

Programmanr. 4
 08-12-2023 - 17:04

Jongens, 400m wisselslag

 Junioren 3 en 4
 Resultaten

Punten: FINA 2023

rang	naam	vereniging	200800121	tijd	RT	FINA
1.	Wytse Broekstra <i>NR 15 jarigen</i>	De Vikings	200800121	4:31.02	+0,76	650
	50m: 29.28 29.28	150m: 1:38.22 33.74	250m: 2:49.13 37.49	350m: 4:00.07 32.51		
	100m: 1:04.48 35.20	200m: 2:11.64 33.42	300m: 3:27.56 38.43	400m: 4:31.02 30.95		
2.	Yarno van Dam	ACZ	200800115	4:35.17	+0,72	621
	50m: 28.80 28.80	150m: 1:36.83 34.44	250m: 2:50.61 39.24	350m: 4:02.36 31.84		
	100m: 1:02.39 33.59	200m: 2:11.37 34.54	300m: 3:30.52 39.91	400m: 4:35.17 32.81		
3.	Xiaoyu Yin	Blue Marlines	200803363	4:39.22	+0,68	594
	50m: 28.32 28.32	150m: 1:36.41 35.22	250m: 2:51.59 40.49	350m: 4:06.58 32.80		
	100m: 1:01.19 32.87	200m: 2:11.10 34.69	300m: 3:33.78 42.19	400m: 4:39.22 32.64		
4.	Sven Koornstra	De Vikings	200900189	4:42.85	+0,77	572
	50m: 31.10 31.10	150m: 1:44.46 38.88	250m: 2:59.48 37.48	350m: 4:11.56 33.46		
	100m: 1:05.58 34.48	200m: 2:22.00 37.54	300m: 3:38.10 38.62	400m: 4:42.85 31.29		
5.	Rijk Leenders	VZC	200800627	4:47.80	+0,72	543
	50m: 30.47 30.47	150m: 1:41.23 35.86	250m: 2:58.46 41.54	350m: 4:14.96 34.61		
	100m: 1:05.37 34.90	200m: 2:16.92 35.69	300m: 3:40.35 41.89	400m: 4:47.80 32.84		
6.	Willem Weustink	Team Noord Holland	200800109	4:50.32	+0,68	529
	50m: 29.25 29.25	150m: 1:41.45 36.74	250m: 3:01.70 43.10	350m: 4:18.07 33.15		
	100m: 1:04.71 35.46	200m: 2:18.60 37.15	300m: 3:44.92 43.22	400m: 4:50.32 32.25		
7.	Martijn Nies	PSV	200902095	4:51.49	+0,73	522
	50m: 30.15 30.15	150m: 1:44.44 38.63	250m: 3:04.56 42.00	350m: 4:20.04 32.08		
	100m: 1:05.81 35.66	200m: 2:22.56 38.12	300m: 3:47.96 43.40	400m: 4:51.49 31.45		
8.	Nout Folkersma	PSV	200800595	4:52.08	+0,70	519
	50m: 30.20 30.20	150m: 1:44.53 37.89	250m: 3:02.74 40.72	350m: 4:19.06 33.75		
	100m: 1:06.64 36.44	200m: 2:22.02 37.49	300m: 3:45.31 42.57	400m: 4:52.08 33.02		
9.	Diede Veld	HZ&PC Heerenveen	200800011	4:52.13	+0,70	519
	50m: 30.78 30.78	150m: 1:44.74 37.47	250m: 3:03.44 42.29	350m: 4:20.11 33.83		
	100m: 1:07.27 36.49	200m: 2:21.15 36.41	300m: 3:46.28 42.84	400m: 4:52.13 32.02		
10.	Jaydey Schonewille	Steenwijk 1934	200800025	4:52.46	+0,77	517
	50m: 30.01 30.01	150m: 1:44.46 38.47	250m: 3:02.85 41.13	350m: 4:20.26 34.37		
	100m: 1:05.99 35.98	200m: 2:21.72 37.26	300m: 3:45.89 43.04	400m: 4:52.46 32.20		
11.	Luca Boorsma	De Dolfijn	200902031	4:54.39	+0,63	507
	50m: 29.63 29.63	150m: 1:42.06 37.05	250m: 3:01.94 42.52	350m: 4:20.98 35.53		
	100m: 1:05.01 35.38	200m: 2:19.42 37.36	300m: 3:45.45 43.51	400m: 4:54.39 33.41		
12.	Adriaan Coppelmans	AZC	200903243	4:54.45	+0,66	507
	50m: 30.84 30.84	150m: 1:45.26 37.58	250m: 3:04.08 40.37	350m: 4:21.96 35.06		
	100m: 1:07.68 36.84	200m: 2:23.71 38.45	300m: 3:46.90 42.82	400m: 4:54.45 32.49		
13.	Bas Mostert	VZC	200800629	4:54.62	+0,82	506
	50m: 29.79 29.79	150m: 1:44.85 40.35	250m: 3:07.28 42.96	350m: 4:23.43 32.17		
	100m: 1:04.50 34.71	200m: 2:24.32 39.47	300m: 3:51.26 43.98	400m: 4:54.62 31.19		
14.	Rens Noordover	Team Noord Holland	200800237	4:57.23	+0,80	493
	50m: 31.62 31.62	150m: 1:46.64 38.49	250m: 3:05.27 41.20	350m: 4:22.79 34.87		
	100m: 1:08.15 36.53	200m: 2:24.07 37.43	300m: 3:47.92 42.65	400m: 4:57.23 34.44		
15.	Gijs Koehoorn	HZ&PC Heerenveen	200800275	4:57.52	+0,69	491
	50m: 30.99 30.99	150m: 1:46.63 37.71	250m: 3:06.31 42.15	350m: 4:23.89 34.04		
	100m: 1:08.92 37.93	200m: 2:24.16 37.53	300m: 3:49.85 43.54	400m: 4:57.52 33.63		
16.	Ivo Bot	Wiekslag	200900509	4:57.56	+0,72	491
	50m: 30.67 30.67	150m: 1:45.58 37.82	250m: 3:06.65 43.64	350m: 4:24.43 33.57		
	100m: 1:07.76 37.09	200m: 2:23.01 37.43	300m: 3:50.86 44.21	400m: 4:57.56 33.13		
17.	Tim Boerefijn	WVZ	200802815	4:59.73	+0,75	480
	50m: 30.59 30.59	150m: 1:42.48 36.68	250m: 3:05.18 46.00	350m: 4:25.86 33.98		
	100m: 1:05.80 35.21	200m: 2:19.18 36.70	300m: 3:51.88 46.70	400m: 4:59.73 33.87		
18.	Wanne van Geest	ZV Vlaardingen-Schiedam	200901425	5:00.00	+0,68	479
	50m: 28.26 28.26	150m: 1:43.02 38.79	250m: 3:05.45 44.01	350m: 4:26.09 34.85		
	100m: 1:04.23 35.97	200m: 2:21.44 38.42	300m: 3:51.24 45.79	400m: 5:00.00 33.91		

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rang	naam	vereniging	tijd	RT	FINA
19.	Mattia Maggio	Hellas-Glana	200903311	5:00.07 +0,65	479
	50m: 30.50	150m: 1:44.10	250m: 3:05.90	350m: 4:25.72	35.92
	100m: 1:05.69	200m: 2:21.84	300m: 3:49.80	400m: 5:00.07	34.35
20.	Gijs Hartwijk	ZVL-1886	200800573	5:00.96 +0,62	474
	50m: 31.03	150m: 1:46.40	250m: 3:09.28	350m: 4:27.59	34.78
	100m: 1:06.89	200m: 2:26.29	300m: 3:52.81	400m: 5:00.96	33.37
21.	Mike Hilders	De Dolfijn	200900281	5:02.80 +0,70	466
	50m: 31.04	150m: 1:44.02	250m: 3:05.57	350m: 4:27.41	35.59
	100m: 1:06.92	200m: 2:20.40	300m: 3:51.82	400m: 5:02.80	35.39
	Jelte de Jong	ZPCH	200900975	5:02.80 +0,71	466
	50m: 31.06	150m: 1:45.80	250m: 3:08.79	350m: 4:29.39	34.97
	100m: 1:07.69	200m: 2:23.11	300m: 3:54.42	400m: 5:02.80	33.41
23.	Bram ter Braak	De Dinkel	200800281	5:03.57 +0,70	462
	50m: 29.30	150m: 1:44.78	250m: 3:08.69	350m: 4:29.72	33.95
	100m: 1:06.37	200m: 2:22.98	300m: 3:55.77	400m: 5:03.57	33.85
24.	Rein Stool	ZVL-1886	200800463	5:04.49 +0,72	458
	50m: 30.85	150m: 1:44.45	250m: 3:06.21	350m: 4:29.67	37.71
	100m: 1:07.27	200m: 2:21.13	300m: 3:51.96	400m: 5:04.49	34.82
25.	Felix Gepkens	VZC	200800631	5:05.25 +0,75	455
	50m: 29.70	150m: 1:42.88	250m: 3:06.99	350m: 4:31.02	36.39
	100m: 1:05.28	200m: 2:19.82	300m: 3:54.63	400m: 5:05.25	34.23
26.	Stefan van der Meer	VZC	200901361	5:07.50 +0,70	445
	50m: 31.34	150m: 1:47.68	250m: 3:10.34	350m: 4:32.79	36.86
	100m: 1:08.46	200m: 2:25.54	300m: 3:55.93	400m: 5:07.50	34.71
27.	Bjorn Scholten	WS Twente	200801143	5:07.53 +0,85	445
	50m: 31.24	150m: 1:45.34	250m: 3:11.13	350m: 4:33.60	35.31
	100m: 1:07.85	200m: 2:22.62	300m: 3:58.29	400m: 5:07.53	33.93
28.	Mink Hugen	Aqua-Novio'94	200801391	5:09.86 +0,72	435
	50m: 31.26	150m: 1:49.37	250m: 3:12.73	350m: 4:34.75	35.65
	100m: 1:08.76	200m: 2:28.12	300m: 3:59.10	400m: 5:09.86	35.11
29.	Rian Schoneveld	De Berkelduikers	200801789	5:10.06 +0,70	434
	50m: 29.06	150m: 1:42.20	250m: 3:08.87	350m: 4:34.66	36.31
	100m: 1:04.10	200m: 2:20.05	300m: 3:58.35	400m: 5:10.06	35.40
30.	Jamie Kenworthy	De Dolfijn	200800045	5:11.32 +0,72	429
	50m: 30.00	150m: 1:48.79	250m: 3:14.18	350m: 4:36.61	36.30
	100m: 1:07.26	200m: 2:28.52	300m: 4:00.31	400m: 5:11.32	34.71
31.	Sverre van der Zwaan	WVZ	200900737	5:11.58 +0,65	427
	50m: 32.57	150m: 1:50.79	250m: 3:13.75	350m: 4:36.64	36.53
	100m: 1:12.00	200m: 2:29.39	300m: 4:00.11	400m: 5:11.58	34.94
32.	Teun van Weeren	WS Twente	200801145	5:12.38 +0,71	424
	50m: 31.95	150m: 1:50.64	250m: 3:16.05	350m: 4:37.84	34.77
	100m: 1:10.58	200m: 2:29.96	300m: 4:03.07	400m: 5:12.38	34.54
33.	Thomas Nauta	Arethusa	200900339	5:13.33 +0,63	420
	50m: 34.53	150m: 1:59.00	250m: 3:20.39	350m: 4:40.12	36.11
	100m: 1:17.64	200m: 2:38.62	300m: 4:04.01	400m: 5:13.33	33.21
34.	Duuk Harms	Dedemsvaart-AC	200900201	5:13.64 +0,73	419
	50m: 33.92	150m: 1:51.76	250m: 3:14.59	350m: 4:37.29	37.06
	100m: 1:14.50	200m: 2:28.60	300m: 4:00.23	400m: 5:13.64	36.35
35.	Aidan van der Stelt	Blue Marlins	200900901	5:13.80 +0,65	418
	50m: 33.30	150m: 1:55.46	250m: 3:20.29	350m: 4:42.54	36.49
	100m: 1:12.91	200m: 2:35.33	300m: 4:06.05	400m: 5:13.80	31.26
36.	Tim van de Moosdijk	PSV	200900187	5:15.39 +0,75	412
	50m: 31.59	150m: 1:52.14	250m: 3:18.40	350m: 4:41.50	36.08
	100m: 1:12.98	200m: 2:31.51	300m: 4:05.42	400m: 5:15.39	33.89
37.	Mart Tempelman	Dedemsvaart-AC	200801075	5:15.45 +0,68	412
	50m: 31.17	150m: 1:47.73	250m: 3:12.93	350m: 4:38.65	38.80
	100m: 1:08.31	200m: 2:26.64	300m: 3:59.85	400m: 5:15.45	36.80

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rang	naam		vereniging			tijd	RT	FINA
38.	Joey Pop		ZV Vlaardingen-Schiedam	200800277		5:15.85	+0,83	410
	50m:	32.16	150m:	1:53.16	40.78	250m:	3:20.62	47.16
	100m:	1:12.38	200m:	2:33.46	40.30	300m:	4:07.84	47.22
						350m:	4:43.01	35.17
						400m:	5:15.85	32.84
39.	Brent Schiffers		ZPC Woerden	200902041		5:15.86	+0,73	410
	50m:	32.76	150m:	1:50.63	38.70	250m:	3:16.22	47.81
	100m:	1:11.93	200m:	2:28.41	37.78	300m:	4:04.17	47.95
						350m:	4:41.46	37.29
						400m:	5:15.86	34.40
40.	Lars de Kooter		De Biesboschwimmers	200800185		5:18.13	+0,71	402
	50m:	32.60	150m:	1:55.78	41.82	250m:	3:18.13	41.71
	100m:	1:13.96	200m:	2:36.42	40.64	300m:	4:02.08	43.95
						350m:	4:40.53	38.45
						400m:	5:18.13	37.60