

Programmanr. 15
 22-06-2024 - 9:43

Jongens, 400m vrije slag

 Junioren 3 en 4
 Resultaten

Punten: FINA 2024

rang	naam		vereniging					tijd	RT	FINA	
1.	Bas Mostert		VZC			200800629		4:09.20	+0,71	688	
	50m:	27.86	150m:	1:30.05	32.02	250m:	2:34.96	32.65	350m:	3:38.65	31.29
	100m:	58.03	200m:	2:02.31	32.26	300m:	3:07.36	32.40	400m:	4:09.20	30.55
2.	Martijn Nies		PSV			200902095		4:09.66	+0,78	684	
	50m:	28.36	150m:	1:31.83	32.11	250m:	2:36.13	31.53	350m:	3:39.61	31.34
	100m:	59.72	200m:	2:04.60	32.77	300m:	3:08.27	32.14	400m:	4:09.66	30.05
3.	Milan Veelders		De Dinkel			200800279		4:14.56	+0,81	646	
	50m:	28.68	150m:	1:32.76	32.63	250m:	2:38.17	32.74	350m:	3:42.66	31.87
	100m:	1:00.13	200m:	2:05.43	32.67	300m:	3:10.79	32.62	400m:	4:14.56	31.90
4.	Diede Veld		HZ&PC Heerenveen			200800011		4:14.72	+0,79	644	
	50m:	28.54	150m:	1:32.94	32.82	250m:	2:38.23	32.57	350m:	3:43.35	32.21
	100m:	1:00.12	200m:	2:05.66	32.72	300m:	3:11.14	32.91	400m:	4:14.72	31.37
5.	Sven Koorstra		De Vikings			200900189		4:15.65	+0,78	637	
	50m:	29.76	150m:	1:34.34	32.88	250m:	2:39.69	32.75	350m:	3:44.62	32.33
	100m:	1:01.46	200m:	2:06.94	32.60	300m:	3:12.29	32.60	400m:	4:15.65	31.03
6.	Bram ter Braak		De Dinkel			200800281		4:20.08	+0,79	605	
	50m:	27.70	150m:	1:33.63	33.81	250m:	2:41.72	34.03	350m:	3:48.77	32.33
	100m:	59.82	200m:	2:07.69	34.06	300m:	3:16.44	34.72	400m:	4:20.08	31.31
7.	Theodore Allan		PSV			200902925		4:20.32	+0,63	604	
	50m:	28.39	150m:	1:33.20	32.74	250m:	2:39.91	33.15	350m:	3:46.94	33.42
	100m:	1:00.46	200m:	2:06.76	33.56	300m:	3:13.52	33.61	400m:	4:20.32	33.38
8.	Giovanni Phillipson		Team Noord Holland (SG)			200801099		4:21.54	+0,77	595	
	50m:	28.35	150m:	1:33.67	33.00	250m:	2:41.00	33.80	350m:	3:49.15	33.77
	100m:	1:00.67	200m:	2:07.20	33.53	300m:	3:15.38	34.38	400m:	4:21.54	32.39
9.	Siem de Zeeuw		OZ&PC			200800013		4:21.59	+0,73	595	
	50m:	28.79	150m:	1:34.64	33.52	250m:	2:41.92	33.50	350m:	3:50.03	34.33
	100m:	1:01.12	200m:	2:08.42	33.78	300m:	3:15.70	33.78	400m:	4:21.59	31.56
10.	Jelte de Jong		ZPCH			200900975		4:22.93	+0,74	586	
	50m:	29.46	150m:	1:35.42	33.61	250m:	2:42.55	32.89	350m:	3:49.72	33.46
	100m:	1:01.81	200m:	2:09.66	34.24	300m:	3:16.26	33.71	400m:	4:22.93	33.21
11.	Tim Boerefijn		WVZ			200802815		4:23.00	+0,72	585	
	50m:	28.94	150m:	1:35.13	33.61	250m:	2:43.72	34.24	350m:	3:50.96	33.39
	100m:	1:01.52	200m:	2:09.48	34.35	300m:	3:17.57	33.85	400m:	4:23.00	32.04
12.	Nout Folkersma		PSV			200800595		4:24.47	+0,69	576	
	50m:	29.11	150m:	1:34.64	33.26	250m:	2:41.89	33.10	350m:	3:50.57	34.24
	100m:	1:01.38	200m:	2:08.79	34.15	300m:	3:16.33	34.44	400m:	4:24.47	33.90
13.	Gijs Hartwijk		ZVL-1886			200800573		4:28.55	+0,70	550	
	50m:	29.94	150m:	1:36.85	33.85	250m:	2:45.86	34.60	350m:	3:55.22	34.63
	100m:	1:03.00	200m:	2:11.26	34.41	300m:	3:20.59	34.73	400m:	4:28.55	33.33
14.	Rens Noordover		Team Noord Holland (SG)			200800237		4:28.60	+0,75	550	
	50m:	30.15	150m:	1:37.47	34.18	250m:	2:46.18	34.64	350m:	3:55.44	34.63
	100m:	1:03.29	200m:	2:11.54	34.07	300m:	3:20.81	34.63	400m:	4:28.60	33.16
15.	Ruben Baars		DWK			200900471		4:30.62	+0,76	537	
	50m:	28.98	150m:	1:36.48	33.30	250m:	2:45.38	34.35	350m:	3:55.53	35.22
	100m:	1:03.18	200m:	2:11.03	34.55	300m:	3:20.31	34.93	400m:	4:30.62	35.09
16.	Xiaoyu Yin		Blue Marlins			200803363		4:32.00	+0,73	529	
	50m:	29.73	150m:	1:35.89	33.22	250m:	2:46.20	35.24	350m:	3:57.90	36.02
	100m:	1:02.67	200m:	2:10.96	35.07	300m:	3:21.88	35.68	400m:	4:32.00	34.10
17.	Liam Tjin Wong Joe		De Dolfijn			200804105		4:32.13	+0,69	528	
	50m:	30.27	150m:	1:39.23	34.68	250m:	2:49.87	35.07	350m:	3:59.57	34.12
	100m:	1:04.55	200m:	2:14.80	35.57	300m:	3:25.45	35.58	400m:	4:32.13	32.56
18.	Felix Gepkens		VZC			200800631		4:32.63	+0,78	525	
	50m:	31.10	150m:	1:39.77	34.30	250m:	2:50.10	35.57	350m:	4:00.34	34.76
	100m:	1:05.47	200m:	2:14.53	34.76	300m:	3:25.58	35.48	400m:	4:32.63	32.29

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rang	naam		vereniging				tijd	RT	FINA
19.	Finn Eghuizen		HZ&PC Heerenveen		200900431		4:32.83	+0,69	524
	50m:	29.53	150m:	1:37.43	34.43	250m:	2:48.24	34.98	35.10
	100m:	1:03.00	200m:	2:13.26	35.83	300m:	3:23.42	35.18	34.31
20.	Arjan Boogaard		Deltasteur		200800093		4:32.86	+0,69	524
	50m:	30.47	150m:	1:39.49	35.31	250m:	2:50.47	35.75	34.87
	100m:	1:04.18	200m:	2:14.72	35.23	300m:	3:25.81	35.34	32.18
21.	Sverre van der Zwaan		WVZ		200900737		4:33.50	+0,57	520
	50m:	30.41	150m:	1:39.25	34.90	250m:	2:50.16	35.54	34.68
	100m:	1:04.35	200m:	2:14.62	35.37	300m:	3:25.42	35.26	33.40
22.	Bjorn Scholten		OZ&PC		200801143		4:35.16	+0,82	511
	50m:	29.72	150m:	1:37.53	34.06	250m:	2:47.84	35.13	35.88
	100m:	1:03.47	200m:	2:12.71	35.18	300m:	3:23.74	35.90	35.54
23.	Xander Kragting		ZPC AMERSFOORT		200900077		4:36.22	+0,75	505
	50m:	30.28	150m:	1:38.71	34.78	250m:	2:49.49	35.58	36.14
	100m:	1:03.93	200m:	2:13.91	35.20	300m:	3:25.57	36.08	34.51
24.	Mink Hugen		Aqua-Novio'94		200801391		4:36.48	+0,75	504
	50m:	30.84	150m:	1:39.17	34.79	250m:	2:49.94	35.59	36.03
	100m:	1:04.38	200m:	2:14.35	35.18	300m:	3:25.91	35.97	34.54
25.	Aidan van der Stelt		Blue Marlins		200900901		4:36.92	+0,71	501
	50m:	30.74	150m:	1:41.61	35.86	250m:	2:53.68	35.91	34.34
	100m:	1:05.75	200m:	2:17.77	36.16	300m:	3:30.32	36.64	32.26
26.	Koen de Vries		MZ&PC De Reest		200802379		4:38.76	+0,72	492
	50m:	31.09	150m:	1:41.37	35.85	250m:	2:53.63	36.32	35.54
	100m:	1:05.52	200m:	2:17.31	35.94	300m:	3:29.71	36.08	33.51
27.	Teun van Weeren		WS Twente		200801145		4:39.11	+0,69	490
	50m:	30.84	150m:	1:40.01	35.38	250m:	2:51.73	36.12	36.38
	100m:	1:04.63	200m:	2:15.61	35.60	300m:	3:28.24	36.51	34.49
28.	Youp Stuifzand		Deltasteur		200800521		4:39.52	+0,69	488
	50m:	30.03	150m:	1:40.23	35.65	250m:	2:51.84	35.43	35.64
	100m:	1:04.58	200m:	2:16.41	36.18	300m:	3:28.42	36.58	35.46
29.	Figo van Duuren		ZPCH		200800391		4:39.62	+0,72	487
	50m:	31.22	150m:	1:40.72	35.18	250m:	2:52.53	35.97	35.78
	100m:	1:05.54	200m:	2:16.56	35.84	300m:	3:29.34	36.81	34.50
30.	Jesse Molegraaf		De Haaien		200800887		4:39.64	+0,69	487
	50m:	31.48	150m:	1:40.87	33.58	250m:	2:51.15	34.87	36.77
	100m:	1:07.29	200m:	2:16.28	35.41	300m:	3:28.58	37.43	34.29
31.	Gijs Koehoorn		HZ&PC Heerenveen		200800275		4:42.58	+0,72	472
	50m:	29.30	150m:	1:39.94	36.58	250m:	2:53.98	37.07	36.53
	100m:	1:03.36	200m:	2:16.91	36.97	300m:	3:30.92	36.94	35.13
32.	Thomas Nauta		Arethusa		200900339		4:42.88	+0,75	470
	50m:	31.15	150m:	1:42.33	36.25	250m:	2:55.43	36.48	35.66
	100m:	1:06.08	200m:	2:18.95	36.62	300m:	3:31.88	36.45	35.34
33.	Brent Schifflers		ZPC Woerden		200902041		4:46.29	+0,72	454
	50m:	32.10	150m:	1:43.24	36.03	250m:	2:56.49	36.54	36.84
	100m:	1:07.21	200m:	2:19.95	36.71	300m:	3:34.23	37.74	35.22
34.	Sebastian Lopes Cardozo		WZK Zwemmen		200800187		5:02.63	+0,72	384
	50m:	31.29	150m:	1:45.62	38.51	250m:	3:04.88	39.90	40.30
	100m:	1:07.11	200m:	2:24.98	39.36	300m:	3:44.71	39.83	37.62
NG	Finn Hilders		De Dolfijn		200900283				