

Programmanr. 1
20/12/2014 - 14:00

Heren, 400m vrije slag

Junioren 3 en ouder
Resultaten

rang	naam	vereniging	intijd	startnr.	tijd	RT	pnt	niv
1.	Joost Reijns	De Dolfijn	3:48.33	198702725	3:53.17	+0,77	C	
	50m: 25.35	25.35	150m: 1:22.17	28.71	250m: 2:20.86	29.65	350m: 3:22.31	31.17
	100m: 53.46	28.11	200m: 1:51.21	29.04	300m: 2:51.14	30.28	400m: 3:53.17	30.86
2.	Marcel Schouten	PSV	3:55.03	199300653	3:55.55	+0,77	C	
	50m: 26.84	26.84	150m: 1:25.87	29.89	250m: 2:26.04	29.97	350m: 3:25.43	29.67
	100m: 55.98	29.14	200m: 1:56.07	30.20	300m: 2:55.76	29.72	400m: 3:55.55	30.12
3.	Stan Pijnenburg	PSV	3:59.39	199600427	3:57.24	+0,72	C	
	50m: 26.15	26.15	150m: 1:24.32	29.38	250m: 2:24.52	30.22	350m: 3:26.50	31.08
	100m: 54.94	28.79	200m: 1:54.30	29.98	300m: 2:55.42	30.90	400m: 3:57.24	30.74
4.	Ruben van Leeuwen	PSV	4:02.72	199704803	4:01.16	+0,73	D	
	50m: 26.16	26.16	150m: 1:25.22	29.93	250m: 2:27.42	31.47	350m: 3:30.50	31.51
	100m: 55.29	29.13	200m: 1:55.95	30.73	300m: 2:58.99	31.57	400m: 4:01.16	30.66
5.	Pepijn Smits	PSV	4:03.13	199600691	4:04.92	+0,77	E	
	50m: 27.11	27.11	150m: 1:28.91	31.09	250m: 2:31.76	31.45	350m: 3:35.08	31.72
	100m: 57.82	30.71	200m: 2:00.31	31.40	300m: 3:03.36	31.60	400m: 4:04.92	29.84
6.	Jorgos Skotadis	De Dolfijn	4:06.70	199803317	4:05.54	+0,75	D	
	50m: 27.61	27.61	150m: 1:28.98	31.22	250m: 2:31.90	31.34	350m: 3:34.83	31.32
	100m: 57.76	30.15	200m: 2:00.56	31.58	300m: 3:03.51	31.61	400m: 4:05.54	30.71
7.	Jens Bakker	De Dolfijn	4:01.49	199300021	4:06.37	+0,78	E	
	50m: 27.55	27.55	150m: 1:29.15	31.17	250m: 2:32.18	31.64	350m: 3:35.77	31.75
	100m: 57.98	30.43	200m: 2:00.54	31.39	300m: 3:04.02	31.84	400m: 4:06.37	30.60
8.	Raoul Engelenburg	Aquarij	4:13.59	198900843	4:11.82	+0,76	E	
	50m: 29.32	29.32	150m: 1:33.52	32.40	250m: 2:37.35	32.00	350m: 3:40.64	31.46
	100m: 1:01.12	31.80	200m: 2:05.35	31.83	300m: 3:09.18	31.83	400m: 4:11.82	31.18
9.	Leroy van Ooijk	VZC E&P	4:10.05	199800361	4:12.01	+0,75	E	
	50m: 27.71	27.71	150m: 1:31.53	32.20	250m: 2:36.52	32.36	350m: 3:41.07	31.80
	100m: 59.33	31.62	200m: 2:04.16	32.63	300m: 3:09.27	32.75	400m: 4:12.01	30.94
10.	Beau Kneppers	Zwemvereniging Hoorn	4:18.82	199703157	4:12.88	+0,77	E	
	50m: 28.79	28.79	150m: 1:32.62	32.06	250m: 2:36.92	32.14	350m: 3:41.06	32.15
	100m: 1:00.56	31.77	200m: 2:04.78	32.16	300m: 3:08.91	31.99	400m: 4:12.88	31.82
11.	Bart Sommeling	De Dolfijn	4:11.69	199800765	4:12.91	+0,70	E	
	50m: 26.99	26.99	150m: 1:30.18	32.16	250m: 2:36.15	32.74	350m: 3:41.60	32.80
	100m: 58.02	31.03	200m: 2:03.41	33.23	300m: 3:08.80	32.65	400m: 4:12.91	31.31
12.	Ruben Stam	De Dolfijn	4:19.75	199800331	4:17.43	+0,72	E	
	50m: 29.14	29.14	150m: 1:33.08	32.46	250m: 2:38.09	32.70	350m: 3:44.22	33.21
	100m: 1:00.62	31.48	200m: 2:05.39	32.31	300m: 3:11.01	32.92	400m: 4:17.43	33.21
13.	Timos Skotadis	De Dolfijn	4:17.72	199804615	4:19.27	+0,75	F	
	50m: 28.47	28.47	150m: 1:32.30	32.44	250m: 2:37.61	32.64	350m: 3:45.01	34.03
	100m: 59.86	31.39	200m: 2:04.97	32.67	300m: 3:10.98	33.37	400m: 4:19.27	34.26
14.	Noa Eversdijk	ZPC De Zeeuwse Kust	4:20.70	199903595	4:20.07	+0,78	E	
	50m: 27.98	27.98	150m: 1:34.72	34.21	250m: 2:43.13	34.28	350m: 3:49.88	32.97
	100m: 1:00.51	32.53	200m: 2:08.85	34.13	300m: 3:16.91	33.78	400m: 4:20.07	30.19
15.	Rense Ruig	ZV De Zaan	4:24.36	199901627	4:21.89	+0,78	F	
	50m: 28.17	28.17	150m: 1:33.43	33.38	250m: 2:41.04	34.02	350m: 3:49.41	34.08
	100m: 1:00.05	31.88	200m: 2:07.02	33.59	300m: 3:15.33	34.29	400m: 4:21.89	32.48
16.	Jelle Blankestijn	AZ&PC	4:20.09	199803737	4:21.97	+0,78	F	
	50m: 29.06	29.06	150m: 1:34.29	32.69	250m: 2:40.93	33.46	350m: 3:48.76	33.95
	100m: 1:01.60	32.54	200m: 2:07.47	33.18	300m: 3:14.81	33.88	400m: 4:21.97	33.21
17.	Niels Wiersema	Nova	4:21.73	199703221	4:22.78	+0,88	F	
	50m: 29.62	29.62	150m: 1:36.56	33.81	250m: 2:44.52	33.52	350m: 3:51.21	32.76
	100m: 1:02.75	33.13	200m: 2:11.00	34.44	300m: 3:18.45	33.93	400m: 4:22.78	31.57
18.	Michel van Nieuwkerk	Albion	4:19.88	199702413	4:23.31	+0,70	F	
	50m: 29.09	29.09	150m: 1:34.38	33.06	250m: 2:41.84	33.70	350m: 3:49.86	33.93
	100m: 1:01.32	32.23	200m: 2:08.14	33.76	300m: 3:15.93	34.09	400m: 4:23.31	33.45
19.	Olivier Jans	De Dolfijn	4:31.43	200001815	4:26.49	+0,72	E	
	50m: 29.93	29.93	150m: 1:37.00	33.91	250m: 2:45.64	34.25	350m: 3:53.95	33.81
	100m: 1:03.09	33.16	200m: 2:11.39	34.39	300m: 3:20.14	34.50	400m: 4:26.49	32.54
20.	Stijn van Aken	AZ&PC	4:25.18	199902649	4:27.48	+0,75	F	
	50m: 29.28	29.28	150m: 1:36.47	34.13	250m: 2:45.47	34.39	350m: 3:54.35	34.23
	100m: 1:02.34	33.06	200m: 2:11.08	34.61	300m: 3:20.12	34.65	400m: 4:27.48	33.13
21.	Reijer Boodt	De Dolfijn	4:52.10	199901001	4:43.07	+0,70	G	
	50m: 30.24	30.24	150m: 1:40.55	36.07	250m: 2:54.00	36.93	350m: 4:07.17	36.12
	100m: 1:04.48	34.24	200m: 2:17.07	36.52	300m: 3:31.05	37.05	400m: 4:43.07	35.90

Programmanr. 1, Heren, 400m vrije slag, Junioren 3 en ouder

rang	naam	vereniging	intijd	startnr.		tijd	RT	pnt	niv
22.	Thijs van Hofweegen	NTC Paralympisch	5:19.63	199605253	S7	5:24.06	+1,11	639	
	50m: 35.14	35.14	150m: 1:56.75	41.74	250m: 3:19.33	41.32	350m: 4:43.71	42.82	
	100m: 1:15.01	39.87	200m: 2:38.01	41.26	300m: 4:00.89	41.56	400m: 5:24.06	40.35	
AFGEM	Kevin Eltink	DWK	4:03.56	199100589					
AFGEM	Michael Schoenmaker	NTC Paralympisch	6:35.89	198302615	S4				