

Programmanr. 12
15-10-2016 - 11:51

Heren, 400m vrije slag

Junioren 1 en ouder
Resultaten

rang	naam	vereniging	intijd		tijd	RT
Junioren 1 en 2						
1.	Rijk Heere <i>200m/300m*</i>	ZPC AMERSFOORT	4:52.00	200300897	4:44.18	464
	50m: 31.89 100m: 1:07.69	31.89 35.80	150m: 1:44.70 200m: 2:21.72	37.01 37.02	250m: 2:58.62 300m: 3:35.13	36.90 36.51
					350m: 4:10.67 400m: 4:44.18	35.54 33.51
2.	Milan Hamel	The Hague Swimming (SG)	4:52.43	200302125	4:44.36	464
	50m: 32.37 100m: 1:07.69	32.37 35.32	150m: 1:43.48 200m: 2:19.59	35.79 36.11	250m: 2:55.61 300m: 3:32.92	36.02 37.31
					350m: 4:08.98 400m: 4:44.36	36.06 35.38
3.	Lucas Peters <i>200m/250m*</i>	PSV	4:36.51	200301325	4:45.70	457
	50m: 32.71 100m: 1:09.04	32.71 36.33	150m: 1:46.22 200m: 2:22.35	37.18 36.13	250m: 2:58.93 300m: 3:35.15	36.58 36.22
					350m: 4:11.31 400m: 4:45.70	36.16 34.39
Junioren 3 en 4						
1.	Sander Crooijmans	VZC-E&P	4:11.75	200100383	4:09.00	690
	50m: 28.35 100m: 59.01	28.35 30.66	150m: 1:30.44 200m: 2:01.51	31.43 31.07	250m: 2:32.66 300m: 3:04.45	31.15 31.79
					350m: 3:37.03 400m: 4:09.00	32.58 31.97
2.	Vincent Crooijmans <i>200m/300m/350m*</i>	VZC-E&P	4:10.35	200100381	4:09.21	689
	50m: 28.42 100m: 59.16	28.42 30.74	150m: 1:30.56 200m: 2:02.07	31.40 31.51	250m: 2:33.14 300m: 3:05.40	31.07 32.26
					350m: 3:37.49 400m: 4:09.21	32.09 31.72
3.	Daniël Claasen	ZPC AMERSFOORT	4:18.57	200100787	4:14.55	646
	50m: 29.15 100m: 1:00.71	29.15 31.56	150m: 1:33.78 200m: 2:06.70	33.07 32.92	250m: 2:39.43 300m: 3:12.35	32.73 32.92
					350m: 3:43.88 400m: 4:14.55	31.53 30.67
4.	Rijk Dragstra	ZPC AMERSFOORT	4:36.51	200102473	4:24.62	575
	50m: 30.91 100m: 1:05.13	30.91 34.22	150m: 1:39.08 200m: 2:13.47	33.95 34.39	250m: 2:46.71 300m: 3:19.91	33.24 33.20
					350m: 3:52.78 400m: 4:24.62	32.87 31.84
5.	Mart Niehoff <i>50m*</i>	ZPC AMERSFOORT	4:31.50	200100759	4:24.77	574
	50m: 29.58 100m: 1:03.13	29.58 33.55	150m: 1:36.78 200m: 2:10.44	33.65 33.66	250m: 2:44.35 300m: 3:18.12	33.91 33.77
					350m: 3:51.75 400m: 4:24.77	33.63 33.02
6.	Floris de Leeuw	The Hague Swimming (SG)	4:28.69	200105317	4:25.82	567
	50m: 30.70 100m: 1:04.42	30.70 33.72	150m: 1:38.41 200m: 2:11.81	33.99 33.40	250m: 2:46.13 300m: 3:19.46	34.32 33.33
					350m: 3:53.02 400m: 4:25.82	33.56 32.80
7.	Christiaan Smit	The Hague Swimming (SG)	4:28.76	200102463	4:25.93	567
	50m: 29.61 100m: 1:02.81	29.61 33.20	150m: 1:36.53 200m: 2:10.72	33.72 34.19	250m: 2:45.08 300m: 3:19.35	34.36 34.27
					350m: 3:53.28 400m: 4:25.93	33.93 32.65
8.	Swen van Elteren <i>50m/100m/150m/250m/300m/350m*</i>	Aquarijn	4:33.53	200103331	4:27.15	559
	50m: 30.72 100m: 1:04.26	30.72 33.54	150m: 1:38.41 200m: 2:12.75	34.15 34.34	250m: 2:47.15 300m: 3:22.14	34.40 34.99
					350m: 3:56.03 400m: 4:27.15	33.89 31.12
9.	Freek Hollander	The Hague Swimming (SG)	4:35.13	200103815	4:29.52	544
	50m: 31.86 100m: 1:06.66	31.86 34.80	150m: 1:41.54 200m: 2:16.27	34.88 34.73	250m: 2:49.89 300m: 3:23.69	33.62 33.80
					350m: 3:57.31 400m: 4:29.52	33.62 32.21
10.	Stefan Rooze	De Fuut	4:26.23	200102461	4:31.80	531
	50m: 30.89 100m: 1:04.92	30.89 34.03	150m: 1:39.30 200m: 2:13.65	34.38 34.35	250m: 2:47.90 300m: 3:22.50	34.25 34.60
					350m: 3:57.48 400m: 4:31.80	34.98 34.32
11.	Finn Vos	De Dolfijn	4:46.82	200200665	4:37.52	499
	50m: 32.15 100m: 1:07.23	32.15 35.08	150m: 1:43.09 200m: 2:19.48	35.86 36.39	250m: 2:55.23 300m: 3:30.82	35.75 35.59
					350m: 4:06.04 400m: 4:37.52	35.22 31.48
12.	Stefan Waalkens <i>150m/250m/300m*</i>	De Houtrib	4:39.11	200100611	4:37.84	497
	50m: 32.47 100m: 1:08.14	32.47 35.67	150m: 1:44.41 200m: 2:20.91	36.27 36.50	250m: 2:56.04 300m: 3:31.70	35.13 35.66
					350m: 4:06.61 400m: 4:37.84	34.91 31.23
13.	Jarmo van den Blink	De Houtrib	4:35.72	200100585	4:38.30	494
	50m: 31.43 100m: 1:07.04	31.43 35.61	150m: 1:42.78 200m: 2:18.85	35.74 36.07	250m: 2:54.64 300m: 3:30.54	35.79 35.90
					350m: 4:05.82 400m: 4:38.30	35.28 32.48

Bij onvolkomenheden svp gaarne mailen naar
secretariaatwedstrijdzwemmen@aquarijn.nl

Programmanr. 12, Jongens, 400m vrije slag, Junioren 3 en 4

rang	naam	vereniging	intijd	tijd	RT			
14.	Bart Muselaers	Octopus	4:45.30	200100865	4:39.21 490			
	50m: 30.59	30.59	150m: 1:42.01	35.96	250m: 2:54.74	36.76	350m: 4:05.69	35.66
	100m: 1:06.05	35.46	200m: 2:17.98	35.97	300m: 3:30.03	35.29	400m: 4:39.21	33.52
15.	Sam Janmaat	ZPC AMERSFOORT	4:52.97	200203017	4:41.12 650			
	50m: 31.10	31.10	150m: 1:42.41	36.14	250m: 2:54.43	35.66	350m: 4:06.35	36.30
	100m: 1:06.27	35.17	200m: 2:18.77	36.36	300m: 3:30.05	35.62	400m: 4:41.12	34.77
16.	Tom Blankestijn	ZPC AMERSFOORT	4:44.52	200201185	4:42.15 475			
	50m: 31.39	31.39	150m: 1:43.29	36.50	250m: 2:55.52	35.48	350m: 4:07.93	35.79
	100m: 1:06.79	35.40	200m: 2:20.04	36.75	300m: 3:32.14	36.62	400m: 4:42.15	34.22
17.	Wessel Stupers	PSV	4:42.13	200203541	4:43.83 466			
	50m: 31.29	31.29	150m: 1:43.29	36.48	250m: 2:55.37	36.29	350m: 4:08.66	35.86
	100m: 1:06.81	35.52	200m: 2:19.08	35.79	300m: 3:32.80	37.43	400m: 4:43.83	35.17
18.	Cas Jansen	The Hague Swimming (SG)	4:49.03	200203263	4:53.96 420			
	50m: 33.60	33.60	150m: 1:47.59	37.45	250m: 3:02.60	37.34	350m: 4:17.97	37.84
	100m: 1:10.14	36.54	200m: 2:25.26	37.67	300m: 3:40.13	37.53	400m: 4:53.96	35.99
19.	Jan Willem Töpfer 350m*	PSV	4:40.55	200101825	4:57.09 406			
	50m: 32.09	32.09	150m: 1:43.99	36.74	250m: 2:59.34	37.62	350m: 4:17.77	39.47
	100m: 1:07.25	35.16	200m: 2:21.72	37.73	300m: 3:38.30	38.96	400m: 4:57.09	39.32
20.	Luka Bouwman 150m/200m/250m/300m/350m*	PSV	4:54.20	200201119	5:05.58 374			
	50m: 34.30	34.30	150m: 1:50.66	38.71	250m: 3:09.04	39.45	350m: 4:27.87	39.85
	100m: 1:11.95	37.65	200m: 2:29.59	38.93	300m: 3:48.02	38.98	400m: 5:05.58	37.71
21.	Hans Blankensteijn	Aquarijn	5:42.18	200200159	5:30.52 295			
	50m: 36.61	36.61	150m: 2:00.45	42.03	250m: 3:26.13	42.73	350m: 4:50.10	42.32
	100m: 1:18.42	41.81	200m: 2:43.40	42.95	300m: 4:07.78	41.65	400m: 5:30.52	40.42

Jeugd 1 en 2

1.	Sten Postma	VZC-E&P	4:06.28	200000011	4:03.35 740			
	50m: 28.35	28.35	150m: 1:30.44	31.29	250m: 2:31.57	30.40	350m: 3:32.91	30.81
	100m: 59.15	30.80	200m: 2:01.17	30.73	300m: 3:02.10	30.53	400m: 4:03.35	30.44
2.	Olivier Jans	The Hague Swimming (SG)	4:22.80	200001815	4:19.48 610			
	50m: 29.98	29.98	150m: 1:34.18	32.55	250m: 2:39.98	33.06	350m: 3:47.25	33.57
	100m: 1:01.63	31.65	200m: 2:06.92	32.74	300m: 3:13.68	33.70	400m: 4:19.48	32.23
3.	Thom Delno 250m*	VZC-E&P	4:23.31	200000013	4:24.85 574			
	50m: 29.11	29.11	150m: 1:34.22	33.06	250m: 2:41.16	33.68	350m: 3:51.13	35.25
	100m: 1:01.16	32.05	200m: 2:07.48	33.26	300m: 3:15.88	34.72	400m: 4:24.85	33.72
4.	Joris Hendriks	PSV	4:37.62	199904859	4:34.74 514			
	50m: 31.32	31.32	150m: 1:40.70	35.16	250m: 2:51.45	35.21	350m: 4:02.04	35.15
	100m: 1:05.54	34.22	200m: 2:16.24	35.54	300m: 3:26.89	35.44	400m: 4:34.74	32.70
5.	Doran Paap 150m/200m/250m/300m/350m*	The Hague Swimming (SG)	4:48.11	200000301	4:48.65 529			
	50m: 31.86	31.86	150m: 1:43.69	36.47	250m: 2:56.84	36.74	350m: 4:11.35	37.20
	100m: 1:07.22	35.36	200m: 2:20.10	36.41	300m: 3:34.15	37.31	400m: 4:48.65	37.30

Senioren 1 en ouder

1.	Martijn Giezen	Montferland	4:49.42	198500813	4:44.70 462			
	50m: 29.75	29.75	150m: 1:40.47	35.94	250m: 2:54.24	37.25	350m: 4:08.36	36.92
	100m: 1:04.53	34.78	200m: 2:16.99	36.52	300m: 3:31.44	37.20	400m: 4:44.70	36.34