

Speedo Fast Water Meet  
Amsterdam, 29- - 30-6-2019

Programmanr. 53  
30-06-2019 - 14:33

Heren, 400m vrije slag

Senioren Open  
Resultaten

rang	naam	vereniging	startnr.	tijd	RT			
1.	Erik Nijholt	DZ&PC	199401349	<b>3:55.40</b>	+0,72			
	50m: 27.04	27.04	150m: 1:27.64	30.62	250m: 2:28.20	30.10	350m: 3:27.35	29.27
	100m: 57.02	29.98	200m: 1:58.10	30.46	300m: 2:58.08	29.88	400m: 3:55.40	28.05
2.	Nino Sieling	De Dolfijn	199701845	<b>3:58.54</b>	+0,72			
	50m: 27.41	27.41	150m: 1:27.59	30.53	250m: 2:28.09	30.06	350m: 3:28.00	30.11
	100m: 57.06	29.65	200m: 1:58.03	30.44	300m: 2:57.89	29.80	400m: 3:58.54	30.54
3.	Owen Peek	ZPC Hoogeveen	200100765	<b>4:05.43</b>	+0,80			
	50m: 28.37	28.37	150m: 1:29.57	30.77	250m: 2:31.64	30.87	350m: 3:34.20	31.54
	100m: 58.80	30.43	200m: 2:00.77	31.20	300m: 3:02.66	31.02	400m: 4:05.43	31.23
4.	Bernd Wanten	Zwemclub Brabo Antwerpen	BRABO/11008/04	<b>4:09.63</b>	+0,85			
	50m: 27.99	27.99	150m: 1:30.74	31.71	250m: 2:35.25	32.35	350m: 3:39.84	32.19
	100m: 59.03	31.04	200m: 2:02.90	32.16	300m: 3:07.65	32.40	400m: 4:09.63	29.79
5.	David Anthonio	KSN (SG)	200102551	<b>4:10.05</b>	+0,79			
	50m: 27.68	27.68	150m: 1:30.26	31.75	250m: 2:34.96	32.46	350m: 3:39.72	32.09
	100m: 58.51	30.83	200m: 2:02.50	32.24	300m: 3:07.63	32.67	400m: 4:10.05	30.33
6.	Dave Holweg	ZPC AMERSFOORT	199701521	<b>4:11.56</b>	+0,75			
	50m: 27.50	27.50	150m: 1:29.94	31.64	250m: 2:34.76	32.54	350m: 3:39.54	32.49
	100m: 58.30	30.80	200m: 2:02.22	32.28	300m: 3:07.05	32.29	400m: 4:11.56	32.02
7.	Jelle Bon	ZVVS	200301077	<b>4:12.44</b>	+0,62			
	50m: 27.97	27.97	150m: 1:31.68	32.24	250m: 2:36.49	32.45	350m: 3:41.44	32.60
	100m: 59.44	31.47	200m: 2:04.04	32.36	300m: 3:08.84	32.35	400m: 4:12.44	31.00
8.	Stan De Swart	Nextline swimming	200300535	<b>4:14.74</b>	+0,79			
	50m: 28.49	28.49	150m: 1:31.68	32.31	250m: 2:37.00	32.83	350m: 3:43.17	32.56
	100m: 59.37	30.88	200m: 2:04.17	32.49	300m: 3:10.61	33.61	400m: 4:14.74	31.57
9.	Richard Kuipers	TriVia	199704171	<b>4:15.01</b>	+0,75			
	50m: 27.05	27.05	150m: 1:29.27	31.71	250m: 2:36.25	33.52	350m: 3:43.30	33.36
	100m: 57.56	30.51	200m: 2:02.73	33.46	300m: 3:09.94	33.69	400m: 4:15.01	31.71
10.	Coen de Lang	ZPC Hoogeveen	200100067	<b>4:16.92</b>	+0,75			
	50m: 29.19	29.19	150m: 1:33.62	32.49	250m: 2:39.21	32.55	350m: 3:44.96	32.96
	100m: 1:01.13	31.94	200m: 2:06.66	33.04	300m: 3:12.00	32.79	400m: 4:16.92	31.96
11.	Wouter Zijlstra	HZ&PC Heerenveen	200401545	<b>4:21.52</b>	+0,74			
	50m: 29.37	29.37	150m: 1:35.78	33.61	250m: 2:42.07	33.11	350m: 3:49.21	33.05
	100m: 1:02.17	32.80	200m: 2:08.96	33.18	300m: 3:16.16	34.09	400m: 4:21.52	32.31
12.	Meindert Dekkinga	HZ&PC Heerenveen	200400377	<b>4:22.43</b>	+0,82			
	50m: 29.95	29.95	150m: 1:35.59	33.09	250m: 2:42.66	33.80	350m: 3:50.45	33.81
	100m: 1:02.50	32.55	200m: 2:08.86	33.27	300m: 3:16.64	33.98	400m: 4:22.43	31.98
13.	Joas Groeneveld	DWK	200102669	<b>4:23.89</b>	+0,70			
	50m: 29.03	29.03	150m: 1:35.66	33.77	250m: 2:42.77	33.68	350m: 3:50.11	33.38
	100m: 1:01.89	32.86	200m: 2:09.09	33.43	300m: 3:16.73	33.96	400m: 4:23.89	33.78
14.	Mac Peek	ZPC Hoogeveen	200400153	<b>4:26.63</b>	+0,72			
	50m: 28.79	28.79	150m: 1:36.03	34.51	250m: 2:46.20	34.85	350m: 3:55.15	34.00
	100m: 1:01.52	32.73	200m: 2:11.35	35.32	300m: 3:21.15	34.95	400m: 4:26.63	31.48
15.	Omar Markovinovic	The Hague Swimming (SG)	200304877	<b>4:27.09</b>	+0,68			
	50m: 28.67	28.67	150m: 1:35.09	33.86	250m: 2:44.34	34.91	350m: 3:52.78	33.73
	100m: 1:01.23	32.56	200m: 2:09.43	34.34	300m: 3:19.05	34.71	400m: 4:27.09	34.31
16.	Ardi Knol	DWK	199603447	<b>4:29.52</b>	+0,79			
	50m: 28.79	28.79	150m: 1:35.89	34.26	250m: 2:44.60	34.00	350m: 3:54.10	
	100m: 1:01.63	32.84	200m: 2:10.60	34.71	300m:	34.00	400m: 4:29.52	35.42
17.	Émile Fouzaï	The Hague Swimming (SG)	200500263	<b>4:31.78</b>	+0,77			
	50m: 29.78	29.78	150m: 1:37.51	34.52	250m: 2:47.03	35.01	350m: 3:57.43	35.21
	100m: 1:02.99	33.21	200m: 2:12.02	34.51	300m: 3:22.22	35.19	400m: 4:31.78	34.35
18.	Domingo Kuipers	Orca	200501787	<b>4:32.34</b>	+0,65			
	50m: 30.58	30.58	150m: 1:39.22	34.67	250m: 2:48.67	34.74	350m: 3:58.26	34.67
	100m: 1:04.55	33.97	200m: 2:13.93	34.71	300m: 3:23.59	34.92	400m: 4:32.34	34.08
19.	Senna van den Hoed	HZ&PC Heerenveen	200400609	<b>4:37.73</b>	+0,75			
	50m: 31.50	31.50	150m: 1:42.91	36.16	250m: 2:55.39	36.37	350m: 4:08.16	36.43
	100m: 1:06.75	35.25	200m: 2:19.02	36.11	300m: 3:31.73	36.34	400m: 4:37.73	29.57
20.	Senna Hof	DZ&PC	200600761	<b>4:39.12</b>	+0,82			
	50m: 31.27	31.27	150m: 1:42.61	35.86	250m: 2:55.05	36.52	350m: 4:05.54	34.51
	100m: 1:06.75	35.48	200m: 2:18.53	35.92	300m: 3:31.03	35.98	400m: 4:39.12	33.58
21.	Joren Oldenhof	De Dolfijn	200400045	<b>4:39.65</b>	+0,71			
	50m: 30.86	30.86	150m: 1:41.10	35.58	250m: 2:54.00	36.35	350m: 4:05.93	35.75
	100m: 1:05.52	34.66	200m: 2:17.65	36.55	300m: 3:30.18	36.18	400m: 4:39.65	33.72



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rang	naam	vereniging	startnr.	tijd	RT			
22.	Julien Tanis	Rotterdam Swimming (SG)	200401045	<b>4:41.48</b>	+0,80			
	50m: 30.42	30.42	150m: 1:40.67	35.97	250m: 2:53.25	35.59	350m: 4:06.01	35.89
	100m: 1:04.70	34.28	200m: 2:17.66	36.99	300m: 3:30.12	36.87	400m: 4:41.48	35.47
23.	Amun Majidzada	Zwemlust- den Hommel	200401391	<b>4:42.25</b>	+0,65			
	50m: 29.73	29.73	150m: 1:40.17	36.42	250m: 2:54.27	36.71	350m: 4:07.55	36.51
	100m: 1:03.75	34.02	200m: 2:17.56	37.39	300m: 3:31.04	36.77	400m: 4:42.25	34.70
24.	Kevin van Gelderen	TriVia	200402325	<b>4:43.82</b>	+0,74			
	50m: 31.43	31.43	150m: 1:41.83	36.26	250m: 2:55.50	37.31	350m: 4:08.78	37.26
	100m: 1:05.57	34.14	200m: 2:18.19	36.36	300m: 3:31.52	36.02	400m: 4:43.82	35.04
25.	Tiamo van der Veen	ZPC Hooerveen	200600033	<b>4:44.12</b>	+0,79			
	50m: 31.95	31.95	150m: 1:43.54	36.10	250m: 2:56.40	36.36	350m: 4:09.56	36.58
	100m: 1:07.44	35.49	200m: 2:20.04	36.50	300m: 3:32.98	36.58	400m: 4:44.12	34.56
26.	Flynn Peeks	ZPC Hooerveen	200500231	<b>4:46.76</b>	+0,79			
	50m: 31.90	31.90	150m: 1:45.02	37.37	250m: 2:59.38	37.08	350m: 4:12.49	36.17
	100m: 1:07.65	35.75	200m: 2:22.30	37.28	300m: 3:36.32	36.94	400m: 4:46.76	34.27
27.	Marc Manning	Nova	200400167	<b>4:53.35</b>	+0,72			
	50m: 31.47	31.47	150m: 1:45.66	37.63	250m: 3:01.56	37.61	350m: 4:17.09	37.47
	100m: 1:08.03	36.56	200m: 2:23.95	38.29	300m: 3:39.62	38.06	400m: 4:53.35	36.26
28.	Ian van Tiel	Ed-Vo	200000349	<b>4:53.46</b>	+0,70			
	50m: 31.92	31.92	150m: 1:44.98	37.24	250m: 3:00.59	37.97	350m: 4:16.71	38.18
	100m: 1:07.74	35.82	200m: 2:22.62	37.84	300m: 3:38.53	37.94	400m: 4:53.46	36.75
29.	Sven Konings	Kon AZ 1870	200204391	<b>4:55.14</b>	+0,82			
	50m: 30.74	30.74	150m: 1:43.54	37.17	250m: 2:59.58	38.31	350m: 4:18.26	39.32
	100m: 1:06.37	35.63	200m: 2:21.27	37.73	300m: 3:38.94	39.36	400m: 4:55.14	36.88
	Sem Verberg	The Hague Swimming (SG)	200402105	<b>4:55.14</b>	+0,73			
	50m: 32.59	32.59	150m: 1:48.22	38.37	250m: 3:04.42	38.30	350m: 4:19.38	37.69
	100m: 1:09.85	37.26	200m: 2:26.12	37.90	300m: 3:41.69	37.27	400m: 4:55.14	35.76
31.	Giljano Palm	Kon AZ 1870	200403637	<b>4:59.11</b>	+0,76			
	50m: 32.24	32.24	150m: 1:46.55	37.34	250m: 3:03.40	38.21	350m: 4:21.76	39.53
	100m: 1:09.21	36.97	200m: 2:25.19	38.64	300m: 3:42.23	38.83	400m: 4:59.11	37.35
32.	Faissal Laghrich	Kon AZ 1870	200301885	<b>5:03.03</b>	+0,78			
	50m: 32.58	32.58	150m: 1:47.03	37.86	250m: 3:04.29	39.07	350m: 4:24.91	40.26
	100m: 1:09.17	36.59	200m: 2:25.22	38.19	300m: 3:44.65	40.36	400m: 5:03.03	38.12
33.	Ben Aalsvel	De Dolfijn	200501255	<b>5:03.16</b>	+0,82			
	50m: 33.37	33.37	150m: 1:50.04	39.05	250m: 3:08.66	39.25	350m: 4:26.46	38.16
	100m: 1:10.99	37.62	200m: 2:29.41	39.37	300m: 3:48.30	39.64	400m: 5:03.16	36.70
34.	Dave Rook	Kon AZ 1870	200204355	<b>5:06.08</b>	+0,76			
	50m: 33.55	33.55	150m: 1:50.82	39.44	250m: 3:10.68	39.46	350m: 4:29.76	39.56
	100m: 1:11.38	37.83	200m: 2:31.22	40.40	300m: 3:50.20	39.52	400m: 5:06.08	36.32
35.	Thijs Wellink	Zwemlust- den Hommel	200600715	<b>5:09.13</b>	+0,77			
	50m: 32.78	32.78	150m: 1:52.30	40.23	250m: 3:11.58	39.55	350m: 4:31.41	39.88
	100m: 1:12.07	39.29	200m: 2:32.03	39.73	300m: 3:51.53	39.95	400m: 5:09.13	37.72
36.	Ruben Trompetter	DZ&PC	200500997	<b>5:14.87</b>	+0,85			
	50m: 34.69	34.69	150m: 1:54.39	40.16	250m: 3:15.54	40.49	350m: 4:35.99	40.16
	100m: 1:14.23	39.54	200m: 2:35.05	40.66	300m: 3:55.83	40.29	400m: 5:14.87	38.88
37.	Jair Jordan	Kon AZ 1870	200500903	<b>5:27.62</b>	+0,72			
	50m: 33.78	33.78	150m: 1:53.24	40.78	250m: 3:20.55	43.97	350m: 4:47.06	42.91
	100m: 1:12.46	38.68	200m: 2:36.58	43.34	300m: 4:04.15	43.60	400m: 5:27.62	40.56
AFGEM	Kazik Huibers	Kon AZ 1870	200204565					
AFGEM	Kevin Eltink	DWK	199100589					
AFGEM	Lucas Ambrose	De Dolfijn	200502275					