

Programmanr. 23  
29-10-2023 - 14:07

Heren, 400m wisselslag

Senioren Open  
Resultaten

rang	naam	vereniging	intijd	tijd	RT		
1.	Thomas Jansen	Hpc - Wvz	4:07.88	200100143	4:11.22 +0,73		
	50m: 26.84	26.84 150m: 1:28.74	31.06	250m: 2:35.72	35.43	350m: 3:42.12	29.72
	100m: 57.68	30.84 200m: 2:00.29	31.55	300m: 3:12.40	36.68	400m: 4:11.22	29.10
2.	Yanieck Weijland	HPC - Blue Marlins	4:16.50	200500329	4:21.41 +0,72		
	50m: 27.60	27.60 150m: 1:34.68	34.70	250m: 2:45.15	35.87	350m: 3:51.16	30.37
	100m: 59.98	32.38 200m: 2:09.28	34.60	300m: 3:20.79	35.64	400m: 4:21.41	30.25
3.	Sven Klink	SWOL 1894	4:25.30	200500349	4:27.44 +0,76		
	50m: 27.94	27.94 150m: 1:33.84	33.72	250m: 2:45.97	38.69	350m: 3:57.40	31.53
	100m: 1:00.12	32.18 200m: 2:07.28	33.44	300m: 3:25.87	39.90	400m: 4:27.44	30.04
4.	Wouter Zijlstra	HZ&PC Heerenveen	4:28.68	200401545	4:33.25 +0,62		
	50m: 29.27	29.27 150m: 1:38.65	35.47	250m: 2:52.20	38.29	350m: 4:02.73	31.53
	100m: 1:03.18	33.91 200m: 2:13.91	35.26	300m: 3:31.20	39.00	400m: 4:33.25	30.52
5.	Abel te Riele	WVZ	4:24.73	200402317	4:35.36 +0,69		
	50m: 28.63	28.63 150m: 1:37.27	35.03	250m: 2:51.53	38.73	350m: 4:03.95	32.77
	100m: 1:02.24	33.61 200m: 2:12.80	35.53	300m: 3:31.18	39.65	400m: 4:35.36	31.41
6.	Tiede Groener	De Dinkel	4:37.05	200700155	4:39.01 +0,70		
	50m: 28.18	28.18 150m: 1:38.12	36.33	250m: 2:52.70	39.02	350m: 4:07.83	34.28
	100m: 1:01.79	33.61 200m: 2:13.68	35.56	300m: 3:33.55	40.85	400m: 4:39.01	31.18
7.	Tieme Wiersma	DZ&PC	4:40.37	200701031	4:40.52 +0,74		
	50m: 30.98	30.98 150m: 1:43.43	35.10	250m: 2:57.46	39.59	350m: 4:10.58	32.64
	100m: 1:08.33	37.35 200m: 2:17.87	34.44	300m: 3:37.94	40.48	400m: 4:40.52	29.94
8.	Lucas van Rooij	PSV	4:55.10	200603943	4:47.81 +0,75		
	50m: 30.45	30.45 150m: 1:43.35	38.65	250m: 3:01.84	41.03	350m: 4:16.68	32.65
	100m: 1:04.70	34.25 200m: 2:20.81	37.46	300m: 3:44.03	42.19	400m: 4:47.81	31.13
9.	Sven Koornstra	De Vikings	4:57.17	200900189	4:51.59 +0,83		
	50m: 32.70	32.70 150m: 1:48.95	38.02	250m: 3:05.68	39.34	350m: 4:19.63	33.73
	100m: 1:10.93	38.23 200m: 2:26.34	37.39	300m: 3:45.90	40.22	400m: 4:51.59	31.96
10.	Wanne van Geest	ZVVS	5:19.13	200901425	5:01.26 +0,79		
	50m: 29.47	29.47 150m: 1:45.65	40.60	250m: 3:08.51	43.57	350m: 4:29.42	33.67
	100m: 1:05.05	35.58 200m: 2:24.94	39.29	300m: 3:55.75	47.24	400m: 5:01.26	31.84
11.	Mike Hilders	De Dolfijn	5:21.00	200900281	5:01.50 +0,68		
	50m: 31.32	31.32 150m: 1:43.98	36.38	250m: 3:05.47	44.72	350m: 4:26.59	35.90
	100m: 1:07.60	36.28 200m: 2:20.75	36.77	300m: 3:50.69	45.22	400m: 5:01.50	34.91
12.	Floris van der Salm	De Dolfijn	5:14.19	200700705	5:03.02 +0,71		
	50m: 31.65	31.65 150m: 1:46.55	37.74	250m: 3:06.71	42.60	350m: 4:26.87	36.61
	100m: 1:08.81	37.16 200m: 2:24.11	37.56	300m: 3:50.26	43.55	400m: 5:03.02	36.15
13.	Luca Boorsma	De Dolfijn	5:16.59	200902031	5:03.44 +0,61		
	50m: 31.45	31.45 150m: 1:47.09	37.98	250m: 3:08.80	43.53	350m: 4:27.51	36.11
	100m: 1:09.11	37.66 200m: 2:25.27	38.18	300m: 3:51.40	42.60	400m: 5:03.44	35.93
14.	Jeffrey Camphens	Team Noord Holland 1	4:51.45	199503113	5:04.66 +0,70		
	50m: 30.95	30.95 150m: 1:48.85	41.25	250m: 3:12.43	42.56	350m: 4:31.24	35.82
	100m: 1:07.60	36.65 200m: 2:29.87	41.02	300m: 3:55.42	42.99	400m: 5:04.66	33.42
15.	Lou van Leeuwen	De Dolfijn	5:11.47	200702779	5:05.25 +0,69		
	50m: 31.27	31.27 150m: 1:50.00	41.27	250m: 3:11.02	41.92	350m: 4:30.47	36.09
	100m: 1:08.73	37.46 200m: 2:29.10	39.10	300m: 3:54.38	43.36	400m: 5:05.25	34.78
16.	Martijn Nies	PSV	5:10.07	200902095	5:08.26 * +0,66		
	50m: 32.88	32.88 150m: 1:52.37	41.65	250m: 3:16.50	46.14	350m: 4:33.63	32.11
	100m: 1:10.72	37.84 200m: 2:30.36	37.99	300m: 4:01.52	45.02	400m: 5:08.26	34.63
17.	Niels Meijer	Blue Marlins 1	5:24.24	200701645	5:11.74 +0,67		
	50m: 31.23	31.23 150m: 1:49.17	41.63	250m: 3:13.93	44.29	350m: 4:36.22	36.75
	100m: 1:07.54	36.31 200m: 2:29.64	40.47	300m: 3:59.47	45.54	400m: 5:11.74	35.52
18.	Tim Haimé	Blue Marlins 1	NT	200403567	5:23.60 +0,75		
	50m: 30.80	30.80 150m: 1:49.47	42.50	250m: 3:23.99	51.93	350m: 4:49.69	33.44
	100m: 1:06.97	36.17 200m: 2:32.06	42.59	300m: 4:16.25	52.26	400m: 5:23.60	33.91
19.	Evren Ege Orcunus	De Dolfijn	5:22.81	201003253	5:25.84 +0,67		
	50m: 33.92	33.92 150m: 1:53.90	40.04	250m: 3:20.19	45.95	350m: 4:48.36	39.27
	100m: 1:13.86	39.94 200m: 2:34.24	40.34	300m: 4:09.09	48.90	400m: 5:25.84	37.48
20.	Sven Casper Hageman	Steenwijk 1934	NT	201000009	5:37.06 +0,73		
	50m: 37.66	37.66 150m: 2:03.85	39.72	250m: 3:34.17	47.56	350m: 5:01.62	38.39
	100m: 1:24.13	46.47 200m: 2:46.61	42.76	300m: 4:23.23	49.06	400m: 5:37.06	35.44



Martinez Chocolate Cup 2023  
Amsterdam, 28- - 29-10-2023

**De Dolfijn.**  
**WEDSTRIJDZWEMMEN**

Programmanr. 23, Heren, 400m wisselslag, Senioren Open

rang	naam	vereniging	intijd	tijd	RT		
21.	Esh Nolden	Blue Marlins 1	6:11.41	200800145	<b>6:02.40</b> +0,55		
	50m: 40.32	40.32 150m: 2:16.55	47.33	250m: 3:53.05	51.51	350m: 5:23.94	40.36
	100m: 1:29.22	48.90 200m: 3:01.54	44.99	300m: 4:43.58	50.53	400m: 6:02.40	38.46
AFGEM	Donny van den Bosch	Zwemlust- den Hommel	4:55.36	199502001			

