

Programmanr. 25  
16-12-2023 - 17:11

Heren, 400m wisselslag

Senioren Open  
Resultaten Finale

Punten: FINA 2023

| rang            | naam                                      | vereniging               | tijd                           | RT             | FINA                           | para           |                                |                |
|-----------------|---|--------------------------|--------------------------------|----------------|--------------------------------|----------------|--------------------------------|----------------|
| <b>Finale A</b> |   |                          |                                |                |                                |                |                                |                |
| 1.              | Thomas Jansen<br><i>Nederlands Record</i> | TeamNL - WVZ             | 200100143                      | <b>4:05.41</b> | +0,73                          | 875            |                                |                |
|                 | 50m: 26.94<br>100m: 57.67                 | 26.94<br>30.73           | 150m: 1:29.18<br>200m: 1:59.36 | 31.51<br>30.18 | 250m: 2:34.14<br>300m: 3:09.20 | 34.78<br>35.06 | 350m: 3:37.92<br>400m: 4:05.41 | 28.72<br>27.49 |
| 2.              | Yanieck Weijland                          | TeamNL - Blue Marlins    | 200500329                      | <b>4:20.13</b> | +0,65                          | 735            |                                |                |
|                 | 50m: 28.01<br>100m: 1:00.24               | 28.01<br>32.23           | 150m: 1:33.91<br>200m: 2:07.38 | 33.67<br>33.47 | 250m: 2:42.96<br>300m: 3:19.15 | 35.58<br>36.19 | 350m: 3:50.18<br>400m: 4:20.13 | 31.03<br>29.95 |
| 3.              | Sven Klink                                | SWOL 1894                | 200500349                      | <b>4:24.58</b> | +0,75                          | 699            |                                |                |
|                 | 50m: 27.57<br>100m: 59.73                 | 27.57<br>32.16           | 150m: 1:33.85<br>200m: 2:07.41 | 34.12<br>33.56 | 250m: 2:45.49<br>300m: 3:24.18 | 38.08<br>38.69 | 350m: 3:55.11<br>400m: 4:24.58 | 30.93<br>29.47 |
| 4.              | Tiede Groener                             | De Dinkel                | 200700155                      | <b>4:28.22</b> | +0,75                          | 670            |                                |                |
|                 | 50m: 27.94<br>100m: 1:01.15               | 27.94<br>33.21           | 150m: 1:36.35<br>200m: 2:10.32 | 35.20<br>33.97 | 250m: 2:48.58<br>300m: 3:27.53 | 38.26<br>38.95 | 350m: 3:59.01<br>400m: 4:28.22 | 31.48<br>29.21 |
| 5.              | Wouter Zijlstra                           | HZ&PC Heerenveen         | 200401545                      | <b>4:29.29</b> | +0,64                          | 662            |                                |                |
|                 | 50m: 29.13<br>100m: 1:02.83               | 29.13<br>33.70           | 150m: 1:38.09<br>200m: 2:12.82 | 35.26<br>34.73 | 250m: 2:50.19<br>300m: 3:28.59 | 37.37<br>38.40 | 350m: 3:59.54<br>400m: 4:29.29 | 30.95<br>29.75 |
| 6.              | Joris Janssen                             | Aqua-Novio'94            | 200301311                      | <b>4:31.02</b> | +0,81                          | 650            |                                |                |
|                 | 50m: 28.99<br>100m: 1:02.47               | 28.99<br>33.48           | 150m: 1:37.71<br>200m: 2:12.36 | 35.24<br>34.65 | 250m: 2:50.38<br>300m: 3:29.03 | 38.02<br>38.65 | 350m: 4:00.96<br>400m: 4:31.02 | 31.93<br>30.06 |
| 7.              | Tieme Wiersma                             | DZ&PC                    | 200701031                      | <b>4:33.15</b> | +0,71                          | 635            |                                |                |
|                 | 50m: 30.02<br>100m: 1:05.77               | 30.02<br>35.75           | 150m: 1:40.20<br>200m: 2:13.64 | 34.43<br>33.44 | 250m: 2:52.00<br>300m: 3:31.89 | 38.36<br>39.89 | 350m: 4:03.03<br>400m: 4:33.15 | 31.14<br>30.12 |
| 8.              | Youri Voet                                | De Duinkickers           | 200502269                      | <b>4:47.39</b> | +0,78                          | 545            |                                |                |
|                 | 50m: 30.32<br>100m: 1:06.12               | 30.32<br>35.80           | 150m: 1:42.00<br>200m: 2:17.83 | 35.88<br>35.83 | 250m: 2:58.76<br>300m: 3:42.08 | 40.93<br>43.32 | 350m: 4:15.69<br>400m: 4:47.39 | 33.61<br>31.70 |
| <b>Finale B</b> |   |                          |                                |                |                                |                |                                |                |
| 9.              | Ronis van Everdingen                      | DWK                      | 200300043                      | <b>4:36.93</b> | +0,81                          | 609            |                                |                |
|                 | 50m: 27.94<br>100m: 1:01.10               | 27.94<br>33.16           | 150m: 1:36.82<br>200m: 2:11.66 | 35.72<br>34.84 | 250m: 2:51.29<br>300m: 3:31.55 | 39.63<br>40.26 | 350m: 4:04.59<br>400m: 4:36.93 | 33.04<br>32.34 |
| 10.             | Lucas van Rooij                           | PSV                      | 200603943                      | <b>4:38.31</b> | +0,71                          | 600            |                                |                |
|                 | 50m: 28.84<br>100m: 1:02.51               | 28.84<br>33.67           | 150m: 1:40.30<br>200m: 2:17.20 | 37.79<br>36.90 | 250m: 2:58.08<br>300m: 3:39.03 | 40.88<br>40.95 | 350m: 4:09.50<br>400m: 4:38.31 | 30.47<br>28.81 |
| 11.             | Imme Bousema                              | Blue Marlins             | 200601873                      | <b>4:38.44</b> | +0,68                          | 599            |                                |                |
|                 | 50m: 29.57<br>100m: 1:03.92               | 29.57<br>34.35           | 150m: 1:42.05<br>200m: 2:19.58 | 38.13<br>37.53 | 250m: 2:57.39<br>300m: 3:35.13 | 37.81<br>37.74 | 350m: 4:08.30<br>400m: 4:38.44 | 33.17<br>30.14 |
| 12.             | Mies de Wit                               | CWW Swim team (SG)       | 200700315                      | <b>4:38.49</b> | +0,67                          | 599            |                                |                |
|                 | 50m: 29.34<br>100m: 1:04.11               | 29.34<br>34.77           | 150m: 1:41.57<br>200m: 2:18.36 | 37.46<br>36.79 | 250m: 2:57.32<br>300m: 3:36.42 | 38.96<br>39.10 | 350m: 4:08.78<br>400m: 4:38.49 | 32.36<br>29.71 |
| 13.             | Luc Kerpels                               | ZPC Hoogeveen            | 200503015                      | <b>4:41.08</b> | +0,77                          | 582            |                                |                |
|                 | 50m: 30.39<br>100m: 1:05.15               | 30.39<br>34.76           | 150m: 1:40.33<br>200m: 2:15.09 | 35.18<br>34.76 | 250m: 2:56.11<br>300m: 3:38.15 | 41.02<br>42.04 | 350m: 4:10.37<br>400m: 4:41.08 | 32.22<br>30.71 |
| 14.             | Job Sanders                               | ZPC AMERSFOORT           | 200304913                      | <b>4:45.35</b> | +0,75                          | 557            |                                |                |
|                 | 50m: 28.58<br>100m: 1:02.24               | 28.58<br>33.66           | 150m: 1:39.92<br>200m: 2:17.78 | 37.68<br>37.86 | 250m: 2:58.89<br>300m: 3:40.55 | 41.11<br>41.66 | 350m: 4:13.55<br>400m: 4:45.35 | 33.00<br>31.80 |
| 15.             | Bas Takken                                | TeamNL PARA - De Dolfijn | 199901643 SM10                 | <b>4:50.18</b> | +0,73                          | 529            |                                |                |
|                 | 50m: 30.26<br>100m: 1:08.89               | 30.26<br>38.63           | 150m: 1:45.07<br>200m: 2:19.83 | 36.18<br>34.76 | 250m: 3:03.35<br>300m: 3:47.08 | 43.52<br>43.73 | 350m: 4:19.06<br>400m: 4:50.18 | 31.98<br>31.12 |
| 16.             | Darren Chen                               | ZPC AMERSFOORT           | 200001149                      | <b>4:56.38</b> | +0,65                          | 497            |                                |                |
|                 | 50m: 28.35<br>100m: 1:00.96               | 28.35<br>32.61           | 150m: 1:38.92<br>200m: 2:17.38 | 37.96<br>38.46 | 250m: 2:58.06<br>300m: 3:41.32 | 40.68<br>43.26 | 350m: 4:18.28<br>400m: 4:56.38 | 36.96<br>38.10 |

B = Bonus inschrijving