

Programmanr. 1
3-12-2016 - 12:30

Heren, 400m vrije slag

Junioren 1 en ouder
Resultaten

Punten: FINA 2016

rang	naam	vereniging	startnr.	tijd	RT	FINA	IPC	
1.	Luc Kroon <i>Nederlands Record 15 jaar</i>	Ed-Vo	200100697	3:57.49	+0,79	713		
	50m: 26.82	26.82	150m: 1:26.74	29.98	250m: 2:26.89	29.89	350m: 3:27.59	30.46
	100m: 56.76	29.94	200m: 1:57.00	30.26	300m: 2:57.13	30.24	400m: 3:57.49	29.90
2.	Erik Nijholt	DZ&PC	199401349	3:57.69	+0,74	712		
	50m: 26.76	26.76	150m: 1:26.99	30.44	250m: 2:28.18	30.66	350m: 3:28.08	29.77
	100m: 56.55	29.79	200m: 1:57.52	30.53	300m: 2:58.31	30.13	400m: 3:57.69	29.61
3.	Bart Sommeling	De Dolfijn	199800765	3:59.39	+0,63	696		
	50m: 26.02	26.02	150m: 1:26.03	30.40	250m: 2:26.77	30.17	350m: 3:26.08	31.26
	100m: 55.63	29.61	200m: 1:56.60	30.57	300m: 2:57.42	30.65	400m: 3:59.39	30.71
4.	Luuk Nijland	DWK	199700333	4:00.58	+0,65	686		
	50m: 26.41	26.41	150m: 1:28.26	31.50	250m: 2:30.82	30.74	350m: 3:31.06	29.79
	100m: 56.76	30.35	200m: 2:00.08	31.82	300m: 3:01.27	30.45	400m: 4:00.58	29.52
5.	Lars Bottelier	VZV	199702681	4:01.36	+0,80	680		
	50m: 28.04	28.04	150m: 1:28.96	30.58	250m: 2:30.69	30.59	350m: 3:31.72	30.62
	100m: 58.38	30.34	200m: 2:00.10	31.14	300m: 3:01.10	30.41	400m: 4:01.36	29.64
6.	Nino Sieling	DWK	199701845	4:05.01	+0,72	650		
	50m: 27.51	27.51	150m: 1:30.25	31.72	250m: 2:33.57	31.35	350m: 3:34.57	30.18
	100m: 58.53	31.02	200m: 2:02.22	31.97	300m: 3:04.39	30.82	400m: 4:05.01	30.44
7.	Timos Skotadis	De Dolfijn	199804615	4:07.47	+0,72	630		
	50m: 28.03	28.03	150m: 1:29.33	30.85	250m: 2:31.81	31.24	350m: 3:35.56	32.17
	100m: 58.48	30.45	200m: 2:00.57	31.24	300m: 3:03.39	31.58	400m: 4:07.47	31.91
8.	Austin Namesnik	ZPC AMERSFOORT	200101817	4:09.10	+0,65	618		
	50m: 27.61	27.61	150m: 1:29.77	31.31	250m: 2:33.21	31.77	350m: 3:37.34	32.24
	100m: 58.46	30.85	200m: 2:01.44	31.67	300m: 3:05.10	31.89	400m: 4:09.10	31.76
9.	Jeroen Lorius	ZPC Hoogeveen	199500523	4:10.60	+0,74	607		
	50m: 27.79	27.79	150m: 1:31.40	32.17	250m: 2:36.23	31.81	350m: 3:39.98	31.75
	100m: 59.23	31.44	200m: 2:04.42	33.02	300m: 3:08.23	32.00	400m: 4:10.60	30.62
10.	Dennis Kamps	De Dinkel	200000191	4:12.32	+0,78	595		
	50m: 27.75	27.75	150m: 1:30.68	32.02	250m: 2:35.10	31.91	350m: 3:40.20	32.60
	100m: 58.66	30.91	200m: 2:03.19	32.51	300m: 3:07.60	32.50	400m: 4:12.32	32.12
11.	Bas Morelissen	ZPC AMERSFOORT	200100861	4:12.98	+0,71	590		
	50m: 28.50	28.50	150m: 1:32.38	32.19	250m: 2:38.12	32.98	350m: 3:42.46	31.81
	100m: 1:00.19	31.69	200m: 2:05.14	32.76	300m: 3:10.65	32.53	400m: 4:12.98	30.52
12.	Timo Dinkelberg	Albion	199300773	4:13.27	+0,68	588		
	50m: 27.56	27.56	150m: 1:30.47	31.81	250m: 2:36.09	32.78	350m: 3:42.05	32.93
	100m: 58.66	31.10	200m: 2:03.31	32.84	300m: 3:09.12	33.03	400m: 4:13.27	31.22
13.	Koen Brummelaar	De Dinkel	199900047	4:14.56	+0,95	579		
	50m: 28.33	28.33	150m: 1:31.72	31.80	250m: 2:36.43	32.09	350m: 3:42.44	33.32
	100m: 59.92	31.59	200m: 2:04.34	32.62	300m: 3:09.12	32.69	400m: 4:14.56	32.12
14.	Daniël Claasen	ZPC AMERSFOORT	200100787	4:17.04	+0,72	563		
	50m: 28.05	28.05	150m: 1:31.62	32.28	250m: 2:37.69	32.89	350m: 3:44.33	33.44
	100m: 59.34	31.29	200m: 2:04.80	33.18	300m: 3:10.89	33.20	400m: 4:17.04	32.71
15.	Bas Takken	NTC PARA - De Dolfijn	199901643	4:17.65	+0,75	559	845	
	50m: 29.06	29.06	150m: 1:34.05	32.91	250m: 2:39.80	32.75	350m: 3:45.91	33.06
	100m: 1:01.14	32.08	200m: 2:07.05	33.00	300m: 3:12.85	33.05	400m: 4:17.65	31.74
16.	Lars van der Haijden	Hellas-Glana	199900225	4:19.09	+0,79	549		
	50m: 27.97	27.97	150m: 1:31.52	32.50	250m: 2:38.18	33.60	350m: 3:45.96	33.99
	100m: 59.02	31.05	200m: 2:04.58	33.06	300m: 3:11.97	33.79	400m: 4:19.09	33.13
17.	Darryl Lubbinge	ZPC Hoogeveen	199701045	4:19.62	+0,74	546		
	50m: 29.46	29.46	150m: 1:36.52	33.87	250m: 2:42.97	32.69	350m: 3:48.65	32.38
	100m: 1:02.65	33.19	200m: 2:10.28	33.76	300m: 3:16.27	33.30	400m: 4:19.62	30.97
18.	Arjan Dekker	ReVeLie Swim Team	200000499	4:20.16	+0,75	543		
	50m: 29.65	29.65	150m: 1:35.28	32.30	250m: 2:41.38	33.15	350m: 3:48.48	33.32
	100m: 1:02.98	33.33	200m: 2:08.23	32.95	300m: 3:15.16	33.78	400m: 4:20.16	31.68
19.	Christiaan Smit	The Hague Swimming (SG)	200102463	4:20.33	+0,69	541		
	50m: 29.44	29.44	150m: 1:35.76	33.45	250m: 2:42.85	33.45	350m: 3:48.58	32.56
	100m: 1:02.31	32.87	200m: 2:09.40	33.64	300m: 3:16.02	33.17	400m: 4:20.33	31.75

let op gewijzigde aanvangstijd op zaterdag

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

rang	naam	vereniging	startnr.	tijd	RT	FINA	IPC	
20.	Thomas Weening 50m*	De Dolfijn	200200523	4:20.53	+0,84	540		
	50m: 28.51	28.51	150m: 1:33.75	33.19	250m: 2:41.62	34.44	350m: 3:48.61	33.32
	100m: 1:00.56	32.05	200m: 2:07.18	33.43	300m: 3:15.29	33.67	400m: 4:20.53	31.92
21.	Jeffrey Camphens	DWT	199503113	4:20.63	+0,67	540		
	50m: 29.11	29.11	150m: 1:35.07	33.54	250m: 2:42.02	33.52	350m: 3:48.76	33.34
	100m: 1:01.53	32.42	200m: 2:08.50	33.43	300m: 3:15.42	33.40	400m: 4:20.63	31.87
22.	Thomas Kappe	ZPC Hoogeveen	199805141	4:20.67	+0,73	539		
	50m: 28.31	28.31	150m: 1:34.19	33.36	250m: 2:41.05	33.35	350m: 3:47.47	33.11
	100m: 1:00.83	32.52	200m: 2:07.70	33.51	300m: 3:14.36	33.31	400m: 4:20.67	33.20
23.	Dave van der Voet	De Dolfijn	200102783	4:21.09	+0,73	537		
	50m: 29.73	29.73	150m: 1:36.72	33.27	250m: 2:42.06	32.44	350m: 3:49.08	33.62
	100m: 1:03.45	33.72	200m: 2:09.62	32.90	300m: 3:15.46	33.40	400m: 4:21.09	32.01
24.	Owen Peeks	ZPC Hoogeveen	200100765	4:23.17	+0,83	524		
	50m: 29.63	29.63	150m: 1:35.21	32.89	250m: 2:41.90	33.23	350m: 3:49.58	34.10
	100m: 1:02.32	32.69	200m: 2:08.67	33.46	300m: 3:15.48	33.58	400m: 4:23.17	33.59
25.	Milan van Dieren	De Dinkel	200100493	4:23.67	+0,73	521		
	50m: 29.11	29.11	150m: 1:34.72	32.95	250m: 2:42.00	33.77	350m: 3:50.28	34.28
	100m: 1:01.77	32.66	200m: 2:08.23	33.51	300m: 3:16.00	34.00	400m: 4:23.67	33.39
26.	Jelle Blankestijn	ZPC AMERSFOORT	199803737	4:24.72	+0,75	515		
	50m: 28.82	28.82	150m: 1:34.36	33.40	250m: 2:42.66	34.08	350m: 3:51.05	33.86
	100m: 1:00.96	32.14	200m: 2:08.58	34.22	300m: 3:17.19	34.53	400m: 4:24.72	33.67
27.	Edwin Jager	De Berkelduikers	199901571	4:25.50	+0,78	510		
	50m: 28.81	28.81	150m: 1:35.03	33.74	250m: 2:42.73	33.87	350m: 3:51.78	34.79
	100m: 1:01.29	32.48	200m: 2:08.86	33.83	300m: 3:16.99	34.26	400m: 4:25.50	33.72
28.	Thijs Manders 100m*,200m*	PSV	200002731	4:25.62	+0,68	510		
	50m: 28.72	28.72	150m: 1:34.46	33.02	250m: 2:42.50	34.47	350m: 3:52.44	34.81
	100m: 1:01.44	32.72	200m: 2:08.03	33.57	300m: 3:17.63	35.13	400m: 4:25.62	33.18
29.	Finn Vos	De Dolfijn	200200665	4:28.84	+0,69	492		
	50m: 29.99	29.99	150m: 1:36.98	34.03	250m: 2:45.91	34.53	350m: 3:55.78	34.68
	100m: 1:02.95	32.96	200m: 2:11.38	34.40	300m: 3:21.10	35.19	400m: 4:28.84	33.06
30.	Joris Hendriks	PSV	199904859	4:29.53	+0,72	488		
	50m: 29.89	29.89	150m: 1:35.63	32.62	250m: 2:44.01	34.96	350m: 3:55.50	35.84
	100m: 1:03.01	33.12	200m: 2:09.05	33.42	300m: 3:19.66	35.65	400m: 4:29.53	34.03
31.	Arie van der Vliet	De Meer	199804945	4:30.48	+0,72	483		
	50m: 30.75	30.75	150m: 1:38.36	34.11	250m: 2:47.25	34.51	350m: 3:56.91	34.83
	100m: 1:04.25	33.50	200m: 2:12.74	34.38	300m: 3:22.08	34.83	400m: 4:30.48	33.57
32.	Tom Havekes	De Waalstroom	198901119	4:32.73	+0,85	471		
	50m: 30.84	30.84	150m: 1:38.63	34.08	250m: 2:48.17	34.80	350m: 3:58.16	35.18
	100m: 1:04.55	33.71	200m: 2:13.37	34.74	300m: 3:22.98	34.81	400m: 4:32.73	34.57
33.	Joost Geerdink	De Waalstroom	200002467	4:34.16	+0,75	464		
	50m: 30.20	30.20	150m: 1:39.02	34.64	250m: 2:48.92	35.18	350m: 3:59.65	35.35
	100m: 1:04.38	34.18	200m: 2:13.74	34.72	300m: 3:24.30	35.38	400m: 4:34.16	34.51
34.	Elroy Schot	De Dolfijn	200200689	4:34.71	+0,71	461		
	50m: 30.34	30.34	150m: 1:40.52	35.39	250m: 2:51.50	35.45	350m: 4:02.84	35.88
	100m: 1:05.13	34.79	200m: 2:16.05	35.53	300m: 3:26.96	35.46	400m: 4:34.71	31.87
35.	Lucas Peters	PSV	200301325	4:35.13	+0,55	459		
	50m: 28.87	28.87	150m: 1:37.68	35.72	250m: 2:49.29	35.36	350m: 4:00.43	35.59
	100m: 1:01.96	33.09	200m: 2:13.93	36.25	300m: 3:24.84	35.55	400m: 4:35.13	34.70
36.	Dylan Donkersteeg	DWK	200202217	4:37.41	+0,79	447		
	50m: 29.60	29.60	150m: 1:38.52	35.15	250m: 2:48.72	35.68	350m: 4:01.59	36.09
	100m: 1:03.37	33.77	200m: 2:13.04	34.52	300m: 3:25.50	36.78	400m: 4:37.41	35.82
37.	Simon Claasen	ZVV	200400231	4:40.25	+0,90	434		
	50m: 31.72	31.72	150m: 1:42.72	36.15	250m: 2:55.44	36.65	350m: 4:07.50	35.57
	100m: 1:06.57	34.85	200m: 2:19.79	37.07	300m: 3:31.93	36.49	400m: 4:40.25	32.75
38.	David Groenewegen	PSV	200400469	4:40.84	+0,83	431		
	50m: 31.68	31.68	150m: 1:43.32	36.50	250m: 2:55.63	35.63	350m: 4:07.61	35.85
	100m: 1:06.82	35.14	200m: 2:20.00	36.68	300m: 3:31.76	36.13	400m: 4:40.84	33.23
39.	Miguel Klooster	DWT	200100613	4:41.21	+0,76	429		
	50m: 30.73	30.73	150m: 1:40.68	35.57	250m: 2:52.96	36.02	350m: 4:05.21	36.11
	100m: 1:05.11	34.38	200m: 2:16.94	36.26	300m: 3:29.10	36.14	400m: 4:41.21	36.00

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

rang	naam	vereniging	startnr.	tijd	RT	FINA	IPC
40.	Joep Post 200m*	De Otters Het Gooi	200000725	4:43.87 *	+0,62	418	
	50m: 30.55	30.55	150m: 1:41.03	36.03	250m: 3:30.40	350m: 4:06.88	36.48
	100m: 1:05.00	34.45	200m: 2:17.85	36.82	300m: 3:30.40	400m: 4:43.87	36.99
41.	Finn van Bommel	De Columbiaan	200103683	4:44.76	+0,75	414	
	50m: 32.26	32.26	150m: 1:45.11	36.90	250m: 2:58.71	36.31	35.01
	100m: 1:08.21	35.95	200m: 2:22.40	37.29	300m: 3:35.93	37.22	33.82
42.	Sjors Lemmers	Merlet	200300555	4:47.20	+0,58	403	
	50m: 31.05	31.05	150m: 1:42.03	35.79	250m: 2:56.03	37.15	37.55
	100m: 1:06.24	35.19	200m: 2:18.88	36.85	300m: 3:33.43	37.40	36.22
43.	IJsbrand Buijnsters	ZC Aquadream	200200375	4:47.92	+0,82	400	
	50m: 32.48	32.48	150m: 1:46.22	37.58	250m: 3:00.71	37.21	36.03
	100m: 1:08.64	36.16	200m: 2:23.50	37.28	300m: 3:37.47	36.76	34.42
44.	Emre Uysal	DWT	200003465	4:49.16	+0,69	395	
	50m: 31.23	31.23	150m: 1:42.40	36.23	250m: 2:57.40	37.80	37.48
	100m: 1:06.17	34.94	200m: 2:19.60	37.20	300m: 3:35.34	37.94	36.34
45.	Bjarne Herben	De Berkelduikers	200101351	4:55.82	+1,05	369	
	50m: 32.64	32.64	150m: 1:45.20	36.25	250m: 2:59.84	37.51	38.85
	100m: 1:08.95	36.31	200m: 2:22.33	37.13	300m: 3:38.05	38.21	38.92
46.	Abdelrahman Mohamed 200m*	DWT	199805237	5:07.75	+0,72	328	
	50m: 33.24	33.24	150m: 1:50.21	38.90	250m: 3:08.96	39.94	39.88
	100m: 1:11.31	38.07	200m: 2:29.02	38.81	300m: 3:49.04	40.08	38.83
47.	Thijs van Hofweegen	NTC PARA - ZPC AMERSFOORT	199605253	5:10.13	+0,90	320	799
	50m: 33.18	33.18	150m: 1:51.78	39.82	250m: 3:11.15	40.16	40.90
	100m: 1:11.96	38.78	200m: 2:30.99	39.21	300m: 3:50.80	39.65	38.43
AFGEM	Jaap van Trijp	The Hague Swimming (SG)	199903225				