

Programmanr. 1
08-06-2012

Heren, 400m vrije slag

Jeugd/Senioren
Resultaten

Wereld Record	3:40.07	Paul Biedermann	Rome (ITA)	26-07-2009
Europees Record	3:40.07	Paul Biedermann	Rome (ITA)	26-07-2009
Nederlands Record Senioren	3:47.20	Pieter van den Hoogenband	Amersfoort	20-04-2002
Nederlands Record Jeugd	3:55.65	Dion Dreesens	Belgrado (SRB)	06-07-2011

rang	naam	vereniging	tijd	RT
Jeugd 1 en 2				
1.	Maarten Brzoskowski	EIFFELswimmersPSV	199500769	4:01.47 +0,68
	50m: 27.18	27.18	150m: 1:27.56	30.47
	100m: 57.09	29.91	200m: 1:58.50	30.94
			250m: 2:29.50	31.00
			300m: 3:00.52	31.02
			350m: 3:31.74	31.22
			400m: 4:01.47	29.73
2.	Lucas Greven	Zeester-Meerval	199501941	4:11.74 +0,80
	50m: 28.11	28.11	150m: 1:29.93	31.39
	100m: 58.54	30.43	200m: 2:01.77	31.84
			250m: 2:34.34	32.57
			300m: 3:06.93	32.59
			350m: 3:39.68	32.75
			400m: 4:11.74	32.06
3.	Erik Nijholt	DZ&PC	199401349	4:12.32
	50m: 28.02	28.02	150m: 1:32.48	32.43
	100m: 1:00.05	32.03	200m: 2:05.37	32.89
			250m: 2:37.96	32.59
			300m: 3:10.80	32.84
			350m: 3:42.37	31.57
			400m: 4:12.32	29.95
4.	Ruben Klinkers	HGN (SG)	199403511	4:13.68 +0,75
	50m: 28.52	28.52	150m: 1:32.02	32.26
	100m: 59.76	31.24	200m: 2:04.71	32.69
			250m: 2:37.39	32.68
			300m: 3:10.18	32.79
			350m: 3:42.44	32.26
			400m: 4:13.68	31.24
5.	Jacco Doest	DWK	199400711	4:19.95 +0,80
	50m: 29.70	29.70	150m: 1:35.16	32.14
	100m: 1:03.02	33.32	200m: 2:08.37	33.21
			250m: 2:41.26	32.89
			300m: 3:15.04	33.78
			350m: 3:48.12	33.08
			400m: 4:19.95	31.83
6.	Guus van Stiphout	Zeester-Meerval	199501081	4:20.96
	50m: 30.04	30.04	150m: 1:35.38	32.76
	100m: 1:02.62	32.58	200m: 2:08.29	32.91
			250m: 2:41.47	33.18
			300m: 3:15.15	33.68
			350m: 3:48.68	33.53
			400m: 4:20.96	32.28
7.	Jeffry van Zetten	Octopus	199500755	4:28.27
	50m: 30.17	30.17	150m: 1:37.71	33.97
	100m: 1:03.74	33.57	200m: 2:12.55	34.84
			250m: 2:45.46	32.91
			300m: 3:19.82	34.36
			350m: 3:54.54	34.72
			400m: 4:28.27	33.73
8.	Rowan Keen	Borger	199500727	4:28.30
	50m: 31.04	31.04	150m: 1:39.19	34.01
	100m: 1:05.18	34.14	200m: 2:14.02	34.83
			250m: 2:48.65	34.63
			300m: 3:23.10	34.45
			350m: 3:57.29	34.19
			400m: 4:28.30	31.01
9.	Damon Peperkamp	De Dinkel	199501101	4:31.28 +0,58
	50m: 29.15	29.15	150m: 1:36.71	34.20
	100m: 1:02.51	33.36	200m: 2:11.82	35.11
			250m: 2:48.10	36.28
			300m: 3:22.80	34.70
			350m: 3:57.77	34.97
			400m: 4:31.28	33.51
10.	Sjors Boverhoff	Octopus	199500741	4:32.37
	50m: 29.38	29.38	150m: 1:36.69	34.32
	100m: 1:02.37	32.99	200m: 2:11.64	34.95
			250m: 2:46.75	35.11
			300m: 3:22.59	35.84
			350m: 3:58.26	35.67
			400m: 4:32.37	34.11

all-in

1.	Sebastiaan Verschuren	E.ON-NZA	198803571	3:53.74 +0,74
	50m: 27.33	27.33	150m: 1:26.44	29.62
	100m: 56.82	29.49	200m: 1:55.92	29.48
			250m: 2:25.51	29.59
			300m: 2:55.04	29.53
			350m: 3:24.55	29.51
			400m: 3:53.74	29.19
2.	Dion Dreesens	EIFFELswimmersPSV	199302189	3:55.87 +0,68
	50m: 26.98	26.98	150m: 1:26.73	30.14
	100m: 56.59	29.61	200m: 1:56.30	29.57
			250m: 2:25.94	29.64
			300m: 2:55.87	29.93
			350m: 3:25.85	29.98
			400m: 3:55.87	30.02
3.	Davy Verreussel	HGN (SG)	198903341	4:00.46 +0,73
	50m: 27.44	27.44	150m: 1:28.05	30.65
	100m: 57.40	29.96	200m: 1:58.97	30.92
			250m: 2:29.54	30.57
			300m: 3:00.35	30.81
			350m: 3:30.76	30.41
			400m: 4:00.46	29.70
4.	Maarten Brzoskowski	EIFFELswimmersPSV	199500769	4:01.47 +0,68
	50m: 27.18	27.18	150m: 1:27.56	30.47
	100m: 57.09	29.91	200m: 1:58.50	30.94
			250m: 2:29.50	31.00
			300m: 3:00.52	31.02
			350m: 3:31.74	31.22
			400m: 4:01.47	29.73
5.	Bo Wullings	De Dolfijn	198904251	4:08.21 +0,78
	50m: 27.47	27.47	150m: 1:28.47	30.67
	100m: 57.80	30.33	200m: 2:00.43	31.96
			250m: 2:32.22	31.79
			300m: 3:04.52	32.30
			350m: 3:36.48	31.96
			400m: 4:08.21	31.73
6.	Lucas Greven	Zeester-Meerval	199501941	4:11.74 +0,80
	50m: 28.11	28.11	150m: 1:29.93	31.39
	100m: 58.54	30.43	200m: 2:01.77	31.84
			250m: 2:34.34	32.57
			300m: 3:06.93	32.59
			350m: 3:39.68	32.75
			400m: 4:11.74	32.06
7.	Erik Nijholt	DZ&PC	199401349	4:12.32
	50m: 28.02	28.02	150m: 1:32.48	32.43
	100m: 1:00.05	32.03	200m: 2:05.37	32.89
			250m: 2:37.96	32.59
			300m: 3:10.80	32.84
			350m: 3:42.37	31.57
			400m: 4:12.32	29.95

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rang	naam	vereniging				tijd				RT	
8.	Ruben Klinkers	HGN (SG)				199403511				4:13.68 +0,75	
	50m: 28.52	28.52	150m: 1:32.02	32.26	250m: 2:37.39	32.68	350m: 3:42.44	32.26			
	100m: 59.76	31.24	200m: 2:04.71	32.69	300m: 3:10.18	32.79	400m: 4:13.68	31.24			
9.	Jacco Doest	DWK				199400711				4:19.95 +0,80	
	50m: 29.70	29.70	150m: 1:35.16	32.14	250m: 2:41.26	32.89	350m: 3:48.12	33.08			
	100m: 1:03.02	33.32	200m: 2:08.37	33.21	300m: 3:15.04	33.78	400m: 4:19.95	31.83			
10.	Guus van Stiphout	Zeester-Meerval				199501081				4:20.96	
	50m: 30.04	30.04	150m: 1:35.38	32.76	250m: 2:41.47	33.18	350m: 3:48.68	33.53			
	100m: 1:02.62	32.58	200m: 2:08.29	32.91	300m: 3:15.15	33.68	400m: 4:20.96	32.28			
11.	Jeffry van Zetten	Octopus				199500755				4:28.27	
	50m: 30.17	30.17	150m: 1:37.71	33.97	250m: 2:45.46	32.91	350m: 3:54.54	34.72			
	100m: 1:03.74	33.57	200m: 2:12.55	34.84	300m: 3:19.82	34.36	400m: 4:28.27	33.73			
12.	Rowan Keen	Borger				199500727				4:28.30	
	50m: 31.04	31.04	150m: 1:39.19	34.01	250m: 2:48.65	34.63	350m: 3:57.29	34.19			
	100m: 1:05.18	34.14	200m: 2:14.02	34.83	300m: 3:23.10	34.45	400m: 4:28.30	31.01			
13.	Damon Peperkamp	De Dinkel				199501101				4:31.28 +0,58	
	50m: 29.15	29.15	150m: 1:36.71	34.20	250m: 2:48.10	36.28	350m: 3:57.77	34.97			
	100m: 1:02.51	33.36	200m: 2:11.82	35.11	300m: 3:22.80	34.70	400m: 4:31.28	33.51			
14.	Sjors Boverhoff	Octopus				199500741				4:32.37	
	50m: 29.38	29.38	150m: 1:36.69	34.32	250m: 2:46.75	35.11	350m: 3:58.26	35.67			
	100m: 1:02.37	32.99	200m: 2:11.64	34.95	300m: 3:22.59	35.84	400m: 4:32.37	34.11			