

Programmanr. 4
 13-12-2024 - 17:18

Jongens, 400m wisselslag

 Gebjr 2009 - 2012
 Resultaten

rang	naam	vereniging	intijd	tijd	RT
1.	Martijn Nies	PSV	4:42.25	200902095	4:36.82 +0,68
	50m: 27.95	27.95 150m: 1:36.39	35.49	250m: 2:51.43	38.74 350m: 4:04.81
	100m: 1:00.90	32.95 200m: 2:12.69	36.30	300m: 3:32.45	41.02 400m: 4:36.82
2.	Jelte de Jong	ZPCH	4:44.73	200900975	4:42.16 +0,72
	50m: 28.86	28.86 150m: 1:38.10	35.46	250m: 2:55.08	41.39 350m: 4:09.72
	100m: 1:02.64	33.78 200m: 2:13.69	35.59	300m: 3:36.92	41.84 400m: 4:42.16
3.	Luca Boorsma	De Dolfijn	4:48.03	200902031	4:45.04 +0,59
	50m: 27.99	27.99 150m: 1:37.50	35.68	250m: 2:54.50	41.09 350m: 4:11.17
	100m: 1:01.82	33.83 200m: 2:13.41	35.91	300m: 3:36.64	42.14 400m: 4:45.04
4.	Stefan van der Meer	VZC	4:50.98	200901361	4:49.17 +0,58
	50m: 28.59	28.59 150m: 1:40.72	36.84	250m: 2:58.95	41.78 350m: 4:15.69
	100m: 1:03.88	35.29 200m: 2:17.17	36.45	300m: 3:41.37	42.42 400m: 4:49.17
5.	Adriaan Coppelmans	AZC	4:50.06	200903243	4:50.19 +0,70
	50m: 30.89	30.89 150m: 1:43.50	35.98	250m: 3:01.27	40.95 350m: 4:17.40
	100m: 1:07.52	36.63 200m: 2:20.32	36.82	300m: 3:43.31	42.04 400m: 4:50.19
6.	Mike Hilders	De Dolfijn	4:59.38	200900281	4:54.03 +0,72
	50m: 29.89	29.89 150m: 1:42.65	36.97	250m: 3:01.68	42.07 350m: 4:19.50
	100m: 1:05.68	35.79 200m: 2:19.61	36.96	300m: 3:44.81	43.13 400m: 4:54.03
7.	Sverre van der Zwaan	WVZ	4:56.33	200900737	4:55.26 +0,72
	50m: 30.50	30.50 150m: 1:42.85	35.90	250m: 3:02.91	43.62 350m: 4:21.99
	100m: 1:06.95	36.45 200m: 2:19.29	36.44	300m: 3:47.51	44.60 400m: 4:55.26
8.	Max van der Spank	PSV	4:53.44	201000275	4:55.34 +0,73
	50m: 30.34	30.34 150m: 1:44.76	38.21	250m: 3:04.00	40.92 350m: 4:21.36
	100m: 1:06.55	36.21 200m: 2:23.08	38.32	300m: 3:46.75	42.75 400m: 4:55.34
9.	Eli Shields	Niemo Barracuda	5:06.55	201000407	4:57.73 +0,64
	50m: 30.63	30.63 150m: 1:45.79	39.28	250m: 3:06.71	43.06 350m: 4:25.08
	100m: 1:06.51	35.88 200m: 2:23.65	37.86	300m: 3:50.27	43.56 400m: 4:57.73
10.	Ruben Kragt	Dedemsvaart-AC	5:02.94	201000007	4:58.05 +0,69
	50m: 30.69	30.69 150m: 1:44.94	37.96	250m: 3:05.65	43.36 350m: 4:24.48
	100m: 1:06.98	36.29 200m: 2:22.29	37.35	300m: 3:49.74	44.09 400m: 4:58.05
11.	Tycho Wienbelt	De Vikings	5:04.40	201001397	4:59.50 +0,73
	50m: 33.21	33.21 150m: 1:48.38	37.94	250m: 3:08.82	43.09 350m: 4:26.52
	100m: 1:10.44	37.23 200m: 2:25.73	37.35	300m: 3:52.43	43.61 400m: 4:59.50
12.	Ivo Bot	Wiekslag	4:57.56	200900509	5:00.40 +0,70
	50m: 29.32	29.32 150m: 1:43.60	37.50	250m: 3:05.38	44.36 350m: 4:26.34
	100m: 1:06.10	36.78 200m: 2:21.02	37.42	300m: 3:49.27	43.89 400m: 5:00.40
13.	Evren Ege Orcunus	De Dolfijn	5:03.78	201003253	5:01.33 +0,68
	50m: 30.91	30.91 150m: 1:44.88	37.95	250m: 3:07.30	44.91 350m: 4:27.21
	100m: 1:06.93	36.02 200m: 2:22.39	37.51	300m: 3:51.67	44.37 400m: 5:01.33
14.	Duco de Gelder	Blue Marlins	4:58.38	201000217	5:02.53 +0,70
	50m: 31.17	31.17 150m: 1:46.82	38.15	250m: 3:07.95	43.46 350m: 4:27.60
	100m: 1:08.67	37.50 200m: 2:24.49	37.67	300m: 3:51.61	43.66 400m: 5:02.53
15.	Mattias Stolk	HZ&PC Heerenveen	5:05.38	201000525	5:03.85 +0,65
	50m: 33.76	33.76 150m: 1:54.65	38.79	250m: 3:14.05	40.21 350m: 4:29.72
	100m: 1:15.86	42.10 200m: 2:33.84	39.19	300m: 3:55.92	41.87 400m: 5:03.85
16.	Lucas Schouten	ZPCH	5:15.51	200901925	5:04.02 +0,69
	50m: 30.64	30.64 150m: 1:47.63	39.00	250m: 3:10.66	44.06 350m: 4:31.10
	100m: 1:08.63	37.99 200m: 2:26.60	38.97	300m: 3:55.90	45.24 400m: 5:04.02
17.	Aidan van der Stelt	Blue Marlins	5:03.52	200900901	5:04.41 +0,68
	50m: 30.47	30.47 150m: 1:46.45	39.41	250m: 3:08.94	44.19 350m: 4:30.03
	100m: 1:07.04	36.57 200m: 2:24.75	38.30	300m: 3:54.56	45.62 400m: 5:04.41
18.	Abel op den Velde	De Duinkickers	5:03.47	201000079	5:04.54 +0,74
	50m: 31.53	31.53 150m: 1:47.69	38.38	250m: 3:10.81	46.38 350m: 4:32.13
	100m: 1:09.31	37.78 200m: 2:24.43	36.74	300m: 3:57.22	46.41 400m: 5:04.54

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rang	naam	vereniging	intijd	200900339	tijd	RT
19.	Thomas Nauta	Arethusa	5:08.77	200900339	5:05.53	+0,69
	50m: 34.15	34.15 150m: 1:56.36	40.67	250m: 3:15.31	38.61 350m: 4:32.56	35.17
	100m: 1:15.69	41.54 200m: 2:36.70	40.34	300m: 3:57.39	42.08 400m: 5:05.53	32.97
20.	Finn Hilders	De Dolfijn	5:08.17	200900283	5:05.64	+0,66
	50m: 32.24	32.24 150m: 1:48.87	37.54	250m: 3:10.80	43.64 350m: 4:31.51	35.83
	100m: 1:11.33	39.09 200m: 2:27.16	38.29	300m: 3:55.68	44.88 400m: 5:05.64	34.13
21.	Thijmen Puijssers	Hieronymus	5:09.13	201000129	5:05.90	+0,65
	50m: 31.70	31.70 150m: 1:49.57	38.61	250m: 3:11.40	43.73 350m: 4:31.83	35.26
	100m: 1:10.96	39.26 200m: 2:27.67	38.10	300m: 3:56.57	45.17 400m: 5:05.90	34.07
22.	Finn Stamsnieder	OZ&PC	5:07.44	200900225	5:06.47	+0,76
	50m: 31.29	31.29 150m: 1:48.60	38.87	250m: 3:10.53	43.68 350m: 4:31.71	36.61
	100m: 1:09.73	38.44 200m: 2:26.85	38.25	300m: 3:55.10	44.57 400m: 5:06.47	34.76
23.	Brent Schiffers	ZPC Woerden	5:02.08	200902041	5:07.10	+0,73
	50m: 31.24	31.24 150m: 1:48.27	38.19	250m: 3:12.18	46.23 350m: 4:33.61	34.80
	100m: 1:10.08	38.84 200m: 2:25.95	37.68	300m: 3:58.81	46.63 400m: 5:07.10	33.49
24.	Duuk Harms <i>100m backup</i>	Dedemvaart-AC	5:04.23	200900201	5:07.80	+0,73
	50m: 32.03	32.03 150m: 1:49.17	38.80	250m: 3:11.72	43.98 350m: 4:32.23	35.45
	100m: 1:10.37	38.34 200m: 2:27.74	38.57	300m: 3:56.78	45.06 400m: 5:07.80	35.57
25.	Twan Wielage	KSN (SG)	5:16.14	200902671	5:08.67	+0,86
	50m: 31.79	31.79 150m: 1:50.36	40.08	250m: 3:13.14	44.24 350m: 4:31.18	36.04
	100m: 1:10.28	38.49 200m: 2:28.90	38.54	300m: 4:00.14	47.00 400m: 5:08.67	32.49
26.	Bink Elgersma	Zwemlust- den Hommel	5:09.22	201000137	5:10.18	+0,72
	50m: 32.19	32.19 150m: 1:50.22	38.44	250m: 3:13.29	45.73 350m: 4:35.77	36.41
	100m: 1:11.78	39.59 200m: 2:27.56	37.34	300m: 3:59.36	46.07 400m: 5:10.18	34.41
27.	Girish Nolden	Blue Marlins	5:16.65	201000087	5:10.96	+0,68
	50m: 30.40	30.40 150m: 1:50.10	42.65	250m: 3:14.77	44.85 350m: 4:37.85	36.02
	100m: 1:07.45	37.05 200m: 2:29.92	39.82	300m: 4:01.83	47.06 400m: 5:10.96	33.11
28.	Baris Tomu	ZPCH	5:13.46	201000869	5:11.22 *	+0,67
	50m: 32.09	32.09 150m: 1:50.32	38.85	250m: 3:14.99	46.57 350m: 4:37.44	34.82
	100m: 1:11.47	39.38 200m: 2:28.42	38.10	300m: 4:02.62	47.63 400m: 5:11.22	33.78
29.	Sven Potappel	DWK	5:11.79	201000127	5:11.35	+0,69
	50m: 31.16	31.16 150m: 1:50.61	41.65	250m: 3:15.71	43.92 350m: 4:37.52	37.38
	100m: 1:08.96	37.80 200m: 2:31.79	41.18	300m: 4:00.14	44.43 400m: 5:11.35	33.83
30.	Hessel Wachter	Zwemclub Zeist	5:13.59	200903337	5:11.59	+0,76
	50m: 32.10	32.10 150m: 1:50.75	41.46	250m: 3:14.37	42.61 350m: 4:35.90	37.75
	100m: 1:09.29	37.19 200m: 2:31.76	41.01	300m: 3:58.15	43.78 400m: 5:11.59	35.69
31.	Thijn Runia	DZT'62	5:15.41	201000895	5:11.97	+0,70
	50m: 32.46	32.46 150m: 1:50.68	38.52	250m: 3:12.96	44.15 350m: 4:35.01	37.62
	100m: 1:12.16	39.70 200m: 2:28.81	38.13	300m: 3:57.39	44.43 400m: 5:11.97	36.96
32.	Sven Mulder	WVZ	5:15.29	200901655	5:12.46	+0,70
	50m: 33.49	33.49 150m: 1:54.02	38.70	250m: 3:20.30	47.60 350m: 4:40.48	32.14
	100m: 1:15.32	41.83 200m: 2:32.70	38.68	300m: 4:08.34	48.04 400m: 5:12.46	31.98
33.	Milan Schuilenburg	ZPC AMERSFOORT	5:17.90	201000935	5:13.69	+0,66
	50m: 33.34	33.34 150m: 1:55.91	41.51	250m: 3:19.69	42.27 350m: 4:38.94	36.49
	100m: 1:14.40	41.06 200m: 2:37.42	41.51	300m: 4:02.45	42.76 400m: 5:13.69	34.75
34.	Brian Arturo Bloemsma	De Dolfijn	5:10.29	200901155	5:15.13	+0,65
	50m: 30.55	30.55 150m: 1:50.89	42.98	250m: 3:13.62	40.13 350m: 4:35.59	38.58
	100m: 1:07.91	37.36 200m: 2:33.49	42.60	300m: 3:57.01	43.39 400m: 5:15.13	39.54
35.	Oleksandr Hordiienko	ZV De Aalscholver	5:14.35	201003061	5:15.31	+0,69
	50m: 32.16	32.16 150m: 1:53.26	41.07	250m: 3:17.67	45.75 350m: 4:40.76	37.14
	100m: 1:12.19	40.03 200m: 2:31.92	38.66	300m: 4:03.62	45.95 400m: 5:15.31	34.55
36.	Dax van den Noulant	Blue Marlins	5:12.99	201000071	5:15.49	+0,71
	50m: 33.34	33.34 150m: 1:53.23	38.63	250m: 3:17.84	45.52 350m: 4:39.56	35.81
	100m: 1:14.60	41.26 200m: 2:32.32	39.09	300m: 4:03.75	45.91 400m: 5:15.49	35.93
37.	Gwee Bokma	Zwemlust- den Hommel	5:13.05	201002259	5:16.28	+0,68
	50m: 30.10	30.10 150m: 1:47.90	40.64	250m: 3:12.92	47.44 350m: 4:38.57	36.66
	100m: 1:07.26	37.16 200m: 2:25.48	37.58	300m: 4:01.91	48.99 400m: 5:16.28	37.71

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rang	naam	vereniging	intijd	tijd	RT	
38.	Roan van der Stege	SWOL 1894	5:14.88	200900107	5:16.86 +0,67	
	50m: 31.32	31.32 150m: 1:50.28	41.78	250m: 3:17.68	46.76 350m: 4:42.18	36.82
	100m: 1:08.50	37.18 200m: 2:30.92	40.64	300m: 4:05.36	47.68 400m: 5:16.86	34.68
39.	Sacha van Hees Ajdnik	ZEPS	5:19.40	200900489	5:17.02 +0,70	
	50m: 31.99	31.99 150m: 1:53.20	40.83	250m: 3:21.40	48.45 350m: 4:44.26	34.80
	100m: 1:12.37	40.38 200m: 2:32.95	39.75	300m: 4:09.46	48.06 400m: 5:17.02	32.76
40.	Cayden Malone	De Dolfijn	5:18.15	201002195	5:17.20 +0,66	
	50m: 30.80	30.80 150m: 1:49.23	40.38	250m: 3:15.69	46.23 350m: 4:39.86	37.66
	100m: 1:08.85	38.05 200m: 2:29.46	40.23	300m: 4:02.20	46.51 400m: 5:17.20	37.34
41.	Mathieu Gepkens	VZC	5:11.88	201000045	5:21.97 +0,74	
	50m: 33.97	33.97 150m: 1:56.75	40.63	250m: 3:21.45	43.88 350m: 4:45.17	38.26
	100m: 1:16.12	42.15 200m: 2:37.57	40.82	300m: 4:06.91	45.46 400m: 5:21.97	36.80
DIS	Davi Fonseca Gomes	PSV	5:05.37	200902795		
	<i>RD - Rugligging verlaten en stuwbewegingen met armen en/of benen gemaakt zonder het keerpunt in te zetten., AA - De start ingezet voor het startsignaal (en wel gezwommen)</i>					
BM	Vanja Kvocka	Hellas-Glana	4:56.13	200904007	4:54.18 +0,73	
	50m: 27.28	27.28 150m: 1:34.68	34.89	250m: 2:56.91	47.62 350m: 4:20.95	36.13
	100m: 59.79	32.51 200m: 2:09.29	34.61	300m: 3:44.82	47.91 400m: 4:54.18	33.23