

Programmanr. 7
5-7-2025 - 10:37

Heren, 400m vrije slag

alg. leeftijdsgroep
Resultaten

rang	naam	vereniging	intijd	tijd	RT
1.	Austin Namesnik	ZPC AMERSFOORT	3:52.35	200101817	3:51.16 +0,58
	50m: 26.35	26.35 150m: 1:24.74	29.44 250m: 2:23.70	29.43 350m: 3:23.58	30.03
	100m: 55.30	28.95 200m: 1:54.27	29.53 300m: 2:53.55	29.85 400m: 3:51.16	27.58
2.	Émile Fouzaï	ZPC AMERSFOORT	3:50.30	200500263	3:51.68 +0,70
	50m: 26.35	26.35 150m: 1:24.11	29.23 250m: 2:23.99	29.72 350m: 3:23.24	29.40
	100m: 54.88	28.53 200m: 1:54.27	30.16 300m: 2:53.84	29.85 400m: 3:51.68	28.44
3.	Koen Marsman	Team NL - ZPC AMERSFOORT	3:50.03	200502763	3:52.50 +0,60
	50m: 25.83	25.83 150m: 1:23.67	29.34 250m: 2:23.40	29.93 350m: 3:23.53	30.12
	100m: 54.33	28.50 200m: 1:53.47	29.80 300m: 2:53.41	30.01 400m: 3:52.50	28.97
4.	Diede Veld	HZ&PC Heerenveen	4:03.59	200800011	4:01.63 +0,78
	50m: 27.19	27.19 150m: 1:27.73	30.54 250m: 2:29.93	31.01 350m: 3:31.74	30.50
	100m: 57.19	30.00 200m: 1:58.92	31.19 300m: 3:01.24	31.31 400m: 4:01.63	29.89
5.	Thijs Wellink	ZPC AMERSFOORT	4:14.43	200600715	4:17.90 +0,68
	50m: 27.95	27.95 150m: 1:32.12	32.80 250m: 2:38.59	33.30 350m: 3:45.49	33.37
	100m: 59.32	31.37 200m: 2:05.29	33.17 300m: 3:12.12	33.53 400m: 4:17.90	32.41
6.	Dennis Mosterman *50 *100 *200	Dedemsvaart-AC	4:17.80	200501283	4:22.05 +0,75
	50m: 29.38	29.38 150m: 1:34.79	32.93 250m: 2:41.86	33.53 350m: 3:49.41	33.56
	100m: 1:01.86	32.48 200m: 2:08.33	33.54 300m: 3:15.85	33.99 400m: 4:22.05	32.64
7.	Steven Knol	De Dolfijn	4:26.79	200900543	4:23.97 +0,64
	50m: 29.00	29.00 150m: 1:34.33	32.96 250m: 2:42.17	34.30 350m: 3:50.73	34.31
	100m: 1:01.37	32.37 200m: 2:07.87	33.54 300m: 3:16.42	34.25 400m: 4:23.97	33.24
8.	Mike Schel	ENC Arnhem	4:22.07	199403279	4:24.01 +0,71
	50m: 29.70	29.70 150m: 1:35.09	33.00 250m: 2:42.64	33.83 350m: 3:31.70	34.30
	100m: 1:02.09	32.39 200m: 2:08.81	33.72 300m: 3:16.40	33.76 400m: 4:24.01	33.31
9.	Dyon Scholten	Steenwijk'34	4:32.95	200900095	4:24.36 +0,81
	50m: 29.33	29.33 150m: 1:34.91	33.21 250m: 2:43.16	34.31 350m: 3:52.48	34.43
	100m: 1:01.70	32.37 200m: 2:08.85	33.94 300m: 3:18.05	34.89 400m: 4:24.36	31.88
10.	Tim Zuurman	Dedemsvaart-AC	4:21.60	200700131	4:24.60
	50m: 30.33	30.33 150m: 1:36.92	33.45 250m: 2:45.00	34.23 350m: 3:52.42	33.76
	100m: 1:03.47	33.14 200m: 2:10.77	33.85 300m: 3:18.66	33.66 400m: 4:24.60	32.18
11.	Jere Wiersma	DZ&PC	4:21.38	200701037	4:25.13 +0,71
	50m: 28.72	28.72 150m: 1:34.13	33.53 250m: 2:43.07	34.80 350m: 3:51.79	34.30
	100m: 1:00.60	31.88 200m: 2:08.27	34.14 300m: 3:17.49	34.42 400m: 4:25.13	33.34
12.	Douwe Enzerink	ZPC AMERSFOORT	4:34.29	201102657	4:35.84 +0,69
	50m: 30.89	30.89 150m: 1:40.08	35.28 250m: 2:50.84	35.41 350m: 4:02.08	35.65
	100m: 1:04.80	33.91 200m: 2:15.43	35.35 300m: 3:26.43	35.59 400m: 4:35.84	33.76
13.	Jonathan Norfles	AZ&PC De Futen	4:38.72	200702179	4:41.06 +0,78
	50m: 30.09	30.09 150m: 1:39.20	35.00 250m: 2:51.31	36.62 350m: 4:05.00	37.00
	100m: 1:04.20	34.11 200m: 2:14.69	35.49 300m: 3:28.00	36.69 400m: 4:41.06	36.06
14.	Liam Matthews	ZV De Aalscholver	4:53.75	200902685	4:45.10 +0,60
	50m: 29.88	29.88 150m: 1:40.10	35.89 250m: 2:53.98	37.30 350m: 4:09.59	37.97
	100m: 1:04.21	34.33 200m: 2:16.68	36.58 300m: 3:31.62	37.64 400m: 4:45.10	35.51
15.	Felix Rademaker	Blue Marlins	4:50.73	200804057	4:48.83 +0,74
	50m: 33.16	33.16 150m: 1:46.61	37.17 250m: 3:00.75	36.92 350m: 4:14.12	36.53
	100m: 1:09.44	36.28 200m: 2:23.83	37.22 300m: 3:37.59	36.84 400m: 4:48.83	34.71
16.	Jelle Postma	De Duinkickers	5:03.78	201000559	4:55.32 +0,80
	50m: 31.59	31.59 150m: 1:45.39	37.90 250m: 3:02.91	39.00 350m: 4:19.58	38.17
	100m: 1:07.49	35.90 200m: 2:23.91	38.52 300m: 3:41.41	38.50 400m: 4:55.32	35.74
17.	Jaro Hermans	PSV	5:10.48	201200173	4:56.24 +0,65
	50m: 32.85	32.85 150m: 1:46.50	37.47 250m: 3:02.12	37.75 350m: 4:18.03	37.79
	100m: 1:09.03	36.18 200m: 2:24.37	37.87 300m: 3:40.24	38.12 400m: 4:56.24	38.21
18.	Guust Heijne	DWK	5:03.20	201202139	5:02.34
	50m: 34.01	34.01 150m: 1:50.95	38.78 250m: 3:09.16	39.71 350m: 4:26.05	38.58
	100m: 1:12.17	38.16 200m: 2:29.45	38.50 300m: 3:47.47	38.31 400m: 5:02.34	36.29
19.	Vishnu Jaivant	WVZ	5:26.07	201003887	5:02.43 +0,79
	50m: 34.01	34.01 150m: 1:49.34	38.15 250m: 3:07.34	39.07 350m: 4:24.79	38.80
	100m: 1:11.19	37.18 200m: 2:28.27	38.93 300m: 3:45.99	38.65 400m: 5:02.43	37.64

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rang	naam	vereniging				intijd		tijd		RT
20.	Jasper Cox	ZPC AMERSFOORT				5:09.22	201003589	5:04.36		+0,66
	50m: 32.42	32.42	150m: 1:49.24	39.51	250m: 3:07.74	39.40	350m: 4:27.29	39.00		
	100m: 1:09.73	37.31	200m: 2:28.34	39.10	300m: 3:48.29	40.55	400m: 5:04.36	37.07		
21.	Elliot van Ruth	PSV				5:15.84	201102347	5:22.70		+0,80
	50m: 35.13	35.13	150m: 1:54.55	40.01	250m: 3:17.39	41.68	350m: 4:41.27	41.93		
	100m: 1:14.54	39.41	200m: 2:35.71	41.16	300m: 3:59.34	41.95	400m: 5:22.70	41.43		
22.	Jesse van 't Veer *50 *100	Blue Marlins				5:26.40	201002831	5:26.96		+0,95
	50m: 36.12	36.12	150m: 1:59.11	42.13	250m: 3:24.72	43.14	350m: 4:48.67	40.93		
	100m: 1:16.98	40.86	200m: 2:41.58	42.47	300m: 4:07.74	43.02	400m: 5:26.96	38.29		
23.	Rens Bouwmans	DZT'62				5:25.85	201301389	5:32.14		+0,54
	50m: 36.30	36.30	150m: 2:01.06	42.87	250m: 3:28.37	43.82	350m: 4:52.63	41.54		
	100m: 1:18.19	41.89	200m: 2:44.55	43.49	300m: 4:11.09	42.72	400m: 5:32.14	39.51		
24.	Rory Costello *50	De Dolfijn				5:35.94	201102755	5:39.75		+0,76
	50m: 37.58	37.58	150m: 2:04.63	44.15	250m: 3:32.35	43.54	350m: 4:59.39	42.77		
	100m: 1:20.48	42.90	200m: 2:48.81	44.18	300m: 4:16.62	44.27	400m: 5:39.75	40.36		
25.	Maurits Nagelvoort	DWK				6:36.83	201200519	5:58.16		+0,86
	50m: 38.57	38.57	150m: 2:08.95	45.45	250m: 3:41.91	46.69	350m: 5:14.00	45.71		
	100m: 1:23.50	44.93	200m: 2:55.22	46.27	300m: 4:28.29	46.38	400m: 5:58.16	44.16		