

Programmanr. 45
03-07-2022

Heren, 400m vrije slag

Junioren 1 en later
Resultaten

rang	naam	vereniging	startnr.	tijd	RT			
1.	Luc Kroon <i>Speedo Fast Water Meet Record</i>	Ed-Vo	200100697	3:41.24	+0,71			
	50m: 26.52	26.52	150m: 1:23.83	28.67	250m: 2:19.67	27.22	350m: 3:14.05	27.12
	100m: 55.16	28.64	200m: 1:52.45	28.62	300m: 2:46.93	27.26	400m: 3:41.24	27.19
2.	Maarten Brzoskowski	PSV	199500769	3:43.46	+0,67			
	50m: 26.00	26.00	150m: 1:22.33	28.21	250m: 2:18.41	27.83	350m: 3:15.18	28.62
	100m: 54.12	28.12	200m: 1:50.58	28.25	300m: 2:46.56	28.15	400m: 3:43.46	28.28
3.	Émile Fouzaï	Blue Marlins (SG)	200500263	3:58.06	+0,74			
	50m: 26.94	26.94	150m: 1:26.98	30.24	250m: 2:27.31	29.97	350m: 3:28.96	30.93
	100m: 56.74	29.80	200m: 1:57.34	30.36	300m: 2:58.03	30.72	400m: 3:58.06	29.10
4.	Sven Klink	SWOL 1894	200500349	4:01.26 *	+0,75			
	50m: 27.31	27.31	150m: 1:26.96	30.59	250m: 2:29.45	31.04	350m: 3:31.38	30.82
	100m: 56.37	29.06	200m: 1:58.41	31.45	300m: 3:00.56	31.11	400m: 4:01.26	29.88
5.	Borys Rudman	Blue Marlins (SG)	200504479	4:01.44	+0,68			
	50m: 26.99	26.99	150m: 1:28.27	30.92	250m: 2:30.44	31.09	350m: 3:32.67	30.99
	100m: 57.35	30.36	200m: 1:59.35	31.08	300m: 3:01.68	31.24	400m: 4:01.44	28.77
6.	Perry Laarhoven	Rijnhaeghe (SG)	200301321	4:01.72	+0,78			
	50m: 26.09	26.09	150m: 1:27.81	30.74	250m: 2:28.68	30.86	350m: 3:31.94	31.85
	100m: 56.16	30.07	200m: 1:57.82	30.92	300m: 3:00.09	31.41	400m: 4:01.72	29.78
7.	Nino Sieling	De Dolfijn	199701845	4:04.61	+0,70			
	50m: 27.20	27.20	150m: 1:28.23	30.90	250m: 2:30.43	31.04	350m: 3:33.07	31.65
	100m: 57.33	30.13	200m: 1:59.39	31.16	300m: 3:01.42	30.99	400m: 4:04.61	31.54
8.	Noah Martens	Brabo Zwemclub Antwerpen	BRABO/11222/00	4:07.04	+0,76			
	50m: 26.77	26.77	150m: 1:27.81	31.37	250m: 2:31.59	32.04	350m: 3:35.49	32.15
	100m: 56.44	29.67	200m: 1:59.55	31.74	300m: 3:03.34	31.75	400m: 4:07.04	31.55
9.	Bart de Waard	ZV Haarlem	200403969	4:08.44	+0,71			
	50m: 27.52	27.52	150m: 1:29.49	31.65	250m: 2:34.24	32.34	350m: 3:37.60	31.64
	100m: 57.84	30.32	200m: 2:01.90	32.41	300m: 3:05.96	31.72	400m: 4:08.44	30.84
10.	Maximilian Lopes Cardozo	WZK	200300665	4:08.80	+0,63			
	50m: 27.07	27.07	150m: 1:29.40	31.68	250m: 2:32.30	31.50	350m: 3:36.97	32.58
	100m: 57.72	30.65	200m: 2:00.80	31.40	300m: 3:04.39	32.09	400m: 4:08.80	31.83
11.	Bram Loots	KZC	200700197	4:08.90	+0,65			
	50m: 27.82	27.82	150m: 1:30.44	31.80	250m: 2:34.63	32.23	350m: 3:38.53	31.61
	100m: 58.64	30.82	200m: 2:02.40	31.96	300m: 3:06.92	32.29	400m: 4:08.90	30.37
12.	Rens Stijf	ZPC AMERSFOORT	200501419	4:12.25 *	+0,64			
	50m: 27.69	27.69	150m: 1:29.74	31.26	250m: 2:34.87	32.33	350m: 3:40.25	33.02
	100m: 58.48	30.79	200m: 2:02.54	32.80	300m: 3:07.23	32.36	400m: 4:12.25	32.00
13.	Thijn Damen	PSV	200300973	4:15.14	+0,71			
	50m: 27.46	27.46	150m: 1:28.52	31.13	250m: 2:33.51	32.76	350m: 3:46.73	36.06
	100m: 57.39	29.93	200m: 2:00.75	32.23	300m: 3:10.67	37.16	400m: 4:15.14	28.41
14.	Lars Bulman	Blue Marlins (SG)	200600125	4:15.66 *	+0,68			
	50m: 28.49	28.49	150m: 1:33.62	32.87	250m: 2:38.79	32.52	350m: 3:43.99	32.34
	100m: 1:00.75	32.26	200m: 2:06.27	32.65	300m: 3:11.65	32.86	400m: 4:15.66	31.67
15.	Bjorn van den Berge	ZPC De Zeeuwse Kust	200701991	4:25.85	+0,68			
	50m: 30.84	30.84	150m: 1:39.35	34.67	250m: 2:48.01	34.19	350m: 3:54.88	33.14
	100m: 1:04.68	33.84	200m: 2:13.82	34.47	300m: 3:21.74	33.73	400m: 4:25.85	30.97
16.	Marcelino Gómez González	ZPC AMERSFOORT	200601473	4:27.22	+0,82			
	50m: 28.90	28.90	150m: 1:36.45	34.66	250m: 2:45.28	34.52	350m: 3:54.60	34.39
	100m: 1:01.79	32.89	200m: 2:10.76	34.31	300m: 3:20.21	34.93	400m: 4:27.22	32.62
17.	Yuri Wasser	PSV	200301327	4:28.64	+0,70			
	50m: 28.88	28.88	150m: 1:35.50	33.84	250m: 2:44.15	34.20	350m: 3:53.82	35.23
	100m: 1:01.66	32.78	200m: 2:09.95	34.45	300m: 3:18.59	34.44	400m: 4:28.64	34.82
18.	Gijs Koehoorn <i>100m en 200m*</i>	HZ&PC Heerenvveen	200800275	4:29.84	+0,70			
	50m: 29.30	29.30	150m: 1:35.74	33.67	250m: 2:45.52	35.42	350m: 3:55.70	35.19
	100m: 1:02.07	32.77	200m: 2:10.10	34.36	300m: 3:20.51	34.99	400m: 4:29.84	34.14
19.	Tim van Erven	ZPC AMERSFOORT	200700175	4:33.41	+0,72			
	50m: 30.24	30.24	150m: 1:39.04	35.11	250m: 2:49.39	35.29	350m: 4:00.20	35.28
	100m: 1:03.93	33.69	200m: 2:14.10	35.06	300m: 3:24.92	35.53	400m: 4:33.41	33.21

Programmanr. 45, Heren, 400m vrije slag, Junioren 1 en later

rang	naam	vereniging				startnr.	tijd				RT
20.	Thijs Wellink	ZPC AMERSFOORT				200600715	4:34.62				+0,80
	50m: 29.84	29.84	150m: 1:39.65	35.80	250m: 2:50.48	35.18	350m: 4:01.52	35.52	400m: 4:34.62	33.10	
	100m: 1:03.85	34.01	200m: 2:15.30	35.65	300m: 3:26.00	35.52	400m: 4:34.62				
21.	Meindert Dekkinga	DZ&PC				200400377	4:38.78				+0,65
	50m: 30.42	30.42	150m: 1:40.80	35.82	250m: 2:51.66	35.13	350m: 4:03.77	35.83	400m: 4:38.78	35.01	
	100m: 1:04.98	34.56	200m: 2:16.53	35.73	300m: 3:27.94	36.28	400m: 4:38.78				
22.	Gaëtan Spicq	Blue Marlins (SG)				200701807	4:39.94				+0,74
	50m: 29.92	29.92	150m: 1:40.19	35.85	250m: 2:52.89	36.01	350m: 4:05.19	36.05	400m: 4:39.94	34.75	
	100m: 1:04.34	34.42	200m: 2:16.88	36.69	300m: 3:29.14	36.25	400m: 4:39.94				
23.	Ruben Trompetter 200m*	DZ&PC				200500997	4:47.00				+0,89
	50m: 30.81	30.81	150m: 1:42.71	36.19	250m: 2:56.26	36.68	350m: 4:10.59	37.23	400m: 4:47.00	36.41	
	100m: 1:06.52	35.71	200m: 2:19.58	36.87	300m: 3:33.36	37.10	400m: 4:47.00				
24.	Filip Cudic	TriVia				200105413	4:47.37				+0,73
	50m: 29.56	29.56	150m: 1:38.57	35.96	250m: 2:53.09	37.48	350m: 4:11.34	39.88	400m: 4:47.37	36.03	
	100m: 1:02.61	33.05	200m: 2:15.61	37.04	300m: 3:31.46	38.37	400m: 4:47.37				
25.	Bjorn Duijvestijn	Blue Marlins (SG)				200703233	4:51.20				+0,76
	50m: 32.33	32.33	150m: 1:46.00	37.89	250m: 3:00.34	36.88	350m: 4:15.54	37.43	400m: 4:51.20	35.66	
	100m: 1:08.11	35.78	200m: 2:23.46	37.46	300m: 3:38.11	37.77	400m: 4:51.20				
26.	Alex Kossen	ZV Haerlem				200701863	5:16.64				+0,73
	50m: 33.95	33.95	150m: 1:54.62	41.33	250m: 3:16.91	41.70	350m: 4:40.45	42.38	400m: 5:16.64	36.19	
	100m: 1:13.29	39.34	200m: 2:35.21	40.59	300m: 3:58.07	41.16	400m: 5:16.64				
27.	Yannick Dijks	Orca				200700923	5:33.78				+0,78
	50m: 36.36	36.36	150m: 2:01.17	42.99	250m: 3:27.90	43.59	350m: 4:52.86	41.93	400m: 5:33.78	40.92	
	100m: 1:18.18	41.82	200m: 2:44.31	43.14	300m: 4:10.93	43.03	400m: 5:33.78				
28.	Dyon Scholten	Steenwijk 1934				200900095	5:44.63				+0,60
	50m: 37.36	37.36	150m: 2:04.56	44.44	250m: 3:32.98	43.65	350m: 5:02.73	45.00	400m: 5:44.63	41.90	
	100m: 1:20.12	42.76	200m: 2:49.33	44.77	300m: 4:17.73	44.75	400m: 5:44.63				