

Programmanr. 13
22-10-2011 - 12:06

Heren, 400m vrije slag

Juniores 1 en ouder
Resultaten

rang	naam	vereniging				intijd				tijd
Juniores 1 en 2										
1.	Jorgos Skotadis			Racing Club			4:16.87	9803317	4:18.75	
	50m: 27.91	27.91	150m: 1:30.91	32.26	250m: 2:36.41	32.97	350m: 3:45.09	34.29		
	100m: 58.65	30.74	200m: 2:03.44	32.53	300m: 3:10.80	34.39	400m: 4:18.75	33.66		
2.	Ruben Griffioen			De Columbiaan			4:44.49	199900771	4:42.86	
	50m: 31.50	31.50	150m: 1:42.50	35.92	250m: 2:55.19	36.56	350m: 4:08.25	36.27		
	100m: 1:06.58	35.08	200m: 2:18.63	36.13	300m: 3:31.98	36.79	400m: 4:42.86	34.61		
3.	Timo van Lint			EIFFELswimmersPSV			5:13.21	199801785	5:07.12	
	50m: 35.54	35.54	150m: 1:53.20	39.26	250m: 3:11.85	39.41	350m: 4:29.43	38.50		
	100m: 1:13.94	38.40	200m: 2:32.44	39.24	300m: 3:50.93	39.08	400m: 5:07.12	37.69		
4.	Jason Slijngard			De Houtrib			5:31.08	199801265	5:08.55	
	50m: 33.53	33.53	150m: 1:52.05	40.36	250m: 3:11.96	40.17	350m: 4:31.41	38.96		
	100m: 1:11.69	38.16	200m: 2:31.79	39.74	300m: 3:52.45	40.49	400m: 5:08.55	37.14		
5.	Marcoen Smits			EIFFELswimmersPSV			5:14.91	199900815	5:14.77	
	50m: 34.67	34.67	150m: 1:53.46	40.52	250m: 3:14.71	41.05	350m: 4:34.48	40.51		
	100m: 1:12.94	38.27	200m: 2:33.66	40.20	300m: 3:53.97	39.26	400m: 5:14.77	40.29		
6.	Sam Haring			Zwemvereniging Hoorn			5:06.87	199901491	5:40.77	
	50m: 34.06	34.06	150m: 1:57.41	42.40	250m: 3:24.34	44.46	350m: 4:55.52	45.88		
	100m: 1:15.01	40.95	200m: 2:39.88	42.47	300m: 4:09.64	45.30	400m: 5:40.77	45.25		
7.	Matthew Dullemond			Racing Club			6:00.52	9805005	5:45.89	
	50m: 38.59	38.59	150m: 2:08.23	44.87	250m: 3:38.56	45.22	350m: 5:07.31	44.07		
	100m: 1:23.36	44.77	200m: 2:53.34	45.11	300m: 4:23.24	44.68	400m: 5:45.89	38.58		
8.	Joppe van Beek			DAW			6:34.37	199900627	6:21.71	
	50m: 41.65	41.65	150m: 2:18.53	48.68	250m: 3:56.56	48.94	350m: 5:36.25	49.45		
	100m: 1:29.85	48.20	200m: 3:07.62	49.09	300m: 4:46.80	50.24	400m: 6:21.71	45.46		
9.	Djurre Lankhorst 100-200m*			Racing Club			6:26.47	9902733	6:23.36	
	50m: 41.90	41.90	150m: 2:19.94	49.11	250m: 3:57.45	48.62	350m: 5:38.11	50.71		
	100m: 1:30.83	48.93	200m: 3:08.83	48.89	300m: 4:47.40	49.95	400m: 6:23.36	45.25		
AFGEM	Martijn de Leeuw			One Team Swimming			6:07.92	199800707		
Juniores 3 en 4										
1.	Mike van Herk			EIFFELswimmersPSV			4:19.95	199601007	4:18.12	
	50m: 27.92	27.92	150m: 1:31.26	32.30	250m: 2:38.24	33.73	350m: 3:46.30	33.93		
	100m: 58.96	31.04	200m: 2:04.51	33.25	300m: 3:12.37	34.13	400m: 4:18.12	31.82		
2.	Stan Pijnenburg			EIFFELswimmersPSV			4:29.85	199600427	4:23.22	
	50m: 29.53	29.53	150m: 1:35.38	33.23	250m: 2:42.42	33.29	350m: 3:49.84	33.78		
	100m: 1:02.15	32.62	200m: 2:09.13	33.75	300m: 3:16.06	33.64	400m: 4:23.22	33.38		
3.	Pepijn Smits			EIFFELswimmersPSV			4:36.91	199600691	4:27.93	
	50m: 30.65	30.65	150m: 1:37.71	33.94	250m: 2:46.05	34.16	350m: 3:54.69	34.13		
	100m: 1:03.77	33.12	200m: 2:11.89	34.18	300m: 3:20.56	34.51	400m: 4:27.93	33.24		
4.	Sven Dogger			De Zwoer			4:33.10	199600617	4:36.77	
	50m: 30.63	30.63	150m: 1:37.70	33.94	250m: 2:48.49	35.68	350m: 4:00.85	36.51		
	100m: 1:03.76	33.13	200m: 2:12.81	35.11	300m: 3:24.34	35.85	400m: 4:36.77	35.92		
5.	Beau Kneppers			Zwemvereniging Hoorn			5:26.62	199703157	4:40.23	
	50m: 31.34	31.34	150m: 1:42.26	35.98	250m: 2:54.07	35.80	350m: 4:05.67	35.96		
	100m: 1:06.28	34.94	200m: 2:18.27	36.01	300m: 3:29.71	35.64	400m: 4:40.23	34.56		
6.	Valentijn Stolk			De Fuut			4:27.73	199601563	4:41.10 *	
	50m: 30.49	30.49	150m: 1:39.38	35.32	250m: 2:51.39	36.19	350m: 4:05.30	36.98		
	100m: 1:04.06	33.57	200m: 2:15.20	35.82	300m: 3:28.32	36.93	400m: 4:41.10	35.80		
7.	Simon Cornelissen			Hydra			5:05.56	199704039	4:56.59	
	50m: 32.90	32.90	150m: 1:47.35	37.31	250m: 3:03.60	38.54	350m: 4:20.04	38.28		
	100m: 1:10.04	37.14	200m: 2:25.06	37.71	300m: 3:41.76	38.16	400m: 4:56.59	36.55		
8.	Joshua Verkuil			Aquarijn			5:31.38	199700859	5:21.22	
	50m: 36.05	36.05	150m: 1:56.79	40.94	250m: 3:20.80	42.08	350m: 4:43.15	41.49		
	100m: 1:15.85	39.80	200m: 2:38.72	41.93	300m: 4:01.66	40.86	400m: 5:21.22	38.07		
9.	Cody van Mouwerik 100m*			One Team Swimming			6:01.33	199605233	5:36.31	
	50m: 35.69	35.69	150m: 2:01.47	43.50	250m: 3:29.63	44.98	350m: 4:57.48	44.14		
	100m: 1:17.97	42.28	200m: 2:44.65	43.18	300m: 4:13.34	43.71	400m: 5:36.31	38.83		
DIS	Martijn Tamis			Racing Club			5:03.54	9701407	AF	
	50m:		150m:		250m:		350m:			
	100m:		200m:		300m:		400m:			

Programmanr. 13, Jongens, 400m vrije slag, Junioren 3 en 4

rang	naam	vereniging	intijd	tijd
AFGEM	Rens Klok	One Team Swimming	6:20.02	199602045

Jeugd 1 en 2

1.	Marco Uppelschoten	De Houtrib	4:17.56	199500375	4:16.26
	50m: 28.41	150m: 1:31.33	250m: 2:36.81	350m: 3:44.51	33.67
	100m: 59.18	200m: 2:03.29	300m: 3:10.84	400m: 4:16.26	31.75
2.	Mitchell van Winsum	AZ&PC	4:30.48	199500619	4:26.93
	50m: 29.52	150m: 1:36.82	250m: 2:45.23	350m: 3:53.85	34.08
	100m: 1:03.02	200m: 2:10.98	300m: 3:19.77	400m: 4:26.93	33.08
3.	Koen van Lieshout	EIFFELswimmersPSV	4:23.93	199503445	4:28.37
	50m: 30.82	150m: 1:38.67	250m: 2:46.88	350m: 3:55.85	34.79
	100m: 1:04.47	200m: 2:12.84	300m: 3:21.06	400m: 4:28.37	32.52
AFGEM	Auke Koops	De Zwoer	NT	199502455	

Senioren 1 en ouder

1.	Jeroen v.d. Bos	AZ&PC	4:31.54	199202299	4:24.66
	50m: 29.69	150m: 1:36.28	250m: 2:44.51	350m: 3:53.51	34.50
	100m: 1:02.63	200m: 2:10.41	300m: 3:19.01	400m: 4:24.66	31.15