

Programmanr. 1
28-10-2023 - 12:00

Heren, 400m vrije slag

Senioren Open
Resultaten

rang	naam	vereniging	intijd	tijd	RT			
1.	Bart Sommeling	De Dolfijn	3:49.32	199800765	3:49.53 +0,77			
	50m: 26.00	26.00	150m: 1:23.63	29.08	250m: 2:22.57	29.48	350m: 3:20.20	28.88
	100m: 54.55	28.55	200m: 1:53.09	29.46	300m: 2:51.32	28.75	400m: 3:49.53	29.33
2.	Merlin Belmon	Hpc - Psv	3:48.61	200403191	3:53.44 +0,72			
	50m: 25.74	25.74	150m: 1:23.08	28.95	250m: 2:22.80	30.01	350m: 3:23.18	30.23
	100m: 54.13	28.39	200m: 1:52.79	29.71	300m: 2:52.95	30.15	400m: 3:53.44	30.26
3.	Efe Öngören	Blue Marlins 1	3:52.51	200504459	3:56.11 +0,64			
	50m: 26.49	26.49	150m: 1:24.64	29.53	250m: 2:24.71	30.27	350m: 3:25.41	30.58
	100m: 55.11	28.62	200m: 1:54.44	29.80	300m: 2:54.83	30.12	400m: 3:56.11	30.70
4.	Sven Klink	SWOL 1894	4:00.50	200500349	4:01.18 +0,75			
	50m: 27.32	27.32	150m: 1:26.25	29.93	250m: 2:27.76	30.84	350m: 3:30.64	31.48
	100m: 56.32	29.00	200m: 1:56.92	30.67	300m: 2:59.16	31.40	400m: 4:01.18	30.54
5.	Wouter Zijlstra	HZ&PC Heerenveen	4:00.73	200401545	4:03.30 * +0,60			
	50m: 27.13	27.13	150m: 1:28.01	30.58	250m: 2:30.03	31.06	350m: 3:32.77	31.35
	100m: 57.43	30.30	200m: 1:58.97	30.96	300m: 3:01.42	31.39	400m: 4:03.30	30.53
6.	Borys Rudman	Blue Marlins 1	3:57.03	200504479	4:03.44 +0,69			
	50m: 27.00	27.00	150m: 1:27.30	30.44	250m: 2:29.91	31.13	350m: 3:33.34	31.37
	100m: 56.86	29.86	200m: 1:58.78	31.48	300m: 3:01.97	32.06	400m: 4:03.44	30.10
7.	Bram Loots	Team Noord Holland 1	4:02.62	200700197	4:03.89 * +0,69			
	50m: 27.05	27.05	150m: 1:27.20	30.23	250m: 2:29.26	31.18	350m: 3:32.77	31.89
	100m: 56.97	29.92	200m: 1:58.08	30.88	300m: 3:00.88	31.62	400m: 4:03.89	31.12
8.	Xiaoyu Yin	Blue Marlins 1	4:08.26	200803363	4:08.86 +0,66			
	50m: 27.26	27.26	150m: 1:28.56	31.04	250m: 2:32.81	32.10	350m: 3:37.76	32.63
	100m: 57.52	30.26	200m: 2:00.71	32.15	300m: 3:05.13	32.32	400m: 4:08.86	31.10
9.	Tieme Wiersma	DZ&PC	4:07.40	200701031	4:09.49 +0,77			
	50m: 28.15	28.15	150m: 1:29.65	31.03	250m: 2:32.79	31.71	350m: 3:37.25	32.29
	100m: 58.62	30.47	200m: 2:01.08	31.43	300m: 3:04.96	32.17	400m: 4:09.49	32.24
10.	Lucas van Rooij	PSV	4:10.56	200603943	4:09.94 +0,72			
	50m: 28.09	28.09	150m: 1:30.20	31.44	250m: 2:34.28	32.13	350m: 3:38.64	32.18
	100m: 58.76	30.67	200m: 2:02.15	31.95	300m: 3:06.46	32.18	400m: 4:09.94	31.30
11.	Rens Stijf	ZPC AMERSFOORT	4:06.56	200501419	4:10.78 +0,64			
	50m: 27.55	27.55	150m: 1:29.28	31.31	250m: 2:33.12	32.15	350m: 3:38.50	32.90
	100m: 57.97	30.42	200m: 2:00.97	31.69	300m: 3:05.60	32.48	400m: 4:10.78	32.28
12.	Vincent Huele	Blue Marlins 1	4:18.75	200703423	4:13.31 +0,74			
	50m: 28.04	28.04	150m: 1:30.61	31.57	250m: 2:35.53	32.70	350m: 3:41.31	32.86
	100m: 59.04	31.00	200m: 2:02.83	32.22	300m: 3:08.45	32.92	400m: 4:13.31	32.00
13.	Janne Englebort	Hieronymus	4:13.15	200101561	4:13.38 +0,63			
	50m: 28.61	28.61	150m: 1:31.61	31.61	250m: 2:36.24	32.35	350m: 3:42.04	33.23
	100m: 1:00.00	31.39	200m: 2:03.89	32.28	300m: 3:08.81	32.57	400m: 4:13.38	31.34
14.	Jip Bakker	DZ&PC	4:12.53	200600287	4:13.63 +0,67			
	50m: 28.36	28.36	150m: 1:31.95	32.20	250m: 2:37.46	32.69	350m: 3:42.68	32.56
	100m: 59.75	31.39	200m: 2:04.77	32.82	300m: 3:10.12	32.66	400m: 4:13.63	30.95
15.	Bas Mostert	VZC	4:13.15	200800629	4:14.29 +0,70			
	50m: 28.43	28.43	150m: 1:32.08	32.03	250m: 2:36.91	32.50	350m: 3:42.38	33.00
	100m: 1:00.05	31.62	200m: 2:04.41	32.33	300m: 3:09.38	32.47	400m: 4:14.29	31.91
16.	Boele Bohm	Blue Marlins 1	4:20.00	200700739	4:15.63 +0,70			
	50m: 28.53	28.53	150m: 1:32.64	31.93	250m: 2:37.72	32.75	350m: 3:44.19	33.13
	100m: 1:00.71	32.18	200m: 2:04.97	32.33	300m: 3:11.06	33.34	400m: 4:15.63	31.44
17.	Tim van Erven	DZ&PC	4:18.74	200700175	4:16.36 +0,73			
	50m: 28.75	28.75	150m: 1:32.87	32.73	250m: 2:39.24	32.99	350m: 3:45.00	32.95
	100m: 1:00.14	31.39	200m: 2:06.25	33.38	300m: 3:12.05	32.81	400m: 4:16.36	31.36
18.	Jaydey Schonewille	Steenwijk 1934	4:17.12	200800025	4:16.61 +0,85			
	50m: 29.37	29.37	150m: 1:33.85	32.68	250m: 2:39.71	32.41	350m: 3:45.08	32.62
	100m: 1:01.17	31.80	200m: 2:07.30	33.45	300m: 3:12.46	32.75	400m: 4:16.61	31.53
19.	Sven Koornstra	De Vikings	4:20.25	200900189	4:16.73 +0,79			
	100 m *, 200 m *							
	50m: 29.98	29.98	150m: 1:35.29	32.82	250m: 2:40.62	32.80	350m: 3:46.21	32.58
	100m: 1:02.47	32.49	200m: 2:07.82	32.53	300m: 3:13.63	33.01	400m: 4:16.73	30.52

Programmanr. 1, Heren, 400m vrije slag, Senioren Open

rang	naam	vereniging	intijd	tijd	RT			
20.	Tobian Vos	ZPC AMERSFOORT	4:15.57	200900005	4:18.36 +0,73			
	50m: 28.98	28.98	150m: 1:34.59	33.09	250m: 2:40.86	33.06	350m: 3:46.85	32.93
	100m: 1:01.50	32.52	200m: 2:07.80	33.21	300m: 3:13.92	33.06	400m: 4:18.36	31.51
21.	Thijn Damen	PSV	4:06.66	200300973	4:18.46 +0,71			
	50m: 27.16	27.16	150m: 1:28.81	31.26	250m: 2:35.29	34.17	350m: 3:46.18	35.34
	100m: 57.55	30.39	200m: 2:01.12	32.31	300m: 3:10.84	35.55	400m: 4:18.46	32.28
22.	Gijs Koehoorn 100 m *	HZ&PC Heerenveen	4:22.94	200800275	4:20.41 +0,70			
	50m: 28.14	28.14	150m: 1:32.14	32.97	250m: 2:38.25	32.90	350m: 3:46.45	34.28
	100m: 59.17	31.03	200m: 2:05.35	33.21	300m: 3:12.17	33.92	400m: 4:20.41	33.96
23.	Jelle Blankestijn	ZPC AMERSFOORT	4:19.07	199803737	4:22.33 +0,77			
	50m: 28.03	28.03	150m: 1:31.65	32.38	250m: 2:38.34	33.70	350m: 3:47.73	35.16
	100m: 59.27	31.24	200m: 2:04.64	32.99	300m: 3:12.57	34.23	400m: 4:22.33	34.60
24.	Diede Veld	HZ&PC Heerenveen	4:29.62	200800011	4:24.08 +0,75			
	50m: 28.52	28.52	150m: 1:34.04	33.31	250m: 2:41.12	33.10	350m: 3:49.75	34.68
	100m: 1:00.73	32.21	200m: 2:08.02	33.98	300m: 3:15.07	33.95	400m: 4:24.08	34.33
25.	Niek Issard	DZ&PC	4:20.51	200700037	4:24.17 +0,73			
	50m: 28.62	28.62	150m: 1:34.32	33.20	250m: 2:41.71	33.91	350m: 3:51.60	35.02
	100m: 1:01.12	32.50	200m: 2:07.80	33.48	300m: 3:16.58	34.87	400m: 4:24.17	32.57
26.	Rens Noordover	Team Noord Holland 1	4:25.24	200800237	4:24.46 +0,75			
	50m: 29.41	29.41	150m: 1:35.00	33.14	250m: 2:42.55	33.82	350m: 3:50.64	33.84
	100m: 1:01.86	32.45	200m: 2:08.73	33.73	300m: 3:16.80	34.25	400m: 4:24.46	33.82
27.	Siem de Zeeuw	O Z & P C	4:26.95	200800013	4:24.85 +0,70			
	50m: 28.38	28.38	150m: 1:35.48	34.29	250m: 2:44.13	34.18	350m: 3:51.91	33.71
	100m: 1:01.19	32.81	200m: 2:09.95	34.47	300m: 3:18.20	34.07	400m: 4:24.85	32.94
28.	Martijn Nies	PSV	4:27.67	200902095	4:26.99 * +0,77			
	50m: 29.25	29.25	150m: 1:35.22	33.05	250m: 2:43.98	34.48	350m: 3:53.15	34.96
	100m: 1:02.17	32.92	200m: 2:09.50	34.28	300m: 3:18.19	34.21	400m: 4:26.99	33.84
29.	Jere Wiersma	DZ&PC	4:24.85	200701037	4:27.19 +0,74			
	50m: 30.02	30.02	150m: 1:37.90	34.27	250m: 2:45.79	33.86	350m: 3:53.53	33.84
	100m: 1:03.63	33.61	200m: 2:11.93	34.03	300m: 3:19.69	33.90	400m: 4:27.19	33.66
30.	Yuri Wasser	PSV	4:31.63	200301327	4:28.99 +0,69			
	50m: 28.56	28.56	150m: 1:34.55	33.52	250m: 2:43.68	34.71	350m: 3:54.22	35.21
	100m: 1:01.03	32.47	200m: 2:08.97	34.42	300m: 3:19.01	35.33	400m: 4:28.99	34.77
31.	Milco Matla	PSV	4:33.01	200600555	4:29.21 +0,76			
	50m: 29.47	29.47	150m: 1:36.61	34.06	250m: 2:45.95	34.80	350m: 3:55.53	34.88
	100m: 1:02.55	33.08	200m: 2:11.15	34.54	300m: 3:20.65	34.70	400m: 4:29.21	33.68
32.	Donny van den Bosch	Zwemlust- den Hommel	4:17.66	199502001	4:30.30 * +0,74			
	50m: 29.15	29.15	150m: 1:34.29	33.14	250m: 2:42.87	34.46	350m: 3:53.14	35.40
	100m: 1:01.15	32.00	200m: 2:08.41	34.12	300m: 3:17.74	34.87	400m: 4:30.30	37.16
33.	Aidan van der Stelt	Blue Marlins 1	4:35.37	200900901	4:35.27 +0,67			
	50m: 30.67	30.67	150m: 1:41.15	35.69	250m: 2:53.08	35.85	350m: 4:03.80	34.99
	100m: 1:05.46	34.79	200m: 2:17.23	36.08	300m: 3:28.81	35.73	400m: 4:35.27	31.47
34.	Jeffrey Camphens	Team Noord Holland 1	4:20.73	199503113	4:36.27 +0,69			
	50m: 31.16	31.16	150m: 1:41.81	35.55	250m: 2:52.13	35.05	350m: 4:02.20	34.78
	100m: 1:06.26	35.10	200m: 2:17.08	35.27	300m: 3:27.42	35.29	400m: 4:36.27	34.07
35.	Niels Meijer	Blue Marlins 1	4:43.40	200701645	4:36.28 +0,78			
	50m: 30.91	30.91	150m: 1:40.28	34.81	250m: 2:50.99	35.47	350m: 4:01.41	35.34
	100m: 1:05.47	34.56	200m: 2:15.52	35.24	300m: 3:26.07	35.08	400m: 4:36.28	34.87
36.	Finn Eghuizen	HZ&PC Heerenveen	4:42.10	200900431	4:37.89 +0,80			
	50m: 31.64	31.64	150m: 1:40.73	35.29	250m: 2:51.53	35.55	350m: 4:03.33	35.80
	100m: 1:05.44	33.80	200m: 2:15.98	35.25	300m: 3:27.53	36.00	400m: 4:37.89	34.56
37.	Aditya Winterberg	Blue Marlins 1	NT	200800953	4:42.74 +0,62			
	50m: 30.92	30.92	150m: 1:40.42	34.91	250m: 2:53.05	36.45	350m: 4:07.25	37.02
	100m: 1:05.51	34.59	200m: 2:16.60	36.18	300m: 3:30.23	37.18	400m: 4:42.74	35.49
38.	Abel op den Velde *200 m	De Duinkickers	4:48.98	201000079	4:44.61 +0,70			
	50m: 30.80	30.80	150m: 1:43.65	37.12	250m: 2:58.09	37.13	350m: 4:10.70	36.55
	100m: 1:06.53	35.73	200m: 2:20.96	37.31	300m: 3:34.15	36.06	400m: 4:44.61	33.91

Programmanr. 1, Heren, 400m vrije slag, Senioren Open

rang	naam	vereniging	intijd	tijd	RT
39.	Max van der Spank	Hieronymus	4:56.92	201000275	4:44.97 +0,71
	50m: 31.69	31.69 150m: 1:44.08	36.64 250m: 2:57.45	36.63 350m: 4:10.90	35.73
	100m: 1:07.44	35.75 200m: 2:20.82	36.74 300m: 3:35.17	37.72 400m: 4:44.97	34.07
40.	Thijmen Puijssers	Hieronymus	4:49.78	201000129	4:46.73 +0,64
	50m: 31.65	31.65 150m: 1:43.43	36.61 250m: 2:57.43	36.64 350m: 4:11.62	36.88
	100m: 1:06.82	35.17 200m: 2:20.79	37.36 300m: 3:34.74	37.31 400m: 4:46.73	35.11
41.	Mathijs de Wit	KSN (SG)	5:06.42	201001215	4:46.78 +0,75
	50m: 30.31	30.31 150m: 1:42.96	37.05 250m: 2:56.57	36.47 350m: 4:10.20	37.11
	100m: 1:05.91	35.60 200m: 2:20.10	37.14 300m: 3:33.09	36.52 400m: 4:46.78	36.58
42.	Dyon Scholten	Steenwijk 1934	4:52.31	200900095	4:47.16 +0,73
	50m: 30.69	30.69 150m: 1:42.08	36.18 250m: 2:55.76	37.16 350m: 4:10.50	37.56
	100m: 1:05.90	35.21 200m: 2:18.60	36.52 300m: 3:32.94	37.18 400m: 4:47.16	36.66
43.	Aiden Lips	Blue Marlins 1	4:52.47	200800951	4:47.62 +0,72
	50m: 31.97	31.97 150m: 1:43.38	36.14 250m: 2:57.33	37.19 350m: 4:11.41	36.64
	100m: 1:07.24	35.27 200m: 2:20.14	36.76 300m: 3:34.77	37.44 400m: 4:47.62	36.21
44.	Steven Knol	De Otters Het Gooi	4:54.07	200900543	4:48.30 +0,71
	50m: 31.58	31.58 150m: 1:42.25	36.27 250m: 2:56.17	37.29 350m: 4:11.11	37.22
	100m: 1:05.98	34.40 200m: 2:18.88	36.63 300m: 3:33.89	37.72 400m: 4:48.30	37.19
45.	Evren Ege Orcunus	De Dolfijn	4:43.14	201003253	4:51.85 +0,63
	50m: 30.54	30.54 150m: 1:41.25	36.09 250m: 2:57.26	38.17 350m: 4:14.06	38.30
	100m: 1:05.16	34.62 200m: 2:19.09	37.84 300m: 3:35.76	38.50 400m: 4:51.85	37.79
46.	Joshua van den Idsert	DAW	4:57.26	200801919	4:52.74 +0,73
	50m: 31.82	31.82 150m: 1:44.24	36.93 250m: 3:00.03	38.20 350m: 4:16.61	38.26
	100m: 1:07.31	35.49 200m: 2:21.83	37.59 300m: 3:38.35	38.32 400m: 4:52.74	36.13
47.	Roy Hofman	DZ&PC	4:57.13	200900439	4:54.90 +0,76
	50m: 32.09	32.09 150m: 1:45.62	37.43 250m: 3:02.13	38.50 350m: 4:18.64	38.23
	100m: 1:08.19	36.10 200m: 2:23.63	38.01 300m: 3:40.41	38.28 400m: 4:54.90	36.26
48.	Dax van den Nouland	Blue Marlins 1	5:01.18	201000071	4:57.07 +0,57
	50m: 32.75	32.75 150m: 1:46.70	37.69 250m: 3:02.83	37.78 350m: 4:19.52	38.58
	100m: 1:09.01	36.26 200m: 2:25.05	38.35 300m: 3:40.94	38.11 400m: 4:57.07	37.55
49.	Mattias Stolk	HZ&PC Heerenveen	5:11.38	201000525	4:59.59 +0,72
	50m: 33.53	33.53 150m: 1:50.05	38.45 250m: 3:06.59	38.30 350m: 4:23.74	38.61
	100m: 1:11.60	38.07 200m: 2:28.29	38.24 300m: 3:45.13	38.54 400m: 4:59.59	35.85
50.	Girish Nolden	Blue Marlins 1	5:26.30	201000087	5:02.06 +0,64
	50m: 33.53	33.53 150m: 1:49.20	38.14 250m: 3:07.75	39.36 350m: 4:26.00	39.08
	100m: 1:11.06	37.53 200m: 2:28.39	39.19 300m: 3:46.92	39.17 400m: 5:02.06	36.06
51.	Victor de Haan	HZ&PC Heerenveen	5:24.40	201001921	5:04.43 +0,80
	50m: 34.92	34.92 150m: 1:52.70	39.62 250m: 3:10.91	39.02 350m: 4:28.56	38.56
	100m: 1:13.08	38.16 200m: 2:31.89	39.19 300m: 3:50.00	39.09 400m: 5:04.43	35.87
52.	Julian Hendriks	De Otters Het Gooi	5:20.84	200603717	5:11.12 721
	50m: 35.76	35.76 150m: 1:52.48	38.88 250m: 3:12.01	40.08 350m: 4:32.11	40.55
	100m: 1:13.60	37.84 200m: 2:31.93	39.45 300m: 3:51.56	39.55 400m: 5:11.12	39.01
53.	Esh Nolden	Blue Marlins 1	5:23.61	200800145	5:12.84 +0,54
	50m: 35.45	35.45 150m: 1:55.46	39.85 250m: 3:16.21	40.40 350m: 4:36.42	39.35
	100m: 1:15.61	40.16 200m: 2:35.81	40.35 300m: 3:57.07	40.86 400m: 5:12.84	36.42
54.	Franzi Ziegler 100 *, 200 *	DAW	5:26.22	201100891	5:12.86 * +0,63
	50m: 34.53	34.53 150m: 1:53.24	40.08 250m: 3:13.09	39.60 350m: 4:34.43	40.45
	100m: 1:13.16	38.63 200m: 2:33.49	40.25 300m: 3:53.98	40.89 400m: 5:12.86	38.43
55.	Thijs van Hofweegen	ZPC AMERSFOORT	5:05.08	199605253	5:13.82 +0,91 930
	50m: 32.58	32.58 150m: 1:49.77	39.51 250m: 3:09.77	40.15 350m: 4:32.56	42.06
	100m: 1:10.26	37.68 200m: 2:29.62	39.85 300m: 3:50.50	40.73 400m: 5:13.82	41.26
56.	Mees de Vries	Zwemlust- den Hommel	5:25.44	201001151	5:16.85 +0,75
	50m: 34.03	34.03 150m: 1:53.03	40.23 250m: 3:15.29	41.40 350m: 4:37.29	41.60
	100m: 1:12.80	38.77 200m: 2:33.89	40.86 300m: 3:55.69	40.40 400m: 5:16.85	39.56
57.	Lev Rudman	Blue Marlins 1	5:35.04	201102343	5:21.67 +0,67
	50m: 34.93	34.93 150m: 1:55.48	41.02 250m: 3:18.88	41.42 350m: 4:42.81	42.06
	100m: 1:14.46	39.53 200m: 2:37.46	41.98 300m: 4:00.75	41.87 400m: 5:21.67	38.86
58.	Isaac Sewell Ferriols	Team Noord Holland 1	6:10.42	201100593	5:46.63 +0,71
	50m: 36.00	36.00 150m: 2:04.55	45.95 250m: 3:35.57	46.40 350m: 5:05.71	44.69
	100m: 1:18.60	42.60 200m: 2:49.17	44.62 300m: 4:21.02	45.45 400m: 5:46.63	40.92

Programmanr. 1, Heren, 400m vrije slag, Senioren Open

rang	naam	vereniging	intijd		tijd	RT
59.	Luca Karsten Schöler	HZ&PC Heerenveen	6:28.57	201101451	6:00.31	+0,86
	50m: 39.37	39.37	150m: 2:08.36	45.00	250m: 3:42.89	47.21
	100m: 1:23.36	43.99	200m: 2:55.25	46.89	300m: 4:29.06	44.04
					47.64	
					350m: 5:16.27	
					400m: 6:00.31	
					46.17	
DIS	Sem Belmon	PSV	4:22.95	200702099		
	<i>AA - De start ingezet voor het startsignaal (en wel gezwommen).</i>					
AFGEM	Hessel Robert	Het Y	4:08.72	200200917		
AFGEM	Stijn Dijkstra	DZ&PC	5:15.47	201000279		
AFGEM	Sebastian Lopes Cardozo	WZK Zwemmen	4:39.72	200800187		