

Programmanr. 4  
 16-6-2022 - 9:40

Heren, 400m wisselslag

 Senioren Open  
 Resultaten Voorrunde

Punten: FINA 2022

rang	naam	vereniging	tijd	RT	FINA	para		
<b>Jeugd 1 en 2</b>								
1.	Yanieck Weijland <i>Kampioenschaps Record Jeugd</i>	Blue Marlins (SG)	200500329	<b>4:29.76</b>	+0,67 Q	738		
	50m: 28.07 100m: 1:01.01	28.07 32.94	150m: 1:37.91 200m: 2:13.98	36.90 36.07	250m: 2:49.98 300m: 3:26.74	36.00 36.76	350m: 3:58.86 400m: 4:29.76	32.12 30.90
2.	Sven Klink	SWOL 1894	200500349	<b>4:39.45</b>	+0,74 Q	664		
	50m: 28.20 100m: 1:01.60	28.20 33.40	150m: 1:38.19 200m: 2:13.81	36.59 35.62	250m: 2:54.34 300m: 3:35.62	40.53 41.28	350m: 4:08.31 400m: 4:39.45	32.69 31.14
3.	David Groenewegen	PSV	200400469	<b>4:42.28</b>	+0,73 Q	644		
	50m: 28.86 100m: 1:01.81	28.86 32.95	150m: 1:37.24 200m: 2:12.46	35.43 35.22	250m: 2:53.54 300m: 3:35.41	41.08 41.87	350m: 4:08.97 400m: 4:42.28	33.56 33.31
4.	Domingo Kuipers	Orca	200501787	<b>4:43.24</b>	+0,63 Q	638		
	50m: 28.66 100m: 1:02.25	28.66 33.59	150m: 1:39.88 200m: 2:17.27	37.63 37.39	250m: 2:56.01 300m: 3:36.52	38.74 40.51	350m: 4:10.62 400m: 4:43.24	34.10 32.62
5.	Wouter Zijlstra	HZ&PC Heerenveen	200401545	<b>4:44.81</b>	+0,63 Q	627		
	50m: 29.49 100m: 1:04.66	29.49 35.17	150m: 1:41.55 200m: 2:19.13	36.89 37.58	250m: 2:58.86 300m: 3:39.90	39.73 41.04	350m: 4:12.72 400m: 4:44.81	32.82 32.09
6.	Abel te Riele	WVZ	200402317	<b>4:45.90</b>	+0,72 Q	620		
	50m: 29.12 100m: 1:03.59	29.12 34.47	150m: 1:41.13 200m: 2:17.89	37.54 36.76	250m: 2:58.56 300m: 3:39.68	40.67 41.12	350m: 4:13.26 400m: 4:45.90	33.58 32.64
DIS	Cas Verstegen	HZPC	200500891		SR			
	<i>SR - Meer dan één vlinderbeenslag na start en/of keerpunt gemaakt.</i>							

**Senioren 1 en 2**

1.	Lars Verhalle	PSV	200200019	<b>4:36.63</b>	+0,75 Q	684		
	50m: 28.39 100m: 1:01.39	28.39 33.00	150m: 1:37.54 200m: 2:12.57	36.15 35.03	250m: 2:51.40 300m: 3:31.71	38.83 40.31	350m: 4:04.57 400m: 4:36.63	32.86 32.06
2.	Michael Smink	Blue Marlins (SG)	200302169	<b>4:46.45</b>	+0,67 R	616		
	50m: 27.73 100m: 1:00.77	27.73 33.04	150m: 1:37.67 200m: 2:14.56	36.90 36.89	250m: 2:57.51 300m: 3:40.79	42.95 43.28	350m: 4:14.63 400m: 4:46.45	33.84 31.82
3.	Kylian Heederik	ZPC Hoogeveen	200300353	<b>4:50.04</b>	+0,80 R	594		
	50m: 29.89 100m: 1:04.58	29.89 34.69	150m: 1:42.45 200m: 2:19.51	37.87 37.06	250m: 2:59.69 300m: 3:41.09	40.18 41.40	350m: 4:16.68 400m: 4:50.04	35.59 33.36
4.	Ronis van Everdingen	DWK	200300043	<b>4:51.51</b>	+0,75	585		
	50m: 29.04 100m: 1:03.26	29.04 34.22	150m: 1:40.34 200m: 2:16.66	37.08 36.32	250m: 2:58.89 300m: 3:41.94	42.23 43.05	350m: 4:17.82 400m: 4:51.51	35.88 33.69
5.	Joris Janssen	PSV	200301311	<b>4:54.13</b>	+0,75	569		
	50m: 29.57 100m: 1:04.84	29.57 35.27	150m: 1:42.65 200m: 2:19.48	37.81 36.83	250m: 3:02.73 300m: 3:46.38	43.25 43.65	350m: 4:20.75 400m: 4:54.13	34.37 33.38

**Senioren Open**

1.	Thomas Jansen	WVZ	200100143	<b>4:24.85</b>	+0,76 Q	780		
	50m: 27.27 100m: 58.95	27.27 31.68	150m: 1:33.28 200m: 2:06.93	34.33 33.65	250m: 2:44.53 300m: 3:23.06	37.60 38.53	350m: 3:54.58 400m: 4:24.85	31.52 30.27
2.	Yanieck Weijland <i>Kampioenschaps Record Jeugd</i>	Blue Marlins (SG)	200500329	<b>4:29.76</b>	+0,67 Q	738		
	50m: 28.07 100m: 1:01.01	28.07 32.94	150m: 1:37.91 200m: 2:13.98	36.90 36.07	250m: 2:49.98 300m: 3:26.74	36.00 36.76	350m: 3:58.86 400m: 4:29.76	32.12 30.90
3.	Lars Verhalle	PSV	200200019	<b>4:36.63</b>	+0,75 Q	684		
	50m: 28.39 100m: 1:01.39	28.39 33.00	150m: 1:37.54 200m: 2:12.57	36.15 35.03	250m: 2:51.40 300m: 3:31.71	38.83 40.31	350m: 4:04.57 400m: 4:36.63	32.86 32.06
4.	Sven Klink	SWOL 1894	200500349	<b>4:39.45</b>	+0,74 Q	664		
	50m: 28.20 100m: 1:01.60	28.20 33.40	150m: 1:38.19 200m: 2:13.81	36.59 35.62	250m: 2:54.34 300m: 3:35.62	40.53 41.28	350m: 4:08.31 400m: 4:39.45	32.69 31.14
5.	David Groenewegen	PSV	200400469	<b>4:42.28</b>	+0,73 Q	644		
	50m: 28.86 100m: 1:01.81	28.86 32.95	150m: 1:37.24 200m: 2:12.46	35.43 35.22	250m: 2:53.54 300m: 3:35.41	41.08 41.87	350m: 4:08.97 400m: 4:42.28	33.56 33.31

## Programmanr. 4, Heren, 400m wisselslag, Voorronde, Senioren Open

rang	naam	vereniging				tijd				RT	FINA	para	
6.	Domingo Kuipers	Orca				200501787				<b>4:43.24</b>	+0,63	Q	638
	50m: 28.66	28.66	150m: 1:39.88	37.63	250m: 2:56.01	38.74	350m: 4:10.62	40.51	400m: 4:43.24			34.10	
	100m: 1:02.25	33.59	200m: 2:17.27	37.39	300m: 3:36.52							32.62	
7.	Wouter Zijlstra	HZ&PC Heerenveen				200401545				<b>4:44.81</b>	+0,63	Q	627
	50m: 29.49	29.49	150m: 1:41.55	36.89	250m: 2:58.86	39.73	350m: 4:12.72	41.04	400m: 4:44.81			32.82	
	100m: 1:04.66	35.17	200m: 2:19.13	37.58	300m: 3:39.90							32.09	
8.	Abel te Riele	WVZ				200402317				<b>4:45.90</b>	+0,72	Q	620
	50m: 29.12	29.12	150m: 1:41.13	37.54	250m: 2:58.56	40.67	350m: 4:13.26	41.12	400m: 4:45.90			33.58	
	100m: 1:03.59	34.47	200m: 2:17.89	36.76	300m: 3:39.68							32.64	
9.	Michael Smink	Blue Marlins (SG)				200302169				<b>4:46.45</b>	+0,67	R	616
	50m: 27.73	27.73	150m: 1:37.67	36.90	250m: 2:57.51	42.95	350m: 4:14.63	43.28	400m: 4:46.45			33.84	
	100m: 1:00.77	33.04	200m: 2:14.56	36.89	300m: 3:40.79							31.82	
10.	Kylian Heederik	ZPC Hoogeveen				200300353				<b>4:50.04</b>	+0,80	R	594
	50m: 29.89	29.89	150m: 1:42.45	37.87	250m: 2:59.69	40.18	350m: 4:16.68	41.40	400m: 4:50.04			35.59	
	100m: 1:04.58	34.69	200m: 2:19.51	37.06	300m: 3:41.09							33.36	
11.	Ronis van Everdingen	DWK				200300043				<b>4:51.51</b>	+0,75		585
	50m: 29.04	29.04	150m: 1:40.34	37.08	250m: 2:58.89	42.23	350m: 4:17.82	43.05	400m: 4:51.51			35.88	
	100m: 1:03.26	34.22	200m: 2:16.66	36.32	300m: 3:41.94							33.69	
12.	Joris Janssen	PSV				200301311				<b>4:54.13</b>	+0,75		569
	50m: 29.57	29.57	150m: 1:42.65	37.81	250m: 3:02.73	43.25	350m: 4:20.75	43.65	400m: 4:54.13			34.37	
	100m: 1:04.84	35.27	200m: 2:19.48	36.83	300m: 3:46.38							33.38	
DIS	Cas Verstegen	HZPC				200500891						SR	
	<i>SR - Meer dan één vlinderbeenslag na start en/of keerpunt gemaakt.</i>												