

Programmanr. 4  
 09-12-2022 - 17:30

## Jongens, 400m wisselslag

 Junioren 3 en 4  
 Resultaten

Punten: FINA 2022

rang	naam		vereniging					tijd	RT	FINA para	
1.	Tiago Fonseca Gomes		PSV		200703587			<b>4:30.93</b>	+0,62	650	
	50m:	27.44	150m:	1:32.89	34.22	250m:	2:47.00	39.75	350m:	4:00.57	32.12
	100m:	58.67	200m:	2:07.25	34.36	300m:	3:28.45	41.45	400m:	4:30.93	30.36
2.	Tiede Groener		De Dinkel		200700155			<b>4:37.05</b>	+0,76	608	
	50m:	28.17	150m:	1:37.43	35.86	250m:	2:52.70	40.53	350m:	4:06.65	32.72
	100m:	1:01.57	200m:	2:12.17	34.74	300m:	3:33.93	41.23	400m:	4:37.05	30.40
3.	Bram Loots		Team Noord Holland		200700197			<b>4:40.04</b>	+0,66	589	
	50m:	28.57	150m:	1:36.48	34.85	250m:	2:53.79	42.59	350m:	4:09.80	32.75
	100m:	1:01.63	200m:	2:11.20	34.72	300m:	3:37.05	43.26	400m:	4:40.04	30.24
4.	Tieme Wiersma		DZ&PC		200701031			<b>4:40.37</b>	+0,72	587	
	50m:	30.13	150m:	1:41.56	35.48	250m:	2:54.92	39.30	350m:	4:09.61	34.02
	100m:	1:06.08	200m:	2:15.62	34.06	300m:	3:35.59	40.67	400m:	4:40.37	30.76
5.	Xiaoyu Yin		Blue Marlins		200803363			<b>4:41.63</b>	+0,66	579	
	50m:	28.04	150m:	1:36.17	35.70	250m:	2:53.47	42.04	350m:	4:09.21	33.16
	100m:	1:00.47	200m:	2:11.43	35.26	300m:	3:36.05	42.58	400m:	4:41.63	32.42
6.	Wytse Broekstra		De Vikings		200800121			<b>4:47.15</b>	+0,79	546	
	50m:	29.42	150m:	1:40.35	35.27	250m:	2:55.21	39.57	350m:	4:11.70	36.47
	100m:	1:05.08	200m:	2:15.64	35.29	300m:	3:35.23	40.02	400m:	4:47.15	35.45
7.	Mies de Wit		De Ward		200700315			<b>4:51.41</b>	+0,71	523	
	50m:	29.52	150m:	1:42.73	37.86	250m:	3:00.97	41.45	350m:	4:17.51	34.84
	100m:	1:04.87	200m:	2:19.52	36.79	300m:	3:42.67	41.70	400m:	4:51.41	33.90
8.	Tijn Hilders		De Dolfijn		200700027			<b>4:56.72</b>	+0,71	495	
	50m:	31.40	150m:	1:49.00	39.13	250m:	3:08.43	41.28	350m:	4:24.70	34.16
	100m:	1:09.87	200m:	2:27.15	38.15	300m:	3:50.54	42.11	400m:	4:56.72	32.02
9.	Collard Jungeling		ZV 44		200701831			<b>4:57.27</b>	+0,71	492	
	50m:	30.74	150m:	1:47.81	39.66	250m:	3:08.29	42.29	350m:	4:25.48	34.44
	100m:	1:08.15	200m:	2:26.00	38.19	300m:	3:51.04	42.75	400m:	4:57.27	31.79
10.	Yarno van Dam		ACZ		200800115			<b>4:57.46</b>	+0,68	491	
	50m:	30.06	150m:	1:41.84	36.70	250m:	3:00.84	42.52	350m:	4:21.14	36.51
	100m:	1:05.14	200m:	2:18.32	36.48	300m:	3:44.63	43.79	400m:	4:57.46	36.32
11.	Boele Böhm		Blue Marlins		200700739			<b>4:58.07</b>	+0,75	488	
	50m:	29.86	150m:	1:44.13	38.76	250m:	3:06.65	44.71	350m:	4:25.60	34.28
	100m:	1:05.37	200m:	2:21.94	37.81	300m:	3:51.32	44.67	400m:	4:58.07	32.47
12.	Marnix Rietveld		ZV Haerlem		200700939			<b>5:02.85</b>	+0,69	466	
	50m:	30.47	150m:	1:45.00	38.04	250m:	3:08.29	45.61	350m:	4:29.63	35.37
	100m:	1:06.96	200m:	2:22.68	37.68	300m:	3:54.26	45.97	400m:	5:02.85	33.22
13.	Jisse Lousma		WVZ		200701493			<b>5:04.27</b>	+0,62	459	
	50m:	30.06	150m:	1:43.46	37.53	250m:	3:08.29	47.78	350m:	4:30.46	35.78
	100m:	1:05.93	200m:	2:20.51	37.05	300m:	3:54.68	46.39	400m:	5:04.27	33.81
14.	Rens Noordover		Team Noord Holland		200800237			<b>5:04.50</b>	+0,76	458	
	50m:	31.64	150m:	1:48.43	39.24	250m:	3:09.77	43.11	350m:	4:29.70	35.19
	100m:	1:09.19	200m:	2:26.66	38.23	300m:	3:54.51	44.74	400m:	5:04.50	34.80
15.	Jaydey Schonewille		Steenwijk 1934		200800025			<b>5:05.71</b>	+0,76	453	
	50m:	32.02	150m:	1:52.28	40.49	250m:	3:13.61	42.50	350m:	4:31.74	34.53
	100m:	1:11.79	200m:	2:31.11	38.83	300m:	3:57.21	43.60	400m:	5:05.71	33.97
16.	Rijk Leenders		VZC		200800627			<b>5:06.54</b>	+0,70	449	
	50m:	32.00	150m:	1:47.67	38.00	250m:	3:09.88	44.46	350m:	4:32.03	36.53
	100m:	1:09.67	200m:	2:25.42	37.75	300m:	3:55.50	45.62	400m:	5:06.54	34.51
17.	Tim Zuurman		ZPC Hoogeveen		200700131			<b>5:06.85</b>	+0,84	448	
	50m:	33.41	150m:	1:50.87	38.27	250m:	3:13.00	44.86	350m:	4:33.52	35.00
	100m:	1:12.60	200m:	2:28.14	37.27	300m:	3:58.52	45.52	400m:	5:06.85	33.33
18.	Gijs Hartwijk		ZVL-1886 Center		200800573			<b>5:08.67</b>	+0,63	440	
	50m:	32.00	150m:	1:49.89	39.89	250m:	3:12.23	43.99	350m:	4:33.77	36.03
	100m:	1:10.00	200m:	2:28.24	38.35	300m:	3:57.74	45.51	400m:	5:08.67	34.90
19.	Matthijs de Rooij		WZK		200803481			<b>5:09.71</b>	+0,80	435	
	50m:	33.34	150m:	1:52.44	39.55	250m:	3:13.35	41.56	350m:	4:33.93	37.63
	100m:	1:12.89	200m:	2:31.79	39.35	300m:	3:56.30	42.95	400m:	5:09.71	35.78

## Programmanr. 4, Jongens, 400m wisselslag, Junioren 3 en 4

rang	naam		vereniging			tijd	RT	FINA	para		
20.	Bjorn van den Berge		Z&PC De Zeeuwse Kust		200701991	<b>5:09.85</b>	+0,67	435			
	50m:	30.90	150m:	1:48.74	40.93	250m:	3:11.68	42.50	350m:	4:33.30	37.44
	100m:	1:07.81	200m:	2:29.18	40.44	300m:	3:55.86	44.18	400m:	5:09.85	36.55
21.	Bram ter Braak		De Dinkel		200800281	<b>5:10.81</b>	+0,74	431			
	50m:	32.43	150m:	1:50.06	39.66	250m:	3:15.24	46.55	350m:	4:37.46	35.83
	100m:	1:10.40	200m:	2:28.69	38.63	300m:	4:01.63	46.39	400m:	5:10.81	33.35
22.	Nout Folkersma		PSV		200800595	<b>5:11.61</b>	+0,67	427			
	50m:	30.76	150m:	1:47.31	38.84	250m:	3:11.62	45.30	350m:	4:35.53	37.26
	100m:	1:08.47	200m:	2:26.32	39.01	300m:	3:58.27	46.65	400m:	5:11.61	36.08
23.	Lars de Kooter		De Biesboschwemmers		200800185	<b>5:11.64</b>	+0,74	427			
	50m:	33.51	150m:	1:56.41	42.04	250m:	3:18.36	40.64	350m:	4:36.66	35.98
	100m:	1:14.37	200m:	2:37.72	41.31	300m:	4:00.68	42.32	400m:	5:11.64	34.98
24.	Diede Veld		SWOL 1894		200800011	<b>5:12.29</b>	+0,59	425			
	50m:	32.99	150m:	1:52.21	38.24	250m:	3:15.88	45.52	350m:	4:38.10	35.76
	100m:	1:13.97	200m:	2:30.36	38.15	300m:	4:02.34	46.46	400m:	5:12.29	34.19
25.	Lou van Leeuwen		De Dolfijn		200702779	<b>5:12.63</b>	+0,76	423			
	50m:	32.36	150m:	1:51.88	41.26	250m:	3:16.90	43.93	350m:	4:38.00	35.37
	100m:	1:10.62	200m:	2:32.97	41.09	300m:	4:02.63	45.73	400m:	5:12.63	34.63
26.	Floris van der Salm		De Dolfijn		200700705	<b>5:14.19</b>	+0,79	417			
	50m:	33.03	150m:	1:51.12	39.00	250m:	3:15.29	45.58	350m:	4:38.55	37.61
	100m:	1:12.12	200m:	2:29.71	38.59	300m:	4:00.94	45.65	400m:	5:14.19	35.64
27.	Bas Mostert		VZC		200800629	<b>5:15.33</b>	+0,76	412			
	50m:	32.17	150m:	1:53.30	42.64	250m:	3:19.53	44.91	350m:	4:41.85	35.43
	100m:	1:10.66	200m:	2:34.62	41.32	300m:	4:06.42	46.89	400m:	5:15.33	33.48
DIS	Gaëtan Spicq		Blue Marlins		200701807						
	<i>SR - Meer dan 1 vlinderbeenslag gemaakt voordat de 1e schoolslagbeenslag is gemaakt.</i>										