

Programmanr. 1
07-06-2013

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	KNZB-RTC	199500769	3:58.40 +0,68
	50m: 28.31	28.31	150m: 1:28.11	30.29
	100m: 57.82	29.51	200m: 1:58.47	30.36
			250m: 2:28.85	30.38
			300m: 2:59.00	30.15
			350m: 3:29.25	30.25
			400m: 3:58.40	29.15
2.	Rowan Keen	Borger	199500727	4:16.40 +0,83
	50m: 29.41	29.41	150m: 1:33.72	32.54
	100m: 1:01.18	31.77	200m: 2:06.90	33.18
			250m: 2:39.90	33.00
			300m: 3:13.08	33.18
			350m: 3:45.54	32.46
			400m: 4:16.40	30.86
3.	Sven Dogger	AZ&PC	199600617	4:17.02 +0,71
	50m: 28.57	28.57	150m: 1:32.76	32.37
	100m: 1:00.39	31.82	200m: 2:05.44	32.68
			250m: 2:38.27	32.83
			300m: 3:11.71	33.44
			350m: 3:45.33	33.62
			400m: 4:17.02	31.69
4.	Karst Boersma	De Dinkel	199600849	4:18.00 +0,88
	50m: 28.21	28.21	150m: 1:32.11	32.75
	100m: 59.36	31.15	200m: 2:05.10	32.99
			250m: 2:38.44	33.34
			300m: 3:12.35	33.91
			350m: 3:46.09	33.74
			400m: 4:18.00	31.91
5.	Pepijn Smits	PSV	199600691	4:18.13 +0,92
	50m: 29.13	29.13	150m: 1:33.42	32.61
	100m: 1:00.81	31.68	200m: 2:06.27	32.85
			250m: 2:39.57	33.30
			300m: 3:12.68	33.11
			350m: 3:46.01	33.33
			400m: 4:18.13	32.12
6.	Melvin Prins	SBC2000	199500201	4:23.69 +0,72
	50m: 29.24	29.24	150m: 1:33.03	32.44
	100m: 1:00.59	31.35	200m: 2:06.70	33.67
			250m: 2:40.73	34.03
			300m: 3:15.25	34.52
			350m: 3:49.85	34.60
			400m: 4:23.69	33.84
7.	Koen Lems	ZPC Bikkell Hoogeveen	199603709	4:24.01 +0,90
	50m: 29.67	29.67	150m: 1:35.01	33.28
	100m: 1:01.73	32.06	200m: 2:08.51	33.50
			250m: 2:41.87	33.36
			300m: 3:16.10	34.23
			350m: 3:50.17	34.07
			400m: 4:24.01	33.84

Jeugd 1 en 2

1.	Simon Boer	AZ&PC	199505643	S8	4:52.92 +0,79	751
	50m: 33.57	33.57	150m: 1:46.48	37.08	250m: 3:00.87	37.29
	100m: 1:09.40	35.83	200m: 2:23.58	37.10	300m: 3:38.86	37.99
					350m: 4:16.58	37.72
					400m: 4:52.92	36.34
2.	Thijs van Hofweegen	AZ&PC	199605253	S7	6:07.19 +0,85	473
	50m: 39.45	39.45	150m: 2:11.09	47.49	250m: 3:45.06	47.56
	100m: 1:23.60	44.15	200m: 2:57.50	46.41	300m: 4:35.40	50.34
					350m: 5:24.67	49.27
					400m: 6:07.19	42.52

all-in

1.	Dion Dreesens	KNZB-NTC	199302189	3:54.73 +0,74
	50m: 26.83	26.83	150m: 1:26.61	30.19
	100m: 56.42	29.59	200m: 1:56.62	30.01
			250m: 2:26.85	30.23
			300m: 2:56.67	29.82
			350m: 3:25.99	29.32
			400m: 3:54.73	28.74
2.	Maarten Brzoskowski	KNZB-RTC	199500769	3:58.40 +0,68
	50m: 28.31	28.31	150m: 1:28.11	30.29
	100m: 57.82	29.51	200m: 1:58.47	30.36
			250m: 2:28.85	30.38
			300m: 2:59.00	30.15
			350m: 3:29.25	30.25
			400m: 3:58.40	29.15
3.	Joost Reijns	KNZB-NTC	198702527	4:03.76 +0,79
	50m: 27.62	27.62	150m: 1:29.19	30.67
	100m: 58.52	30.90	200m: 1:59.92	30.73
			250m: 2:30.39	30.47
			300m: 3:01.51	31.12
			350m: 3:32.52	31.01
			400m: 4:03.76	31.24
4.	Erik Nijholt	DZ&PC	199401349	4:05.74 +0,76
	50m: 27.52	27.52	150m: 1:29.65	31.46
	100m: 58.19	30.67	200m: 2:01.33	31.68
			250m: 2:32.99	31.66
			300m: 3:04.86	31.87
			350m: 3:35.60	30.74
			400m: 4:05.74	30.14
5.	Rowan Keen	Borger	199500727	4:16.40 +0,83
	50m: 29.41	29.41	150m: 1:33.72	32.54
	100m: 1:01.18	31.77	200m: 2:06.90	33.18
			250m: 2:39.90	33.00
			300m: 3:13.08	33.18
			350m: 3:45.54	32.46
			400m: 4:16.40	30.86
6.	Sven Dogger	AZ&PC	199600617	4:17.02 +0,71
	50m: 28.57	28.57	150m: 1:32.76	32.37
	100m: 1:00.39	31.82	200m: 2:05.44	32.68
			250m: 2:38.27	32.83
			300m: 3:11.71	33.44
			350m: 3:45.33	33.62
			400m: 4:17.02	31.69
7.	Karst Boersma	De Dinkel	199600849	4:18.00 +0,88
	50m: 28.21	28.21	150m: 1:32.11	32.75
	100m: 59.36	31.15	200m: 2:05.10	32.99
			250m: 2:38.44	33.34
			300m: 3:12.35	33.91
			350m: 3:46.09	33.74
			400m: 4:18.00	31.91

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rang	naam	vereniging						tijd			RT	
8.	Pepijn Smits	PSV						199600691	4:18.13		+0,92	
	50m: 29.13	29.13	150m: 1:33.42	32.61	250m: 2:39.57	33.30	350m: 3:46.01	33.33				
	100m: 1:00.81	31.68	200m: 2:06.27	32.85	300m: 3:12.68	33.11	400m: 4:18.13	32.12				
9.	Vincent Moolhuijsen	Oceanus						199401215	4:19.04		+0,82	
	50m: 28.62	28.62	150m: 1:32.33	32.32	250m: 2:38.67	33.15	350m: 3:45.97	33.60				
	100m: 1:00.01	31.39	200m: 2:05.52	33.19	300m: 3:12.37	33.70	400m: 4:19.04	33.07				
10.	Melvin Prins	SBC2000						199500201	4:23.69		+0,72	
	50m: 29.24	29.24	150m: 1:33.03	32.44	250m: 2:40.73	34.03	350m: 3:49.85	34.60				
	100m: 1:00.59	31.35	200m: 2:06.70	33.67	300m: 3:15.25	34.52	400m: 4:23.69	33.84				
11.	Koen Lems	ZPC Bikkel Hoogeveen						199603709	4:24.01		+0,90	
	50m: 29.67	29.67	150m: 1:35.01	33.28	250m: 2:41.87	33.36	350m: 3:50.17	34.07				
	100m: 1:01.73	32.06	200m: 2:08.51	33.50	300m: 3:16.10	34.23	400m: 4:24.01	33.84				

all-in

1.	Wessel Everloo	De Veene						198906597	S14	4:43.53 *	+0,96	764
	50m: 30.77	30.77	150m: 1:43.06	37.01	250m: 3:34.25		350m: 4:10.06	35.81				
	100m: 1:06.05	35.28	200m: 2:20.96	37.90	300m: 3:34.25		400m: 4:43.53	33.47				
2.	Simon Boer	AZ&PC						199505643	S8	4:52.92	+0,79	751
	50m: 33.57	33.57	150m: 1:46.48	37.08	250m: 3:00.87	37.29	350m: 4:16.58	37.72				
	100m: 1:09.40	35.83	200m: 2:23.58	37.10	300m: 3:38.86	37.99	400m: 4:52.92	36.34				
3.	Thijs van Hofweegen NR Paralympics	AZ&PC						199605253	S7	6:07.19	+0,85	473
	50m: 39.45	39.45	150m: 2:11.09	47.49	250m: 3:45.06	47.56	350m: 5:24.67	49.27				
	100m: 1:23.60	44.15	200m: 2:57.50	46.41	300m: 4:35.40	50.34	400m: 6:07.19	42.52				