

Programmanr. 11  
26-6-2021 - 11:44

Heren, 400m vrije slag

Senioren Open  
Resultaten Voorronde

Punten: FINA 2021

rang	naam	vereniging	tijd	RT	FINA	para
<b>Senioren Open</b>						
1.	Sander Crooijmans	VZC	200100383	<b>3:54.34</b>	+0,68	Q 828
	50m: 27.91	27.91	150m: 1:27.71	29.59	250m: 2:26.76	28.95
	100m: 58.12	30.21	200m: 1:57.81	30.10	300m: 2:56.30	29.54
					350m: 3:25.51	35.00
					400m: 3:54.34	29.21
						28.83
2.	Luc Kroon	HPC - Ed-Vo	200100697	<b>3:54.41</b>	+0,71	Q 827
	50m: 27.49	27.49	150m: 1:27.45	30.02	250m: 2:26.41	28.86
	100m: 57.43	29.94	200m: 1:57.55	30.10	300m: 2:55.56	29.15
					350m: 3:25.26	35.00
					400m: 3:54.41	29.15
3.	Owen Peeks	ZPC Hoogeveen	200100765	<b>4:10.72</b>	+0,67	Q 676
	50m: 29.20	29.20	150m: 1:32.32	31.65	250m: 2:35.98	31.61
	100m: 1:00.67	31.47	200m: 2:04.37	32.05	300m: 3:08.05	32.07
					350m: 3:39.52	35.00
					400m: 4:10.72	31.47
						31.20
4.	Quinn Heederik	ZPC Hoogeveen	200400093	<b>4:20.13</b>	+0,63	Q 605
	50m: 29.81	29.81	150m: 1:34.26	32.20	250m: 2:40.54	33.24
	100m: 1:02.06	32.25	200m: 2:07.30	33.04	300m: 3:14.28	33.74
					350m: 3:48.18	35.00
					400m: 4:20.13	31.95
5.	Koen Vissers	PSV	200401429	<b>4:23.13</b>		Q 585
	50m: 28.54	28.54	150m: 1:32.50	32.41	250m: 2:40.73	34.21
	100m: 1:00.09	31.55	200m: 2:06.52	34.02	300m: 3:15.29	34.56
					350m: 3:49.75	35.00
					400m: 4:23.13	34.46
						33.38
6.	Thijn Damen	PSV	200300973	<b>4:24.57</b>	+0,66	Q 575
	50m: 30.89	30.89	150m: 1:39.09	32.94	250m: 2:45.38	32.55
	100m: 1:06.15	35.26	200m: 2:12.83	33.74	300m: 3:18.81	33.43
					350m: 3:52.17	35.00
					400m: 4:24.57	32.40
7.	Olivier Wilbers	ZPC Hoogeveen	200600181	<b>4:29.47</b>		Q 544
	50m: 31.88	31.88	150m: 1:39.96	34.09	250m: 2:48.84	34.38
	100m: 1:05.87	33.99	200m: 2:14.46	34.50	300m: 3:23.33	34.49
					350m: 3:56.59	35.00
					400m: 4:29.47	32.88
8.	Rens Stijf	ZPC AMERSFOORT	200501419	<b>4:31.60</b>	+0,61	Q 531
	50m: 29.79	29.79	150m: 1:36.29	33.38	250m: 2:46.03	35.36
	100m: 1:02.91	33.12	200m: 2:10.67	34.38	300m: 3:22.17	36.14
					350m: 3:57.24	35.00
					400m: 4:31.60	34.36
9.	Tiamo van der Veen	ZPC Hoogeveen	200600033	<b>4:33.02</b>	+0,80	R 523
	50m: 30.77	30.77	150m: 1:39.77	34.15	250m: 2:48.19	34.22
	100m: 1:05.62	34.85	200m: 2:13.97	34.20	300m: 3:23.77	35.58
					350m: 3:58.74	35.00
					400m: 4:33.02	34.28
10.	Tenzing Geutjes	ZPC AMERSFOORT	200600441	<b>4:37.02</b>		R 501
	50m: 29.94	29.94	150m: 1:38.36	34.81	250m: 2:49.17	35.41
	100m: 1:03.55	33.61	200m: 2:13.76	35.40	300m: 3:25.39	36.22
					350m: 4:01.71	35.00
					400m: 4:37.02	36.32
						35.31
11.	Thom de Hoog	SCOM/De Zeehond'73 (SG)	200600019	<b>4:38.93</b>	+0,63	491
	50m: 30.89	30.89	150m: 1:40.37	35.56	250m: 2:52.09	36.22
	100m: 1:04.81	33.92	200m: 2:15.87	35.50	300m: 3:28.29	36.20
					350m: 4:04.83	35.00
					400m: 4:38.93	34.10
12.	Luc Kerpels	ZPC Hoogeveen	200503015	<b>4:42.90</b>		470
	50m: 31.38	31.38	150m: 1:42.47	36.19	250m: 2:55.53	36.40
	100m: 1:06.28	34.90	200m: 2:19.13	36.66	300m: 3:32.01	36.48
					350m: 4:08.32	35.00
					400m: 4:42.90	34.58
13.	Bram Daalman	HPC PARA - ZV Haerlem	200300629	<b>4:54.17</b>	+0,83	418 631
	50m: 30.64	30.64	150m: 1:42.06	36.35	250m: 2:58.26	38.52
	100m: 1:05.71	35.07	200m: 2:19.74	37.68	300m: 3:36.72	38.46
					350m: 4:15.87	35.00
					400m: 4:54.17	38.30
14.	Lucas van Rooij	PSV	200603943	<b>4:54.52</b>		417
	50m: 32.03	32.03	150m: 1:45.70	37.70	250m: 3:02.68	38.75
	100m: 1:08.00	35.97	200m: 2:23.93	38.23	300m: 3:41.30	38.62
					350m: 4:19.11	35.00
					400m: 4:54.52	35.41
15.	Jidde Rademaker	De Reuring	200603619	<b>5:37.91</b>		276
	50m: 33.68	33.68	150m: 1:56.71	42.76	250m: 3:27.05	45.79
	100m: 1:13.95	40.27	200m: 2:41.26	44.55	300m: 4:12.09	45.04
					350m: 4:57.15	35.00
					400m: 5:37.91	40.76
NG	Yorick Visser	PSV	200301957			

Junioren - Jeugd

1.	Quinn Heederik	ZPC Hoogeveen	200400093	<b>4:20.13</b>	+0,63	Q 605
	50m: 29.81	29.81	150m: 1:34.26	32.20	250m: 2:40.54	33.24
	100m: 1:02.06	32.25	200m: 2:07.30	33.04	300m: 3:14.28	33.74
					350m: 3:48.18	35.00
					400m: 4:20.13	31.95
2.	Koen Vissers	PSV	200401429	<b>4:23.13</b>		Q 585
	50m: 28.54	28.54	150m: 1:32.50	32.41	250m: 2:40.73	34.21
	100m: 1:00.09	31.55	200m: 2:06.52	34.02	300m: 3:15.29	34.56
					350m: 3:49.75	35.00
					400m: 4:23.13	33.38
3.	Thijn Damen	PSV	200300973	<b>4:24.57</b>	+0,66	Q 575
	50m: 30.89	30.89	150m: 1:39.09	32.94	250m: 2:45.38	32.55
	100m: 1:06.15	35.26	200m: 2:12.83	33.74	300m: 3:18.81	33.43
					350m: 3:52.17	35.00
					400m: 4:24.57	32.40
4.	Olivier Wilbers	ZPC Hoogeveen	200600181	<b>4:29.47</b>		Q 544
	50m: 31.88	31.88	150m: 1:39.96	34.09	250m: 2:48.84	34.38
	100m: 1:05.87	33.99	200m: 2:14.46	34.50	300m: 3:23.33	34.49
					350m: 3:56.59	35.00
					400m: 4:29.47	32.88

Next Generation Meet Hengelo  
Hengelo, 26- - 27-6-2021



Programmanr. 11, Jongens, 400m vrije slag, Voorrunde, Junioren - Jeugd

rang	naam		vereniging			tijd	RT	FINA	para		
5.	Rens Stijf		ZPC AMERSFOORT	200501419		<b>4:31.60</b>	+0,61	Q	531		
	50m:	29.79	150m:	1:36.29	33.38	250m:	2:46.03	35.36	350m:	3:57.24	35.07
	100m:	1:02.91	200m:	2:10.67	34.38	300m:	3:22.17	36.14	400m:	4:31.60	34.36
6.	Tiamo van der Veen		ZPC Hoogeveen	200600033		<b>4:33.02</b>	+0,80	R	523		
	50m:	30.77	150m:	1:39.77	34.15	250m:	2:48.19	34.22	350m:	3:58.74	34.97
	100m:	1:05.62	200m:	2:13.97	34.20	300m:	3:23.77	35.58	400m:	4:33.02	34.28
7.	Tenzing Geutjes		ZPC AMERSFOORT	200600441		<b>4:37.02</b>		R	501		
	50m:	29.94	150m:	1:38.36	34.81	250m:	2:49.17	35.41	350m:	4:01.71	36.32
	100m:	1:03.55	200m:	2:13.76	35.40	300m:	3:25.39	36.22	400m:	4:37.02	35.31
8.	Thom de Hoog		SCOM/De Zeehond'73 (SG)	200600019		<b>4:38.93</b>	+0,63		491		
	50m:	30.89	150m:	1:40.37	35.56	250m:	2:52.09	36.22	350m:	4:04.83	36.54
	100m:	1:04.81	200m:	2:15.87	35.50	300m:	3:28.29	36.20	400m:	4:38.93	34.10
9.	Luc Kerpels		ZPC Hoogeveen	200503015		<b>4:42.90</b>			470		
	50m:	31.38	150m:	1:42.47	36.19	250m:	2:55.53	36.40	350m:	4:08.32	36.31
	100m:	1:06.28	200m:	2:19.13	36.66	300m:	3:32.01	36.48	400m:	4:42.90	34.58
10.	Bram Daalman		HPC PARA - ZV Haerlem	200300629	S14	<b>4:54.17</b>	+0,83		418	631	
	50m:	30.64	150m:	1:42.06	36.35	250m:	2:58.26	38.52	350m:	4:15.87	39.15
	100m:	1:05.71	200m:	2:19.74	37.68	300m:	3:36.72	38.46	400m:	4:54.17	38.30
11.	Lucas van Rooij		PSV	200603943		<b>4:54.52</b>			417		
	50m:	32.03	150m:	1:45.70	37.70	250m:	3:02.68	38.75	350m:	4:19.11	37.81
	100m:	1:08.00	200m:	2:23.93	38.23	300m:	3:41.30	38.62	400m:	4:54.52	35.41
12.	Jidde Rademaker		De Reuring	200603619		<b>5:37.91</b>			276		
	50m:	33.68	150m:	1:56.71	42.76	250m:	3:27.05	45.79	350m:	4:57.15	45.06
	100m:	1:13.95	200m:	2:41.26	44.55	300m:	4:12.09	45.04	400m:	5:37.91	40.76
NG	Yorick Visser		PSV	200301957							