

Programmanr. 31
17-12-2023 - 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	5:12.13	+0,82	314 502
	50m: 33.84 33.84	150m: 1:52.88 39.75	250m: 3:13.47 39.68	350m: 4:33.74 39.34		
	100m: 1:13.13 39.29	200m: 2:33.79 40.91	300m: 3:54.40 40.93	400m: 5:12.13 38.39		

PARA Open: Top 8 plaatst zich voor de finale

1.	Julian Hendriks	De Otters Het Gooi	200603717 S7	5:17.15		299 640
	50m: 36.33 36.33	150m: 1:53.01 38.72	250m: 3:13.13 40.24	350m: 4:36.25 41.69		
	100m: 1:14.29 37.96	200m: 2:32.89 39.88	300m: 3:54.56 41.43	400m: 5:17.15 40.90		
2.	Lars Jacobsen	DWK	199705453 S14	4:50.66	+0,83	389 621
	50m: 31.99 31.99	150m: 1:43.90 36.39	250m: 2:59.71 37.93	350m: 4:15.48 37.98		
	100m: 1:07.51 35.52	200m: 2:21.78 37.88	300m: 3:37.50 37.79	400m: 4:50.66 35.18		
3.	Thomas Braat	AZC	200802269 S14	5:12.13	+0,82	314 502
	50m: 33.84 33.84	150m: 1:52.88 39.75	250m: 3:13.47 39.68	350m: 4:33.74 39.34		
	100m: 1:13.13 39.29	200m: 2:33.79 40.91	300m: 3:54.40 40.93	400m: 5:12.13 38.39		
NG	Thijs van Hofweegen	ZPC AMERSFOORT	199605253 S6			

Jeugd 1 en 2

1.	Tiago Fonseca Gomes	PSV	200703587	3:52.39	+0,64	A 761
	50m: 26.51 26.51	150m: 1:24.59 29.29	250m: 2:24.15 29.78	350m: 3:23.72 29.57		
	100m: 55.30 28.79	200m: 1:54.37 29.78	300m: 2:54.15 30.00	400m: 3:52.39 28.67		
2.	Bram Loots	Team Noord-Holland (SG)	200700197	3:59.97	+0,46	B 691
	50m: 26.55 26.55	150m: 1:26.34 30.42	250m: 2:28.15 31.08	350m: 3:30.21 30.88		
	100m: 55.92 29.37	200m: 1:57.07 30.73	300m: 2:59.33 31.18	400m: 3:59.97 29.76		
3.	Tieme Wiersma	DZ&PC	200701031	4:02.55	+0,68	B 670
	50m: 27.32 27.32	150m: 1:26.89 30.22	250m: 2:29.05 31.19	350m: 3:31.88 31.40		
	100m: 56.67 29.35	200m: 1:57.86 30.97	300m: 3:00.48 31.43	400m: 4:02.55 30.67		
4.	Lucas van Rooij	PSV	200603943	4:04.74	+0,69	B 652
	50m: 27.88 27.88	150m: 1:29.77 31.47	250m: 2:33.04 31.50	350m: 3:34.82 30.63		
	100m: 58.30 30.42	200m: 2:01.54 31.77	300m: 3:04.19 31.15	400m: 4:04.74 29.92		
5.	Olivier Wilbers	ZPC Hoogeveen	200600181	4:05.77	+0,76	R 644
	50m: 28.38 28.38	150m: 1:30.04 30.92	250m: 2:32.35 31.15	350m: 3:35.21 31.38		
	100m: 59.12 30.74	200m: 2:01.20 31.16	300m: 3:03.83 31.48	400m: 4:05.77 30.56		
6.	Yahro Piqué	Blue Marlins	200604435	4:09.30	+0,72	617
	50m: 28.74 28.74	150m: 1:31.11 31.45	250m: 2:34.37 31.76	350m: 3:37.68 31.70		
	100m: 59.66 30.92	200m: 2:02.61 31.50	300m: 3:05.98 31.61	400m: 4:09.30 31.62		
7.	Boele Böhm	Blue Marlins	200700739	4:11.96	+0,63	597
	50m: 28.47 28.47	150m: 1:32.30 31.88	250m: 2:36.13 31.67	350m: 3:40.57 32.32		
	100m: 1:00.42 31.95	200m: 2:04.46 32.16	300m: 3:08.25 32.12	400m: 4:11.96 31.39		
8.	Tim van Erven	DZ&PC	200700175	4:13.44	+0,74	587
	50m: 28.41 28.41	150m: 1:32.63 32.56	250m: 2:38.17 32.79	350m: 3:43.77 32.54		
	100m: 1:00.07 31.66	200m: 2:05.38 32.75	300m: 3:11.23 33.06	400m: 4:13.44 29.67		
9.	Bas Blanker	ACZ	200601497	4:13.58	+0,66	586
	50m: 28.85 28.85	150m: 1:32.54 32.26	250m: 2:38.01 32.65	350m: 3:43.40 32.73		
	100m: 1:00.28 31.43	200m: 2:05.36 32.82	300m: 3:10.67 32.66	400m: 4:13.58 30.18		
10.	Melle van Veen	Dedemsvaart-AC	200700661	4:15.50	+0,78	573
	50m: 28.84 28.84	150m: 1:33.58 32.64	250m: 2:38.80 32.55	350m: 3:44.57 32.56		
	100m: 1:00.94 32.10	200m: 2:06.25 32.67	300m: 3:12.01 33.21	400m: 4:15.50 30.93		
11.	Denzel Barthen	WVZ	200700147	4:16.30	+0,74	567
	50m: 28.99 28.99	150m: 1:33.75 32.76	250m: 2:39.24 32.68	350m: 3:45.53 32.87		
	100m: 1:00.99 32.00	200m: 2:06.56 32.81	300m: 3:12.66 33.42	400m: 4:16.30 30.77		
12.	Ties Berghs	ZEPS	200700709	4:17.33	+0,67	561
	50m: 29.34 29.34	150m: 1:34.61 33.10	250m: 2:40.80 32.91	350m: 3:46.73 33.13		
	100m: 1:01.51 32.17	200m: 2:07.89 33.28	300m: 3:13.60 32.80	400m: 4:17.33 30.60		
13.	Thijs Wellink	ZPC AMERSFOORT	200600715	4:18.06	+0,68	556
	50m: 28.70 28.70	150m: 1:33.69 33.07	250m: 2:39.81 33.04	350m: 3:46.28 33.29		
	100m: 1:00.62 31.92	200m: 2:06.77 33.08	300m: 3:12.99 33.18	400m: 4:18.06 31.78		

B = Bonus inschrijving

Programmanr. 31, Jongens, 400m vrije slag, Voorronde, Jeugd 1 en 2

rang	naam	vereniging	tijd	RT	FINA	para
14.	Marcelino Gomez Gonzalez	PSV	200601473	4:18.36	+0,86	554
	50m: 29.15 29.15	150m: 1:33.51 32.78	250m: 2:39.70 33.40	350m: 3:46.10		33.22
	100m: 1:00.73 31.58	200m: 2:06.30 32.79	300m: 3:12.88 33.18	400m: 4:18.36		32.26
15.	Ruben de Vries	Hellas-Glana	200600497	4:18.98	+0,67	550
	50m: 29.50 29.50	150m: 1:35.47 33.39	250m: 2:41.57 32.92	350m: 3:47.29		32.94
	100m: 1:02.08 32.58	200m: 2:08.65 33.18	300m: 3:14.35 32.78	400m: 4:18.98		31.69
16.	Collard Jungeling	ZV 44	200701831	4:19.18	+0,73	549
	50m: 29.56 29.56	150m: 1:34.49 32.58	250m: 2:40.46 32.84	350m: 3:47.10		33.34
	100m: 1:01.91 32.35	200m: 2:07.62 33.13	300m: 3:13.76 33.30	400m: 4:19.18		32.08
17.	Tim Zuurman	ZPC Hoogeveen	200700131	4:21.50	+0,79	534
	50m: 29.99 29.99	150m: 1:35.28 33.14	250m: 2:42.31 33.60	350m: 3:49.32		33.43
	100m: 1:02.14 32.15	200m: 2:08.71 33.43	300m: 3:15.89 33.58	400m: 4:21.50		32.18
18.	Marnix Rietveld	Team Noord-Holland (SG)	200700939	4:22.46	+0,67	528
	50m: 29.18 29.18	150m: 1:34.40 32.61	250m: 2:40.35 33.06	350m: 3:48.13		34.36
	100m: 1:01.79 32.61	200m: 2:07.29 32.89	300m: 3:13.77 33.42	400m: 4:22.46		34.33
19.	Lars ten Katen	Batavia Swim	200600959	4:22.63	+0,69	527
	50m: 28.94 28.94	150m: 1:34.37 33.12	250m: 2:41.76 33.79	350m: 3:49.24		33.19
	100m: 1:01.25 32.31	200m: 2:07.97 33.60	300m: 3:16.05 34.29	400m: 4:22.63		33.39
20.	Jere Wiersma	DZ&PC	200701037	4:23.26	+0,71	524
	50m: 29.56 29.56	150m: 1:35.81 33.53	250m: 2:43.08 33.45	350m: 3:50.38		33.50
	100m: 1:02.28 32.72	200m: 2:09.63 33.82	300m: 3:16.88 33.80	400m: 4:23.26		32.88
21.	Finn Rust	PSV	200700469	4:31.30	+0,70	478
	50m: 29.46 29.46	150m: 1:36.17 33.95	250m: 2:45.53 34.84	350m: 3:56.47		35.61
	100m: 1:02.22 32.76	200m: 2:10.69 34.52	300m: 3:20.86 35.33	400m: 4:31.30		34.83
22.	Julian Hendriks	De Otters Het Gooi	200603717 S7	5:17.15		299 640
	50m: 36.33 36.33	150m: 1:53.01 38.72	250m: 3:13.13 40.24	350m: 4:36.25		41.69
	100m: 1:14.29 37.96	200m: 2:32.89 39.88	300m: 3:54.56 41.43	400m: 5:17.15		40.90
AFGEM	Vincent Huele	Blue Marlins	200703423			
NG	Tenzing Geutjes	ZPC AMERSFOORT	200600441			

Senioren 1 en 2

1.	Merlin Belmon	TeamNL - PSV	200403191	3:51.26	+0,77	A 773
	50m: 26.29 26.29	150m: 1:24.77 29.36	250m: 2:23.94 29.46	350m: 3:23.58		29.91
	100m: 55.41 29.12	200m: 1:54.48 29.71	300m: 2:53.67 29.73	400m: 3:51.26		27.68
2.	Efe öngören	Blue Marlins	200504459	3:51.30	+0,62	A 772
	50m: 26.35 26.35	150m: 1:25.02 29.42	250m: 2:24.33 29.28	350m: 3:23.26		29.47
	100m: 55.60 29.25	200m: 1:55.05 30.03	300m: 2:53.79 29.46	400m: 3:51.30		28.04
3.	Koen Marsman	ZPC AMERSFOORT	200502763	3:53.42	+0,66	A 751
	50m: 26.41 26.41	150m: 1:25.17 29.27	250m: 2:24.85 29.77	350m: 3:25.11		30.00
	100m: 55.90 29.49	200m: 1:55.08 29.91	300m: 2:55.11 30.26	400m: 3:53.42		28.31
4.	Émile Fouzaï	Blue Marlins	200500263	3:53.77	+0,69	A 748
	50m: 26.32 26.32	150m: 1:25.26 30.13	250m: 2:25.07 29.68	350m: 3:24.83		29.60
	100m: 55.13 28.81	200m: 1:55.39 30.13	300m: 2:55.23 30.16	400m: 3:53.77		28.94
5.	Luuk van Rooij	PSV	200400581	3:56.07	+0,66	A 726
	50m: 26.47 26.47	150m: 1:26.07 29.90	250m: 2:26.83 30.25	350m: 3:26.93		29.92
	100m: 56.17 29.70	200m: 1:56.58 30.51	300m: 2:57.01 30.18	400m: 3:56.07		29.14
6.	Wouter Zijlstra	HZ&PC Heerenveen	200401545	4:01.34	+0,66	B 680
	50m: 27.07 27.07	150m: 1:27.16 30.38	250m: 2:29.19 30.88	350m: 3:31.52		30.95
	100m: 56.78 29.71	200m: 1:58.31 31.15	300m: 3:00.57 31.38	400m: 4:01.34		29.82
7.	Sven Klink	SWOL 1894	200500349	4:01.71	+0,76	B 677
	50m: 27.21 27.21	150m: 1:26.46 29.92	250m: 2:28.19 31.04	350m: 3:31.10		31.56
	100m: 56.54 29.33	200m: 1:57.15 30.69	300m: 2:59.54 31.35	400m: 4:01.71		30.61
8.	Borys Rudman	Blue Marlins	200504479	4:02.44	+0,72	B 671
	50m: 26.60 26.60	150m: 1:26.31 30.27	250m: 2:29.12 31.40	350m: 3:32.39		31.50
	100m: 56.04 29.44	200m: 1:57.72 31.41	300m: 3:00.89 31.77	400m: 4:02.44		30.05
9.	Abel te Riele	WVZ	200402317	4:02.91	+0,60	B 667
	50m: 27.19 27.19	150m: 1:27.75 30.62	250m: 2:29.65 30.94	350m: 3:31.90		30.90
	100m: 57.13 29.94	200m: 1:58.71 30.96	300m: 3:01.00 31.35	400m: 4:02.91		31.01
10.	David Groenewegen	PSV	200400469	4:05.94	+0,74	R 642
	50m: 27.12 27.12	150m: 1:27.85 31.05	250m: 2:30.99 31.50	350m: 3:34.96		32.03
	100m: 56.80 29.68	200m: 1:59.49 31.64	300m: 3:02.93 31.94	400m: 4:05.94		30.98

B = Bonus inschrijving

Programmanr. 31, Heren, 400m vrije slag, Voorronde, Senioren 1 en 2

rang	naam			vereniging				200401429	tijd	RT	FINA	para
11.	Koen Vissers			PSV				4:08.29	+0,81	624		
	50m:	27.90	27.90	150m:	1:29.79	31.20	250m:	2:34.14	350m:	3:37.52	31.15	
	100m:	58.59	30.69	200m:	2:02.01	32.22	300m:	3:06.37	400m:	4:08.29	30.77	
12.	Rens Stijf			ZPC AMERSFOORT				4:08.58	+0,65	622		
	50m:	27.12	27.12	150m:	1:27.67	30.68	250m:	2:31.21	350m:	3:36.98	32.83	
	100m:	56.99	29.87	200m:	1:59.11	31.44	300m:	3:04.15	400m:	4:08.58	31.60	
13.	Luc Kerpels			ZPC Hoogeveen				4:13.81	+0,75	584		
	50m:	28.61	28.61	150m:	1:31.31	31.84	250m:	2:36.32	350m:	3:41.82	32.60	
	100m:	59.47	30.86	200m:	2:03.67	32.36	300m:	3:09.22	400m:	4:13.81	31.99	

Senioren Open

1.	Bart Sommeling			De Dolfijn				3:50.52	+0,82	A	780
	50m:	26.33	26.33	150m:	1:24.91	29.62	250m:	2:23.34	350m:	3:21.63	29.09
	100m:	55.29	28.96	200m:	1:54.02	29.11	300m:	2:52.54	400m:	3:50.52	28.89
2.	Merlin Belmon			TeamNL - PSV				3:51.26	+0,77	A	773
	50m:	26.29	26.29	150m:	1:24.77	29.36	250m:	2:23.94	350m:	3:23.58	29.91
	100m:	55.41	29.12	200m:	1:54.48	29.71	300m:	2:53.67	400m:	3:51.26	27.68
3.	Efe öngören			Blue Marlins				3:51.30	+0,62	A	772
	50m:	26.35	26.35	150m:	1:25.02	29.42	250m:	2:24.33	350m:	3:23.26	29.47
	100m:	55.60	29.25	200m:	1:55.05	30.03	300m:	2:53.79	400m:	3:51.30	28.04
4.	Tiago Fonseca Gomes			PSV				3:52.39	+0,64	A	761
	50m:	26.51	26.51	150m:	1:24.59	29.29	250m:	2:24.15	350m:	3:23.72	29.57
	100m:	55.30	28.79	200m:	1:54.37	29.78	300m:	2:54.15	400m:	3:52.39	28.67
5.	Koen Marsman			ZPC AMERSFOORT				3:53.42	+0,66	A	751
	50m:	26.41	26.41	150m:	1:25.17	29.27	250m:	2:24.85	350m:	3:25.11	30.00
	100m:	55.90	29.49	200m:	1:55.08	29.91	300m:	2:55.11	400m:	3:53.42	28.31
6.	Émile Fouzaï			Blue Marlins				3:53.77	+0,69	A	748
	50m:	26.32	26.32	150m:	1:25.26	30.13	250m:	2:25.07	350m:	3:24.83	29.60
	100m:	55.13	28.81	200m:	1:55.39	30.13	300m:	2:55.23	400m:	3:53.77	28.94
7.	Luuk van Rooij			PSV				3:56.07	+0,66	A	726
	50m:	26.47	26.47	150m:	1:26.07	29.90	250m:	2:26.83	350m:	3:26.93	29.92
	100m:	56.17	29.70	200m:	1:56.58	30.51	300m:	2:57.01	400m:	3:56.07	29.14
8.	Niels de Boer			Hellas-Glana				3:59.48	+0,72	A	696
	50m:	26.54	26.54	150m:	1:26.53	30.39	250m:	2:27.77	350m:	3:29.70	30.92
	100m:	56.14	29.60	200m:	1:57.01	30.48	300m:	2:58.78	400m:	3:59.48	29.78
9.	Bram Loots			Team Noord-Holland (SG)				3:59.97	+0,46	B	691
	50m:	26.55	26.55	150m:	1:26.34	30.42	250m:	2:28.15	350m:	3:30.21	30.88
	100m:	55.92	29.37	200m:	1:57.07	30.73	300m:	2:59.33	400m:	3:59.97	29.76
10.	Wouter Zijlstra			HZ&PC Heerenveen				4:01.34	+0,66	B	680
	50m:	27.07	27.07	150m:	1:27.16	30.38	250m:	2:29.19	350m:	3:31.52	30.95
	100m:	56.78	29.71	200m:	1:58.31	31.15	300m:	3:00.57	400m:	4:01.34	29.82
11.	Sven Klink			SWOL 1894				4:01.71	+0,76	B	677
	50m:	27.21	27.21	150m:	1:26.46	29.92	250m:	2:28.19	350m:	3:31.10	31.56
	100m:	56.54	29.33	200m:	1:57.15	30.69	300m:	2:59.54	400m:	4:01.71	30.61
12.	Joris Janssen			Aqua-Novio'94				4:02.39	+0,77	B	671
	50m:	27.22	27.22	150m:	1:27.50	30.67	250m:	2:29.45	350m:	3:32.05	31.24
	100m:	56.83	29.61	200m:	1:58.52	31.02	300m:	3:00.81	400m:	4:02.39	30.34
13.	Borys Rudman			Blue Marlins				4:02.44	+0,72	B	671
	50m:	26.60	26.60	150m:	1:26.31	30.27	250m:	2:29.12	350m:	3:32.39	31.50
	100m:	56.04	29.44	200m:	1:57.72	31.41	300m:	3:00.89	400m:	4:02.44	30.05
14.	Tieme Wiersma			DZ&PC				4:02.55	+0,68	B	670
	50m:	27.32	27.32	150m:	1:26.89	30.22	250m:	2:29.05	350m:	3:31.88	31.40
	100m:	56.67	29.35	200m:	1:57.86	30.97	300m:	3:00.48	400m:	4:02.55	30.67
15.	Abel te Riele			WVZ				4:02.91	+0,60	B	667
	50m:	27.19	27.19	150m:	1:27.75	30.62	250m:	2:29.65	350m:	3:31.90	30.90
	100m:	57.13	29.94	200m:	1:58.71	30.96	300m:	3:01.00	400m:	4:02.91	31.01
16.	Lucas van Rooij			PSV				4:04.74	+0,69	B	652
	50m:	27.88	27.88	150m:	1:29.77	31.47	250m:	2:33.04	350m:	3:34.82	30.63
	100m:	58.30	30.42	200m:	2:01.54	31.77	300m:	3:04.19	400m:	4:04.74	29.92
17.	Olivier Wilbers			ZPC Hoogeveen				4:05.77	+0,76	R	644
	50m:	28.38	28.38	150m:	1:30.04	30.92	250m:	2:32.35	350m:	3:35.21	31.38
	100m:	59.12	30.74	200m:	2:01.20	31.16	300m:	3:03.83	400m:	4:05.77	30.56

B = Bonus inschrijving

Programmanr. 31, Heren, 400m vrije slag, Voorronde, Senioren Open

rang	naam		vereniging					tijd	RT	FINA	para	
39.	Jere Wiersma		DZ&PC			200701037		4:23.26	+0,71	524		
	50m:	29.56	29.56	150m:	1:35.81	33.53	250m:	2:43.08	33.45	350m:	3:50.38	33.50
	100m:	1:02.28	32.72	200m:	2:09.63	33.82	300m:	3:16.88	33.80	400m:	4:23.26	32.88
40.	Finn Rust		PSV			200700469		4:31.30	+0,70	478		
	50m:	29.46	29.46	150m:	1:36.17	33.95	250m:	2:45.53	34.84	350m:	3:56.47	35.61
	100m:	1:02.22	32.76	200m:	2:10.69	34.52	300m:	3:20.86	35.33	400m:	4:31.30	34.83
41.	Lars Jacobsen		DWK			199705453	S14	4:50.66	+0,83	389	621	
	50m:	31.99	31.99	150m:	1:43.90	36.39	250m:	2:59.71	37.93	350m:	4:15.48	37.98
	100m:	1:07.51	35.52	200m:	2:21.78	37.88	300m:	3:37.50	37.79	400m:	4:50.66	35.18
42.	Thomas Braat		AZC			200802269	S14	5:12.13	+0,82	314	502	
	50m:	33.84	33.84	150m:	1:52.88	39.75	250m:	3:13.47	39.68	350m:	4:33.74	39.34
	100m:	1:13.13	39.29	200m:	2:33.79	40.91	300m:	3:54.40	40.93	400m:	5:12.13	38.39
43.	Julian Hendriks		De Otters Het Gooi			200603717	S7	5:17.15		299	640	
	50m:	36.33	36.33	150m:	1:53.01	38.72	250m:	3:13.13	40.24	350m:	4:36.25	41.69
	100m:	1:14.29	37.96	200m:	2:32.89	39.88	300m:	3:54.56	41.43	400m:	5:17.15	40.90
AFGEM	Vincent Huele		Blue Marlins			200703423						
NG	Tenzing Geutjes		ZPC AMERSFOORT			200600441						
NG	Thijs van Hofweegen		ZPC AMERSFOORT			199605253	S6					
NG	Jorian Tanis		Feijenoord Albion Zwemclub			199900327						

B = Bonus inschrijving