

Programmanr. 11
 17-6-2022 - 9:00

Heren, 400m vrije slag

 Senioren Open
 Resultaten Voorronde

Punten: FINA 2022

rang	naam	vereniging	tijd	RT	FINA	para		
PARA senioren open								
1.	Jesse Bruines	Batavia Swim	200402413	S9	6:03.99	+0,97	221	351
	50m: 40.51	40.51 150m: 2:12.43	46.06	250m: 3:46.97	47.42	350m: 5:21.10	46.70	
	100m: 1:26.37	45.86 200m: 2:59.55	47.12	300m: 4:34.40	47.43	400m: 6:03.99	42.89	
AFGEM	Josh Renkema	De Otters Het Gooi	200402537	S6				
Jeugd 1 en 2								
1.	Efe öngören	Blue Marlins (SG)	200504459		4:03.23	+0,66	A	740
	50m: 28.02	28.02 150m: 1:29.16	30.57	250m: 2:31.59	31.36	350m: 3:33.59	31.18	
	100m: 58.59	30.57 200m: 2:00.23	31.07	300m: 3:02.41	30.82	400m: 4:03.23	29.64	
2.	Yanieck Weijland	Blue Marlins (SG)	200500329		4:05.22	+0,66	B	722
	50m: 27.79	27.79 150m: 1:29.15	30.87	250m: 2:31.81	31.44	350m: 3:34.80	31.48	
	100m: 58.28	30.49 200m: 2:00.37	31.22	300m: 3:03.32	31.51	400m: 4:05.22	30.42	
3.	Luuk van Rooij	PSV	200400581		4:06.85	+0,67	B	708
	50m: 28.01	28.01 150m: 1:29.83	31.13	250m: 2:32.75	31.53	350m: 3:35.98	31.65	
	100m: 58.70	30.69 200m: 2:01.22	31.39	300m: 3:04.33	31.58	400m: 4:06.85	30.87	
4.	Émile Fouzaï	Blue Marlins (SG)	200500263		4:07.18	+0,77	B	705
	50m: 28.48	28.48 150m: 1:31.14	31.56	250m: 2:34.52	31.77	350m: 3:38.02	31.60	
	100m: 59.58	31.10 200m: 2:02.75	31.61	300m: 3:06.42	31.90	400m: 4:07.18	29.16	
5.	Merlin Belmon	ZPC AMERSFOORT	200403191		4:13.77	+0,77	B	652
	50m: 28.28	28.28 150m: 1:31.86	32.09	250m: 2:36.73	32.68	350m: 3:42.15	32.72	
	100m: 59.77	31.49 200m: 2:04.05	32.19	300m: 3:09.43	32.70	400m: 4:13.77	31.62	
6.	Sven Klink	SWOL 1894	200500349		4:14.55	+0,73	B	646
	50m: 28.07	28.07 150m: 1:31.35	32.17	250m: 2:37.57	33.26	350m: 3:43.39	32.52	
	100m: 59.18	31.11 200m: 2:04.31	32.96	300m: 3:10.87	33.30	400m: 4:14.55	31.16	
7.	David Groenewegen	PSV	200400469		4:15.38	+0,75	R	639
	50m: 28.74	28.74 150m: 1:31.60	31.76	250m: 2:36.24	32.44	350m: 3:42.94	32.95	
	100m: 59.84	31.10 200m: 2:03.80	32.20	300m: 3:09.99	33.75	400m: 4:15.38	32.44	
8.	Quinn Heederik	ZPC Hoogeveen	200400093		4:15.41	+0,78	R	639
	50m: 28.89	28.89 150m: 1:31.91	32.02	250m: 2:37.48	33.05	350m: 3:44.48	33.60	
	100m: 59.89	31.00 200m: 2:04.43	32.52	300m: 3:10.88	33.40	400m: 4:15.41	30.93	
9.	Abel te Riele	WVZ	200402317		4:15.74	+0,63		637
	50m: 28.34	28.34 150m: 1:32.90	32.76	250m: 2:38.87	32.89	350m: 3:44.15	32.60	
	100m: 1:00.14	31.80 200m: 2:05.98	33.08	300m: 3:11.55	32.68	400m: 4:15.74	31.59	
10.	Koen Marsman	ZPC AMERSFOORT	200502763		4:16.68	+0,69		630
	50m: 28.82	28.82 150m: 1:32.67	32.23	250m: 2:38.60	33.02	350m: 3:45.43	32.97	
	100m: 1:00.44	31.62 200m: 2:05.58	32.91	300m: 3:12.46	33.86	400m: 4:16.68	31.25	
11.	Bart de Waard	ZV Haerlem	200403969		4:18.47	+0,73		617
	50m: 28.62	28.62 150m: 1:33.66	33.10	250m: 2:40.60	33.60	350m: 3:47.77	33.65	
	100m: 1:00.56	31.94 200m: 2:07.00	33.34	300m: 3:14.12	33.52	400m: 4:18.47	30.70	
12.	Wouter Zijlstra	HZ&PC Heerenveen	200401545		4:18.52	+0,65		616
	50m: 28.74	28.74 150m: 1:33.14	32.76	250m: 2:39.32	32.45	350m: 3:46.63	34.02	
	100m: 1:00.38	31.64 200m: 2:06.87	33.73	300m: 3:12.61	33.29	400m: 4:18.52	31.89	
13.	Niels Chrisstoffels	ZPC AMERSFOORT	200404807		4:18.68	+0,72		615
	50m: 29.97	29.97 150m: 1:35.37	32.76	250m: 2:42.49	33.61	350m: 3:50.05	33.73	
	100m: 1:02.61	32.64 200m: 2:08.88	33.51	300m: 3:16.32	33.83	400m: 4:18.68	28.63	
14.	Koen Vissers	PSV	200401429		4:19.91	+0,84		607
	50m: 29.95	29.95 150m: 1:35.83	33.16	250m: 2:43.26	34.30	350m: 3:48.63	32.12	
	100m: 1:02.67	32.72 200m: 2:08.96	33.13	300m: 3:16.51	33.25	400m: 4:19.91	31.28	
15.	Rens Stijf	ZPC AMERSFOORT	200501419		4:23.02	+0,65		585
	50m: 29.91	29.91 150m: 1:36.14	33.60	250m: 2:43.44	33.53	350m: 3:50.89	33.43	
	100m: 1:02.54	32.63 200m: 2:09.91	33.77	300m: 3:17.46	34.02	400m: 4:23.02	32.13	
16.	Jesse Bruines	Batavia Swim	200402413	S9	6:03.99	+0,97	221	351
	50m: 40.51	40.51 150m: 2:12.43	46.06	250m: 3:46.97	47.42	350m: 5:21.10	46.70	
	100m: 1:26.37	45.86 200m: 2:59.55	47.12	300m: 4:34.40	47.43	400m: 6:03.99	42.89	
AFGEM	Josh Renkema	De Otters Het Gooi	200402537	S6				

Programmanr. 11, Heren, 400m vrije slag, Voorronde

Senioren 1 en 2

1. Lucas Peters	Nextline Swimming	200301325	3:58.98	+0,74	A	780
50m: 27.85	27.85	150m: 1:28.55	30.65	250m: 2:29.88	30.60	350m: 3:30.06
100m: 57.90	30.05	200m: 1:59.28	30.73	300m: 3:00.44	30.56	400m: 3:58.98
2. Lleyton Plattel	PSV	200204993	4:03.00	+0,67	A	742
50m: 27.65	27.65	150m: 1:28.41	30.85	250m: 2:30.63	30.90	350m: 3:32.80
100m: 57.56	29.91	200m: 1:59.73	31.32	300m: 3:01.76	31.13	400m: 4:03.00
3. Joris Janssen	PSV	200301311	4:13.19	+0,65	B	656
50m: 27.42	27.42	150m: 1:30.08	32.02	250m: 2:35.14	32.77	350m: 3:41.02
100m: 58.06	30.64	200m: 2:02.37	32.29	300m: 3:07.93	32.79	400m: 4:13.19
4. Thijn Damen	PSV	200300973	4:17.32	+0,73		625
50m: 28.00	28.00	150m: 1:31.18	32.20	250m: 2:37.76	33.35	350m: 3:44.25
100m: 58.98	30.98	200m: 2:04.41	33.23	300m: 3:10.94	33.18	400m: 4:17.32

Senioren Open

1. Luc Kroon	Ed-Vo	200100697	3:55.93	+0,72	A	811
50m: 27.89	27.89	150m: 1:28.25	30.39	250m: 2:28.12	29.50	350m: 3:27.88
100m: 57.86	29.97	200m: 1:58.62	30.37	300m: 2:58.13	30.01	400m: 3:55.93
2. Sander Crooijmans	VZC	200100383	3:56.35	+0,72	A	807
50m: 28.16	28.16	150m: 1:27.88	30.12	250m: 2:27.80	29.88	350m: 3:27.64
100m: 57.76	29.60	200m: 1:57.92	30.04	300m: 2:57.79	29.99	400m: 3:56.35
3. Lucas Peters	Nextline Swimming	200301325	3:58.98	+0,74	A	780
50m: 27.85	27.85	150m: 1:28.55	30.65	250m: 2:29.88	30.60	350m: 3:30.06
100m: 57.90	30.05	200m: 1:59.28	30.73	300m: 3:00.44	30.56	400m: 3:58.98
4. Maarten Brzoskowski	PSV	199500769	4:00.50	+0,69	A	766
50m: 28.27	28.27	150m: 1:28.88	30.65	250m: 2:29.69	30.42	350m: 3:30.98
100m: 58.23	29.96	200m: 1:59.27	30.39	300m: 3:00.22	30.53	400m: 4:00.50
5. Vincent Crooijmans	VZC	200100381	4:01.76	+0,75	A	754
50m: 28.62	28.62	150m: 1:28.42	30.09	250m: 2:29.58	30.73	350m: 3:31.18
100m: 58.33	29.71	200m: 1:58.85	30.43	300m: 3:00.20	30.62	400m: 4:01.76
6. Thomas Jansen	WVZ	200100143	4:02.74	+0,74	A	745
50m: 27.90	27.90	150m: 1:28.90	30.89	250m: 2:30.54	30.76	350m: 3:32.61
100m: 58.01	30.11	200m: 1:59.78	30.88	300m: 3:01.65	31.11	400m: 4:02.74
7. Lleyton Plattel	PSV	200204993	4:03.00	+0,67	A	742
50m: 27.65	27.65	150m: 1:28.41	30.85	250m: 2:30.63	30.90	350m: 3:32.80
100m: 57.56	29.91	200m: 1:59.73	31.32	300m: 3:01.76	31.13	400m: 4:03.00
8. Efe öngören	Blue Marlins (SG)	200504459	4:03.23	+0,66	A	740
50m: 28.02	28.02	150m: 1:29.16	30.57	250m: 2:31.59	31.36	350m: 3:33.59
100m: 58.59	30.57	200m: 2:00.23	31.07	300m: 3:02.41	30.82	400m: 4:03.23
9. Yanieck Weijland	Blue Marlins (SG)	200500329	4:05.22	+0,66	B	722
50m: 27.79	27.79	150m: 1:29.15	30.87	250m: 2:31.81	31.44	350m: 3:34.80
100m: 58.28	30.49	200m: 2:00.37	31.22	300m: 3:03.32	31.51	400m: 4:05.22
10. Luuk van Rooij	PSV	200400581	4:06.85	+0,67	B	708
50m: 28.01	28.01	150m: 1:29.83	31.13	250m: 2:32.75	31.53	350m: 3:35.98
100m: 58.70	30.69	200m: 2:01.22	31.39	300m: 3:04.33	31.58	400m: 4:06.85
11. Émile Fouzaï	Blue Marlins (SG)	200500263	4:07.18	+0,77	B	705
50m: 28.48	28.48	150m: 1:31.14	31.56	250m: 2:34.52	31.77	350m: 3:38.02
100m: 59.58	31.10	200m: 2:02.75	31.61	300m: 3:06.42	31.90	400m: 4:07.18
12. Tiago Fonseca Gomes	PSV	200703587	4:11.62	+0,51	B	669
50m: 28.56	28.56	150m: 1:32.75	32.66	250m: 2:37.06	31.85	350m: 3:40.93
100m: 1:00.09	31.53	200m: 2:05.21	32.46	300m: 3:09.10	32.04	400m: 4:11.62
Owen Peeks	ZPC Hoogeveen	200100765	4:11.62	+0,85	B	669
50m: 29.89	29.89	150m: 1:33.16	31.90	250m: 2:36.79	31.68	350m: 3:40.54
100m: 1:01.26	31.37	200m: 2:05.11	31.95	300m: 3:08.77	31.98	400m: 4:11.62
14. Joris Janssen	PSV	200301311	4:13.19	+0,65	B	656
50m: 27.42	27.42	150m: 1:30.08	32.02	250m: 2:35.14	32.77	350m: 3:41.02
100m: 58.06	30.64	200m: 2:02.37	32.29	300m: 3:07.93	32.79	400m: 4:13.19
15. Merlin Belmon	ZPC AMERSFOORT	200403191	4:13.77	+0,77	B	652
50m: 28.28	28.28	150m: 1:31.86	32.09	250m: 2:36.73	32.68	350m: 3:42.15
100m: 59.77	31.49	200m: 2:04.05	32.19	300m: 3:09.43	32.70	400m: 4:13.77
16. Sven Klink	SWOL 1894	200500349	4:14.55	+0,73	B	646
50m: 28.07	28.07	150m: 1:31.35	32.17	250m: 2:37.57	33.26	350m: 3:43.39
100m: 59.18	31.11	200m: 2:04.31	32.96	300m: 3:10.87	33.30	400m: 4:14.55

Programmanr. 11, Heren, 400m vrije slag, Voorronde, Senioren Open

rang	naam	vereniging	tijd	RT	FINA	para
17.	David Groenewegen	PSV	4:15.38	+0,75	R	639
	50m: 28.74	28.74 150m: 1:31.60	31.76	250m: 2:36.24	32.44	350m: 3:42.94
	100m: 59.84	31.10 200m: 2:03.80	32.20	300m: 3:09.99	33.75	400m: 4:15.38
18.	Quinn Heederik	ZPC Hoogeveen	4:15.41	+0,78	R	639
	50m: 28.89	28.89 150m: 1:31.91	32.02	250m: 2:37.48	33.05	350m: 3:44.48
	100m: 59.89	31.00 200m: 2:04.43	32.52	300m: 3:10.88	33.40	400m: 4:15.41
19.	Abel te Riele	WVZ	4:15.74	+0,63		637
	50m: 28.34	28.34 150m: 1:32.90	32.76	250m: 2:38.87	32.89	350m: 3:44.15
	100m: 1:00.14	31.80 200m: 2:05.98	33.08	300m: 3:11.55	32.68	400m: 4:15.74
20.	Jorian Tanis	Feijenoord Albion Zwemclub	4:16.39	+0,83		632
	50m: 29.45	29.45 150m: 1:34.24	32.68	250m: 2:39.88	32.93	350m: 3:45.04
	100m: 1:01.56	32.11 200m: 2:06.95	32.71	300m: 3:12.33	32.45	400m: 4:16.39
21.	Koen Marsman	ZPC AMERSFOORT	4:16.68	+0,69		630
	50m: 28.82	28.82 150m: 1:32.67	32.23	250m: 2:38.60	33.02	350m: 3:45.43
	100m: 1:00.44	31.62 200m: 2:05.58	32.91	300m: 3:12.46	33.86	400m: 4:16.68
22.	Thijn Damen	PSV	4:17.32	+0,73		625
	50m: 28.00	28.00 150m: 1:31.18	32.20	250m: 2:37.76	33.35	350m: 3:44.25
	100m: 58.98	30.98 200m: 2:04.41	33.23	300m: 3:10.94	33.18	400m: 4:17.32
23.	Bart de Waard	ZV Haerlem	4:18.47	+0,73		617
	50m: 28.62	28.62 150m: 1:33.66	33.10	250m: 2:40.60	33.60	350m: 3:47.77
	100m: 1:00.56	31.94 200m: 2:07.00	33.34	300m: 3:14.12	33.52	400m: 4:18.47
24.	Wouter Zijlstra	HZ&PC Heerenveen	4:18.52	+0,65		616
	50m: 28.74	28.74 150m: 1:33.14	32.76	250m: 2:39.32	32.45	350m: 3:46.63
	100m: 1:00.38	31.64 200m: 2:06.87	33.73	300m: 3:12.61	33.29	400m: 4:18.52
25.	Niels Chrisstoffels	ZPC AMERSFOORT	4:18.68	+0,72		615
	50m: 29.97	29.97 150m: 1:35.37	32.76	250m: 2:42.49	33.61	350m: 3:50.05
	100m: 1:02.61	32.64 200m: 2:08.88	33.51	300m: 3:16.32	33.83	400m: 4:18.68
26.	Koen Vissers	PSV	4:19.91	+0,84		607
	50m: 29.95	29.95 150m: 1:35.83	33.16	250m: 2:43.26	34.30	350m: 3:48.63
	100m: 1:02.67	32.72 200m: 2:08.96	33.13	300m: 3:16.51	33.25	400m: 4:19.91
27.	Rens Stijf	ZPC AMERSFOORT	4:23.02	+0,65		585
	50m: 29.91	29.91 150m: 1:36.14	33.60	250m: 2:43.44	33.53	350m: 3:50.89
	100m: 1:02.54	32.63 200m: 2:09.91	33.77	300m: 3:17.46	34.02	400m: 4:23.02
28.	Nino Sieling	De Dolfijn	4:24.89	+0,70		573
	50m: 29.13	29.13 150m: 1:35.96	33.53	250m: 2:43.23	33.63	350m: 3:50.77
	100m: 1:02.43	33.30 200m: 2:09.60	33.64	300m: 3:17.11	33.88	400m: 4:24.89
29.	Jesse Bruines	Batavia Swim	6:03.99	+0,97		221
	50m: 40.51	40.51 150m: 2:12.43	46.06	250m: 3:46.97	47.42	350m: 5:21.10
	100m: 1:26.37	45.86 200m: 2:59.55	47.12	300m: 4:34.40	47.43	400m: 6:03.99
AFGEM	Josh Renkema	De Otters Het Gooi	200402537	S6		