

Programmanr. 18
01-07-2023

Heren, 400m wisselslag

Juniores 1 en ouder
Resultaten

rang	naam	vereniging	startnr.	tijd	RT
1.	Wouter Zijlstra	HZ&PC Heerenveen	200401545	4:29.52	+0,60
	50m: 28.33	28.33 150m: 1:37.65	35.60 250m: 2:50.00	37.44 350m: 3:59.43	30.94
	100m: 1:02.05	33.72 200m: 2:12.56	34.91 300m: 3:28.49	38.49 400m: 4:29.52	30.09
2.	Donny van den Bosch	Zwemlust-den Hommel	199502001	4:55.36	+0,79
	50m: 29.53	29.53 150m: 1:44.49	39.91 250m: 3:04.44	40.84 350m: 4:21.37	34.36
	100m: 1:04.58	35.05 200m: 2:23.60	39.11 300m: 3:47.01	42.57 400m: 4:55.36	33.99
3.	Tim van Erven	DZ&PC	200700175	5:03.92	+0,81
	50m: 31.94	31.94 150m: 1:49.68	39.18 250m: 3:12.68	45.36 350m: 4:31.89	33.72
	100m: 1:10.50	38.56 200m: 2:27.32	37.64 300m: 3:58.17	45.49 400m: 5:03.92	32.03
4.	Marijn Snel	ESCA Zwemmen	200400001	5:06.15	+0,74
	50m: 28.45	28.45 150m: 1:43.79	40.50 250m: 3:09.85	45.65 350m: 4:31.98	36.55
	100m: 1:03.29	34.84 200m: 2:24.20	40.41 300m: 3:55.43	45.58 400m: 5:06.15	34.17
5.	Kay van Sleen	Steenwijk 1934	200400083	5:11.96	+0,83
	50m: 32.39	32.39 150m: 1:54.18	42.39 250m: 3:16.25	40.72 350m: 4:36.56	38.14
	100m: 1:11.79	39.40 200m: 2:35.53	41.35 300m: 3:58.42	42.17 400m: 5:11.96	35.40
6.	Evren Ege Orcunus	De Dolfijn	201003253	5:22.81	+0,68
	50m: 33.52	33.52 150m: 1:52.24	40.08 250m: 3:19.89	48.16 350m: 4:46.36	37.35
	100m: 1:12.16	38.64 200m: 2:31.73	39.49 300m: 4:09.01	49.12 400m: 5:22.81	36.45
7.	Hein Muller	DZ&PC	200800157	5:23.17	+0,74
	50m: 35.84	35.84 150m: 2:04.07	42.30 250m: 3:26.75	43.76 350m: 4:49.39	39.47
	100m: 1:21.77	45.93 200m: 2:42.99	38.92 300m: 4:09.92	43.17 400m: 5:23.17	33.78
8.	Max van der Spank	Hieronymus	201000275	5:23.45	+0,79
	50m: 34.59	34.59 150m: 1:59.41	42.51 250m: 3:26.28	45.46 350m: 4:49.33	36.05
	100m: 1:16.90	42.31 200m: 2:40.82	41.41 300m: 4:13.28	47.00 400m: 5:23.45	34.12
9.	Thijmen Puijssers	Hieronymus	201000129	5:25.38	+0,63
	50m: 36.10	36.10 150m: 2:01.07	41.29 250m: 3:28.15	46.01 350m: 4:51.26	36.60
	100m: 1:19.78	43.68 200m: 2:42.14	41.07 300m: 4:14.66	46.51 400m: 5:25.38	34.12
10.	Jamie Kenworthy	De Dolfijn	200800045	5:27.14 *	+0,73
	50m: 32.62	32.62 150m: 1:55.32	42.99 250m: 3:24.96	47.90 350m: 4:50.71	37.51
	100m: 1:12.33	39.71 200m: 2:37.06	41.74 300m: 4:13.20	48.24 400m: 5:27.14	36.43
11.	Vasco Strampel	Steenwijk 1934	200702073	5:35.29	+0,69
	50m: 34.90	34.90 150m: 1:58.91	40.01 250m: 3:25.89	48.04 350m: 4:56.54	42.70
	100m: 1:18.90	44.00 200m: 2:37.85	38.94 300m: 4:13.84	47.95 400m: 5:35.29	38.75
12.	Girish Nolden	Blue Marlins	201000087	5:44.42	+0,63
	50m: 35.11	35.11 150m: 2:01.35	43.08 250m: 3:34.34	51.09 350m: 5:07.28	40.97
	100m: 1:18.27	43.16 200m: 2:43.25	41.90 300m: 4:26.31	51.97 400m: 5:44.42	37.14
DIS	Tieme Wiersma	DZ&PC	200701031		
	<i>RH - Het eindpunt niet in rugligging aangerakt.</i>				
AFGEM	Sem Belmon	PSV	200702099		
NG	Dax van den Noulard	Blue Marlins	201000071		