400m: 4:48.25 34.98	
24.	Rein Stoel	ZVL-1886 Center	200800463	<b>4:49.34</b>	+0,66 440
	50m: 31.13 31.13	150m: 1:45.27 37.20	250m: 3:00.48 37.12	350m: 4:14.75 36.73	
	100m: 1:08.07 36.94	200m: 2:23.36 38.09	300m: 3:38.02 37.54	400m: 4:49.34 34.59	
25.	Felbe van 't Land	ZPC AMERSFOORT	200900027	<b>4:50.62</b>	+0,75 434
	50m: 30.56 30.56	150m: 1:43.75 37.20	250m: 2:59.74 38.01	350m: 4:14.47 37.39	
	100m: 1:06.55 35.99	200m: 2:21.73 37.98	300m: 3:37.08 37.34	400m: 4:50.62 36.15	
26.	Sebastian Lopes Cardozo	WZK	200800187	<b>4:52.70</b>	+0,80 425
	50m: 33.43 33.43	150m: 1:47.77 37.44	250m: 3:03.23 37.38	350m: 4:17.55 36.91	
	100m: 1:10.33 36.90	200m: 2:25.85 38.08	300m: 3:40.64 37.41	400m: 4:52.70 35.15	
27.	Feddo Smink	Zwemvereniging Hoogland	200900007	<b>4:52.71</b>	+0,67 424
	50m: 31.66 31.66	150m: 1:46.47 38.06	250m: 3:02.36 37.77	350m: 4:16.69 37.14	
	100m: 1:08.41 36.75	200m: 2:24.59 38.12	300m: 3:39.55 37.19	400m: 4:52.71 36.02	
28.	Theodore Allan	PSV	200902925	<b>4:52.79</b>	+0,74 424
	50m: 31.79 31.79	150m: 1:44.67 37.34	250m: 3:02.03 38.87	350m: 4:18.35 39.41	
	100m: 1:07.33 35.54	200m: 2:23.16 38.49	300m: 3:38.94 36.91	400m: 4:52.79 34.44	
29.	Rian Schoneveld	De Berkelduikers	200801789	<b>4:54.17</b>	+0,76 418
	50m: 32.28 32.28	150m: 1:46.44 37.96	250m: 3:03.19 38.45	350m: 4:19.34 37.51	
	100m: 1:08.48 36.20	200m: 2:24.74 38.30	300m: 3:41.83 38.64	400m: 4:54.17 34.83	
30.	Jamie Kenworthy	De Columbiaan	200800045	<b>4:55.47</b>	+0,66 413
	50m: 33.14 33.14	150m: 1:47.07 37.38	250m: 3:02.53 37.69	350m: 4:18.19 37.63	
	100m: 1:09.69 36.55	200m: 2:24.84 37.77	300m: 3:40.56 38.03	400m: 4:55.47 37.28	
31.	Filip Piszczynski	KSN (SG)	200802125	<b>4:56.06</b>	+0,70 410
	50m: 30.30 30.30	150m: 1:41.12 36.34	250m: 2:58.80 39.48	350m: 4:19.76 40.88	
	100m: 1:04.78 34.48	200m: 2:19.32 38.20	300m: 3:38.88 40.08	400m: 4:56.06 36.30	
32.	Sven Koornstra	De Vikings	200900189	<b>4:56.24</b>	+0,79 409
	50m: 33.46 33.46	150m: 1:47.25 37.48	250m: 3:02.98 38.55	350m: 4:18.73 38.05	
	100m: 1:09.77 36.31	200m: 2:24.43 37.18	300m: 3:40.68 37.70	400m: 4:56.24 37.51	
33.	Lars de Kooter	De Biesboschwimmers	200800185	<b>4:56.57</b>	+0,68 408
	50m: 32.51 32.51	150m: 1:47.27 38.06	250m: 3:03.58 37.79	350m: 4:20.15 37.67	
	100m: 1:09.21 36.70	200m: 2:25.79 38.52	300m: 3:42.48 38.90	400m: 4:56.57 36.42	
34.	Giulian Janssen	Mosa-Regio	200900125	<b>4:57.18</b>	+0,68 406
	50m: 30.49 30.49	150m: 1:40.96 35.10	250m: 2:58.18 39.39	350m: 4:18.86 40.65	
	100m: 1:05.86 35.37	200m: 2:18.79 37.83	300m: 3:38.21 40.03	400m: 4:57.18 38.32	
35.	Matthijs de Rooij	WZK	200803481	<b>5:00.14</b>	+0,83 394
	50m: 33.19 33.19	150m: 1:48.83 38.49	250m: 3:07.29 39.65	350m: 4:24.99 38.82	
	100m: 1:10.34 37.15	200m: 2:27.64 38.81	300m: 3:46.17 38.88	400m: 5:00.14 35.15	
36.	Job Sportel	VZ&PC	200800429	<b>5:00.86</b>	+0,65 391
	50m: 31.48 31.48	150m: 1:46.41 37.89	250m: 3:04.08 39.20	350m: 4:22.58 39.36	
	100m: 1:08.52 37.04	200m: 2:24.88 38.47	300m: 3:43.22 39.14	400m: 5:00.86 38.28	
37.	Luca Boorsma	De Columbiaan	200902031	<b>5:05.26</b>	+0,61 374
	50m: 33.64 33.64	150m: 1:49.46 38.42	250m: 3:08.37 39.55	350m: 4:27.52 39.07	
	100m: 1:11.04 37.40	200m: 2:28.82 39.36	300m: 3:48.45 40.08	400m: 5:05.26 37.74	
38.	Rijk Leenders	VZC	200800627	<b>5:07.01</b>	+0,71 368
	50m: 33.26 33.26	150m: 1:48.41 38.41	250m: 3:07.76 39.08	350m: 4:28.98 40.57	
	100m: 1:10.00 36.74	200m: 2:28.68 40.27	300m: 3:48.41 40.65	400m: 5:07.01 38.03	
39.	Cruz de Groot	Team Noord-Holland (SG)	200801077	<b>5:11.33</b>	+0,67 353
	50m: 33.99 33.99	150m: 1:50.53 38.88	250m: 3:10.36 40.28	350m: 4:32.20 41.06	
	100m: 1:11.65 37.66	200m: 2:30.08 39.55	300m: 3:51.14 40.78	400m: 5:11.33 39.13	

Programmanr. 3, Jongens, 400m vrije slag, Junioren 1 en 2

rang	naam	vereniging		200800839		tijd	RT	FINA para
40.	Rens van Wijngaarden	ZV Zaltbommel				<b>5:26.85</b>	+0,76	305
	50m: 34.57	34.57	150m: 1:57.58	42.74	250m: 3:24.41	43.99	350m: 4:49.80	43.02
	100m: 1:14.84	40.27	200m: 2:40.42	42.84	300m: 4:06.78	42.37	400m: 5:26.85	37.05