

Programmanr. 16
4-12-2021

Heren, 400m wisselslag

Senioren Open
Resultaten Voorronde

Punten: FINA 2020

rang	naam		vereniging			tijd	RT	FINA	para
Jeugd 1 en 2									
1.	David Groenewegen		PSV		200400469	4:25.25	+0,76	Q	693
	50m: 28.49	28.49	150m: 1:34.62	33.57	250m: 2:45.28	37.58	350m: 3:55.10		31.53
	100m: 1:01.05	32.56	200m: 2:07.70	33.08	300m: 3:23.57	38.29	400m: 4:25.25		30.15
2.	Abel te Riele		WVZ		200402317	4:29.58	+0,76	Q	660
	50m: 28.65	28.65	150m: 1:37.26	35.34	250m: 2:48.95	37.29	350m: 3:59.28		31.92
	100m: 1:01.92	33.27	200m: 2:11.66	34.40	300m: 3:27.36	38.41	400m: 4:29.58		30.30
3.	Yanieck Weijland		Blue Marlins (SG)		200500329	4:30.07	+0,72	Q	657
	50m: 28.85	28.85	150m: 1:38.08	35.16	250m: 2:49.61	36.96	350m: 3:59.46		32.51
	100m: 1:02.92	34.07	200m: 2:12.65	34.57	300m: 3:26.95	37.34	400m: 4:30.07		30.61
4.	Sven Klink		SWOL 1894		200500349	4:32.89	+0,71	Q	637
	50m: 29.29	29.29	150m: 1:37.39	35.18	250m: 2:51.03	38.72	350m: 4:02.63		31.49
	100m: 1:02.21	32.92	200m: 2:12.31	34.92	300m: 3:31.14	40.11	400m: 4:32.89		30.26
5.	Cas Verstegen		HZPC		200500891	4:34.96	+0,79	Q	622
	50m: 29.03	29.03	150m: 1:38.53	36.17	250m: 2:52.28	37.82	350m: 4:03.15		32.50
	100m: 1:02.36	33.33	200m: 2:14.46	35.93	300m: 3:30.65	38.37	400m: 4:34.96		31.81
6.	Koen Marsman		ZPC AMERSFOORT		200502763	4:41.83	+0,66		578
	50m: 29.41	29.41	150m: 1:41.08	37.65	250m: 2:57.59	40.95	350m: 4:10.97		32.53
	100m: 1:03.43	34.02	200m: 2:16.64	35.56	300m: 3:38.44	40.85	400m: 4:41.83		30.86
7.	Quinn Heederik		ZPC Hoogeveen		200400093	4:42.81	+0,73		572
	50m: 29.51	29.51	150m: 1:39.65	36.88	250m: 2:56.83	41.77	350m: 4:12.60		31.81
	100m: 1:02.77	33.26	200m: 2:15.06	35.41	300m: 3:40.79	43.96	400m: 4:42.81		30.21
8.	Wouter Zijlstra		HZ&PC Heerenveen		200401545	4:43.72	+0,54		566
	50m: 29.82	29.82	150m: 1:40.22	36.26	250m: 2:57.50	40.39	350m: 4:11.16		33.42
	100m: 1:03.96	34.14	200m: 2:17.11	36.89	300m: 3:37.74	40.24	400m: 4:43.72		32.56
9.	Mac Peekes		ZPC Hoogeveen		200400153	4:55.03	+0,72		504
	50m: 32.64	32.64	150m: 1:46.33	35.75	250m: 3:05.41	43.33	350m: 4:22.76		32.96
	100m: 1:10.58	37.94	200m: 2:22.08	35.75	300m: 3:49.80	44.39	400m: 4:55.03		32.27
10.	Nathan Janssen		De Geul		200401565	5:09.95	+0,67		434
	50m: 30.79	30.79	150m: 1:51.60	42.73	250m: 3:14.78	43.35	350m: 4:34.66		36.33
	100m: 1:08.87	38.08	200m: 2:31.43	39.83	300m: 3:58.33	43.55	400m: 5:09.95		35.29

Senioren 1 en 2

1.	Lars Verhale		PSV		200200019	4:29.57	+0,75	Q	660
	50m: 28.38	28.38	150m: 1:36.91	34.93	250m: 2:49.49	38.13	350m: 3:59.49		31.38
	100m: 1:01.98	33.60	200m: 2:11.36	34.45	300m: 3:28.11	38.62	400m: 4:29.57		30.08
2.	Kylian Heederik		ZPC Hoogeveen		200300353	4:38.13	+0,68	R	601
	50m: 30.04	30.04	150m: 1:40.11	35.39	250m: 2:53.62	38.23	350m: 4:05.74		33.26
	100m: 1:04.72	34.68	200m: 2:15.39	35.28	300m: 3:32.48	38.86	400m: 4:38.13		32.39
3.	Ronis van Everdingen		DWK		200300043	4:40.68	+0,77		585
	50m: 28.37	28.37	150m: 1:37.17	35.37	250m: 2:54.06	41.99	350m: 4:08.92		32.48
	100m: 1:01.80	33.43	200m: 2:12.07	34.90	300m: 3:36.44	42.38	400m: 4:40.68		31.76
4.	Thomas van Wanrooij <i>Wereld Record PARA</i>		HPC PARA - Poseidon '56		200201473	4:40.95	+0,72		583 1454
	50m: 28.60	28.60	150m: 1:38.06	36.04	250m: 2:54.09	39.91	350m: 4:07.91		33.35
	100m: 1:02.02	33.42	200m: 2:14.18	36.12	300m: 3:34.56	40.47	400m: 4:40.95		33.04
5.	Guus Hoogduin		ZVL-1886 Tetteroo		200201069	4:49.31	+0,72		534
	50m: 29.14	29.14	150m: 1:39.53	37.05	250m: 2:58.27	42.27	350m: 4:15.93		34.22
	100m: 1:02.48	33.34	200m: 2:16.00	36.47	300m: 3:41.71	43.44	400m: 4:49.31		33.38
6.	Kevin Lucas		De Dinkel		200300545	4:51.20	+0,75		524
	50m: 29.73	29.73	150m: 1:44.20	38.87	250m: 3:01.61	40.55	350m: 4:17.85		34.91
	100m: 1:05.33	35.60	200m: 2:21.06	36.86	300m: 3:42.94	41.33	400m: 4:51.20		33.35
7.	Daan Hogerhuis		De Columbiaan		200300317	4:53.09	+0,69		514
	50m: 29.88	29.88	150m: 1:45.05	38.74	250m: 3:05.17	42.70	350m: 4:20.78		33.46
	100m: 1:06.31	36.43	200m: 2:22.47	37.42	300m: 3:47.32	42.15	400m: 4:53.09		32.31
8.	Luc van Eijndhoven		PSV		200200139	4:55.43	+0,74		502
	50m: 30.05	30.05	150m: 1:42.46	36.89	250m: 3:02.71	43.49	350m: 4:22.11		34.45
	100m: 1:05.57	35.52	200m: 2:19.22	36.76	300m: 3:47.66	44.95	400m: 4:55.43		33.32

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Senioren Open

1.	Thomas Jansen		Rijnhaeghe (SG)	200100143	4:17.98	+0,73	Q	754
	50m: 27.83	27.83	150m: 1:31.01	31.92	250m: 2:40.31	37.55	350m: 3:48.47	30.45
	100m: 59.09	31.26	200m: 2:02.76	31.75	300m: 3:18.02	37.71	400m: 4:17.98	29.51
2.	Jari Groenhart		DZ&PC	200000271	4:21.02	+0,75	Q	727
	50m: 28.50	28.50	150m: 1:33.28	32.44	250m: 2:43.74	37.98	350m: 3:51.05	30.15
	100m: 1:00.84	32.34	200m: 2:05.76	32.48	300m: 3:20.90	37.16	400m: 4:21.02	29.97
3.	David Groenewegen		PSV	200400469	4:25.25	+0,76	Q	693
	50m: 28.49	28.49	150m: 1:34.62	33.57	250m: 2:45.28	37.58	350m: 3:55.10	31.53
	100m: 1:01.05	32.56	200m: 2:07.70	33.08	300m: 3:23.57	38.29	400m: 4:25.25	30.15
4.	Lars Verhalle		PSV	200200019	4:29.57	+0,75	Q	660
	50m: 28.38	28.38	150m: 1:36.91	34.93	250m: 2:49.49	38.13	350m: 3:59.49	31.38
	100m: 1:01.98	33.60	200m: 2:11.36	34.45	300m: 3:28.11	38.62	400m: 4:29.57	30.08
5.	Abel te Riele		WVZ	200402317	4:29.58	+0,76	Q	660
	50m: 28.65	28.65	150m: 1:37.26	35.34	250m: 2:48.95	37.29	350m: 3:59.28	31.92
	100m: 1:01.92	33.27	200m: 2:11.66	34.40	300m: 3:27.36	38.41	400m: 4:29.58	30.30
6.	Yanieck Weijland		Blue Marlins (SG)	200500329	4:30.07	+0,72	Q	657
	50m: 28.85	28.85	150m: 1:38.08	35.16	250m: 2:49.61	36.96	350m: 3:59.46	32.51
	100m: 1:02.92	34.07	200m: 2:12.65	34.57	300m: 3:26.95	37.34	400m: 4:30.07	30.61
7.	Sven Klink		SWOL 1894	200500349	4:32.89	+0,71	Q	637
	50m: 29.29	29.29	150m: 1:37.39	35.18	250m: 2:51.03	38.72	350m: 4:02.63	31.49
	100m: 1:02.21	32.92	200m: 2:12.31	34.92	300m: 3:31.14	40.11	400m: 4:32.89	30.26
8.	Cas Verstegen		HZPC	200500891	4:34.96	+0,79	Q	622
	50m: 29.03	29.03	150m: 1:38.53	36.17	250m: 2:52.28	37.82	350m: 4:03.15	32.50
	100m: 1:02.36	33.33	200m: 2:14.46	35.93	300m: 3:30.65	38.37	400m: 4:34.96	31.81
9.	Kylian Heederik		ZPC Hoogeveen	200300353	4:38.13	+0,68	R	601
	50m: 30.04	30.04	150m: 1:40.11	35.39	250m: 2:53.62	38.23	350m: 4:05.74	33.26
	100m: 1:04.72	34.68	200m: 2:15.39	35.28	300m: 3:32.48	38.86	400m: 4:38.13	32.39
10.	Owen Peeks		ZPC Hoogeveen	200100765	4:39.09	+0,84	R	595
	50m: 30.64	30.64	150m: 1:40.46	34.43	250m: 2:55.17	41.65	350m: 4:08.47	31.36
	100m: 1:06.03	35.39	200m: 2:13.52	33.06	300m: 3:37.11	41.94	400m: 4:39.09	30.62
11.	Ronis van Everdingen		DWK	200300043	4:40.68	+0,77		585
	50m: 28.37	28.37	150m: 1:37.17	35.37	250m: 2:54.06	41.99	350m: 4:08.92	32.48
	100m: 1:01.80	33.43	200m: 2:12.07	34.90	300m: 3:36.44	42.38	400m: 4:40.68	31.76
12.	Thomas van Wanrooij		HPC PARA - Poseidon '56	200201473	4:40.95	+0,72		583 1454
	50m: 28.60	28.60	150m: 1:38.06	36.04	250m: 2:54.09	39.91	350m: 4:07.91	33.35
	100m: 1:02.02	33.42	200m: 2:14.18	36.12	300m: 3:34.56	40.47	400m: 4:40.95	33.04
13.	Koen Marsman		ZPC AMERSFOORT	200502763	4:41.83	+0,66		578
	50m: 29.41	29.41	150m: 1:41.08	37.65	250m: 2:57.59	40.95	350m: 4:10.97	32.53
	100m: 1:03.43	34.02	200m: 2:16.64	35.56	300m: 3:38.44	40.85	400m: 4:41.83	30.86
14.	Quinn Heederik		ZPC Hoogeveen	200400093	4:42.81	+0,73		572
	50m: 29.51	29.51	150m: 1:39.65	36.88	250m: 2:56.83	41.77	350m: 4:12.60	31.81
	100m: 1:02.77	33.26	200m: 2:15.06	35.41	300m: 3:40.79	43.96	400m: 4:42.81	30.21
15.	Wouter Zijlstra		HZ&PC Heerenveen	200401545	4:43.72	+0,54		566
	50m: 29.82	29.82	150m: 1:40.22	36.26	250m: 2:57.50	40.39	350m: 4:11.16	33.42
	100m: 1:03.96	34.14	200m: 2:17.11	36.89	300m: 3:37.74	40.24	400m: 4:43.72	32.56
16.	Darren Chen		Borger	200001149	4:49.01	+0,67		536
	50m: 29.73	29.73	150m: 1:43.05	38.78	250m: 3:01.88	40.88	350m: 4:16.85	33.53
	100m: 1:04.27	34.54	200m: 2:21.00	37.95	300m: 3:43.32	41.44	400m: 4:49.01	32.16
17.	Guus Hoogduin		ZVL-1886 Tetteroo	200201069	4:49.31	+0,72		534
	50m: 29.14	29.14	150m: 1:39.53	37.05	250m: 2:58.27	42.27	350m: 4:15.93	34.22
	100m: 1:02.48	33.34	200m: 2:16.00	36.47	300m: 3:41.71	43.44	400m: 4:49.31	33.38
18.	Kevin Lucas		De Dinkel	200300545	4:51.20	+0,75		524
	50m: 29.73	29.73	150m: 1:44.20	38.87	250m: 3:01.61	40.55	350m: 4:17.85	34.91
	100m: 1:05.33	35.60	200m: 2:21.06	36.86	300m: 3:42.94	41.33	400m: 4:51.20	33.35
19.	Martijn Velders		Aqua-Novio'94	199502619	4:52.60	+0,62		516
	50m: 31.34	31.34	150m: 1:47.54	39.31	250m: 3:05.26	38.11	350m: 4:19.13	34.86
	100m: 1:08.23	36.89	200m: 2:27.15	39.61	300m: 3:44.27	39.01	400m: 4:52.60	33.47
20.	Daan Hogerhuis		De Columbiaan	200300317	4:53.09	+0,69		514
	50m: 29.88	29.88	150m: 1:45.05	38.74	250m: 3:05.17	42.70	350m: 4:20.78	33.46
	100m: 1:06.31	36.43	200m: 2:22.47	37.42	300m: 3:47.32	42.15	400m: 4:53.09	32.31
21.	Richard Kuipers		HZ&PC Heerenveen	199704171	4:53.69	+0,76		511
	50m: 29.78	29.78	150m: 1:43.12	37.44	250m: 3:01.73	42.22	350m: 4:19.45	34.65
	100m: 1:05.68	35.90	200m: 2:19.51	36.39	300m: 3:44.80	43.07	400m: 4:53.69	34.24

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rang	naam	vereniging		tijd		RT	FINA	para
22.	Mac Peeks	ZPC Hoogeveen		200400153		4:55.03	+0,72	504
	50m: 32.64	32.64	150m: 1:46.33	35.75	250m: 3:05.41	43.33	350m: 4:22.76	32.96
	100m: 1:10.58	37.94	200m: 2:22.08	35.75	300m: 3:49.80	44.39	400m: 4:55.03	32.27
23.	Luc van Eijndhoven	PSV		200200139		4:55.43	+0,74	502
	50m: 30.05	30.05	150m: 1:42.46	36.89	250m: 3:02.71	43.49	350m: 4:22.11	34.45
	100m: 1:05.57	35.52	200m: 2:19.22	36.76	300m: 3:47.66	44.95	400m: 4:55.43	33.32
24.	Nathan Janssen	De Geul		200401565		5:09.95	+0,67	434
	50m: 30.79	30.79	150m: 1:51.60	42.73	250m: 3:14.78	43.35	350m: 4:34.66	36.33
	100m: 1:08.87	38.08	200m: 2:31.43	39.83	300m: 3:58.33	43.55	400m: 5:09.95	35.29