

Programmanr. 18
15-12-2013 - 13:15

Heren, 400m vrije slag

Juniores 3 en ouder
Resultaten

Nederlands Record Senioren	3:42.19	Ferry Weertman	Eindhoven	07-08-2013
Nederlands Record Jeugd	3:50.31	Maarten Brzskowski	Amsterdam	26-10-2012
Nederlands Record Junioren	3:56.23	Pieter van den Hoogenband	Uden	26-02-1994
Nederlands Record 18 jaar	3:49.86	Alex Schelvis	Dordrecht	05-11-2005
Nederlands Record 17 jaar	3:50.31	Maarten Brzskowski	Amsterdam	26-10-2012
Nederlands Record 16 jaar	3:51.21	Pieter van den Hoogenband	Amersfoort	17-12-1994
Nederlands Record 15 jaar	3:58.80	Pieter van den Hoogenband	Barneveld	03-04-1993
Nederlands Record 14 jaar	4:06.56	Jorgos Skotadis	Amsterdam	03-02-2012

rang	naam	vereniging	intijd	startnr.	tijd	RT	pnt	niv
1.	Maarten Brzskowski	PSV	3:50.31	199500769	3:46.98	+0,74		A+
	<i>Nederlands Record 18 jaar</i>							
	50m: 27.04	27.04	150m: 1:24.42	29.08	250m: 2:21.88	28.65	350m: 3:19.20	28.58
	100m: 55.34	28.30	200m: 1:53.23	28.81	300m: 2:50.62	28.74	400m: 3:46.98	27.78
2.	Guus van Stiphout	PSV	4:14.34	199501081	4:03.02	+0,72		D
	50m: 27.67	27.67	150m: 1:28.80	30.81	250m: 2:30.32	30.39	350m: 3:31.77	30.86
	100m: 57.99	30.32	200m: 1:59.93	31.13	300m: 3:00.91	30.59	400m: 4:03.02	31.25
3.	Stijn Avezaat	ZPC Woerden	4:08.49	199700729	4:04.72	+0,88		D
	50m: 28.07	28.07	150m: 1:29.60	31.10	250m: 2:31.91	30.98	350m: 3:34.42	31.23
	100m: 58.50	30.43	200m: 2:00.93	31.33	300m: 3:03.19	31.28	400m: 4:04.72	30.30
4.	Pepijn Smits	PSV	4:04.98	199600691	4:09.03	+0,86		E
	50m: 28.40	28.40	150m: 1:29.99	30.98	250m: 2:32.37	31.05	350m: 3:36.21	32.52
	100m: 59.01	30.61	200m: 2:01.32	31.33	300m: 3:03.69	31.32	400m: 4:09.03	32.82
5.	Bernd Kobesen	Orca	4:12.36	199300981	4:14.32	+0,73		F
	50m: 28.28	28.28	150m: 1:31.52	32.03	250m: 2:36.40	32.54	350m: 3:42.17	32.98
	100m: 59.49	31.21	200m: 2:03.86	32.34	300m: 3:09.19	32.79	400m: 4:14.32	32.15
6.	Leroy van Ooijk	VZC E&P	4:26.24	199800361	4:16.97	+0,71		E
	50m: 28.32	28.32	150m: 1:33.45	32.91	250m: 2:40.20	33.11	350m: 3:46.65	33.33
	100m: 1:00.54	32.22	200m: 2:07.09	33.64	300m: 3:13.32	33.12	400m: 4:16.97	30.32
7.	Ruben Stam	De Dolfijn	4:47.18	199800331	4:19.75	+0,78		E
	50m: 30.17	30.17	150m: 1:36.95	33.56	250m: 2:43.37	32.79	350m: 3:48.00	32.27
	100m: 1:03.39	33.22	200m: 2:10.58	33.63	300m: 3:15.73	32.36	400m: 4:19.75	31.75
8.	Friso van der Meulen	TriVia	4:25.33	199800617	4:22.43	+0,75		F
	50m: 29.49	29.49	150m: 1:35.50	33.51	250m: 2:41.95	33.23	350m: 3:50.00	33.94
	100m: 1:01.99	32.50	200m: 2:08.72	33.22	300m: 3:16.06	34.11	400m: 4:22.43	32.43
9.	Jelmer Postma	Orca	4:16.99	199701631	4:22.91	+0,77		F
	50m: 29.57	29.57	150m: 1:35.61	33.30	250m: 2:42.55	33.04	350m: 3:50.38	33.98
	100m: 1:02.31	32.74	200m: 2:09.51	33.90	300m: 3:16.40	33.85	400m: 4:22.91	32.53
10.	Emiel van Beusekom	Van Vliet-Barracuda	4:26.39	199403951	4:25.01	+0,86		F
	50m: 29.86	29.86	150m: 1:37.20	34.10	250m: 2:45.54	33.97	350m: 3:53.08	33.34
	100m: 1:03.10	33.24	200m: 2:11.57	34.37	300m: 3:19.74	34.20	400m: 4:25.01	31.93
11.	Ruben Griffioen	De Columbiaan	4:22.97	199900771	4:26.24	+0,79		E
	50m: 28.93	28.93	150m: 1:35.28	33.69	250m: 2:43.59	34.25	350m: 3:52.47	34.19
	100m: 1:01.59	32.66	200m: 2:09.34	34.06	300m: 3:18.28	34.69	400m: 4:26.24	33.77
12.	Rense Ruig	ZV De Zaan	4:27.51	199901627	4:27.23	+0,79		E
	50m: 29.39	29.39	150m: 1:36.51	33.81	250m: 2:44.50	33.80	350m: 3:53.94	34.67
	100m: 1:02.70	33.31	200m: 2:10.70	34.19	300m: 3:19.27	34.77	400m: 4:27.23	33.29
13.	Thom Paardekooper	WVZ	4:24.53	199604259	4:29.53	+0,72		F
	50m: 29.05	29.05	150m: 1:35.92	34.13	250m: 2:44.71	34.35	350m: 3:54.53	35.52
	100m: 1:01.79	32.74	200m: 2:10.36	34.44	300m: 3:19.01	34.30	400m: 4:29.53	35.00
14.	Sam Haring	ZV De Zaan	4:35.98	199901491	4:33.61	+0,78		F
	50m: 29.87	29.87	150m: 1:39.38	35.10	250m: 2:51.30	35.87	350m: 4:01.48	34.56
	100m: 1:04.28	34.41	200m: 2:15.43	36.05	300m: 3:26.92	35.62	400m: 4:33.61	32.13
15.	Thijs de Vos	De Rijn	4:47.42	199600675	4:40.09	+0,75		
	50m: 30.81	30.81	150m: 1:40.82	35.51	250m: 2:52.52	35.80	350m: 4:05.35	36.52
	100m: 1:05.31	34.50	200m: 2:16.72	35.90	300m: 3:28.83	36.31	400m: 4:40.09	34.74
16.	Remco Stam	TriVia	4:41.17	199702165	4:53.56	+0,83		
	50m: 30.60	30.60	150m: 1:42.34	36.86	250m: 2:58.04	38.31	350m: 4:15.98	39.07
	100m: 1:05.48	34.88	200m: 2:19.73	37.39	300m: 3:36.91	38.87	400m: 4:53.56	37.58
17.	Jeroen Boessenkool	Dedemsvaart-AC	4:47.68	199800295	4:55.39	+0,78		
	50m: 30.68	30.68	150m: 1:43.15	36.88	250m: 3:00.04	38.41	350m: 4:17.84	38.96
	100m: 1:06.27	35.59	200m: 2:21.63	38.48	300m: 3:38.88	38.84	400m: 4:55.39	37.55
18.	Arjan Bijl	DWK	4:45.71	199800117	4:55.77	+0,88		
	50m: 32.98	32.98	150m: 1:47.00	37.73	250m: 3:02.54	38.10	350m: 4:19.65	38.74
	100m: 1:09.27	36.29	200m: 2:24.44	37.44	300m: 3:40.91	38.37	400m: 4:55.77	36.12

Programmanr. 18, Heren, 400m vrije slag, Junioren 3 en ouder

rang	naam	vereniging	intijd	startnr.		tijd	RT	pnt	niv
19.	David Kroon	Wiekslag	5:04.45	199505495	S10	5:07.63	+0,79	500	
	50m:	33.85	33.85	150m:	1:49.94	38.44	250m:	3:08.90	39.98
	100m:	1:11.50	37.65	200m:	2:28.92	38.98	300m:	3:48.88	39.98
							350m:	4:28.72	39.84
							400m:	5:07.63	38.91
20.	Mark Hamersma	VZC E&P	NT	199307211		5:10.27	+0,80		
	50m:	33.83	33.83	150m:	1:51.51	39.22	250m:	3:10.95	39.63
	100m:	1:12.29	38.46	200m:	2:31.32	39.81	300m:	3:51.08	40.13
							350m:	4:31.46	40.38
							400m:	5:10.27	38.81
DIS	Jorik van Egdom	VZC E&P	4:45.56	199506107		AA			
	50m:			150m:			250m:		
	100m:			200m:			300m:		
AFGEM	Raoul Engelenburg	Zwemlust-den Hommel	4:17.09	198900843					