

Programmanr. 35
 10-12-2023 - 9:09

Jongens, 400m vrije slag

 Junioren 3 en 4
 Resultaten

Punten: FINA 2023

rang	naam		vereniging				tijd	RT	FINA
1.	Yarno van Dam		ACZ		200800115		4:07.46	+0,77	630
	50m: 27.62	27.62	150m: 1:29.88	31.62	250m: 2:33.58	31.87	350m: 3:37.22		31.76
	100m: 58.26	30.64	200m: 2:01.71	31.83	300m: 3:05.46	31.88	400m: 4:07.46		30.24
2.	Xiaoyu Yin		Blue Marlins		200803363		4:07.88	+0,69	627
	50m: 27.70	27.70	150m: 1:30.39	31.92	250m: 2:33.16	30.29	350m: 3:37.77		32.39
	100m: 58.47	30.77	200m: 2:02.87	32.48	300m: 3:05.38	32.22	400m: 4:07.88		30.11
3.	Bas Mostert		VZC		200800629		4:09.63	+0,74	614
	50m: 27.72	27.72	150m: 1:29.79	31.70	250m: 2:33.94	31.46	350m: 3:38.20		32.02
	100m: 58.09	30.37	200m: 2:02.48	32.69	300m: 3:06.18	32.24	400m: 4:09.63		31.43
4.	Giovanni Phillipson		Team Noord Holland		200801099		4:13.46	+0,79	587
	50m: 27.37	27.37	150m: 1:29.85	31.68	250m: 2:34.85	32.50	350m: 3:40.77		32.87
	100m: 58.17	30.80	200m: 2:02.35	32.50	300m: 3:07.90	33.05	400m: 4:13.46		32.69
5.	Milan Veelders		De Dinkel		200800279		4:13.89	+0,78	584
	50m: 28.01	28.01	150m: 1:30.70	31.82	250m: 2:35.31	32.63	350m: 3:41.39		33.01
	100m: 58.88	30.87	200m: 2:02.68	31.98	300m: 3:08.38	33.07	400m: 4:13.89		32.50
6.	Tobian Vos		ZPC AMERSFOORT		200900005		4:16.87	+0,73	564
	50m: 28.42	28.42	150m: 1:32.52	32.44	250m: 2:38.48	32.86	350m: 3:45.10		32.90
	100m: 1:00.08	31.66	200m: 2:05.62	33.10	300m: 3:12.20	33.72	400m: 4:16.87		31.77
7.	Sven Koornstra		De Vikings		200900189		4:17.09	+0,79	562
	50m: 30.13	30.13	150m: 1:34.68	32.43	250m: 2:40.11	32.42	350m: 3:45.32		32.87
	100m: 1:02.25	32.12	200m: 2:07.69	33.01	300m: 3:12.45	32.34	400m: 4:17.09		31.77
8.	Diede Veld		HZ&PC Heerenveen		200800011		4:17.73	+0,75	558
	50m: 28.53	28.53	150m: 1:32.73	33.12	250m: 2:39.49	33.33	350m: 3:45.05		32.59
	100m: 59.61	31.08	200m: 2:06.16	33.43	300m: 3:12.46	32.97	400m: 4:17.73		32.68
9.	Theodore Allan		PSV		200902925		4:19.23	+0,71	548
	50m: 28.49	28.49	150m: 1:32.94	32.70	250m: 2:40.85	33.82	350m: 3:47.34		32.72
	100m: 1:00.24	31.75	200m: 2:07.03	34.09	300m: 3:14.62	33.77	400m: 4:19.23		31.89
10.	Felix Gepkens		VZC		200800631		4:19.86	+0,73	544
	50m: 29.74	29.74	150m: 1:35.69	33.34	250m: 2:42.71	32.80	350m: 3:47.98		32.23
	100m: 1:02.35	32.61	200m: 2:09.91	34.22	300m: 3:15.75	33.04	400m: 4:19.86		31.88
11.	Bram ter Braak		De Dinkel		200800281		4:20.92	+0,73	538
	50m: 28.04	28.04	150m: 1:34.76	34.28	250m: 2:42.47	33.45	350m: 3:48.47		32.08
	100m: 1:00.48	32.44	200m: 2:09.02	34.26	300m: 3:16.39	33.92	400m: 4:20.92		32.45
12.	Jaydey Schonewille		Steenwijk 1934		200800025		4:20.97	+0,74	537
	50m: 28.79	28.79	150m: 1:34.27	33.25	250m: 2:41.58	33.73	350m: 3:48.33		33.49
	100m: 1:01.02	32.23	200m: 2:07.85	33.58	300m: 3:14.84	33.26	400m: 4:20.97		32.64
13.	Siem de Zeeuw		OZ&PC		200800013		4:22.13	+0,72	530
	50m: 26.94	26.94	150m: 1:32.02	33.82	250m: 2:40.28	33.89	350m: 3:48.59		34.38
	100m: 58.20	31.26	200m: 2:06.39	34.37	300m: 3:14.21	33.93	400m: 4:22.13		33.54
14.	Rens Noordover		Team Noord Holland		200800237		4:23.18	+0,72	524
	50m: 28.97	28.97	150m: 1:34.13	33.13	250m: 2:41.94	33.93	350m: 3:49.73		33.79
	100m: 1:01.00	32.03	200m: 2:08.01	33.88	300m: 3:15.94	34.00	400m: 4:23.18		33.45
15.	Gijs Koehoorn		HZ&PC Heerenveen		200800275		4:23.23	+0,73	524
	50m: 28.25	28.25	150m: 1:33.39	33.48	250m: 2:42.59	34.56	350m: 3:50.73		34.38
	100m: 59.91	31.66	200m: 2:08.03	34.64	300m: 3:16.35	33.76	400m: 4:23.23		32.50
16.	Tim Boerefijn		WVZ		200802815		4:23.35	+0,76	523
	50m: 28.77	28.77	150m: 1:35.59	33.65	250m: 2:43.02	33.63	350m: 3:50.91		33.83
	100m: 1:01.94	33.17	200m: 2:09.39	33.80	300m: 3:17.08	34.06	400m: 4:23.35		32.44
17.	Martijn Nies		PSV		200902095		4:23.80	+0,88	520
	50m: 30.40	30.40	150m: 1:38.31	34.35	250m: 2:46.62	34.00	350m: 3:50.48		32.71
	100m: 1:03.96	33.56	200m: 2:12.62	34.31	300m: 3:17.77	31.15	400m: 4:23.80		33.32
18.	Wout Serrarens		PSV		200800261		4:24.16	+0,75	518
	50m: 28.50	28.50	150m: 1:34.32	33.77	250m: 2:42.65	34.05	350m: 3:50.95		34.03
	100m: 1:00.55	32.05	200m: 2:08.60	34.28	300m: 3:16.92	34.27	400m: 4:24.16		33.21

Programmanr. 35, Jongens, 400m vrije slag, Junioren 3 en 4

rang	naam	vereniging	tijd	RT	FINA					
19.	Gijs Hartwijk	ZVL-1886	200800573	4:25.34 +0,64	511					
	50m: 29.72	29.72	150m: 1:35.99	33.42	250m: 2:43.33	33.67	350m: 3:51.29	34.27	400m: 4:25.34	34.05
	100m: 1:02.57	32.85	200m: 2:09.66	33.67	300m: 3:17.02	33.69				
20.	Jelte de Jong	ZPCH	200900975	4:25.68 +0,73	509					
	50m: 28.65	28.65	150m: 1:33.45	33.04	250m: 2:41.79	34.42	350m: 3:51.21	34.80		
	100m: 1:00.41	31.76	200m: 2:07.37	33.92	300m: 3:16.41	34.62	400m: 4:25.68	34.47		
21.	Arjan Boogaard	Deltasteur	200800093	4:27.25 +0,66	500					
	50m: 29.07	29.07	150m: 1:36.43	34.32	250m: 2:45.26	34.65	350m: 3:54.33	34.59		
	100m: 1:02.11	33.04	200m: 2:10.61	34.18	300m: 3:19.74	34.48	400m: 4:27.25	32.92		
22.	Figó van Duuren	ZPCH	200800391	4:27.40 +0,75	500					
	50m: 30.31	30.31	150m: 1:37.34	33.80	250m: 2:45.67	34.24	350m: 3:55.22	34.83		
	100m: 1:03.54	33.23	200m: 2:11.43	34.09	300m: 3:20.39	34.72	400m: 4:27.40	32.18		
23.	Ivo Bot	Wiekslag	200900509	4:28.75 +0,73	492					
	50m: 29.07	29.07	150m: 1:38.75	35.21	250m: 2:48.81	35.21	350m: 3:58.07	34.14		
	100m: 1:03.54	34.47	200m: 2:13.60	34.85	300m: 3:23.93	35.12	400m: 4:28.75	30.68		
24.	Teun van Weeren	WS Twente	200801145	4:29.07 +0,74	490					
	50m: 30.38	30.38	150m: 1:37.43	33.93	250m: 2:45.50	34.22	350m: 3:55.24	35.20		
	100m: 1:03.50	33.12	200m: 2:11.28	33.85	300m: 3:20.04	34.54	400m: 4:29.07	33.83		
25.	Sverre van der Zwaan	WVZ	200900737	4:30.54 +0,74	482					
	50m: 29.92	29.92	150m: 1:37.43	34.24	250m: 2:46.64	34.73	350m: 3:56.81	35.26		
	100m: 1:03.19	33.27	200m: 2:11.91	34.48	300m: 3:21.55	34.91	400m: 4:30.54	33.73		
26.	Mink Hugen	Aqua-Novio'94	200801391	4:30.56 +0,73	482					
	50m: 29.45	29.45	150m: 1:36.01	33.57	250m: 2:45.17	34.92	350m: 3:55.54	35.02		
	100m: 1:02.44	32.99	200m: 2:10.25	34.24	300m: 3:20.52	35.35	400m: 4:30.56	35.02		
27.	Mike Hilders	De Dolfijn	200900281	4:30.94 +0,73	480					
	50m: 29.94	29.94	150m: 1:37.23	34.15	250m: 2:46.23	34.56	350m: 3:56.23	35.14		
	100m: 1:03.08	33.14	200m: 2:11.67	34.44	300m: 3:21.09	34.86	400m: 4:30.94	34.71		
28.	Koen de Vries	MZ&PC De Reest	200802379	4:31.99 +0,77	475					
	50m: 30.49	30.49	150m: 1:37.58	34.21	250m: 2:47.48	35.22	350m: 3:57.55	34.86		
	100m: 1:03.37	32.88	200m: 2:12.26	34.68	300m: 3:22.69	35.21	400m: 4:31.99	34.44		
29.	Finn Hilders	De Dolfijn	200900283	4:32.14 +0,58	474					
	50m: 29.69	29.69	150m: 1:38.95	35.06	250m: 2:49.05	34.94	350m: 3:58.97	34.75		
	100m: 1:03.89	34.20	200m: 2:14.11	35.16	300m: 3:24.22	35.17	400m: 4:32.14	33.17		
30.	Aidan van der Stelt	Blue Marlins	200900901	4:34.63 +0,77	461					
	50m: 30.17	30.17	150m: 1:39.61	35.18	250m: 2:50.79	35.48	350m: 4:01.94	35.17		
	100m: 1:04.43	34.26	200m: 2:15.31	35.70	300m: 3:26.77	35.98	400m: 4:34.63	32.69		
31.	Jesse Molegraaf	ZPC AMERSFOORT	200800887	4:35.23 +0,68	458					
	50m: 29.65	29.65	150m: 1:37.52	35.01	250m: 2:46.40	34.43	350m: 4:00.40	37.59		
	100m: 1:02.51	32.86	200m: 2:11.97	34.45	300m: 3:22.81	36.41	400m: 4:35.23	34.83		
32.	Bjorn Scholten	WS Twente	200801143	4:36.25 +0,83	453					
	50m: 29.08	29.08	150m: 1:37.06	34.39	250m: 2:46.78	35.06	350m: 4:00.19	36.51		
	100m: 1:02.67	33.59	200m: 2:11.72	34.66	300m: 3:23.68	36.90	400m: 4:36.25	36.06		
33.	Sam Leferink	De Dinkel	200800833	4:37.27 +0,74	448					
	50m: 29.45	29.45	150m: 1:38.94	35.39	250m: 2:50.68	35.94	350m: 4:02.64	35.82		
	100m: 1:03.55	34.10	200m: 2:14.74	35.80	300m: 3:26.82	36.14	400m: 4:37.27	34.63		
34.	Tim van de Moosdijk	PSV	200900187	4:37.64 +0,74	446					
	50m: 29.57	29.57	150m: 1:38.66	35.63	250m: 2:51.00	35.71	350m: 4:02.89	35.79		
	100m: 1:03.03	33.46	200m: 2:15.29	36.63	300m: 3:27.10	36.10	400m: 4:37.64	34.75		
35.	Lars de Kooter	De Biesboschzwemmers	200800185	4:41.73 +0,70	427					
	50m: 30.93	30.93	150m: 1:41.10	35.53	250m: 2:53.03	36.13	350m: 4:05.34	36.01		
	100m: 1:05.57	34.64	200m: 2:16.90	35.80	300m: 3:29.33	36.30	400m: 4:41.73	36.39		