

Programmanr. 9
 20-03-2022

Heren, 400m vrije slag

 Junioren 1 en ouder
 Resultaten

Punten: Rudolph Table 2020

Rang								Tijd	RT	Rudolph
Junioren 1										
1.	Ties Hesse		ZV De Zaan			200901015		5:02.25	+0,77	9,0
	50m: 33.09	33.09	150m: 1:48.89	38.55	250m: 3:07.06	38.89	350m: 4:25.77	39.43		
	100m: 1:10.34	37.25	200m: 2:28.17	39.28	300m: 3:46.34	39.28	400m: 5:02.25	36.48		
2.	Tobian Vos		De Fuut			200900005		5:17.74	+0,77	5,1
	50m: 35.51	35.51	150m: 1:54.84	40.82	250m: 3:15.98	40.37	350m: 4:39.31	41.54		
	100m: 1:14.02	38.51	200m: 2:35.61	40.77	300m: 3:57.77	41.79	400m: 5:17.74	38.43		
3.	Mike Hilders		De Dolfijn			200900281		5:34.74	+0,72	
	50m: 35.53	35.53	150m: 1:59.18	43.04	250m: 3:25.73	42.85	350m: 4:52.03	42.48		
	100m: 1:16.14	40.61	200m: 2:42.88	43.70	300m: 4:09.55	43.82	400m: 5:34.74	42.71		
DIS	Ruben Nooter		ZV 44			200901577		A A		
	<i>AA - Gestart voor het startsignaal (en wel gezwommen).</i>									
DIS	Stefan van der Meer		VZC			200901361		A A		
	<i>AA - Gestart voor het startsignaal (en wel gezwommen).</i>									

Junioren 2

1.	Joey Pop		ZVVS			200800277		4:46.37	+0,71	10,6
	50m: 33.01	33.01	150m: 1:45.75	36.42	250m: 2:58.89	36.43	350m: 4:11.78	36.06		
	100m: 1:09.33	36.32	200m: 2:22.46	36.71	300m: 3:35.72	36.83	400m: 4:46.37	34.59		
2.	Youp Stuifzand		ZV 44			200800521		4:53.14	+0,69	8,8
	50m: 31.86	31.86	150m: 1:46.64	37.04	250m: 3:02.96	37.71	350m: 4:17.79	37.41		
	100m: 1:09.60	37.74	200m: 2:25.25	38.61	300m: 3:40.38	37.42	400m: 4:53.14	35.35		
3.	Gijs Hartwijk		ZVL-1886 Center			200800573		4:59.17	+0,57	7,3
	50m: 34.00	34.00	150m: 1:49.72	38.33	250m: 3:06.35	38.06	350m: 4:22.17	37.57		
	100m: 1:11.39	37.39	200m: 2:28.29	38.57	300m: 3:44.60	38.25	400m: 4:59.17	37.00		
4.	Rijk Leenders		VZC			200800627		5:12.63	+0,70	3,8
	50m: 35.29	35.29	150m: 1:54.53	40.14	250m: 3:15.06	39.92	350m: 4:35.39	39.82		
	100m: 1:14.39	39.10	200m: 2:35.14	40.61	300m: 3:55.57	40.51	400m: 5:12.63	37.24		
5.	Alexander Griston		De Dolfijn			200803053		5:23.08	+0,78	1,1
	50m: 36.78	36.78	150m: 1:59.67	42.13	250m: 3:24.12	43.08	350m: 4:46.78	40.97		
	100m: 1:17.54	40.76	200m: 2:41.04	41.37	300m: 4:05.81	41.69	400m: 5:23.08	36.30		

Junioren 3

1.	Marnix Rietveld		ZV Haerlem			200700939		4:39.93	+0,70	9,9
	50m: 30.04	30.04	150m: 1:41.12	35.85	250m: 2:53.11	35.02	350m: 4:05.49	35.65		
	100m: 1:05.27	35.23	200m: 2:18.09	36.97	300m: 3:29.84	36.73	400m: 4:39.93	34.44		
2.	Jesse Jacobs		HZPC			200700407		5:15.96	+0,78	
	50m: 34.44	34.44	150m: 1:54.07	40.54	250m: 3:15.33	40.76	350m: 4:37.33	40.80		
	100m: 1:13.53	39.09	200m: 2:34.57	40.50	300m: 3:56.53	41.20	400m: 5:15.96	38.63		

Junioren 4

AFGEM Bas Blanker SCOM/De Zeehond'73 (SG) 200601497

Jeugd 1

1.	Lasse Schrieken		VZC			200503145		4:37.82	+0,69	7,0
	50m: 30.34	30.34	150m: 1:40.68	35.62	250m: 2:52.01	35.57	350m: 4:04.17	35.91		
	100m: 1:05.06	34.72	200m: 2:16.44	35.76	300m: 3:28.26	36.25	400m: 4:37.82	33.65		
2.	Wesley van Elst		VZC			200500507		4:43.50	+0,65	5,4
	50m: 29.79	29.79	150m: 1:39.31	35.26	250m: 2:52.40	36.83	350m: 4:06.49	37.33		
	100m: 1:04.05	34.26	200m: 2:15.57	36.26	300m: 3:29.16	36.76	400m: 4:43.50	37.01		
3.	William Kragt		ZV 44			200503133		4:45.10	+0,75	4,9
	50m: 30.40	30.40	150m: 1:41.46	36.42	250m: 2:55.93	37.48	350m: 4:11.43	37.70		
	100m: 1:05.04	34.64	200m: 2:18.45	36.99	300m: 3:33.73	37.80	400m: 4:45.10	33.67		

Programmanr. 9, Jongens, 400m vrije slag, Jeugd 1

Rang							Tijd	RT	Rudolph
4.	Thijmen Wender		DWT		200502339		5:03.82	+0,70	
	50m: 32.42	32.42	150m: 1:47.83	38.55	250m: 3:06.52	39.80	350m: 4:26.10	40.33	
	100m: 1:09.28	36.86	200m: 2:26.72	38.89	300m: 3:45.77	39.25	400m: 5:03.82	37.72	
AFGEM	Julian Prummel		De Otters Het Gooi		200501731				

Jeugd 2

1.	Robin van den Berg		ZV 44		200400699		4:29.05	+0,73	8,5
	50m: 28.75	28.75	150m: 1:35.50	33.99	250m: 2:43.36	33.83	350m: 3:54.25	35.84	
	100m: 1:01.51	32.76	200m: 2:09.53	34.03	300m: 3:18.41	35.05	400m: 4:29.05	34.80	
2.	Raaf van der Vlugt		Het Y		200401749		4:38.08	+0,85	5,9
	50m: 30.51	30.51	150m: 1:40.50	34.62	250m: 2:52.14	35.74	350m: 4:03.41	35.43	
	100m: 1:05.88	35.37	200m: 2:16.40	35.90	300m: 3:27.98	35.84	400m: 4:38.08	34.67	

Senioren open

1.	Thijn Damen		PSV		200300973		4:18.34	+0,75	10,5
	50m: 28.93	28.93	150m: 1:34.91	33.03	250m: 2:41.17	33.24	350m: 3:47.87	33.01	
	100m: 1:01.88	32.95	200m: 2:07.93	33.02	300m: 3:14.86	33.69	400m: 4:18.34	30.47	
2.	Ronis van Everdingen		DWK		200300043		4:19.92	+0,76	10,0
	50m: 28.71	28.71	150m: 1:34.15	32.72	250m: 2:41.15	33.41	350m: 3:48.85	33.76	
	100m: 1:01.43	32.72	200m: 2:07.74	33.59	300m: 3:15.09	33.94	400m: 4:19.92	31.07	
3.	Jeffrey Camphens		DWT		199503113		4:35.16	+0,69	3,7
	50m: 31.10	31.10	150m: 1:40.24	34.97	250m: 2:50.68	35.36	350m: 4:01.22	35.34	
	100m: 1:05.27	34.17	200m: 2:15.32	35.08	300m: 3:25.88	35.20	400m: 4:35.16	33.94	
4.	Sander Iuga		Feijenoord Albion		200101389		4:46.21	+0,67	
	50m: 30.81	30.81	150m: 1:41.48	35.96	250m: 2:55.34	36.85	350m: 4:09.89	37.23	
	100m: 1:05.52	34.71	200m: 2:18.49	37.01	300m: 3:32.66	37.32	400m: 4:46.21	36.32	