

Programmanr. 2  
 08-12-2023 - 16:00

## Jongens, 400m vrije slag

 Junioren 1 en 2  
 Resultaten

Punten: FINA 2023

rang	naam		vereniging				tijd	RT	FINA
1.	Ramon Vos		ZPC Hoogeveen	201100051			<b>4:37.29</b>	+0,58	448
	50m: 29.69	29.69	150m: 1:40.15	35.72	250m: 2:51.70	35.85	350m: 4:02.92		35.53
	100m: 1:04.43	34.74	200m: 2:15.85	35.70	300m: 3:27.39	35.69	400m: 4:37.29		34.37
2.	Abel op den Velde		De Duinkickers	201000079			<b>4:38.00</b>	+0,74	445
	50m: 30.63	30.63	150m: 1:40.74	35.66	250m: 2:52.36	35.96	350m: 4:03.98		35.44
	100m: 1:05.08	34.45	200m: 2:16.40	35.66	300m: 3:28.54	36.18	400m: 4:38.00		34.02
3.	Alief Jan van der Sluis		PSV	201003425			<b>4:41.06</b>	+0,77	430
	50m: 31.17	31.17	150m: 1:43.16	36.54	250m: 2:55.20	35.50	350m: 4:09.30		37.29
	100m: 1:06.62	35.45	200m: 2:19.70	36.54	300m: 3:32.01	36.81	400m: 4:41.06		31.76
4.	Mathijs de Wit		KSN (SG)	201001215			<b>4:41.88</b>	+0,77	426
	50m: 31.18	31.18	150m: 1:42.60	35.97	250m: 2:55.39	36.68	350m: 4:07.15		35.85
	100m: 1:06.63	35.45	200m: 2:18.71	36.11	300m: 3:31.30	35.91	400m: 4:41.88		34.73
5.	Ruben Kragt		ZV 44	201000007			<b>4:41.99</b>	+0,68	426
	50m: 30.23	30.23	150m: 1:40.50	36.03	250m: 2:53.50	36.47	350m: 4:06.74		36.51
	100m: 1:04.47	34.24	200m: 2:17.03	36.53	300m: 3:30.23	36.73	400m: 4:41.99		35.25
6.	Mattias Stolk		HZ&PC Heerenveen	201000525			<b>4:42.82</b>	+0,67	422
	50m: 32.02	32.02	150m: 1:43.14	35.95	250m: 2:55.67	36.00	350m: 4:08.29		36.39
	100m: 1:07.19	35.17	200m: 2:19.67	36.53	300m: 3:31.90	36.23	400m: 4:42.82		34.53
7.	Oleksandr Hordiienko		ZV De Aalscholver	201003061			<b>4:42.96</b>	+0,85	422
	50m: 31.30	31.30	150m: 1:43.80	36.81	250m: 2:56.84	36.21	350m: 4:07.69		35.09
	100m: 1:06.99	35.69	200m: 2:20.63	36.83	300m: 3:32.60	35.76	400m: 4:42.96		35.27
8.	Thijmen Puijssers		Hieronymus	201000129			<b>4:43.76</b>	+0,63	418
	50m: 30.48	30.48	150m: 1:41.70	36.52	250m: 2:54.48	36.85	350m: 4:08.10		36.52
	100m: 1:05.18	34.70	200m: 2:17.63	35.93	300m: 3:31.58	37.10	400m: 4:43.76		35.66
9.	Mathieu Gepkens		VZC	201000045			<b>4:44.40</b>	+0,81	415
	50m: 31.51	31.51	150m: 1:42.80	35.89	250m: 2:55.91	36.70	350m: 4:09.03		36.42
	100m: 1:06.91	35.40	200m: 2:19.21	36.41	300m: 3:32.61	36.70	400m: 4:44.40		35.37
10.	Evren Ege Orcunus		De Dolfijn	201003253			<b>4:44.97</b>	+0,64	413
	50m: 30.38	30.38	150m: 1:38.86	34.97	250m: 2:52.63	37.33	350m: 4:08.09		38.23
	100m: 1:03.89	33.51	200m: 2:15.30	36.44	300m: 3:29.86	37.23	400m: 4:44.97		36.88
11.	Max van der Spank		Hieronymus	201000275			<b>4:44.99</b>	+0,80	413
	50m: 31.16	31.16	150m: 1:42.85	36.31	250m: 2:56.25	37.16	350m: 4:09.41		36.56
	100m: 1:06.54	35.38	200m: 2:19.09	36.24	300m: 3:32.85	36.60	400m: 4:44.99		35.58
12.	Mauro Bedeke		DAW	201000537			<b>4:45.81</b>	+0,62	409
	50m: 31.60	31.60	150m: 1:43.08	36.50	250m: 2:57.03	37.25	350m: 4:10.92		37.32
	100m: 1:06.58	34.98	200m: 2:19.78	36.70	300m: 3:33.60	36.57	400m: 4:45.81		34.89
13.	Baris Tomu		ZPCH	201000869			<b>4:45.88</b>	+0,67	409
	50m: 31.37	31.37	150m: 1:42.36	35.80	250m: 2:56.25	37.12	350m: 4:10.48		36.96
	100m: 1:06.56	35.19	200m: 2:19.13	36.77	300m: 3:33.52	37.27	400m: 4:45.88		35.40
14.	Bink Elgersma		Zwemlust- den Hommel	201000137			<b>4:47.20</b>	+0,83	403
	50m: 30.31	30.31	150m: 1:42.14	36.82	250m: 2:56.15	36.92	350m: 4:11.12		37.36
	100m: 1:05.32	35.01	200m: 2:19.23	37.09	300m: 3:33.76	37.61	400m: 4:47.20		36.08
15.	Eli Shields		Niemo Barracuda	201000407			<b>4:47.98</b>	+0,73	400
	50m: 32.30	32.30	150m: 1:45.12	36.68	250m: 2:58.77	36.73	350m: 4:13.01		36.67
	100m: 1:08.44	36.14	200m: 2:22.04	36.92	300m: 3:36.34	37.57	400m: 4:47.98		34.97
16.	Dax van den Noulant		Blue Marlins	201000071			<b>4:48.00</b>	+0,73	400
	50m: 32.05	32.05	150m: 1:45.08	36.77	250m: 2:58.27	36.49	350m: 4:12.23		36.82
	100m: 1:08.31	36.26	200m: 2:21.78	36.70	300m: 3:35.41	37.14	400m: 4:48.00		35.77
17.	Girish Nolden		Blue Marlins	201000087			<b>4:49.42</b>	+0,72	394
	50m: 31.69	31.69	150m: 1:45.60	37.44	250m: 3:01.16	38.12	350m: 4:14.74		36.33
	100m: 1:08.16	36.47	200m: 2:23.04	37.44	300m: 3:38.41	37.25	400m: 4:49.42		34.68
18.	Myron Artemenko		Niemo Barracuda	201003021			<b>4:49.66</b>	+0,69	393
	50m: 31.53	31.53	150m: 1:43.60	36.59	250m: 2:57.19	36.61	350m: 4:13.04		38.64
	100m: 1:07.01	35.48	200m: 2:20.58	36.98	300m: 3:34.40	37.21	400m: 4:49.66		36.62

## Programmanr. 2, Jongens, 400m vrije slag, Junioren 1 en 2

rang	naam		vereniging			tijd	RT	FINA
19.	Joey Snabel		ZPC AMERSFOORT		201002847	<b>4:49.82</b>	+0,64	392
	50m:	31.00	150m:	1:43.61	37.15	250m:	2:58.90	37.85
	100m:	1:06.46	200m:	2:21.05	37.44	300m:	3:37.16	38.26
						350m:	4:14.76	37.60
						400m:	4:49.82	35.06
20.	Sven Casper Hageman		Steenwijk 1934		201000009	<b>4:49.93</b>	+0,67	392
	50m:	29.98	150m:	1:41.28	36.42	250m:	2:57.33	38.07
	100m:	1:04.86	200m:	2:19.26	37.98	300m:	3:35.48	38.15
						350m:	4:13.39	37.91
						400m:	4:49.93	36.54
21.	Gwee Bokma		Zwemlust- den Hommel		201002259	<b>4:50.82</b>	+0,76	388
	50m:	31.74	150m:	1:44.96	36.82	250m:	2:57.99	36.72
	100m:	1:08.14	200m:	2:21.27	36.31	300m:	3:34.78	36.79
						350m:	4:10.77	35.99
						400m:	4:50.82	40.05
22.	Tycho Wienbelt		De Vikings		201001397	<b>4:51.28</b>	+0,76	386
	50m:	33.28	150m:	1:45.59	36.83	250m:	3:00.22	37.16
	100m:	1:08.76	200m:	2:23.06	37.47	300m:	3:37.56	37.34
						350m:	4:14.56	37.00
						400m:	4:51.28	36.72
23.	Kris Westerhout		ZZ&PC De Devel		201000883	<b>4:52.43</b>	+0,65	382
	50m:	32.11	150m:	1:45.15	36.80	250m:	2:59.59	37.49
	100m:	1:08.35	200m:	2:22.10	36.95	300m:	3:37.15	37.56
						350m:	4:15.24	38.09
						400m:	4:52.43	37.19
24.	Mathijs Boersma		ZPC Hoogeveen		201000313	<b>4:52.46</b>	+0,82	382
	50m:	32.12	150m:	1:45.48	37.04	250m:	3:00.21	37.57
	100m:	1:08.44	200m:	2:22.64	37.16	300m:	3:37.70	37.49
						350m:	4:15.52	37.82
						400m:	4:52.46	36.94
25.	Matthijs van Velzen		ZV 44		201100435	<b>4:52.64</b>	+0,75	381
	50m:	31.63	150m:	1:45.34	37.13	250m:	3:00.00	37.40
	100m:	1:08.21	200m:	2:22.60	37.26	300m:	3:37.79	37.79
						350m:	4:15.61	37.82
						400m:	4:52.64	37.03
26.	Stijn Dijkstra		DZ&PC		201000279	<b>4:55.21</b>	+0,68	371
	50m:	34.45	150m:	1:49.47	37.80	250m:	3:03.30	37.03
	100m:	1:11.67	200m:	2:26.27	36.80	300m:	3:40.58	37.28
						350m:	4:18.60	38.02
						400m:	4:55.21	36.61
27.	Melle Pittie		Zwemclub Eijsden		201000179	<b>4:56.27</b>	+0,78	367
	50m:	33.33	150m:	1:48.12	37.71	250m:	3:05.03	39.10
	100m:	1:10.41	200m:	2:25.93	37.81	300m:	3:42.90	37.87
						350m:	4:20.55	37.65
						400m:	4:56.27	35.72
28.	Duco de Gelder		Blue Marlins		201000217	<b>4:58.18</b>	+0,70	360
	50m:	31.69	150m:	1:45.74	37.57	250m:	3:02.47	38.57
	100m:	1:08.17	200m:	2:23.90	38.16	300m:	3:41.36	38.89
						350m:	4:20.28	38.92
						400m:	4:58.18	37.90
29.	Yorre van der Wal		ZV 44		201000017	<b>4:59.33</b>	+0,83	356
	50m:	32.84	150m:	1:47.40	37.37	250m:	3:04.01	38.24
	100m:	1:10.03	200m:	2:25.77	38.37	300m:	3:42.59	38.58
						350m:	4:21.90	39.31
						400m:	4:59.33	37.43
30.	Thijn Runia		DZT'62		201000895	<b>5:00.27</b>	+0,74	353
	50m:	32.92	150m:	1:49.11	38.14	250m:	3:07.06	39.32
	100m:	1:10.97	200m:	2:27.74	38.63	300m:	3:45.71	38.65
						350m:	4:24.07	38.36
						400m:	5:00.27	36.20
31.	Thijs Jonkman		De Duck		201000481	<b>5:00.54</b>	+0,66	352
	50m:	32.04	150m:	1:45.93	37.73	250m:	3:03.37	39.01
	100m:	1:08.20	200m:	2:24.36	38.43	300m:	3:44.08	40.71
						350m:	4:23.12	39.04
						400m:	5:00.54	37.42
32.	Tygo van de Wal		DWK		201001329	<b>5:01.11</b>	+0,75	350
	50m:	33.49	150m:	1:49.00	38.39	250m:	3:06.57	38.47
	100m:	1:10.61	200m:	2:28.10	39.10	300m:	3:45.50	38.93
						350m:	4:24.05	38.55
						400m:	5:01.11	37.06
33.	Finn Wensveen		Zv de Ham		201000811	<b>5:01.13</b>	+0,85	350
	50m:	33.55	150m:	1:49.05	38.11	250m:	3:06.34	38.52
	100m:	1:10.94	200m:	2:27.82	38.77	300m:	3:45.25	38.91
						350m:	4:24.30	39.05
						400m:	5:01.13	36.83
34.	Milan Schuilenburg		ZPC AMERSFOORT		201000935	<b>5:02.11</b>	+0,56	346
	50m:	33.17	150m:	1:48.90	38.25	250m:	3:07.01	39.22
	100m:	1:10.65	200m:	2:27.79	38.89	300m:	3:46.55	39.54
						350m:	4:24.83	38.28
						400m:	5:02.11	37.28
35.	Mees Janssen		DSZ		201102025	<b>5:02.64</b>	+0,63	344
	50m:	32.24	150m:	1:45.69	37.14	250m:	3:01.70	38.47
	100m:	1:08.55	200m:	2:23.23	37.54	300m:	3:42.16	40.46
						350m:	4:22.48	40.32
						400m:	5:02.64	40.16
36.	Sven Potappel		DWK		201000127	<b>5:03.84</b>	+0,63	340
	50m:	33.33	150m:	1:50.12	38.76	250m:	3:08.59	39.46
	100m:	1:11.36	200m:	2:29.13	39.01	300m:	3:47.77	39.18
						350m:	4:26.03	38.26
						400m:	5:03.84	37.81
37.	Jorick Johannes		HZ&PC Heerenveen		201000403	<b>5:06.25</b>	+0,68	332
	50m:	33.36	150m:	1:51.54	39.31	250m:	3:09.87	38.53
	100m:	1:12.23	200m:	2:31.34	39.80	300m:	3:49.59	39.72
						350m:	4:29.28	39.69
						400m:	5:06.25	36.97

## Programmanr. 2, Jongens, 400m vrije slag, Junioren 1 en 2

rang	naam		vereniging					tijd	RT	FINA		
38.	Nordin Vermeer		DWK			201000227		<b>5:06.30</b>	+0,67	332		
	50m:	33.96	33.96	150m:	1:49.63	37.99	250m:	3:07.84	39.74	350m:	4:28.64	40.99
	100m:	1:11.64	37.68	200m:	2:28.10	38.47	300m:	3:47.65	39.81	400m:	5:06.30	37.66
39.	Vince van Dam		ACZ			201000405		<b>5:07.77</b>	+0,75	327		
	50m:	33.58	33.58	150m:	1:48.97	38.42	250m:	3:07.92	39.69	350m:	4:28.45	40.14
	100m:	1:10.55	36.97	200m:	2:28.23	39.26	300m:	3:48.31	40.39	400m:	5:07.77	39.32
40.	Nick Vodde		AZ&PC De Futen			201002211		<b>5:08.61</b>	+0,79	325		
	50m:	33.57	33.57	150m:	1:50.68	39.64	250m:	3:10.15	39.61	350m:	4:30.33	39.98
	100m:	1:11.04	37.47	200m:	2:30.54	39.86	300m:	3:50.35	40.20	400m:	5:08.61	38.28
41.	Dax Muijlaert		SG Octopus - ZVV			201100535		<b>5:09.30</b>	+0,74	323		
	50m:	34.03	34.03	150m:	1:51.35	39.00	250m:	3:10.68	39.70	350m:	4:30.42	39.91
	100m:	1:12.35	38.32	200m:	2:30.98	39.63	300m:	3:50.51	39.83	400m:	5:09.30	38.88
42.	Kasper Lubbers		Orca			201100025		<b>5:09.93</b>	+0,67	321		
	50m:	34.83	34.83	150m:	1:51.77	38.74	250m:	3:11.00	39.85	350m:	4:31.12	40.01
	100m:	1:13.03	38.20	200m:	2:31.15	39.38	300m:	3:51.11	40.11	400m:	5:09.93	38.81
43.	Kick Germers		SWOL 1894			201000185		<b>5:10.00</b>	+0,73	320		
	50m:	34.81	34.81	150m:	1:52.27	38.99	250m:	3:11.79	39.96	350m:	4:32.15	40.29
	100m:	1:13.28	38.47	200m:	2:31.83	39.56	300m:	3:51.86	40.07	400m:	5:10.00	37.85
44.	Amor van der Veen		ZV 44			201100197		<b>5:10.78</b>	+0,65	318		
	50m:	33.43	33.43	150m:	1:52.01	39.92	250m:	3:12.60	40.84	350m:	4:32.45	39.69
	100m:	1:12.09	38.66	200m:	2:31.76	39.75	300m:	3:52.76	40.16	400m:	5:10.78	38.33
45.	Franzi Ziegler		DAW			201100891		<b>5:10.95</b>	+0,66	318		
	50m:	33.79	33.79	150m:	1:51.19	39.22	250m:	3:11.32	40.10	350m:	4:32.97	41.05
	100m:	1:11.97	38.18	200m:	2:31.22	40.03	300m:	3:51.92	40.60	400m:	5:10.95	37.98
46.	Luca Monster		ZPC Numansdorp			201100343		<b>5:16.23</b>	+0,66	302		
	50m:	34.22	34.22	150m:	1:53.11	39.86	250m:	3:13.85	40.52	350m:	4:36.33	41.37
	100m:	1:13.25	39.03	200m:	2:33.33	40.22	300m:	3:54.96	41.11	400m:	5:16.23	39.90
47.	Nils Bellert		SG Octopus - ZVV			201100347		<b>5:17.75</b>	+0,79	298		
	50m:	35.46	35.46	150m:	1:54.78	40.52	250m:	3:17.53	41.45	350m:	4:38.98	40.14
	100m:	1:14.26	38.80	200m:	2:36.08	41.30	300m:	3:58.84	41.31	400m:	5:17.75	38.77
48.	Joep Lindhout		Niemo Barracuda			201100873		<b>5:17.87</b>	+0,74	297		
	50m:	35.49	35.49	150m:	1:55.18	39.74	250m:	3:16.07	40.50	350m:	4:37.42	39.88
	100m:	1:15.44	39.95	200m:	2:35.57	40.39	300m:	3:57.54	41.47	400m:	5:17.87	40.45
49.	Cayden Malone		De Dolfijn			201002195		<b>5:18.95</b>	+0,62	294		
	50m:	32.64	32.64	150m:	1:47.82	38.90	250m:	3:11.63	42.19	350m:	4:37.94	42.86
	100m:	1:08.92	36.28	200m:	2:29.44	41.62	300m:	3:55.08	43.45	400m:	5:18.95	41.01
50.	Nathan Magava		De Dolfijn			201003067		<b>5:28.95</b>	+0,62	268		
	50m:	34.91	34.91	150m:	1:55.49	41.03	250m:	3:19.79	42.47	350m:	4:46.83	43.69
	100m:	1:14.46	39.55	200m:	2:37.32	41.83	300m:	4:03.14	43.35	400m:	5:28.95	42.12