

Programmanr. 11
9-6-2023 - 9:00

Heren, 400m vrije slag

Senioren Open
Resultaten Voorrunde

Punten: FINA 2023

rang	naam	vereniging	tijd	RT	FINA	para
PARA junioren						
1.	Thomas Braat	AZC	200802269 S14	5:36.99	+0,77	278 419
	50m: 34.39	34.39 150m: 1:57.72	43.30 250m: 3:25.18	44.02 350m: 4:52.98	45.32	
	100m: 1:14.42	40.03 200m: 2:41.16	43.44 300m: 4:07.66	42.48 400m: 5:36.99	44.01	
PARA Open						
1.	Thijs van Hofweegen	ZPC AMERSFOORT	199605253 S6	5:27.11	+0,91	304 821
	50m: 33.49	33.49 150m: 1:53.75	41.19 250m: 3:17.88	42.40 350m: 4:44.39	43.48	
	100m: 1:12.56	39.07 200m: 2:35.48	41.73 300m: 4:00.91	43.03 400m: 5:27.11	42.72	
2.	Bas Takken	HPC PARA - De Dolfijn	199901643 S10	4:25.25	+0,77	571 776
	50m: 29.39	29.39 150m: 1:35.52	33.76 250m: 2:43.55	34.02 350m: 3:52.12	34.48	
	100m: 1:01.76	32.37 200m: 2:09.53	34.01 300m: 3:17.64	34.09 400m: 4:25.25	33.13	
3.	Lars Jacobsen	DWK	199705453 S14	4:54.06	+0,85	419 631
	50m: 32.20	32.20 150m: 1:45.43	37.22 250m: 3:00.68	37.67 350m: 4:17.31	37.77	
	100m: 1:08.21	36.01 200m: 2:23.01	37.58 300m: 3:39.54	38.86 400m: 4:54.06	36.75	
4.	Julian Hendriks	De Otters Het Gooi	200603717 S7	5:35.84		281 573
	50m: 38.02	38.02 150m: 2:00.33	41.49 250m: 3:25.11	43.05 350m: 4:53.29	44.41	
	100m: 1:18.84	40.82 200m: 2:42.06	41.73 300m: 4:08.88	43.77 400m: 5:35.84	42.55	
5.	Thomas Braat	AZC	200802269 S14	5:36.99	+0,77	278 419
	50m: 34.39	34.39 150m: 1:57.72	43.30 250m: 3:25.18	44.02 350m: 4:52.98	45.32	
	100m: 1:14.42	40.03 200m: 2:41.16	43.44 300m: 4:07.66	42.48 400m: 5:36.99	44.01	
6.	Josh Renkema	HPC PARA - De Otters Het Gooi	200402537 S6	7:01.99	+0,54	141 382
	50m: 45.09	45.09 150m: 2:29.11	52.91 250m: 4:18.87	54.89 350m: 6:08.14	55.12	
	100m: 1:36.20	51.11 200m: 3:23.98	54.87 300m: 5:13.02	54.15 400m: 7:01.99	53.85	
Jeugd 1 en 2						
1.	Yanieck Weijland	HPC - Blue Marlins	200500329	4:04.39	+0,69 A	730
	50m: 28.46	28.46 150m: 1:30.88	31.29 250m: 2:33.34	31.05 350m: 3:34.75	30.44	
	100m: 59.59	31.13 200m: 2:02.29	31.41 300m: 3:04.31	30.97 400m: 4:04.39	29.64	
2.	Émile Fouzaï	Blue Marlins	200500263	4:05.01	+0,69 A	724
	50m: 28.32	28.32 150m: 1:31.09	31.44 250m: 2:34.09	31.65 350m: 3:35.63	30.19	
	100m: 59.65	31.33 200m: 2:02.44	31.35 300m: 3:05.44	31.35 400m: 4:05.01	29.38	
3.	Sven Klink	SWOL 1894	200500349	4:08.41	+0,76 B	695
	50m: 28.45	28.45 150m: 1:30.14	31.11 250m: 2:33.79	31.91 350m: 3:37.52	31.56	
	100m: 59.03	30.58 200m: 2:01.88	31.74 300m: 3:05.96	32.17 400m: 4:08.41	30.89	
4.	Borys Rudman	Blue Marlins	200504479	4:09.45	+0,70 B	686
	50m: 28.46	28.46 150m: 1:31.39	31.41 250m: 2:34.47	31.30 350m: 3:38.53	32.26	
	100m: 59.98	31.52 200m: 2:03.17	31.78 300m: 3:06.27	31.80 400m: 4:09.45	30.92	
5.	Tenzing Geutjes	ZPC AMERSFOORT	200600441	4:13.82	+0,67 B	651
	50m: 29.68	29.68 150m: 1:33.97	32.12 250m: 2:39.28	32.60 350m: 3:43.90	31.98	
	100m: 1:01.85	32.17 200m: 2:06.68	32.71 300m: 3:11.92	32.64 400m: 4:13.82	29.92	
6.	Rens Stijf	ZPC AMERSFOORT	200501419	4:14.63	+0,65 B	645
	50m: 28.36	28.36 150m: 1:31.89	32.16 250m: 2:36.39	32.14 350m: 3:41.88	33.01	
	100m: 59.73	31.37 200m: 2:04.25	32.36 300m: 3:08.87	32.48 400m: 4:14.63	32.75	
7.	Olivier Wilbers	ZPC Hoogeveen	200600181	4:17.84		R 621
	50m: 29.62	29.62 150m: 1:34.10	32.38 250m: 2:39.26	32.55 350m: 3:45.41	33.14	
	100m: 1:01.72	32.10 200m: 2:06.71	32.61 300m: 3:12.27	33.01 400m: 4:17.84	32.43	
8.	Lucas van Rooij	PSV	200603943	4:19.81	+0,63	607
	50m: 29.49	29.49 150m: 1:34.36	32.72 250m: 2:40.86	33.08 350m: 3:47.46	32.94	
	100m: 1:01.64	32.15 200m: 2:07.78	33.42 300m: 3:14.52	33.66 400m: 4:19.81	32.35	
9.	Jip Bakker	DZ&PC	200600287	4:20.64	+0,68	601
	50m: 28.68	28.68 150m: 1:34.12	33.44 250m: 2:41.72	33.57 350m: 3:48.99	33.54	
	100m: 1:00.68	32.00 200m: 2:08.15	34.03 300m: 3:15.45	33.73 400m: 4:20.64	31.65	
10.	Bas Blanker	SCOM/De Zeehond'73 (SG)	200601497	4:23.79	+0,67	580
	50m: 29.95	29.95 150m: 1:36.13	33.56 250m: 2:44.21	34.08 350m: 3:52.53	34.18	
	100m: 1:02.57	32.62 200m: 2:10.13	34.00 300m: 3:18.35	34.14 400m: 4:23.79	31.26	
11.	Julian Hendriks	De Otters Het Gooi	200603717 S7	5:35.84		281 573
	50m: 38.02	38.02 150m: 2:00.33	41.49 250m: 3:25.11	43.05 350m: 4:53.29	44.41	
	100m: 1:18.84	40.82 200m: 2:42.06	41.73 300m: 4:08.88	43.77 400m: 5:35.84	42.55	

Programmanr. 11, Heren, 400m vrije slag, Voorronde

Senioren 1 en 2

1.	Lucas Peters	HPC - Nextline Swimming	200301325	3:57.97	+0,70	A	790
	50m: 27.15	27.15	150m: 1:26.23	29.90	250m: 2:26.94	30.25	350m: 3:28.44
	100m: 56.33	29.18	200m: 1:56.69	30.46	300m: 2:57.92	30.98	400m: 3:57.97
2.	Wouter Zijlstra	HZ&PC Heerenveen	200401545	4:12.57	+0,58	B	661
	50m: 28.49	28.49	150m: 1:32.78	32.78	250m: 2:37.28	31.70	350m: 3:41.37
	100m: 1:00.00	31.51	200m: 2:05.58	32.80	300m: 3:09.51	32.23	400m: 4:12.57
3.	Joris Janssen	PSV	200301311	4:14.03	+0,69	B	650
	50m: 27.87	27.87	150m: 1:30.30	31.64	250m: 2:36.42	33.11	350m: 3:42.77
	100m: 58.66	30.79	200m: 2:03.31	33.01	300m: 3:09.72	33.30	400m: 4:14.03
4.	David Groenewegen	PSV	200400469	4:14.07	+0,83	B	649
	50m: 29.37	29.37	150m: 1:32.90	32.33	250m: 2:37.71	32.51	350m: 3:42.73
	100m: 1:00.57	31.20	200m: 2:05.20	32.30	300m: 3:10.17	32.46	400m: 4:14.07
5.	Koen Vissers	PSV	200401429	4:15.43	+0,83	R	639
	50m: 28.65	28.65	150m: 1:32.16	32.18	250m: 2:37.41	32.84	350m: 3:43.67
	100m: 59.98	31.33	200m: 2:04.57	32.41	300m: 3:10.55	33.14	400m: 4:15.43
6.	Abel te Riele	WVZ	200402317	4:20.86	+0,76		600
	50m: 28.19	28.19	150m: 1:32.90	33.06	250m: 2:40.07	33.86	350m: 3:47.97
	100m: 59.84	31.65	200m: 2:06.21	33.31	300m: 3:13.94	33.87	400m: 4:20.86
7.	Thijn Damen	PSV	200300973	4:26.73	+0,72		561
	50m: 27.68	27.68	150m: 1:29.85	31.82	250m: 2:37.60	34.21	350m: 3:49.24
	100m: 58.03	30.35	200m: 2:03.39	33.54	300m: 3:13.19	35.59	400m: 4:26.73
8.	Josh Renkema	HPC PARA - De Otters Het Gooi	200402537	7:01.99	+0,54		141
	50m: 45.09	45.09	150m: 2:29.11	52.91	250m: 4:18.87	54.89	350m: 6:08.14
	100m: 1:36.20	51.11	200m: 3:23.98	54.87	300m: 5:13.02	54.15	400m: 7:01.99
AFGEM	Merlin Belmon	HPC - PSV	200403191				382

Senioren Open

1.	Sander Crooijmans	Nextline Swimming	200100383	3:56.85	+0,71	A	802
	50m: 27.59	27.59	150m: 1:26.29	29.47	250m: 2:25.95	29.68	350m: 3:26.19
	100m: 56.82	29.23	200m: 1:56.27	29.98	300m: 2:55.87	29.92	400m: 3:56.85
2.	Lucas Peters	HPC - Nextline Swimming	200301325	3:57.97	+0,70	A	790
	50m: 27.15	27.15	150m: 1:26.23	29.90	250m: 2:26.94	30.25	350m: 3:28.44
	100m: 56.33	29.18	200m: 1:56.69	30.46	300m: 2:57.92	30.98	400m: 3:57.97
3.	Thomas Jansen	HPC - WVZ	200100143	3:58.28	+0,74	A	787
	50m: 26.63	26.63	150m: 1:26.07	30.11	250m: 2:27.19	30.67	350m: 3:28.95
	100m: 55.96	29.33	200m: 1:56.52	30.45	300m: 2:58.12	30.93	400m: 3:58.28
4.	Bart Sommeling	De Dolfijn	199800765	3:59.84	+0,79	A	772
	50m: 27.55	27.55	150m: 1:27.16	29.68	250m: 2:27.75	30.15	350m: 3:30.17
	100m: 57.48	29.93	200m: 1:57.60	30.44	300m: 2:58.89	31.14	400m: 3:59.84
5.	Vincent Crooijmans	Nextline Swimming	200100381	4:00.89	+0,74	A	762
	50m: 27.78	27.78	150m: 1:26.47	29.65	250m: 2:26.41	30.08	350m: 3:29.20
	100m: 56.82	29.04	200m: 1:56.33	29.86	300m: 2:57.19	30.78	400m: 4:00.89
6.	Yanieck Weijland	HPC - Blue Marlins	200500329	4:04.39	+0,69	A	730
	50m: 28.46	28.46	150m: 1:30.88	31.29	250m: 2:33.34	31.05	350m: 3:34.75
	100m: 59.59	31.13	200m: 2:02.29	31.41	300m: 3:04.31	30.97	400m: 4:04.39
7.	Émile Fouzai	Blue Marlins	200500263	4:05.01	+0,69	A	724
	50m: 28.32	28.32	150m: 1:31.09	31.44	250m: 2:34.09	31.65	350m: 3:35.63
	100m: 59.65	31.33	200m: 2:02.44	31.35	300m: 3:05.44	31.35	400m: 4:05.01
8.	Tiago Fonseca Gomes	PSV	200703587	4:07.13	+0,51	A	706
	50m: 27.98	27.98	150m: 1:29.64	30.97	250m: 2:32.88	31.23	350m: 3:36.46
	100m: 58.67	30.69	200m: 2:01.65	32.01	300m: 3:04.73	31.85	400m: 4:07.13
9.	Sven Klink	SWOL 1894	200500349	4:08.41	+0,76	B	695
	50m: 28.45	28.45	150m: 1:30.14	31.11	250m: 2:33.79	31.91	350m: 3:37.52
	100m: 59.03	30.58	200m: 2:01.88	31.74	300m: 3:05.96	32.17	400m: 4:08.41
10.	Borys Rudman	Blue Marlins	200504479	4:09.45	+0,70	B	686
	50m: 28.46	28.46	150m: 1:31.39	31.41	250m: 2:34.47	31.30	350m: 3:38.53
	100m: 59.98	31.52	200m: 2:03.17	31.78	300m: 3:06.27	31.80	400m: 4:09.45
11.	Wouter Zijlstra	HZ&PC Heerenveen	200401545	4:12.57	+0,58	B	661
	50m: 28.49	28.49	150m: 1:32.78	32.78	250m: 2:37.28	31.70	350m: 3:41.37
	100m: 1:00.00	31.51	200m: 2:05.58	32.80	300m: 3:09.51	32.23	400m: 4:12.57
12.	Tenzing Geutjes	ZPC AMERSFOORT	200600441	4:13.82	+0,67	B	651
	50m: 29.68	29.68	150m: 1:33.97	32.12	250m: 2:39.28	32.60	350m: 3:43.90
	100m: 1:01.85	32.17	200m: 2:06.68	32.71	300m: 3:11.92	32.64	400m: 4:13.82

Programmanr. 11, Heren, 400m vrije slag, Voorronde, Senioren Open

rang	naam	vereniging	tijd	RT	FINA	para		
13.	Joris Janssen	PSV	4:14.03	+0,69	B	650		
	50m: 27.87	27.87	150m: 1:30.30	31.64	250m: 2:36.42	33.11	350m: 3:42.77	33.05
	100m: 58.66	30.79	200m: 2:03.31	33.01	300m: 3:09.72	33.30	400m: 4:14.03	31.26
14.	David Groenewegen	PSV	4:14.07	+0,83	B	649		
	50m: 29.37	29.37	150m: 1:32.90	32.33	250m: 2:37.71	32.51	350m: 3:42.73	32.56
	100m: 1:00.57	31.20	200m: 2:05.20	32.30	300m: 3:10.17	32.46	400m: 4:14.07	31.34
15.	Rens Stijf	ZPC AMERSFOORT	4:14.63	+0,65	B	645		
	50m: 28.36	28.36	150m: 1:31.89	32.16	250m: 2:36.39	32.14	350m: 3:41.88	33.01
	100m: 59.73	31.37	200m: 2:04.25	32.36	300m: 3:08.87	32.48	400m: 4:14.63	32.75
16.	Noah de Schryver	De Dolfijn	4:15.19	+0,68	B	641		
	50m: 29.20	29.20	150m: 1:33.21	32.27	250m: 2:38.33	32.46	350m: 3:44.24	32.81
	100m: 1:00.94	31.74	200m: 2:05.87	32.66	300m: 3:11.43	33.10	400m: 4:15.19	30.95
17.	Koen Vissers	PSV	4:15.43	+0,83	R	639		
	50m: 28.65	28.65	150m: 1:32.16	32.18	250m: 2:37.41	32.84	350m: 3:43.67	33.12
	100m: 59.98	31.33	200m: 2:04.57	32.41	300m: 3:10.55	33.14	400m: 4:15.43	31.76
18.	Olivier Wilbers	ZPC Hooerveen	4:17.84		R	621		
	50m: 29.62	29.62	150m: 1:34.10	32.38	250m: 2:39.26	32.55	350m: 3:45.41	33.14
	100m: 1:01.72	32.10	200m: 2:06.71	32.61	300m: 3:12.27	33.01	400m: 4:17.84	32.43
19.	Lucas van Rooij	PSV	4:19.81	+0,63		607		
	50m: 29.49	29.49	150m: 1:34.36	32.72	250m: 2:40.86	33.08	350m: 3:47.46	32.94
	100m: 1:01.64	32.15	200m: 2:07.78	33.42	300m: 3:14.52	33.66	400m: 4:19.81	32.35
20.	Jip Bakker	DZ&PC	4:20.64	+0,68		601		
	50m: 28.68	28.68	150m: 1:34.12	33.44	250m: 2:41.72	33.57	350m: 3:48.99	33.54
	100m: 1:00.68	32.00	200m: 2:08.15	34.03	300m: 3:15.45	33.73	400m: 4:20.64	31.65
21.	Abel te Riele	WVZ	4:20.86	+0,76		600		
	50m: 28.19	28.19	150m: 1:32.90	33.06	250m: 2:40.07	33.86	350m: 3:47.97	34.03
	100m: 59.84	31.65	200m: 2:06.21	33.31	300m: 3:13.94	33.87	400m: 4:20.86	32.89
22.	Bas Blanker	SCOM/De Zeehond'73 (SG)	4:23.79	+0,67		580		
	50m: 29.95	29.95	150m: 1:36.13	33.56	250m: 2:44.21	34.08	350m: 3:52.53	34.18
	100m: 1:02.57	32.62	200m: 2:10.13	34.00	300m: 3:18.35	34.14	400m: 4:23.79	31.26
23.	Bas Takken	HPC PARA - De Dolfijn	4:25.25	+0,77		571		
	50m: 29.39	29.39	150m: 1:35.52	33.76	250m: 2:43.55	34.02	350m: 3:52.12	34.48
	100m: 1:01.76	32.37	200m: 2:09.53	34.01	300m: 3:17.64	34.09	400m: 4:25.25	33.13
24.	Thijn Damen	PSV	4:26.73	+0,72		561		
	50m: 27.68	27.68	150m: 1:29.85	31.82	250m: 2:37.60	34.21	350m: 3:49.24	36.05
	100m: 58.03	30.35	200m: 2:03.39	33.54	300m: 3:13.19	35.59	400m: 4:26.73	37.49
25.	Lars Jacobsen	DWK	4:54.06	+0,85		419		
	50m: 32.20	32.20	150m: 1:45.43	37.22	250m: 3:00.68	37.67	350m: 4:17.31	37.77
	100m: 1:08.21	36.01	200m: 2:23.01	37.58	300m: 3:39.54	38.86	400m: 4:54.06	36.75
26.	Thijs van Hofweegen	ZPC AMERSFOORT	5:27.11	+0,91		304		
	50m: 33.49	33.49	150m: 1:53.75	41.19	250m: 3:17.88	42.40	350m: 4:44.39	43.48
	100m: 1:12.56	39.07	200m: 2:35.48	41.73	300m: 4:00.91	43.03	400m: 5:27.11	42.72
27.	Julian Hendriks	De Otters Het Gooi	5:35.84			281		
	50m: 38.02	38.02	150m: 2:00.33	41.49	250m: 3:25.11	43.05	350m: 4:53.29	44.41
	100m: 1:18.84	40.82	200m: 2:42.06	41.73	300m: 4:08.88	43.77	400m: 5:35.84	42.55
28.	Thomas Braat	AZC	5:36.99	+0,77		278		
	50m: 34.39	34.39	150m: 1:57.72	43.30	250m: 3:25.18	44.02	350m: 4:52.98	45.32
	100m: 1:14.42	40.03	200m: 2:41.16	43.44	300m: 4:07.66	42.48	400m: 5:36.99	44.01
29.	Josh Renkema	HPC PARA - De Otters Het Gooi	7:01.99	+0,54		141		
	50m: 45.09	45.09	150m: 2:29.11	52.91	250m: 4:18.87	54.89	350m: 6:08.14	55.12
	100m: 1:36.20	51.11	200m: 3:23.98	54.87	300m: 5:13.02	54.15	400m: 7:01.99	53.85
AFGEM	Merlin Belmon	HPC - PSV	200403191					