

Programmanr. 5
26-6-2021 - 10:39

Heren, 400m wisselslag

Senioren Open
Resultaten Voorronde

Punten: FINA 2021

rang	naam	vereniging	tijd	RT	FINA	para
Senioren Open						
1.	Thomas Jansen	WVZ	200100143	4:27.69	+0,69	Q 755
	50m: 27.44	27.44	150m: 1:33.12	34.14	250m: 2:45.21	38.22
	100m: 58.98	31.54	200m: 2:06.99	33.87	300m: 3:24.07	38.86
					350m: 3:56.54	32.47
					400m: 4:27.69	31.15
2.	Yanieck Frijstein	Blue Marlins (SG)	200500329	4:36.29	+0,55	Q 687
	50m: 29.10	29.10	150m: 1:38.77	36.20	250m: 2:52.67	37.87
	100m: 1:02.57	33.47	200m: 2:14.80	36.03	300m: 3:31.44	38.77
					350m: 4:04.77	33.33
					400m: 4:36.29	31.52
3.	Domingo Kuipers	Orca	200501787	4:42.03	+0,53	Q 646
	50m: 29.84	29.84	150m: 1:40.80	36.70	250m: 2:55.93	39.03
	100m: 1:04.10	34.26	200m: 2:16.90	36.10	300m: 3:36.28	40.35
					350m: 4:09.10	32.82
					400m: 4:42.03	32.93
4.	Lars Verhalle	PSV	200200019	4:42.74	+0,70	Q 641
	50m: 28.37	28.37	150m: 1:39.09	37.31	250m: 2:55.38	40.14
	100m: 1:01.78	33.41	200m: 2:15.24	36.15	300m: 3:36.36	40.98
					350m: 4:09.93	33.57
					400m: 4:42.74	32.81
5.	Abel te Riele	WVZ	200402317	4:45.97	+0,62	Q 619
	50m: 28.93	28.93	150m: 1:40.90	36.86	250m: 2:57.67	39.72
	100m: 1:04.04	35.11	200m: 2:17.95	37.05	300m: 3:38.61	40.94
					350m: 4:12.36	33.75
					400m: 4:45.97	33.61
6.	Cas Verstegen	HZPC	200500891	4:50.75	+0,78	Q 589
	50m: 29.32	29.32	150m: 1:43.25	38.57	250m: 3:01.27	39.90
	100m: 1:04.68	35.36	200m: 2:21.37	38.12	300m: 3:42.38	41.11
					350m: 4:17.40	35.02
					400m: 4:50.75	33.35
7.	Koen Marsman	ZPC AMERSFOORT	200502763	4:54.14	+0,67	Q 569
	50m: 29.17	29.17	150m: 1:43.77	39.95	250m: 3:05.20	42.72
	100m: 1:03.82	34.65	200m: 2:22.48	38.71	300m: 3:48.09	42.89
					350m: 4:21.87	33.78
					400m: 4:54.14	32.27
8.	Wouter Zijlstra	HZ&PC Heerenveen	200401545	4:55.51		Q 561
	50m: 30.09	30.09	150m: 1:43.76	38.52	250m: 3:04.79	42.41
	100m: 1:05.24	35.15	200m: 2:22.38	38.62	300m: 3:47.32	42.53
					350m: 4:22.25	34.93
					400m: 4:55.51	33.26
9.	Jip Bakker	Orca	200600287	5:03.51		R 518
	50m: 31.72	31.72	150m: 1:51.20	41.17	250m: 3:13.47	42.43
	100m: 1:10.03	38.31	200m: 2:31.04	39.84	300m: 3:56.66	43.19
					350m: 4:31.09	34.43
					400m: 5:03.51	32.42
10.	Lars Bulman	ZC Aquadream	200600125	5:03.57	+0,69	R 518
	50m: 30.71	30.71	150m: 1:46.83	39.29	250m: 3:10.41	43.48
	100m: 1:07.54	36.83	200m: 2:26.93	40.10	300m: 3:54.56	44.15
					350m: 4:30.33	35.77
					400m: 5:03.57	33.24
11.	Olivier Wilbers	ZPC Hoogeveen	200600181	5:04.86		511
	50m: 34.55	34.55	150m: 1:51.67	37.55	250m: 3:13.19	43.85
	100m: 1:14.12	39.57	200m: 2:29.34	37.67	300m: 3:57.89	44.70
					350m: 4:31.42	33.53
					400m: 5:04.86	33.44
12.	Mac Peeks	ZPC Hoogeveen	200400153	5:09.51	+0,69	488
	50m: 32.33	32.33	150m: 1:49.66	38.39	250m: 3:12.59	45.48
	100m: 1:11.27	38.94	200m: 2:27.11	37.45	300m: 3:59.77	47.18
					350m: 4:35.58	35.81
					400m: 5:09.51	33.93
DIS	David Groenewegen	PSV	200400469	SK		
	<i>SK - Het keer- en/of eindpunt niet gelijktijdig met twee handen aangetikt.</i>					

Junioren - Jeugd

1.	Yanieck Frijstein	Blue Marlins (SG)	200500329	4:36.29	+0,55	Q 687
	50m: 29.10	29.10	150m: 1:38.77	36.20	250m: 2:52.67	37.87
	100m: 1:02.57	33.47	200m: 2:14.80	36.03	300m: 3:31.44	38.77
					350m: 4:04.77	33.33
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2.	Domingo Kuipers	Orca	200501787	4:42.03	+0,53	Q 646
	50m: 29.84	29.84	150m: 1:40.80	36.70	250m: 2:55.93	39.03
	100m: 1:04.10	34.26	200m: 2:16.90	36.10	300m: 3:36.28	40.35
					350m: 4:09.10	32.82
					400m: 4:42.03	32.93
3.	Abel te Riele	WVZ	200402317	4:45.97	+0,62	Q 619
	50m: 28.93	28.93	150m: 1:40.90	36.86	250m: 2:57.67	39.72
	100m: 1:04.04	35.11	200m: 2:17.95	37.05	300m: 3:38.61	40.94
					350m: 4:12.36	33.75
					400m: 4:45.97	33.61
4.	Cas Verstegen	HZPC	200500891	4:50.75	+0,78	Q 589
	50m: 29.32	29.32	150m: 1:43.25	38.57	250m: 3:01.27	39.90
	100m: 1:04.68	35.36	200m: 2:21.37	38.12	300m: 3:42.38	41.11
					350m: 4:17.40	35.02
					400m: 4:50.75	33.35
5.	Koen Marsman	ZPC AMERSFOORT	200502763	4:54.14	+0,67	Q 569
	50m: 29.17	29.17	150m: 1:43.77	39.95	250m: 3:05.20	42.72
	100m: 1:03.82	34.65	200m: 2:22.48	38.71	300m: 3:48.09	42.89
					350m: 4:21.87	33.78
					400m: 4:54.14	32.27
6.	Wouter Zijlstra	HZ&PC Heerenveen	200401545	4:55.51		Q 561
	50m: 30.09	30.09	150m: 1:43.76	38.52	250m: 3:04.79	42.41
	100m: 1:05.24	35.15	200m: 2:22.38	38.62	300m: 3:47.32	42.53
					350m: 4:22.25	34.93
					400m: 4:55.51	33.26

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



Programmanr. 5, Jongens, 400m wisselslag, Voorronde, Junioren - Jeugd

rang	naam		vereniging						tijd	RT	FINA	para
7.	Jip Bakker		Orca						5:03.51		R	518
	50m:	31.72	31.72	150m:	1:51.20	41.17	250m:	3:13.47	42.43	350m:	4:31.09	34.43
	100m:	1:10.03	38.31	200m:	2:31.04	39.84	300m:	3:56.66	43.19	400m:	5:03.51	32.42
8.	Lars Bulman		ZC Aquadream						5:03.57	+0,69	R	518
	50m:	30.71	30.71	150m:	1:46.83	39.29	250m:	3:10.41	43.48	350m:	4:30.33	35.77
	100m:	1:07.54	36.83	200m:	2:26.93	40.10	300m:	3:54.56	44.15	400m:	5:03.57	33.24
9.	Olivier Wilbers		ZPC Hoogeveen						5:04.86			511
	50m:	34.55	34.55	150m:	1:51.67	37.55	250m:	3:13.19	43.85	350m:	4:31.42	33.53
	100m:	1:14.12	39.57	200m:	2:29.34	37.67	300m:	3:57.89	44.70	400m:	5:04.86	33.44
10.	Mac Peeks		ZPC Hoogeveen						5:09.51	+0,69		488
	50m:	32.33	32.33	150m:	1:49.66	38.39	250m:	3:12.59	45.48	350m:	4:35.58	35.81
	100m:	1:11.27	38.94	200m:	2:27.11	37.45	300m:	3:59.77	47.18	400m:	5:09.51	33.93
DIS	David Groenewegen		PSV								SK	

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