

Programmanr. 23
4-12-2016 - 13:32

Heren, 400m wisselslag

Junioren 1 en ouder
Resultaten

Punten: FINA 2016

rang	naam	vereniging	startnr.	tijd	RT	FINA	IPC
1.	Arjan Knipping	PSV	199401667	4:13.33	+0,79	803	
	50m: 26.89	26.89 150m: 1:31.47	33.25	250m: 2:39.20	35.09	350m: 3:45.04	29.99
	100m: 58.22	31.33 200m: 2:04.11	32.64	300m: 3:15.05	35.85	400m: 4:13.33	28.29
2.	Jens Bakker	De Dolfijn	199300021	4:30.55	+0,80	659	
	50m: 28.75	28.75 150m: 1:36.64	35.65	250m: 2:49.66	37.30	350m: 4:00.14	32.87
	100m: 1:00.99	32.24 200m: 2:12.36	35.72	300m: 3:27.27	37.61	400m: 4:30.55	30.41
3.	Niels Post	PSV	199801327	4:31.35	+0,71	653	
	50m: 27.58	27.58 150m: 1:34.31	34.89	250m: 2:48.26	38.86	350m: 4:00.26	31.99
	100m: 59.42	31.84 200m: 2:09.40	35.09	300m: 3:28.27	40.01	400m: 4:31.35	31.09
4.	Joeri Verlinden	PSV	198803549	4:36.70	+0,76	616	
	50m: 26.00	26.00 150m: 1:31.88	34.88	250m: 2:46.81	40.69	350m: 4:03.50	34.33
	100m: 57.00	31.00 200m: 2:06.12	34.24	300m: 3:29.17	42.36	400m: 4:36.70	33.20
5.	Thomas Jansen	WVZ	200100143	4:40.19	+0,79	593	
	50m: 29.58	29.58 150m: 1:39.23	34.51	250m: 2:55.47	42.63	350m: 4:09.86	32.12
	100m: 1:04.72	35.14 200m: 2:12.84	33.61	300m: 3:37.74	42.27	400m: 4:40.19	30.33
6.	Stijn Simons	PSV	199900813	4:44.87	+0,80	564	
	50m: 29.78	29.78 150m: 1:41.99	37.17	250m: 2:59.84	41.24	350m: 4:14.51	32.49
	100m: 1:04.82	35.04 200m: 2:18.60	36.61	300m: 3:42.02	42.18	400m: 4:44.87	30.36
7.	Nick van der Woude	ZV Haerlem	200001391	4:45.14	+0,80	563	
	50m: 30.23	30.23 150m: 1:43.97	37.86	250m: 3:00.73	40.56	350m: 4:14.27	33.08
	100m: 1:06.11	35.88 200m: 2:20.17	36.20	300m: 3:41.19	40.46	400m: 4:45.14	30.87
8.	Matthew Dullemond	MNC Dordrecht	199805005	4:47.83	+0,73	547	
	50m: 29.80	29.80 150m: 1:42.29	37.00	250m: 3:00.99	42.63	350m: 4:16.07	33.08
	100m: 1:05.29	35.49 200m: 2:18.36	36.07	300m: 3:42.99	42.00	400m: 4:47.83	31.76
9.	Wilko Blaauw	De Waalstroom	199801513	4:49.64	+0,66	537	
	50m: 29.46	29.46 150m: 1:40.82	36.13	250m: 2:59.91	42.85	350m: 4:17.71	34.27
	100m: 1:04.69	35.23 200m: 2:17.06	36.24	300m: 3:43.44	43.53	400m: 4:49.64	31.93
10.	Dennis Kamps	De Dinkel	200000191	4:51.52	+0,82	527	
	50m: 28.38	28.38 150m: 1:40.18	37.26	250m: 3:01.16	44.22	350m: 4:20.06	33.73
	100m: 1:02.92	34.54 200m: 2:16.94	36.76	300m: 3:46.33	45.17	400m: 4:51.52	31.46
11.	Arjan Dekker	ReVeLie Swim Team	200000499	4:52.41	+0,74	522	
	50m: 31.54	31.54 150m: 1:45.95	36.12	250m: 3:02.54	41.01	350m: 4:19.34	34.46
	100m: 1:09.83	38.29 200m: 2:21.53	35.58	300m: 3:44.88	42.34	400m: 4:52.41	33.07
12.	Bas Morelissen	ZPC AMERSFOORT	200100861	4:53.45	+0,70	516	
	50m: 29.87	29.87 150m: 1:42.96	37.80	250m: 3:03.58	44.30	350m: 4:22.52	32.81
	100m: 1:05.16	35.29 200m: 2:19.28	36.32	300m: 3:49.71	46.13	400m: 4:53.45	30.93
13.	Bas Takken <i>ER Gehandicapt</i>	NTC PARA - De Dolfijn	199901643	4:55.22	+0,75	507	980
	50m: 31.23	31.23 150m: 1:47.31	37.57	250m: 3:05.66	42.83	350m: 4:23.52	33.72
	100m: 1:09.74	38.51 200m: 2:22.83	35.52	300m: 3:49.80	44.14	400m: 4:55.22	31.70
14.	Daen Spoor	VZC-E&P	200101117	4:56.12	+0,69	503	
	50m: 30.00	30.00 150m: 1:43.62	37.56	250m: 3:02.68	42.27	350m: 4:21.40	34.90
	100m: 1:06.06	36.06 200m: 2:20.41	36.79	300m: 3:46.50	43.82	400m: 4:56.12	34.72
15.	Jeffrey Camphens	DWT	199503113	4:58.89	+0,66	489	
	50m: 31.12	31.12 150m: 1:48.80	40.74	250m: 3:10.54	41.35	350m: 4:26.21	34.14
	100m: 1:08.06	36.94 200m: 2:29.19	40.39	300m: 3:52.07	41.53	400m: 4:58.89	32.68
16.	Erno Vriens	WZ&PC Purmerend	199902587	4:59.35	+0,70	486	
	50m: 29.86	29.86 150m: 1:41.48	36.64	250m: 3:01.94	43.99	350m: 4:23.40	36.09
	100m: 1:04.84	34.98 200m: 2:17.95	36.47	300m: 3:47.31	45.37	400m: 4:59.35	35.95
17.	Christiaan Smit	The Hague Swimming (SG)	200102463	4:59.69	+0,70	485	
	50m: 30.64	30.64 150m: 1:46.50	39.08	250m: 3:08.58	43.82	350m: 4:27.06	34.18
	100m: 1:07.42	36.78 200m: 2:24.76	38.26	300m: 3:52.88	44.30	400m: 4:59.69	32.63
18.	Jan Willem Töpfer	PSV	200101825	5:01.11	+0,66	478	
	50m: 30.23	30.23 150m: 1:44.50	38.79	250m: 3:05.87	41.81	350m: 4:26.42	36.28
	100m: 1:05.71	35.48 200m: 2:24.06	39.56	300m: 3:50.14	44.27	400m: 5:01.11	36.69
19.	Nordin Termoshuizen	WVZ	199605401	5:01.23	+0,91	477	
	50m: 30.90	30.90 150m: 1:45.64	38.83	250m: 3:07.60	44.21	350m: 4:28.70	34.62
	100m: 1:06.81	35.91 200m: 2:23.39	37.75	300m: 3:54.08	46.48	400m: 5:01.23	32.53
20.	Guus Hoogduin	LZ 1886	200201069	5:05.98	+0,72	455	
	50m: 31.94	31.94 150m: 1:49.49	40.40	250m: 3:10.47	42.51	350m: 4:31.15	37.12
	100m: 1:09.09	37.15 200m: 2:27.96	38.47	300m: 3:54.03	43.56	400m: 5:05.98	34.83

let op gewijzigde aanvangstijd op zaterdag

Programmanr. 23, Heren, 400m wisselslag, Junioren 1 en ouder

rang	naam	vereniging	startnr.	tijd	RT	FINA	IPC
21.	Joost Geerdink	De Waalstroom	200002467	5:06.28	+0,76	454	
	50m: 31.65	31.65 150m: 1:49.04	40.05	250m: 3:13.08	44.94	350m: 4:33.15	34.76
	100m: 1:08.99	37.34 200m: 2:28.14	39.10	300m: 3:58.39	45.31	400m: 5:06.28	33.13
22.	Jurre Hanstede	De Dinkel	200201019	5:06.89	+0,77	451	
	50m: 32.53	32.53 150m: 1:49.91	39.69	250m: 3:12.13	43.01	350m: 4:33.28	36.33
	100m: 1:10.22	37.69 200m: 2:29.12	39.21	300m: 3:56.95	44.82	400m: 5:06.89	33.61
23.	Ruben de Bruin	Zwemclub Zeist	199804057	5:07.12	+0,70	450	
	50m: 32.56	32.56 150m: 1:49.72	38.92	250m: 3:11.83	43.50	350m: 4:33.10	35.81
	100m: 1:10.80	38.24 200m: 2:28.33	38.61	300m: 3:57.29	45.46	400m: 5:07.12	34.02
24.	Thijs Manders	PSV	200002731	5:07.21	+0,70	450	
	50m: 32.72	32.72 150m: 1:51.01	39.35	250m: 3:14.24	44.30	350m: 4:34.89	34.89
	100m: 1:11.66	38.94 200m: 2:29.94	38.93	300m: 4:00.00	45.76	400m: 5:07.21	32.32
25.	Wessel Stupers	PSV	200203541	5:15.91	+0,71	414	
	50m: 31.45	31.45 150m: 1:50.41	40.04	250m: 3:16.12	46.49	350m: 4:43.37	38.29
	100m: 1:10.37	38.92 200m: 2:29.63	39.22	300m: 4:05.08	48.96	400m: 5:15.91	32.54
26.	Nick van der Krogt	LZ 1886	199501313	5:17.77	+0,77	407	
	50m: 32.33	32.33 150m: 1:51.96	42.29	250m: 3:18.69	44.75	350m: 4:42.78	37.85
	100m: 1:09.67	37.34 200m: 2:33.94	41.98	300m: 4:04.93	46.24	400m: 5:17.77	34.99
27.	Elroy Schot	De Dolfijn	200200689	5:23.54	+0,67	385	
	50m: 33.15	33.15 150m: 1:57.38	41.39	250m: 3:24.53	45.73	350m: 4:49.58	37.90
	100m: 1:15.99	42.84 200m: 2:38.80	41.42	300m: 4:11.68	47.15	400m: 5:23.54	33.96
28.	Joep Post	De Otters Het Gooi	200000725	5:24.60	+0,60	381	
	50m: 32.28	32.28 150m: 1:56.44	44.51	250m: 3:24.87	47.42	350m: 4:50.74	38.25
	100m: 1:11.93	39.65 200m: 2:37.45	41.01	300m: 4:12.49	47.62	400m: 5:24.60	33.86
29.	Vito Meij	De Dolfijn	199900777	5:28.71	+0,69	367	
	50m: 30.05	30.05 150m: 1:47.72	41.05	250m: 3:18.58	49.65	350m: 4:50.10	39.67
	100m: 1:06.67	36.62 200m: 2:28.93	41.21	300m: 4:10.43	51.85	400m: 5:28.71	38.61
30.	Daan Hogerhuis	Albion	200300317	5:29.83	+0,74	364	
	50m: 35.50	35.50 150m: 1:58.36	42.12	250m: 3:27.70	47.13	350m: 4:53.69	38.49
	100m: 1:16.24	40.74 200m: 2:40.57	42.21	300m: 4:15.20	47.50	400m: 5:29.83	36.14
31.	Barry Schot	De Dolfijn	200300321	5:58.19	+0,70	284	
	50m: 36.70	36.70 150m: 2:05.82	44.94	250m: 3:41.31	52.27	350m: 5:16.69	41.93
	100m: 1:20.88	44.18 200m: 2:49.04	43.22	300m: 4:34.76	53.45	400m: 5:58.19	41.50
AFGEM	Rogier Dorsman	NTC PARA - ZZ&PC De Devel	199900211	SM12			