

Programmanr. 1
25-11-2017 - 12:30

Heren, 400m vrije slag

Junioren 1 en ouder
Resultaten

rang	naam	vereniging	inschrijftijd	tijd	RT			
1.	Jorgos Skotadis	RTC - De Dolfijn	3:55.07	199803317	3:55.33 +0,71			
	50m: 26.76	26.76	150m: 1:25.06	29.54	250m: 2:25.52	30.34	350m: 3:26.39	30.37
	100m: 55.52	28.76	200m: 1:55.18	30.12	300m: 2:56.02	30.50	400m: 3:55.33	28.94
2.	Ben Schwiertert	NTC - ZPC AMERSFOORT	4:04.92	199704831	3:57.28 +0,68			
	50m: 27.39	27.39	150m: 1:25.45	29.03	250m: 2:25.09	30.29	350m: 3:26.85	31.08
	100m: 56.42	29.03	200m: 1:54.80	29.35	300m: 2:55.77	30.68	400m: 3:57.28	30.43
3.	Lars Bottelier	RTC - VZV	4:00.27	199702681	3:59.58 +0,74			
	50m: 28.16	28.16	150m: 1:29.34	30.66	250m: 2:29.75	29.93	350m: 3:30.28	30.20
	100m: 58.68	30.52	200m: 1:59.82	30.48	300m: 3:00.08	30.33	400m: 3:59.58	29.30
4.	Ivo Stolk	SCOM/De Zeehond'73 (SG)	4:09.66	200100615	4:10.37 +0,79			
	50m: 28.84	28.84	150m: 1:31.87	31.54	250m: 2:35.18	31.32	350m: 3:38.68	31.67
	100m: 1:00.33	31.49	200m: 2:03.86	31.99	300m: 3:07.01	31.83	400m: 4:10.37	31.69
5.	Timos Skotadis	De Dolfijn	4:06.03	199804615	4:11.94 +0,68			
	50m: 28.18	28.18	150m: 1:30.31	31.45	250m: 2:33.90	31.91	350m: 3:39.40	32.67
	100m: 58.86	30.68	200m: 2:01.99	31.68	300m: 3:06.73	32.83	400m: 4:11.94	32.54
6.	Daniël Claasen	ZPC AMERSFOORT	4:13.08	200100787	4:13.60 +0,67			
	50m: 27.97	27.97	150m: 1:31.83	32.19	250m: 2:37.03	32.77	350m: 3:42.60	32.33
	100m: 59.64	31.67	200m: 2:04.26	32.43	300m: 3:10.27	33.24	400m: 4:13.60	31.00
7.	Nick van der Woude	ZV Haerlem	4:12.46	200001391	4:14.21 +0,76			
	50m: 28.88	28.88	150m: 1:32.34	32.12	250m: 2:37.45	32.38	350m: 3:43.32	32.77
	100m: 1:00.22	31.34	200m: 2:05.07	32.73	300m: 3:10.55	33.10	400m: 4:14.21	30.89
8.	Floris de Leeuw	The Hague Swimming (SG)	4:14.25	200105317	4:14.58 +0,69			
	50m: 28.82	28.82	150m: 1:33.12	32.46	250m: 2:38.82	32.82	350m: 3:43.96	33.04
	100m: 1:00.66	31.84	200m: 2:06.00	32.88	300m: 3:10.92	32.10	400m: 4:14.58	30.62
9.	Timo Dinkelberg	Albion	4:09.57	199300773	4:15.63 +0,65			
	50m: 27.63	27.63	150m: 1:30.30	31.97	250m: 2:36.05	32.97	350m: 3:43.48	33.72
	100m: 58.33	30.70	200m: 2:03.08	32.78	300m: 3:09.76	33.71	400m: 4:15.63	32.15
10.	Scott Jansen	WVZ	4:17.47	200202455	4:16.96 +0,77			
	50m: 29.10	29.10	150m: 1:34.49	32.97	250m: 2:40.85	33.27	350m: 3:46.42	32.65
	100m: 1:01.52	32.42	200m: 2:07.58	33.09	300m: 3:13.77	32.92	400m: 4:16.96	30.54
11.	Dave van der Voet	De Dolfijn	4:14.48	200102783	4:17.06 +0,71			
	50m: 28.44	28.44	150m: 1:33.15	32.75	250m: 2:39.59	33.41	350m: 3:45.32	32.83
	100m: 1:00.40	31.96	200m: 2:06.18	33.03	300m: 3:12.49	32.90	400m: 4:17.06	31.74
12.	Sam Janmaat	ZPC AMERSFOORT	4:20.80	200203017	4:18.33 +0,69			
	50m: 28.77	28.77	150m: 1:33.03	32.28	250m: 2:38.79	32.94	350m: 3:45.59	33.31
	100m: 1:00.75	31.98	200m: 2:05.85	32.82	300m: 3:12.28	33.49	400m: 4:18.33	32.74
13.	Klaas van Beek	VZV	4:30.43	198805941	4:20.06 +0,69			
	50m: 28.57	28.57	150m: 1:32.90	32.39	250m: 2:39.94	33.69	350m: 3:47.92	33.82
	100m: 1:00.51	31.94	200m: 2:06.25	33.35	300m: 3:14.10	34.16	400m: 4:20.06	32.14
14.	Mart Niehoff	ZPC AMERSFOORT	4:24.77	200100759	4:21.77 +0,61			
	50m: 28.05	28.05	150m: 1:33.36	32.92	250m: 2:40.64	33.74	350m: 3:48.42	34.12
	100m: 1:00.44	32.39	200m: 2:06.90	33.54	300m: 3:14.30	33.66	400m: 4:21.77	33.35
15.	Milan van Dieren	De Dinkel	4:23.67	200100493	4:22.46 +0,71			
	50m: 29.05	29.05	150m: 1:34.40	33.12	250m: 2:41.53	33.60	350m: 3:48.88	33.78
	100m: 1:01.28	32.23	200m: 2:07.93	33.53	300m: 3:15.10	33.57	400m: 4:22.46	33.58
16.	Christiaan Smit	The Hague Swimming (SG)	4:17.87	200102463	4:24.98 +0,70			
	50m: 29.37	29.37	150m: 1:34.06	32.79	250m: 2:42.29	34.37	350m: 3:51.50	34.89
	100m: 1:01.27	31.90	200m: 2:07.92	33.86	300m: 3:16.61	34.32	400m: 4:24.98	33.48
17.	Dylan Donkersteeg	DWK	4:24.89	200202217	4:25.44 +0,69			
	50m: 29.93	29.93	150m: 1:38.10	35.00	250m: 2:46.15	33.27	350m: 3:53.88	33.80
	100m: 1:03.10	33.17	200m: 2:12.88	34.78	300m: 3:20.08	33.93	400m: 4:25.44	31.56
18.	Merlin Belmon	De Dolfijn	4:29.25	200403191	4:25.71 +0,70			
	50m: 29.65	29.65	150m: 1:37.19	33.52	250m: 2:44.64	33.70	350m: 3:52.22	33.80
	100m: 1:03.67	34.02	200m: 2:10.94	33.75	300m: 3:18.42	33.78	400m: 4:25.71	33.49
19.	Fayssal Lantema	De Fuut	4:24.63	200101379	4:27.15 +0,75			
	50m: 29.55	29.55	150m: 1:35.83	33.73	250m: 2:45.21	34.80	350m: 3:54.76	34.69
	100m: 1:02.10	32.55	200m: 2:10.41	34.58	300m: 3:20.07	34.86	400m: 4:27.15	32.39
20.	Jeffrey Camphens	DWT	4:20.63	199503113	4:28.94 +0,68			
	50m: 29.69	29.69	150m: 1:36.43	33.64	250m: 2:44.71	34.21	350m: 3:54.63	35.39
	100m: 1:02.79	33.10	200m: 2:10.50	34.07	300m: 3:19.24	34.53	400m: 4:28.94	34.31
21.	Luc de Kreek	DWK	4:28.78	200101661	4:29.24 * +0,75			
	50m: 30.61	30.61	150m: 1:38.36	34.34	250m: 2:47.18	34.22	350m: 3:55.81	34.11
	100m: 1:04.02	33.41	200m: 2:12.96	34.60	300m: 3:21.70	34.52	400m: 4:29.24	33.43

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

rang	naam	vereniging	inschrijftijd	tijd	RT			
22.	Franklin Paassen	De Dolfijn	4:44.91	200003881	4:30.34 +0,71			
	50m: 29.82	29.82	150m: 1:37.40	34.17	250m: 2:48.05	35.31	350m: 3:57.56	33.93
	100m: 1:03.23	33.41	200m: 2:12.74	35.34	300m: 3:23.63	35.58	400m: 4:30.34	32.78
23.	Daniël Rykov	ZPC AMERSFOORT	4:42.60	200200447	4:32.33 +0,62			
	50m: 30.27	30.27	150m: 1:39.46	35.16	250m: 2:49.92	35.13	350m: 3:59.12	34.02
	100m: 1:04.30	34.03	200m: 2:14.79	35.33	300m: 3:25.10	35.18	400m: 4:32.33	33.21
24.	Arie van der Vlist	VZC	4:30.48	199804945	4:33.67 +0,71			
	50m: 30.45	30.45	150m: 1:38.01	34.19	250m: 2:46.57	34.45	350m: 3:58.13	36.23
	100m: 1:03.82	33.37	200m: 2:12.12	34.11	300m: 3:21.90	35.33	400m: 4:33.67	35.54
25.	Rijk Heere	ZPC AMERSFOORT	4:32.69	200300897	4:36.51 +0,77			
	50m: 30.69	30.69	150m: 1:40.37	35.43	250m: 2:51.80	35.62	350m: 4:02.54	35.19
	100m: 1:04.94	34.25	200m: 2:16.18	35.81	300m: 3:27.35	35.55	400m: 4:36.51	33.97
26.	Matej Danis	DWK	4:36.64	200304745	4:37.19 +0,70			
	50m: 29.64	29.64	150m: 1:38.48	35.18	250m: 2:49.84	35.23	350m: 4:00.90	35.20
	100m: 1:03.30	33.66	200m: 2:14.61	36.13	300m: 3:25.70	35.86	400m: 4:37.19	36.29
27.	Thijs Bosma	De Dolfijn	4:51.65	200302443	4:37.68 +0,67			
	50m: 30.62	30.62	150m: 1:41.04	35.49	250m: 2:52.56	35.58	350m: 4:03.78	35.26
	100m: 1:05.55	34.93	200m: 2:16.98	35.94	300m: 3:28.52	35.96	400m: 4:37.68	33.90
28.	Robin Kamps	De Dinkel	4:37.81	200200211	4:40.01 +0,67			
	50m: 31.13	31.13	150m: 1:41.90	35.86	250m: 2:53.08	35.49	350m: 4:04.71	35.63
	100m: 1:06.04	34.91	200m: 2:17.59	35.69	300m: 3:29.08	36.00	400m: 4:40.01	35.30
29.	Mika Heskamp	De Dinkel	4:43.30	200300339	4:40.44 +0,78			
	50m: 30.95	30.95	150m: 1:41.95	35.71	250m: 2:53.74	35.65	350m: 4:05.40	35.84
	100m: 1:06.24	35.29	200m: 2:18.09	36.14	300m: 3:29.56	35.82	400m: 4:40.44	35.04
30.	Daan Hogerhuis	LinK/z&pc Katwijk (SG)	4:34.98	200300317	4:42.14 +0,74			
	50m: 31.28	31.28	150m: 1:42.70	36.09	250m: 2:54.72	35.96	350m: 4:07.30	36.38
	100m: 1:06.61	35.33	200m: 2:18.76	36.06	300m: 3:30.92	36.20	400m: 4:42.14	34.84
31.	Tycho de Jonge	KZC	4:45.80	200400411	4:47.54 +0,73			
	50m: 31.77	31.77	150m: 1:43.97	36.63	250m: 2:58.55	37.48	350m: 4:12.87	37.04
	100m: 1:07.34	35.57	200m: 2:21.07	37.10	300m: 3:35.83	37.28	400m: 4:47.54	34.67
32.	Jesper Tjassing	Azuro	4:40.54	200201499	4:47.79 +0,81			
	50m: 30.60	30.60	150m: 1:40.49	35.55	250m: 2:53.72	36.27	350m: 4:09.79	38.84
	100m: 1:04.94	34.34	200m: 2:17.45	36.96	300m: 3:30.95	37.23	400m: 4:47.79	38.00
33.	Matthijs Arnoldus	WVZ	4:39.26	200000571	4:48.77 +0,82			
	50m: 30.75	30.75	150m: 1:41.38	35.91	250m: 2:56.06	37.67	350m: 4:11.98	37.77
	100m: 1:05.47	34.72	200m: 2:18.39	37.01	300m: 3:34.21	38.15	400m: 4:48.77	36.79
34.	Meindert Dekkinga	HZ&PC Heerenveen	4:48.85	200400377	4:49.27 +0,78			
	50m: 30.87	30.87	150m: 1:42.26	36.26	250m: 2:56.28	37.61	350m: 4:12.00	37.81
	100m: 1:06.00	35.13	200m: 2:18.67	36.41	300m: 3:34.19	37.91	400m: 4:49.27	37.27
35.	Jordi Kamps	De Dinkel	4:54.70	200200213	4:52.37 +0,87			
	50m: 32.10	32.10	150m: 1:44.11	36.78	250m: 2:58.32	37.58	350m: 4:14.56	38.51
	100m: 1:07.33	35.23	200m: 2:20.74	36.63	300m: 3:36.05	37.73	400m: 4:52.37	37.81
36.	Chris van der Hout	The Hague Swimming (SG)	4:47.09	200401355	4:56.13 +0,78			
	50m: 29.98	29.98	150m: 1:42.52	37.31	250m: 2:59.87	38.31	350m: 4:18.00	38.84
	100m: 1:05.21	35.23	200m: 2:21.56	39.04	300m: 3:39.16	39.29	400m: 4:56.13	38.13
37.	Yassine Maas	The Hague Swimming (SG)	4:49.55	200301505	4:58.24 +0,76			
	50m: 31.45	31.45	150m: 1:44.69	37.84	250m: 3:01.26	38.63	350m: 4:19.56	39.04
	100m: 1:06.85	35.40	200m: 2:22.63	37.94	300m: 3:40.52	39.26	400m: 4:58.24	38.68
38.	Wouter Sies	TriVia	5:08.46	200500369	5:08.87 +0,80			
	50m: 32.55	32.55	150m: 1:50.27	39.95	250m: 3:10.91	40.36	350m: 4:30.53	39.41
	100m: 1:10.32	37.77	200m: 2:30.55	40.28	300m: 3:51.12	40.21	400m: 5:08.87	38.34
39.	Sytze van Stein	LinK/z&pc Katwijk (SG)	5:29.68	200501155	5:40.30 +0,64			
	50m: 34.91	34.91	150m: 2:01.26	43.82	250m: 3:30.13	44.47	350m: 4:58.05	44.62
	100m: 1:17.44	42.53	200m: 2:45.66	44.40	300m: 4:13.43	43.30	400m: 5:40.30	42.25
40.	Sander Gerritse	LinK/z&pc Katwijk (SG)	5:48.76	200500189	6:00.28 +0,76			
	50m: 40.50	40.50	150m: 2:07.95	44.11	250m: 3:36.28	43.92	350m: 5:05.18	44.24
	100m: 1:23.84	43.34	200m: 2:52.36	44.41	300m: 4:20.94	44.66	400m: 6:00.28	55.10