

Programmanr. 31
22-12-2024 - 17:00

Heren, 400m vrije slag

Senioren Open
Resultaten Finale

Punten: AQUA 2024

rang	naam	vereniging	tijd	RT	FINA	para
PARA Open						
1.	Julian Hendriks <i>Nederlands Record PARA</i>	TeamNL PARA - De Otters Het Gooi	200603717 S7	5:04.95	+0,64	337 720
	50m: 35.63 35.63 100m: 1:13.59 37.96	150m: 1:52.07 38.48 200m: 2:30.24 38.17	250m: 3:09.03 38.79 300m: 3:47.89 38.86	350m: 4:27.07 39.18 400m: 5:04.95 37.88		
2.	Thomas Braat	AZC	200802269 S14	4:50.50	+0,72	390 622
	50m: 31.29 31.29 100m: 1:06.72 35.43	150m: 1:43.65 36.93 200m: 2:21.35 37.70	250m: 2:59.27 37.92 300m: 3:37.16 37.89	350m: 4:15.16 38.00 400m: 4:50.50 35.34		
	Lars Jacobsen	DWK	199705453 S14	4:50.59	+0,77	389 622
	50m: 31.30 31.30 100m: 1:06.66 35.36	150m: 1:43.38 36.72 200m: 2:20.71 37.33	250m: 2:58.99 38.28 300m: 3:35.68 36.69	350m: 4:14.16 38.48 400m: 4:50.59 36.43		
4.	Jesse Bruines	Batavia Swim	200402413 S8	5:27.10	+0,59	273 534
	50m: 36.11 36.11 100m: 1:17.06 40.95	150m: 1:59.31 42.25 200m: 2:41.66 42.35	250m: 3:23.76 42.10 300m: 4:05.63 42.07	350m: 4:47.30 41.47 400m: 5:27.10 39.80		

senioren Open

Finale A

1.	Tiago Fonseca Gomes	Team NL - PSV	200703587	3:44.21	+0,60	848
	50m: 25.81 25.81 100m: 53.38 27.57	150m: 1:21.68 28.30 200m: 1:50.14 28.46	250m: 2:18.70 28.56 300m: 2:47.89 29.19	350m: 3:16.50 28.61 400m: 3:44.21 27.71		
2.	Koen Marsman	Team NL - ZPC AMERSFOORT	200502763	3:50.03	+0,61	785
	50m: 25.36 25.36 100m: 53.30 27.94	150m: 1:22.18 28.88 200m: 1:51.37 29.19	250m: 2:21.03 29.66 300m: 2:51.31 30.28	350m: 3:21.46 30.15 400m: 3:50.03 28.57		
3.	Émile Fouzaï	ZPC AMERSFOORT	200500263	3:51.15	+0,67	774
	50m: 25.72 25.72 100m: 53.69 27.97	150m: 1:22.50 28.81 200m: 1:52.09 29.59	250m: 2:21.79 29.70 300m: 2:51.96 30.17	350m: 3:22.19 30.23 400m: 3:51.15 28.96		
4.	Yanieck Weijland	Team NL - PSV	200500329	3:53.94	+0,68	746
	50m: 26.49 26.49 100m: 55.50 29.01	150m: 1:24.85 29.35 200m: 1:54.20 29.35	250m: 2:23.69 29.49 300m: 2:52.82 29.13	350m: 3:20.26 27.44 400m: 3:53.94 33.68		
5.	Austin Namesnik	ZPC AMERSFOORT	200101817	3:55.35	+0,58	733
	50m: 26.07 26.07 100m: 54.83 28.76	150m: 1:24.46 29.63 200m: 1:54.72 30.26	250m: 2:24.69 29.97 300m: 2:55.03 30.34	350m: 3:26.14 31.11 400m: 3:55.35 29.21		
6.	Bram Loots	Team Noord Holland (SG)	200700197	3:57.25	+0,67	716
	50m: 26.48 26.48 100m: 55.69 29.21	150m: 1:25.74 30.05 200m: 1:55.86 30.12	250m: 2:26.05 30.19 300m: 2:56.26 30.21	350m: 3:27.03 30.77 400m: 3:57.25 30.22		
7.	Tiede Groener	PSV	200700155	3:57.67	+0,72	712
	50m: 26.65 26.65 100m: 56.06 29.41	150m: 1:26.60 30.54 200m: 1:57.41 30.81	250m: 2:27.65 30.24 300m: 2:58.42 30.77	350m: 3:28.74 30.32 400m: 3:57.67 28.93		
8.	Tieme Wiersma	DZ&PC	200701031	3:57.68	+0,74	712
	50m: 26.97 26.97 100m: 56.34 29.37	150m: 1:26.46 30.12 200m: 1:56.97 30.51	250m: 2:27.22 30.25 300m: 2:57.76 30.54	350m: 3:28.65 30.89 400m: 3:57.68 29.03		

Finale B

9.	Sven Klink	SWOL 1894	200500349	3:54.67	+0,74	739
	50m: 26.68 26.68 100m: 55.33 28.65	150m: 1:24.89 29.56 200m: 1:55.06 30.17	250m: 2:24.84 29.78 300m: 2:55.01 30.17	350m: 3:25.06 30.05 400m: 3:54.67 29.61		
10.	Martijn Nies <i>Jaargangs Record</i>	PSV	200902095	3:57.07	+0,57	717
	50m: 27.14 27.14 100m: 57.00 29.86	150m: 1:27.06 30.06 200m: 1:57.29 30.23	250m: 2:27.57 30.28 300m: 2:57.59 30.02	350m: 3:27.68 30.09 400m: 3:57.07 29.39		
11.	Lucas van Rooij	PSV	200603943	3:58.93	+0,64	701
	50m: 26.71 26.71 100m: 55.71 29.00	150m: 1:25.63 29.92 200m: 1:56.09 30.46	250m: 2:26.68 30.59 300m: 2:57.61 30.93	350m: 3:28.73 31.12 400m: 3:58.93 30.20		
12.	Abel te Riele	WVZ	200402317	4:02.88	+0,71	667
	50m: 27.19 27.19 100m: 56.93 29.74	150m: 1:27.88 30.95 200m: 1:58.91 31.03	250m: 2:30.11 31.20 300m: 3:01.38 31.27	350m: 3:32.65 31.27 400m: 4:02.88 30.23		

B = Bonus inschrijving



Nederlandse Kampioenschappen korte baan 2024
Den Haag, 20- - 22-12-2024



Programmanr. 31, Heren, 400m vrije slag, Finale, senioren Open

rang	naam		vereniging				tijd	RT	FINA	para		
13.	Olivier Wilbers		ZPC Hoogeveen		200600181		4:03.12	+0,63	665			
	50m:	28.23	28.23	150m:	1:29.02	30.67	250m:	2:30.94	31.03	350m:	3:33.00	31.02
	100m:	58.35	30.12	200m:	1:59.91	30.89	300m:	3:01.98	31.04	400m:	4:03.12	30.12
14.	Diede Veld		HZ&PC Heerenveen		200800011		4:03.59	+0,76	661			
	50m:	27.66	27.66	150m:	1:29.72	31.37	250m:	2:31.82	30.90	350m:	3:33.96	31.03
	100m:	58.35	30.69	200m:	2:00.92	31.20	300m:	3:02.93	31.11	400m:	4:03.59	29.63
15.	Youri Voet		ZPC AMERSFOORT		200502269		4:04.62	+0,70	653			
	50m:	27.85	27.85	150m:	1:29.73	31.12	250m:	2:31.78	31.04	350m:	3:33.95	31.05
	100m:	58.61	30.76	200m:	2:00.74	31.01	300m:	3:02.90	31.12	400m:	4:04.62	30.67
16.	Milan Veelders		OZ&PC		200800279		4:04.86	+0,73	651			
	50m:	27.74	27.74	150m:	1:30.36	31.45	250m:	2:32.88	31.29	350m:	3:35.23	30.90
	100m:	58.91	31.17	200m:	2:01.59	31.23	300m:	3:04.33	31.45	400m:	4:04.86	29.63

B = Bonus inschrijving