

Speedo Fast Water Meet
 Amsterdam, 30-6- - 1-7-2018

 Programmanr. 25 Heren, 400m vrije slag Senioren Open
 30-06-2018 Resultaten

rang	naam	vereniging	inschrijftijd	tijd	RT
1.	Bart Sommeling	RTC - De Dolfijn	3:49.51	199800765	3:50.65 +0,73
	50m: 25.93	25.93 150m: 1:23.87	29.24 250m: 2:22.07	29.12 350m: 3:21.00	29.76
	100m: 54.63	28.70 200m: 1:52.95	29.08 300m: 2:51.24	29.17 400m: 3:50.65	29.65
2.	Erik Nijholt	DZ&PC	3:55.17	199401349	3:57.02 +0,77
	50m: 26.82	26.82 150m: 1:26.27	30.04 250m: 2:26.68	30.24 350m: 3:27.47	30.52
	100m: 56.23	29.41 200m: 1:56.44	30.17 300m: 2:56.95	30.27 400m: 3:57.02	29.55
3.	Niels Wiersema	TriVia	4:09.69	199703221	4:05.33 +0,87
	50m: 27.65	27.65 150m: 1:29.23	31.13 250m: 2:31.65	31.04 350m: 3:34.74	31.37
	100m: 58.10	30.45 200m: 2:00.61	31.38 300m: 3:03.37	31.72 400m: 4:05.33	30.59
4.	Owen Peeks	ZPC Hoogeveen	4:14.71	200100765	4:10.78 +0,85
	50m: 28.13	28.13 150m: 1:30.37	31.29 250m: 2:34.41	32.12 350m: 3:39.09	32.19
	100m: 59.08	30.95 200m: 2:02.29	31.92 300m: 3:06.90	32.49 400m: 4:10.78	31.69
5.	Dave Holweg	ZPC AMERSFOORT	4:18.00	199701521	4:10.80 * +0,74
	50m: 27.80	27.80 150m: 1:31.13	32.28 250m: 2:35.34	32.08 350m: 3:39.40	32.06
	100m: 58.85	31.05 200m: 2:03.26	32.13 300m: 3:07.34	32.00 400m: 4:10.80	31.40
6.	Niels De Meyer	Brabo Zwemclub Antwerpen	4:20.72	BRABO/10982/02	4:12.73 +0,64
	50m: 28.43	28.43 150m: 1:32.65	32.60 250m: 2:37.90	32.61 350m: 3:42.81	32.36
	100m: 1:00.05	31.62 200m: 2:05.29	32.64 300m: 3:10.45	32.55 400m: 4:12.73	29.92
7.	Finn Vos	De Dolfijn	4:11.91	200200665	4:12.84 +0,69
	50m: 29.18	29.18 150m: 1:33.21	32.36 250m: 2:38.30	32.62 350m: 3:42.60	32.27
	100m: 1:00.85	31.67 200m: 2:05.68	32.47 300m: 3:10.33	32.03 400m: 4:12.84	30.24
8.	Nicko Kamphuis	De Warande	4:18.64	199900887	4:13.15 +0,59
	50m: 27.50	27.50 150m: 1:32.14	32.72 250m: 2:38.49	33.12 350m: 3:42.96	31.25
	100m: 59.42	31.92 200m: 2:05.37	33.23 300m: 3:11.71	33.22 400m: 4:13.15	30.19
9.	Timos Skotadis	De Dolfijn	4:10.98	199804615	4:13.17 +0,67
	50m: 27.99	27.99 150m: 1:29.94	31.47 250m: 2:34.35	32.43 350m: 3:40.54	33.13
	100m: 58.47	30.48 200m: 2:01.92	31.98 300m: 3:07.41	33.06 400m: 4:13.17	32.63
10.	Merlin Belmon	De Dolfijn	4:20.38	200403191	4:13.43 +0,77
	50m: 27.42	27.42 150m: 1:31.32	32.51 250m: 2:36.90	32.53 350m: 3:42.33	32.62
	100m: 58.81	31.39 200m: 2:04.37	33.05 300m: 3:09.71	32.81 400m: 4:13.43	31.10
11.	Elroy Schot	De Dolfijn	4:10.05	200200689	4:14.25 +0,77
	50m: 29.09	29.09 150m: 1:33.14	32.31 250m: 2:39.15	32.95 350m: 3:43.57	31.96
	100m: 1:00.83	31.74 200m: 2:06.20	33.06 300m: 3:11.61	32.46 400m: 4:14.25	30.68
12.	Arjan Dekker	ReVeLie Swim Team	4:22.37	200000499	4:17.37 +0,76
	50m: 29.07	29.07 150m: 1:33.48	32.26 250m: 2:39.10	32.91 350m: 3:45.32	33.00
	100m: 1:01.22	32.15 200m: 2:06.19	32.71 300m: 3:12.32	33.22 400m: 4:17.37	32.05
13.	Kevin Eltink	DWK	4:02.98	199100589	4:18.03 +0,77
	50m: 28.36	28.36 150m: 1:32.27	32.43 250m: 2:38.57	33.31 350m: 3:45.87	33.36
	100m: 59.84	31.48 200m: 2:05.26	32.99 300m: 3:12.51	33.94 400m: 4:18.03	32.16
14.	David Groenewegen	PSV	4:23.15	200400469	4:21.88 +0,82
	50m: 29.17	29.17 150m: 1:35.12	33.16 250m: 2:42.18	33.20 350m: 3:49.46	33.73
	100m: 1:01.96	32.79 200m: 2:08.98	33.86 300m: 3:15.73	33.55 400m: 4:21.88	32.42
15.	Luuk van Rooij	PSV	4:22.08	200400581	4:23.31 +0,79
	50m: 29.10	29.10 150m: 1:35.34	33.88 250m: 2:43.24	33.94 350m: 3:50.61	33.87
	100m: 1:01.46	32.36 200m: 2:09.30	33.96 300m: 3:16.74	33.50 400m: 4:23.31	32.70
16.	Luc de Kreek	DWK	4:28.78	200101661	4:24.50 +0,76
	50m: 29.50	29.50 150m: 1:36.09	33.71 250m: 2:43.83	33.59 350m: 3:51.73	33.81
	100m: 1:02.38	32.88 200m: 2:10.24	34.15 300m: 3:17.92	34.09 400m: 4:24.50	32.77
17.	Jelle Bon	ZVVS	4:28.13	200301077	4:25.30 +0,69
	50m: 28.71	28.71 150m: 1:35.13	33.57 250m: 2:43.31	34.31 350m: 3:52.06	34.48
	100m: 1:01.56	32.85 200m: 2:09.00	33.87 300m: 3:17.58	34.27 400m: 4:25.30	33.24
18.	Robin van den Berg	ZV 44	4:26.44	200400699	4:26.86 +0,78
	50m: 30.15	30.15 150m: 1:36.59	33.25 250m: 2:45.17	34.43 350m: 3:54.26	34.53
	100m: 1:03.34	33.19 200m: 2:10.74	34.15 300m: 3:19.73	34.56 400m: 4:26.86	32.60
19.	Jeffrey Camphens	DWT	4:22.93	199503113	4:28.98 +0,69
	50m: 28.58	28.58 150m: 1:35.57	34.18 250m: 2:45.50	35.42 350m: 3:54.16	34.10
	100m: 1:01.39	32.81 200m: 2:10.08	34.51 300m: 3:20.06	34.56 400m: 4:28.98	34.82
20.	Mustafa Al Tuwaijari	Brabo Zwemclub Antwerpen	4:42.79	BRABO/11146/02	4:29.82 +0,72
	50m: 29.81	29.81 150m: 1:37.57	34.33 250m: 2:47.43	35.02 350m: 3:57.42	35.05
	100m: 1:03.24	33.43 200m: 2:12.41	34.84 300m: 3:22.37	34.94 400m: 4:29.82	32.40

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rang	naam	vereniging	inschrijftijd	tijd	RT
21.	Milan van Aken	The Hague Swimming (SG)	4:46.47	200303307	4:34.03 +0,83
	50m: 29.50	29.50 150m: 1:37.32 34.61	250m: 2:47.92 35.42	350m: 3:59.15 35.56	
	100m: 1:02.71	33.21 200m: 2:12.50 35.18	300m: 3:23.59 35.67	400m: 4:34.03 34.88	
22.	Meindert Dekkinga	HZ&PC Heerenveen	4:41.46	200400377	4:50.64 +0,90
	50m: 30.68	30.68 150m: 1:42.38 36.65	250m: 2:56.89 37.10	350m: 4:13.81 38.79	
	100m: 1:05.73	35.05 200m: 2:19.79 37.41	300m: 3:35.02 38.13	400m: 4:50.64 36.83	
23.	Joren Oldenhof	De Dolfijn	4:49.17	200400045	4:53.51 +0,73
	50m: 31.10	31.10 150m: 1:45.22 37.80	250m: 3:01.14 38.43	350m: 4:17.04 37.64	
	100m: 1:07.42	36.32 200m: 2:22.71 37.49	300m: 3:39.40 38.26	400m: 4:53.51 36.47	
24.	Kevin van Gelderen	TriVia	5:02.97	200402325	4:54.12 +0,75
	50m: 33.13	33.13 150m: 1:46.58 37.60	250m: 3:00.83 37.25	350m: 4:17.13 37.87	
	100m: 1:08.98	35.85 200m: 2:23.58 37.00	300m: 3:39.26 38.43	400m: 4:54.12 36.99	
25.	Wouter Sies	TriVia	4:58.70	200500369	4:55.94 +0,84
	50m: 32.91	32.91 150m: 1:46.64 37.51	250m: 3:01.56 37.40	350m: 4:15.67 36.65	
	100m: 1:09.13	36.22 200m: 2:24.16 37.52	300m: 3:39.02 37.46	400m: 4:55.94 40.27	
26.	Miles Steenvoorden	De Dolfijn	5:10.99	200501637	4:56.84 +0,80
	50m: 31.22	31.22 150m: 1:43.67 36.82	250m: 3:00.54 38.81	350m: 4:19.22 39.41	
	100m: 1:06.85	35.63 200m: 2:21.73 38.06	300m: 3:39.81 39.27	400m: 4:56.84 37.62	
27.	Sytze van Stein	LinK/z&pc Katwijk (SG)	5:21.74	200501155	5:24.26 +0,48
	50m: 35.50	35.50 150m: 1:57.10 41.60	250m: 3:20.37 41.28	350m: 4:43.84 41.17	
	100m: 1:15.50	40.00 200m: 2:39.09 41.99	300m: 4:02.67 42.30	400m: 5:24.26 40.42	
28.	Lasse Schrieken	VZC	6:18.59	200503145	5:30.87 +0,77
	50m: 38.18	38.18 150m: 2:00.95 41.48	250m: 3:25.76 42.24	350m: 4:51.01 42.58	
	100m: 1:19.47	41.29 200m: 2:43.52 42.57	300m: 4:08.43 42.67	400m: 5:30.87 39.86	
29.	Marcus Fabriek	De Zwoer	5:35.16	200402863	5:43.22 +0,86
	50m: 36.17	36.17 150m: 2:01.83 44.17	250m: 3:31.25 44.34	350m: 5:01.20 45.18	
	100m: 1:17.66	41.49 200m: 2:46.91 45.08	300m: 4:16.02 44.77	400m: 5:43.22 42.02	
30.	Thom Meendering	Zwemvereniging Hoorn	NT	200204879	5:55.58 +0,93
	50m: 36.70	36.70 150m: 2:03.43 45.43	250m: 3:36.67 47.12	350m: 5:10.58 46.54	
	100m: 1:18.00	41.30 200m: 2:49.55 46.12	300m: 4:24.04 47.37	400m: 5:55.58 45.00	
DIS	Mees Niemeijer	DZ&PC	5:02.83	200201275	AA

AA - Gestart voor het startsignaal (en wel gezwommen).