

Programmanr. 4  
13-6-2024 - 10:03

Heren, 400m wisselslag

Senioren Open  
Resultaten Voorrunde

Punten: FINA 2024

rang	naam	vereniging	tijd	RT	FINA	para
<b>Jeugd 1 en 2</b>						
1.	Tiede Groener	De Dinkel	200700155	<b>4:37.58</b>	+0,73	A 666
	50m: 28.42	28.42 150m: 1:37.72	36.47 250m: 2:52.87	39.73 350m: 4:06.06		32.89
	100m: 1:01.25	32.83 200m: 2:13.14	35.42 300m: 3:33.17	40.30 400m: 4:37.58		31.52
2.	Nikodim Markovic	Blue Marlins	200700255	<b>4:45.55</b>	+0,64	A 612
	50m: 29.12	29.12 150m: 1:40.19	37.35 250m: 2:57.14	40.37 350m: 4:14.10		35.95
	100m: 1:02.84	33.72 200m: 2:16.77	36.58 300m: 3:38.15	41.01 400m: 4:45.55		31.45
3.	Olivier Wilbers	ZPC Hoogeveen	200600181	<b>4:45.96</b>	+0,76	A 609
	50m: 30.69	30.69 150m: 1:41.16	36.22 250m: 2:59.22	42.12 350m: 4:13.54		31.91
	100m: 1:04.94	34.25 200m: 2:17.10	35.94 300m: 3:41.63	42.41 400m: 4:45.96		32.42
4.	Mies de Wit	CWW Swim team (SG)	200700315	<b>4:46.86</b>	+0,67	B 604
	50m: 28.94	28.94 150m: 1:41.67	37.60 250m: 2:59.96	40.45 350m: 4:14.71		33.35
	100m: 1:04.07	35.13 200m: 2:19.51	37.84 300m: 3:41.36	41.40 400m: 4:46.86		32.15
5.	Denzel Barthen	WVZ	200700147	<b>4:49.73</b>	+0,73	B 586
	50m: 29.68	29.68 150m: 1:41.92	38.05 250m: 3:01.28	41.50 350m: 4:17.56		34.08
	100m: 1:03.87	34.19 200m: 2:19.78	37.86 300m: 3:43.48	42.20 400m: 4:49.73		32.17
6.	Storm Tolsma	Zignea	200600277	<b>4:58.43</b>	+0,75	R 536
	50m: 31.27	31.27 150m: 1:48.76	40.38 250m: 3:07.93	40.35 350m: 4:24.52		35.10
	100m: 1:08.38	37.11 200m: 2:27.58	38.82 300m: 3:49.42	41.49 400m: 4:58.43		33.91
7.	Laurens Kalle	De Schotejil	200600161	<b>5:01.39</b>	+0,75	520
	50m: 29.20	29.20 150m: 1:45.00	40.47 250m: 3:08.48	44.11 350m: 4:29.43		36.25
	100m: 1:04.53	35.33 200m: 2:24.37	39.37 300m: 3:53.18	44.70 400m: 5:01.39		31.96
AFGEM	Ties Berghs	ZEPS	200700709			

**Senioren 1 en 2**

1.	Yanieck Weijland	Team NL - Blue Marlins	200500329	<b>4:22.90</b>	+0,72	A 784
	50m: 27.56	27.56 150m: 1:34.77	35.65 250m: 2:46.20	35.76 350m: 3:53.25		30.25
	100m: 59.12	31.56 200m: 2:10.44	35.67 300m: 3:23.00	36.80 400m: 4:22.90		29.65
2.	Wouter Zijlstra	HZ&PC Heerenveen	200401545	<b>4:37.21</b>	+0,59	A 669
	50m: 28.44	28.44 150m: 1:38.21	36.38 250m: 2:53.64	39.23 350m: 4:05.22		31.42
	100m: 1:01.83	33.39 200m: 2:14.41	36.20 300m: 3:33.80	40.16 400m: 4:37.21		31.99
3.	Youri Voet	De Duinkickers	200502269	<b>4:46.06</b>	+0,72	B 609
	50m: 29.40	29.40 150m: 1:40.42	36.32 250m: 2:58.77	40.50 350m: 4:14.32		33.30
	100m: 1:04.10	34.70 200m: 2:18.27	37.85 300m: 3:41.02	42.25 400m: 4:46.06		31.74
4.	Abel te Riele	WVZ	200402317	<b>4:50.47</b>	+0,74	B 581
	50m: 29.14	29.14 150m: 1:42.15	38.07 250m: 3:00.40	39.92 350m: 4:16.57		34.46
	100m: 1:04.08	34.94 200m: 2:20.48	38.33 300m: 3:42.11	41.71 400m: 4:50.47		33.90
5.	Luc Kerpels	ZPC Hoogeveen	200503015	<b>4:57.28</b>	+0,77	B 542
	50m: 31.45	31.45 150m: 1:45.52	36.86 250m: 3:06.13	43.59 350m: 4:24.06		32.61
	100m: 1:08.66	37.21 200m: 2:22.54	37.02 300m: 3:51.45	45.32 400m: 4:57.28		33.22
6.	Lasse Schrieken	VZC	200503145	<b>5:01.41</b>	+0,73	520
	50m: 30.79	30.79 150m: 1:49.01	41.63 250m: 3:10.07	41.80 350m: 4:27.43		34.76
	100m: 1:07.38	36.59 200m: 2:28.27	39.26 300m: 3:52.67	42.60 400m: 5:01.41		33.98
7.	Tijn van Kuijk	HZPC	200501087	<b>5:07.52</b>	+0,76	490
	50m: 31.98	31.98 150m: 1:51.53	40.74 250m: 3:14.13	42.21 350m: 4:32.91		36.06
	100m: 1:10.79	38.81 200m: 2:31.92	40.39 300m: 3:56.85	42.72 400m: 5:07.52		34.61

**Senioren Open**

1.	Thomas Jansen	Team NL - WVZ	200100143	<b>4:20.81</b>	+0,75	A 803
	50m: 27.21	27.21 150m: 1:33.04	34.43 250m: 2:43.01	36.72 350m: 3:50.90		30.78
	100m: 58.61	31.40 200m: 2:06.29	33.25 300m: 3:20.12	37.11 400m: 4:20.81		29.91
2.	Yanieck Weijland	Team NL - Blue Marlins	200500329	<b>4:22.90</b>	+0,72	A 784
	50m: 27.56	27.56 150m: 1:34.77	35.65 250m: 2:46.20	35.76 350m: 3:53.25		30.25
	100m: 59.12	31.56 200m: 2:10.44	35.67 300m: 3:23.00	36.80 400m: 4:22.90		29.65
3.	Wouter Zijlstra	HZ&PC Heerenveen	200401545	<b>4:37.21</b>	+0,59	A 669
	50m: 28.44	28.44 150m: 1:38.21	36.38 250m: 2:53.64	39.23 350m: 4:05.22		31.42
	100m: 1:01.83	33.39 200m: 2:14.41	36.20 300m: 3:33.80	40.16 400m: 4:37.21		31.99

Programmanr. 4, Heren, 400m wisselslag, Voorronde, Senioren Open

rang	naam	vereniging	tijd	RT	FINA	para
4.	Tiede Groener	De Dinkel	200700155	<b>4:37.58</b>	+0,73	A 666
	50m: 28.42	28.42 150m: 1:37.72	36.47 250m: 2:52.87	39.73 350m: 4:06.06		32.89
	100m: 1:01.25	32.83 200m: 2:13.14	35.42 300m: 3:33.17	40.30 400m: 4:37.58		31.52
5.	Joris Janssen	Aqua-Novio'94	200301311	<b>4:43.09</b>	+0,75	A 628
	50m: 28.92	28.92 150m: 1:39.29	37.01 250m: 2:55.99	40.30 350m: 4:10.75		33.94
	100m: 1:02.28	33.36 200m: 2:15.69	36.40 300m: 3:36.81	40.82 400m: 4:43.09		32.34
6.	Wytse Broekstra	De Vikings	200800121	<b>4:43.65</b>	+0,77	A 624
	50m: 29.44	29.44 150m: 1:41.41	36.92 250m: 2:57.40	39.54 350m: 4:11.76		34.66
	100m: 1:04.49	35.05 200m: 2:17.86	36.45 300m: 3:37.10	39.70 400m: 4:43.65		31.89
7.	Nikodim Markovic	Blue Marlins	200700255	<b>4:45.55</b>	+0,64	A 612
	50m: 29.12	29.12 150m: 1:40.19	37.35 250m: 2:57.14	40.37 350m: 4:14.10		35.95
	100m: 1:02.84	33.72 200m: 2:16.77	36.58 300m: 3:38.15	41.01 400m: 4:45.55		31.45
8.	Olivier Wilbers	ZPC Hoogeveen	200600181	<b>4:45.96</b>	+0,76	A 609
	50m: 30.69	30.69 150m: 1:41.16	36.22 250m: 2:59.22	42.12 350m: 4:13.54		31.91
	100m: 1:04.94	34.25 200m: 2:17.10	35.94 300m: 3:41.63	42.41 400m: 4:45.96		32.42
9.	Youri Voet	De Duinkickers	200502269	<b>4:46.06</b>	+0,72	B 609
	50m: 29.40	29.40 150m: 1:40.42	36.32 250m: 2:58.77	40.50 350m: 4:14.32		33.30
	100m: 1:04.10	34.70 200m: 2:18.27	37.85 300m: 3:41.02	42.25 400m: 4:46.06		31.74
10.	Mies de Wit	CWW Swim team (SG)	200700315	<b>4:46.86</b>	+0,67	B 604
	50m: 28.94	28.94 150m: 1:41.67	37.60 250m: 2:59.96	40.45 350m: 4:14.71		33.35
	100m: 1:04.07	35.13 200m: 2:19.51	37.84 300m: 3:41.36	41.40 400m: 4:46.86		32.15
11.	Denzel Barthen	WVZ	200700147	<b>4:49.73</b>	+0,73	B 586
	50m: 29.68	29.68 150m: 1:41.92	38.05 250m: 3:01.28	41.50 350m: 4:17.56		34.08
	100m: 1:03.87	34.19 200m: 2:19.78	37.86 300m: 3:43.48	42.20 400m: 4:49.73		32.17
12.	Abel te Riele	WVZ	200402317	<b>4:50.47</b>	+0,74	B 581
	50m: 29.14	29.14 150m: 1:42.15	38.07 250m: 3:00.40	39.92 350m: 4:16.57		34.46
	100m: 1:04.08	34.94 200m: 2:20.48	38.33 300m: 3:42.11	41.71 400m: 4:50.47		33.90
13.	Ronis van Everdingen	DWK	200300043	<b>4:53.14</b>	+0,80	B 566
	50m: 28.55	28.55 150m: 1:41.72	38.41 250m: 3:02.95	43.66 350m: 4:22.08		35.46
	100m: 1:03.31	34.76 200m: 2:19.29	37.57 300m: 3:46.62	43.67 400m: 4:53.14		31.06
14.	Martijn Nies	PSV	200902095	<b>4:53.73</b> *	+0,76	B 562
	50m: 29.53	29.53 150m: 1:41.67	37.34 250m: 3:03.21	44.12 350m: 4:21.88		32.90
	100m: 1:04.33	34.80 200m: 2:19.09	37.42 300m: 3:48.98	45.77 400m: 4:53.73		31.85
15.	Rick Offringa	DZ&PC	200300979	<b>4:53.83</b>	+0,79	B 562
	50m: 30.45	30.45 150m: 1:47.24	39.32 250m: 3:04.60	39.12 350m: 4:19.23		34.74
	100m: 1:07.92	37.47 200m: 2:25.48	38.24 300m: 3:44.49	39.89 400m: 4:53.83		34.60
16.	Luc Kerpels	ZPC Hoogeveen	200503015	<b>4:57.28</b>	+0,77	B 542
	50m: 31.45	31.45 150m: 1:45.52	36.86 250m: 3:06.13	43.59 350m: 4:24.06		32.61
	100m: 1:08.66	37.21 200m: 2:22.54	37.02 300m: 3:51.45	45.32 400m: 4:57.28		33.22
17.	Storm Tolsma	Zignea	200600277	<b>4:58.43</b>	+0,75	R 536
	50m: 31.27	31.27 150m: 1:48.76	40.38 250m: 3:07.93	40.35 350m: 4:24.52		35.10
	100m: 1:08.38	37.11 200m: 2:27.58	38.82 300m: 3:49.42	41.49 400m: 4:58.43		33.91
18.	Jelte de Jong	ZPCH	200900975	<b>5:00.21</b>	+0,71	R 527
	50m: 29.97	29.97 150m: 1:42.86	37.98 250m: 3:03.65	43.15 350m: 4:24.84		34.87
	100m: 1:04.88	34.91 200m: 2:20.50	37.64 300m: 3:49.97	46.32 400m: 5:00.21		35.37
19.	Laurens Kalle	De Schotejil	200600161	<b>5:01.39</b>	+0,75	520
	50m: 29.20	29.20 150m: 1:45.00	40.47 250m: 3:08.48	44.11 350m: 4:29.43		36.25
	100m: 1:04.53	35.33 200m: 2:24.37	39.37 300m: 3:53.18	44.70 400m: 5:01.39		31.96
20.	Lasse Schrieken	VZC	200503145	<b>5:01.41</b>	+0,73	520
	50m: 30.79	30.79 150m: 1:49.01	41.63 250m: 3:10.07	41.80 350m: 4:27.43		34.76
	100m: 1:07.38	36.59 200m: 2:28.27	39.26 300m: 3:52.67	42.60 400m: 5:01.41		33.98
21.	Adriaan Coppelmans	AZC	200903243	<b>5:04.86</b>	+0,71	503
	50m: 31.78	31.78 150m: 1:47.77	37.48 250m: 3:09.32	43.34 350m: 4:30.30		36.31
	100m: 1:10.29	38.51 200m: 2:25.98	38.21 300m: 3:53.99	44.67 400m: 5:04.86		34.56
22.	Tijn van Kuijk	HZPC	200501087	<b>5:07.52</b>	+0,76	490
	50m: 31.98	31.98 150m: 1:51.53	40.74 250m: 3:14.13	42.21 350m: 4:32.91		36.06
	100m: 1:10.79	38.81 200m: 2:31.92	40.39 300m: 3:56.85	42.72 400m: 5:07.52		34.61
AFGEM	Ties Berghs	ZEPS	200700709			