

Programmanr. 33
02-07-2023

Heren, 400m vrije slag

Junioren 1 en ouder
Resultaten

rang	naam	vereniging				startnr.	tijd				RT
1.	Koen Marsman	ZPC AMERSFOORT				200502763	3:54.57				+0,73
	50m: 26.32	26.32	150m: 1:23.93	29.18	250m: 2:23.31	29.94	350m: 3:24.62	30.80			
	100m: 54.75	28.43	200m: 1:53.37	29.44	300m: 2:53.82	30.51	400m: 3:54.57	29.95			
2.	Noah Martens	Brabo Zwemclub Antwerpen				BRABO/11222/00	3:55.33				+0,75
	50m: 26.24	26.24	150m: 1:26.01	30.18	250m: 2:25.76	29.48	350m: 3:26.26	29.88			
	100m: 55.83	29.59	200m: 1:56.28	30.27	300m: 2:56.38	30.62	400m: 3:55.33	29.07			
3.	Efe Öngören	Blue Marlins				200504459	3:55.90				+0,66
	50m: 26.52	26.52	150m: 1:25.90	30.30	250m: 2:26.13	30.11	350m: 3:26.99	30.50			
	100m: 55.60	29.08	200m: 1:56.02	30.12	300m: 2:56.49	30.36	400m: 3:55.90	28.91			
4.	Wouter Zijlstra	HZ&PC Heerenveen				200401545	4:00.73				+0,59
	50m: 27.35	27.35	150m: 1:27.94	30.57	250m: 2:29.47	30.66	350m: 3:30.58	30.44			
	100m: 57.37	30.02	200m: 1:58.81	30.87	300m: 3:00.14	30.67	400m: 4:00.73	30.15			
5.	Joris Janssen	PSV				200301311	4:03.55				+0,75
	50m: 27.32	27.32	150m: 1:27.85	30.44	250m: 2:29.93	31.07	350m: 3:32.99	31.63			
	100m: 57.41	30.09	200m: 1:58.86	31.01	300m: 3:01.36	31.43	400m: 4:03.55	30.56			
6.	Rens Stijf	ZPC AMERSFOORT				200501419	4:08.20				+0,67
	50m: 27.39	27.39	150m: 1:28.59	30.90	250m: 2:31.53	31.69	350m: 3:36.47	32.72			
	100m: 57.69	30.30	200m: 1:59.84	31.25	300m: 3:03.75	32.22	400m: 4:08.20	31.73			
7.	Tieme Wiersma	DZ&PC				200701031	4:08.95				+0,74
	50m: 28.00	28.00	150m: 1:29.91	31.60	250m: 2:34.03	31.95	350m: 3:38.27	31.76			
	100m: 58.31	30.31	200m: 2:02.08	32.17	300m: 3:06.51	32.48	400m: 4:08.95	30.68			
8.	Xiaoyu Yin	Blue Marlins				200803363	4:10.60				+0,64
	50m: 28.82	28.82	150m: 1:31.06	31.42	250m: 2:35.39	32.35	350m: 3:39.11	31.80			
	100m: 59.64	30.82	200m: 2:03.04	31.98	300m: 3:07.31	31.92	400m: 4:10.60	31.49			
9.	Lucas van Rooij	PSV				200603943	4:11.61				+0,68
	50m: 28.84	28.84	150m: 1:31.60	31.55	250m: 2:35.81	32.30	350m: 3:40.57	32.20			
	100m: 1:00.05	31.21	200m: 2:03.51	31.91	300m: 3:08.37	32.56	400m: 4:11.61	31.04			
10.	Senne Raes	Brabo Zwemclub Antwerpen				BRABO/11170/06	4:14.26				+0,66
	50m: 27.66	27.66	150m: 1:31.34	32.59	250m: 2:37.18	33.06	350m: 3:42.04	32.15			
	100m: 58.75	31.09	200m: 2:04.12	32.78	300m: 3:09.89	32.71	400m: 4:14.26	32.22			
11.	Tenzing Geutjes	ZPC AMERSFOORT				200600441	4:14.28				+0,76
	50m: 28.36	28.36	150m: 1:32.37	30.71	250m: 2:32.70	31.53	350m: 3:39.44	33.85			
	100m: 58.66	30.30	200m: 2:01.17	31.80	300m: 3:05.59	32.89	400m: 4:14.28	34.84			
12.	Finn Rust	Nextline Swimming				200700469	4:14.30				+0,75
	50m: 28.02	28.02	150m: 1:31.54	32.13	250m: 2:37.63	33.18	350m: 3:43.95	32.95			
	100m: 59.41	31.39	200m: 2:04.45	32.91	300m: 3:11.00	33.37	400m: 4:14.30	30.35			
13.	Tijn Hilders	De Dolfijn				200700027	4:14.31				+0,78
	50m: 28.27	28.27	150m: 1:32.97	32.94	250m: 2:38.42	32.58	350m: 3:43.77	32.41			
	100m: 1:00.03	31.76	200m: 2:05.84	32.87	300m: 3:11.36	32.94	400m: 4:14.31	30.54			
14.	Storm Boxum	DZ&PC				200700421	4:15.54				+0,71
	50m: 28.08	28.08	150m: 1:33.05	32.84	250m: 2:38.11	32.21	350m: 3:43.98	32.76			
	100m: 1:00.21	32.13	200m: 2:05.90	32.85	300m: 3:11.22	33.11	400m: 4:15.54	31.56			
15.	Tobian Vos	ZPC AMERSFOORT				200900005	4:15.57				+0,76
	50m: 28.77	28.77	150m: 1:32.97	32.62	250m: 2:38.92	32.82	350m: 3:45.17	33.19			
	100m: 1:00.35	31.58	200m: 2:06.10	33.13	300m: 3:11.98	33.06	400m: 4:15.57	30.40			
16.	Jaydey Schonewille 150m*	Steenwijk 1934				200800025	4:17.32				+0,76
	50m: 28.86	28.86	150m: 1:33.41	32.60	250m: 2:39.54	32.81	350m: 3:45.24	33.03			
	100m: 1:00.81	31.95	200m: 2:06.73	33.32	300m: 3:12.21	32.67	400m: 4:17.32	32.08			
17.	Tim van Erven	DZ&PC				200700175	4:18.74				+0,77
	50m: 28.80	28.80	150m: 1:33.61	32.88	250m: 2:40.47	33.49	350m: 3:47.38	33.36			
	100m: 1:00.73	31.93	200m: 2:06.98	33.37	300m: 3:14.02	33.55	400m: 4:18.74	31.36			
18.	Boele Böhm	Blue Marlins				200700739	4:20.00				+0,64
	50m: 27.85	27.85	150m: 1:32.94	33.29	250m: 2:40.11	33.56	350m: 3:47.85	33.75			
	100m: 59.65	31.80	200m: 2:06.55	33.61	300m: 3:14.10	33.99	400m: 4:20.00	32.15			
19.	Thijs Wellink	ZPC AMERSFOORT				200600715	4:21.64				+0,73
	50m: 29.83	29.83	150m: 1:35.71	33.52	250m: 2:42.79	33.47	350m: 3:50.25	33.99			
	100m: 1:02.19	32.36	200m: 2:09.32	33.61	300m: 3:16.26	33.47	400m: 4:21.64	31.39			

Programmanr. 33, Heren, 400m vrije slag, Junioren 1 en ouder

rang	naam	vereniging	startnr.	tijd	RT			
20.	Gijs Koehoorn	HZ&PC Heerenveen	200800275	4:22.94	+0,73			
	50m: 28.07	28.07	150m: 1:33.21	33.36	250m: 2:40.65	33.88	350m: 3:48.72	33.81
	100m: 59.85	31.78	200m: 2:06.77	33.56	300m: 3:14.91	34.26	400m: 4:22.94	34.22
21.	Jelle Blankestijn	ZPC AMERSFOORT	199803737	4:25.15	+0,74			
	50m: 28.93	28.93	150m: 1:34.27	33.21	250m: 2:42.29	34.03	350m: 3:51.76	35.00
	100m: 1:01.06	32.13	200m: 2:08.26	33.99	300m: 3:16.76	34.47	400m: 4:25.15	33.39
22.	Jere Wiersma	DZ&PC	200701037	4:26.78	+0,79			
	50m: 30.16	30.16	150m: 1:37.55	33.90	250m: 2:45.54	33.81	350m: 3:53.87	34.25
	100m: 1:03.65	33.49	200m: 2:11.73	34.18	300m: 3:19.62	34.08	400m: 4:26.78	32.91
23.	Rens Noordover	Team Noord-Holland (SG)	200800237	4:28.25	+0,78			
	50m: 29.06	29.06	150m: 1:34.56	33.31	250m: 2:43.60	34.80	350m: 3:54.24	35.38
	100m: 1:01.25	32.19	200m: 2:08.80	34.24	300m: 3:18.86	35.26	400m: 4:28.25	34.01
24.	Rein Stoel	ZVL-1886	200800463	4:31.20	+0,77			
	50m: 30.52	30.52	150m: 1:37.54	33.53	250m: 2:46.77	35.02	350m: 3:57.85	35.44
	100m: 1:04.01	33.49	200m: 2:11.75	34.21	300m: 3:22.41	35.64	400m: 4:31.20	33.35
25.	Meindert Dekkinga	DZ&PC	200400377	4:35.44	+0,83			
	50m: 29.85	29.85	150m: 1:37.82	35.02	250m: 2:48.86	34.73	350m: 4:00.59	36.29
	100m: 1:02.80	32.95	200m: 2:14.13	36.31	300m: 3:24.30	35.44	400m: 4:35.44	34.85
26.	Steven Smith	Nextline Swimming	200402939	4:36.81	+0,74			
	50m: 30.69	30.69	150m: 1:41.99	36.23	250m: 2:53.11	35.43	350m: 4:04.13	35.16
	100m: 1:05.76	35.07	200m: 2:17.68	35.69	300m: 3:28.97	35.86	400m: 4:36.81	32.68
27.	Finn Hilders	De Dolfijn	200900283	4:40.88	+0,73			
	50m: 30.52	30.52	150m: 1:41.93	36.36	250m: 2:54.53	36.21	350m: 4:06.61	35.68
	100m: 1:05.57	35.05	200m: 2:18.32	36.39	300m: 3:30.93	36.40	400m: 4:40.88	34.27
28.	Evren Ege Orcunus	De Dolfijn	201003253	4:43.14	+0,68			
	50m: 32.05	32.05	150m: 1:43.17	35.84	250m: 2:55.12	35.85	350m: 4:07.95	36.63
	100m: 1:07.33	35.28	200m: 2:19.27	36.10	300m: 3:31.32	36.20	400m: 4:43.14	35.19
29.	Jidde Rademaker	De Reuring	200603619	4:46.19	+0,74			
	50m: 31.44	31.44	150m: 1:42.89	36.46	250m: 2:57.62	37.74	350m: 4:11.85	36.53
	100m: 1:06.43	34.99	200m: 2:19.88	36.99	300m: 3:35.32	37.70	400m: 4:46.19	34.34
30.	Abel op den Velde	De Duinkickers	201000079	4:48.98	+0,76			
	50m: 32.21	32.21	150m: 1:45.12	36.99	250m: 2:59.36	36.82	350m: 4:13.17	37.15
	100m: 1:08.13	35.92	200m: 2:22.54	37.42	300m: 3:36.02	36.66	400m: 4:48.98	35.81
31.	Jamie Kenworthy	De Dolfijn	200800045	4:50.46	+0,64			
	50m: 31.98	31.98	150m: 1:44.87	36.79	250m: 2:58.69	37.04	350m: 4:13.41	37.26
	100m: 1:08.08	36.10	200m: 2:21.65	36.78	300m: 3:36.15	37.46	400m: 4:50.46	37.05
32.	Dyon Scholten	Steenwijk 1934	200900095	4:59.17	+0,80			
	50m: 32.96	32.96	150m: 1:48.33	37.94	250m: 3:05.52	38.78	350m: 4:23.28	38.52
	100m: 1:10.39	37.43	200m: 2:26.74	38.41	300m: 3:44.76	39.24	400m: 4:59.17	35.89
33.	Joshua van den Idsert 200m*	DAW	200801919	5:03.58	+0,78			
	50m: 33.10	33.10	150m: 1:50.28	39.19	250m: 3:09.58	40.05	350m: 4:27.06	38.58
	100m: 1:11.09	37.99	200m: 2:29.53	39.25	300m: 3:48.48	38.90	400m: 5:03.58	36.52
34.	Julian Hendriks	De Otters Het Gooi	200603717	5:26.52	624			
	50m: 36.73	36.73	150m: 1:54.77	39.46	250m: 3:17.37	41.75	350m: 4:43.83	44.17
	100m: 1:15.31	38.58	200m: 2:35.62	40.85	300m: 3:59.66	42.29	400m: 5:26.52	42.69
AFGEM	Lucas Peters	Nextline Swimming	200301325					
AFGEM	Sem Belmon	PSV	200702099					
AFGEM	Tiago Fonseca Gomes	PSV	200703587					
AFGEM	Merlin Belmon	HPC - PSV	200403191					
AFGEM	Bart Sommeling	De Dolfijn	199800765					
AFGEM	Sven Koornstra	De Vikings	200900189					