

Programmanr. 35
15-12-2024 - 9:15

Jongens, 400m vrije slag

Gebjr 2009 - 2012
Resultaten

rang	naam	vereniging	intijd	tijd	RT
1.	Martijn Nies	PSV	4:02.89	200902095	4:07.94 +0,72
	50m: 26.65	26.65 150m: 1:26.61	30.64 250m: 2:30.82	32.75 350m: 3:37.14	32.88
	100m: 55.97	29.32 200m: 1:58.07	31.46 300m: 3:04.26	33.44 400m: 4:07.94	30.80
2.	Jelte de Jong	ZPCH	4:10.15	200900975	4:10.64 +0,72
	50m: 28.42	28.42 150m: 1:31.92	32.24 250m: 2:36.29	31.82 350m: 3:39.51	31.31
	100m: 59.68	31.26 200m: 2:04.47	32.55 300m: 3:08.20	31.91 400m: 4:10.64	31.13
3.	Ruben Baars	DWK	4:20.32	200900471	4:17.13 +0,71
	50m: 28.36	28.36 150m: 1:32.87	32.90 250m: 2:40.07	33.16 350m: 3:46.00	32.49
	100m: 59.97	31.61 200m: 2:06.91	34.04 300m: 3:13.51	33.44 400m: 4:17.13	31.13
4.	Stefan van der Meer	VZC	4:23.19	200901361	4:17.95 +0,47
	50m: 28.69	28.69 150m: 1:33.06	32.85 250m: 2:39.31	33.18 350m: 3:45.72	33.17
	100m: 1:00.21	31.52 200m: 2:06.13	33.07 300m: 3:12.55	33.24 400m: 4:17.95	32.23
5.	Tobian Vos	ZPC AMERSFOORT	4:16.61	200900005	4:18.80 +0,75
	50m: 28.95	28.95 150m: 1:34.86	33.51 250m: 2:40.82	32.83 350m: 3:47.17	33.26
	100m: 1:01.35	32.40 200m: 2:07.99	33.13 300m: 3:13.91	33.09 400m: 4:18.80	31.63
6.	Finn Eghuizen 50m backup	HZ&PC Heerenveen	4:23.15	200900431	4:20.11 +0,65
	50m: 27.92	27.92 150m: 1:33.10	33.16 250m: 2:40.55	33.59 350m: 3:47.35	33.41
	100m: 59.94	32.02 200m: 2:06.96	33.86 300m: 3:13.94	33.39 400m: 4:20.11	32.76
7.	Sverre van der Zwaan	WVZ	4:21.26	200900737	4:20.32 +0,68
	50m: 29.25	29.25 150m: 1:35.35	33.48 250m: 2:41.75	33.39 350m: 3:48.43	33.46
	100m: 1:01.87	32.62 200m: 2:08.36	33.01 300m: 3:14.97	33.22 400m: 4:20.32	31.89
8.	Abel op den Velde	De Duinkickers	4:23.96	201000079	4:23.17 +0,77
	50m: 29.37	29.37 150m: 1:36.46	34.02 250m: 2:45.09	34.11 350m: 3:52.12	33.09
	100m: 1:02.44	33.07 200m: 2:10.98	34.52 300m: 3:19.03	33.94 400m: 4:23.17	31.05
9.	Mike Hilders	De Dolfijn	4:26.31	200900281	4:24.43 +0,70
	50m: 29.34	29.34 150m: 1:34.76	32.90 250m: 2:42.19	33.89 350m: 3:50.81	34.54
	100m: 1:01.86	32.52 200m: 2:08.30	33.54 300m: 3:16.27	34.08 400m: 4:24.43	33.62
10.	Aidan van der Stelt	Blue Marlins	4:22.39	200900901	4:24.57 +0,70
	50m: 28.57	28.57 150m: 1:34.28	33.38 250m: 2:42.35	34.07 350m: 3:51.24	34.58
	100m: 1:00.90	32.33 200m: 2:08.28	34.00 300m: 3:16.66	34.31 400m: 4:24.57	33.33
11.	Juan Cruz Slappendel	Orca Leeuwarden	4:32.69	200903053	4:24.91 +0,64
	50m: 28.49	28.49 150m: 1:34.30	33.55 250m: 2:43.53	34.68 350m: 3:51.89	34.15
	100m: 1:00.75	32.26 200m: 2:08.85	34.55 300m: 3:17.74	34.21 400m: 4:24.91	33.02
12.	Ruah Kes	De Dolfijn	4:29.99	200904001	4:26.02 +0,73
	50m: 29.53	29.53 150m: 1:36.42	33.63 250m: 2:44.72	33.83 350m: 3:52.90	33.95
	100m: 1:02.79	33.26 200m: 2:10.89	34.47 300m: 3:18.95	34.23 400m: 4:26.02	33.12
13.	Mattias Stolk	HZ&PC Heerenveen	4:26.90	201000525	4:26.90 * +0,69
	50m: 30.17	30.17 150m: 1:37.02	33.98 250m: 2:45.33	34.15 350m: 3:54.05	34.28
	100m: 1:03.04	32.87 200m: 2:11.18	34.16 300m: 3:19.77	34.44 400m: 4:26.90	32.85
14.	Baris Tomu	ZPCH	4:22.59	201000869	4:27.36 +0,60
	50m: 29.29	29.29 150m: 1:35.88	33.78 250m: 2:43.16	34.04 350m: 3:53.28	35.35
	100m: 1:02.10	32.81 200m: 2:09.12	33.24 300m: 3:17.93	34.77 400m: 4:27.36	34.08
15.	Sven Mulder	WVZ	4:33.55	200901655	4:27.66 +0,69
	50m: 29.15	29.15 150m: 1:36.63	34.28 250m: 2:46.05	34.79 350m: 3:55.22	34.55
	100m: 1:02.35	33.20 200m: 2:11.26	34.63 300m: 3:20.67	34.62 400m: 4:27.66	32.44
16.	Tycho Wienbelt	De Vikings	4:31.86	201001397	4:27.93 +0,73
	50m: 30.36	30.36 150m: 1:37.54	33.94 250m: 2:46.05	34.39 350m: 3:54.64	34.33
	100m: 1:03.60	33.24 200m: 2:11.66	34.12 300m: 3:20.31	34.26 400m: 4:27.93	33.29
17.	Wessel van Dorst	Aqua-Novio'94	4:26.51	200900727	4:28.44 +0,70
	50m: 27.93	27.93 150m: 1:34.87	34.40 250m: 2:44.16	34.87 350m: 3:53.42	34.13
	100m: 1:00.47	32.54 200m: 2:09.29	34.42 300m: 3:19.29	35.13 400m: 4:28.44	35.02
18.	Xander Kragting	ZPC AMERSFOORT	4:23.74	200900077	4:30.84 +0,71
	50m: 29.48	29.48 150m: 1:36.21	33.92 250m: 2:45.99	35.12 350m: 3:56.06	34.79
	100m: 1:02.29	32.81 200m: 2:10.87	34.66 300m: 3:21.27	35.28 400m: 4:30.84	34.78

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rang	naam	vereniging	intijd	200900225	tijd	RT
19.	Finn Stamsnieder	OZ&PC	4:31.57	200900225	4:31.26	+0,79
	50m: 30.36	30.36 150m: 1:38.80	34.76	250m: 2:48.10	34.61	350m: 3:57.76
	100m: 1:04.04	33.68 200m: 2:13.49	34.69	300m: 3:23.16	35.06	400m: 4:31.26
34.60						33.50
20.	Finn Hilders	De Dolfijn	4:27.33	200900283	4:31.75	+0,69
	50m: 30.22	30.22 150m: 1:38.80	34.50	250m: 2:48.24	34.51	350m: 3:58.47
	100m: 1:04.30	34.08 200m: 2:13.73	34.93	300m: 3:23.61	35.37	400m: 4:31.75
34.86						33.28
21.	Twan Wielage	KSN (SG)	4:30.75	200902671	4:31.76	+0,81
	50m: 31.22	31.22 150m: 1:38.60	33.65	250m: 2:46.57	34.12	350m: 3:57.04
	100m: 1:04.95	33.73 200m: 2:12.45	33.85	300m: 3:21.43	34.86	400m: 4:31.76
35.61						34.72
22.	Bink Elgersma	Zwemlust- den Hommel	4:29.27	201000137	4:31.87	+0,74
	50m: 29.45	29.45 150m: 1:37.54	34.82	250m: 2:48.63	35.48	350m: 3:58.73
	100m: 1:02.72	33.27 200m: 2:13.15	35.61	300m: 3:23.72	35.09	400m: 4:31.87
35.01						33.14
23.	Roan van der Stege	SWOL 1894	4:29.50	200900107	4:32.23	+0,75
	50m: 30.78	30.78 150m: 1:38.99	34.44	250m: 2:48.27	34.73	350m: 3:58.14
	100m: 1:04.55	33.77 200m: 2:13.54	34.55	300m: 3:23.15	34.88	400m: 4:32.23
34.99						34.09
24.	Oleksandr Hordiienko	ZV De Aalscholver	4:34.70	201003061	4:32.68	+0,68
	50m: 30.55	30.55 150m: 1:39.92	35.13	250m: 2:49.78	34.77	350m: 4:00.22
	100m: 1:04.79	34.24 200m: 2:15.01	35.09	300m: 3:25.11	35.33	400m: 4:32.68
35.11						32.46
25.	Steven Knol	De Otters Het Gooi	4:26.79	200900543	4:32.79	+0,64
	50m: 29.96	29.96 150m: 1:38.83	34.85	250m: 2:48.53	35.02	350m: 3:58.67
	100m: 1:03.98	34.02 200m: 2:13.51	34.68	300m: 3:23.42	34.89	400m: 4:32.79
35.25						34.12
26.	Guus van Duinen 100m backup	Dedemsvaart-AC	4:34.43	200901107	4:32.85	+0,81
	50m: 29.93	29.93 150m: 1:37.36	34.52	250m: 2:48.08	35.74	350m: 3:59.86
	100m: 1:02.84	32.91 200m: 2:12.34	34.98	300m: 3:23.84	35.76	400m: 4:32.85
36.02						32.99
27.	Eli Shields	Niemo Barracuda	4:34.59	201000407	4:33.02	+0,66
	50m: 30.12	30.12 150m: 1:39.66	35.19	250m: 2:50.51	35.10	350m: 4:01.11
	100m: 1:04.47	34.35 200m: 2:15.41	35.75	300m: 3:26.32	35.81	400m: 4:33.02
34.79						31.91
28.	Ties Hesse	Team Noord Holland	4:28.88	200901015	4:33.19	+0,69
	50m: 29.58	29.58 150m: 1:38.70	35.18	250m: 2:50.03	35.71	350m: 4:00.77
	100m: 1:03.52	33.94 200m: 2:14.32	35.62	300m: 3:25.80	35.77	400m: 4:33.19
34.97						32.42
29.	Sacha van Hees Ajdnik	ZEPS	4:35.65	200900489	4:33.27	+0,75
	50m: 30.90	30.90 150m: 1:40.82	35.50	250m: 2:51.85	35.19	350m: 4:01.60
	100m: 1:05.32	34.42 200m: 2:16.66	35.84	300m: 3:26.96	35.11	400m: 4:33.27
34.64						31.67
30.	Duuk Harms	Dedemsvaart-AC	4:31.60	200900201	4:33.43	+0,73
	50m: 30.69	30.69 150m: 1:39.39	34.65	250m: 2:49.17	34.97	350m: 3:59.24
	100m: 1:04.74	34.05 200m: 2:14.20	34.81	300m: 3:24.19	35.02	400m: 4:33.43
35.05						34.19
31.	Dyon Scholten	Steenwijk 1934	4:34.33	200900095	4:35.02	+0,77
	50m: 30.23	30.23 150m: 1:39.16	34.85	250m: 2:50.07	35.45	350m: 4:01.22
	100m: 1:04.31	34.08 200m: 2:14.62	35.46	300m: 3:25.92	35.85	400m: 4:35.02
35.30						33.80
32.	Thijmen Puijssers	Hieronymus	4:28.38	201000129	4:35.99	+0,71
	50m: 29.85	29.85 150m: 1:38.07	35.19	250m: 2:48.83	35.05	350m: 4:00.36
	100m: 1:02.88	33.03 200m: 2:13.78	35.71	300m: 3:24.18	35.35	400m: 4:35.99
36.18						35.63
33.	Thomas Nauta	Arethusa	4:35.25	200900339	4:36.63	
	50m: 30.39	30.39 150m: 1:39.58	35.26	250m: 2:51.51	35.93	350m: 4:03.09
	100m: 1:04.32	33.93 200m: 2:15.58	36.00	300m: 3:27.47	35.96	400m: 4:36.63
35.62						33.54
34.	Mathieu Gepkens	VZC	4:37.31	201000045	4:36.66	+0,74
	50m: 30.99	30.99 150m: 1:40.70	35.25	250m: 2:52.32	35.65	350m: 4:04.06
	100m: 1:05.45	34.46 200m: 2:16.67	35.97	300m: 3:28.12	35.80	400m: 4:36.66
35.94						32.60
35.	Tristan Meijers	SWOL 1894	4:37.35	201000089	4:37.28	+0,79
	50m: 31.15	31.15 150m: 1:41.00	35.39	250m: 2:52.43	35.67	350m: 4:03.19
	100m: 1:05.61	34.46 200m: 2:16.76	35.76	300m: 3:28.31	35.88	400m: 4:37.28
34.88						34.09
36.	Ruben Nooter	Dedemsvaart-AC	4:27.59	200901577	4:39.21	+0,64
	50m: 29.64	29.64 150m: 1:39.14	35.43	250m: 2:51.33	35.65	350m: 4:03.39
	100m: 1:03.71	34.07 200m: 2:15.68	36.54	300m: 3:27.21	35.88	400m: 4:39.21
36.18						35.82
37.	Mathijs Boersma	ZPC Hoogeveen	4:26.46	201000313	4:40.25	+0,80
	50m: 30.13	30.13 150m: 1:38.32	34.85	250m: 2:49.60	35.97	350m: 4:02.71
	100m: 1:03.47	33.34 200m: 2:13.63	35.31	300m: 3:26.10	36.50	400m: 4:40.25
36.61						37.54

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rang	naam	vereniging	intijd	201000071	tijd	RT		
38.	Dax van den Nouland	Blue Marlins	4:32.75	201000071	4:42.63	+0,68		
	50m: 31.07	31.07	150m: 1:41.99	36.19	250m: 2:54.53	36.07	350m: 4:07.71	36.41
	100m: 1:05.80	34.73	200m: 2:18.46	36.47	300m: 3:31.30	36.77	400m: 4:42.63	34.92
DIS	Brent Schifflers	ZPC Woerden	4:24.28	200902041				
	<i>AA - De start ingezet voor het startsignaal (en wel gezwommen).</i>							
NG	Evren Ege Orcunus	De Dolfijn	4:28.98	201003253				