

Programmanr. 13
19-10-2013 - 12:04

Heren, 400m vrije slag

Junioren 1 en ouder
Resultaten

rang	naam	vereniging	intijd	tijd
Junioren 1 en 2				
1.	Martin Ruiter	De Houtrib	4:32.74	200001309
	50m: 30.02	150m: 1:36.44	250m: 2:45.38	350m: 3:52.81
	100m: 1:02.45	200m: 2:10.57	300m: 3:19.82	400m: 4:24.55
2.	Tyrese Wilson	De Fuut	4:52.26	200000223
	50m: 30.64	150m: 1:39.08	250m: 2:49.46	350m: 4:01.89
	100m: 1:04.15	200m: 2:13.95	300m: 3:25.77	400m: 4:37.15
3.	Calvin Lu	De Dolfijn	4:44.14	200004627
	50m: 29.74	150m: 1:39.53	250m: 2:51.82	350m: 4:06.09
	100m: 1:04.13	200m: 2:15.46	300m: 3:28.97	400m: 4:40.63
4.	Sten Postma	VZC E&P	4:59.72	200000011
	50m: 31.01	150m: 1:41.55	250m: 2:54.46	350m: 4:08.32
	100m: 1:05.75	200m: 2:18.09	300m: 3:31.09	400m: 4:44.64
5.	Thom Delno	VZC E&P	4:53.25	200000013
	50m: 30.52	150m: 1:42.81	250m: 2:57.33	350m: 4:11.89
	100m: 1:05.74	200m: 2:20.17	300m: 3:34.86	400m: 4:47.17
6.	Sander Crooijmans	VZC E&P	4:52.06	200100383
	50m: 31.91	150m: 1:44.87	250m: 2:59.91	350m: 4:14.41
	100m: 1:07.96	200m: 2:22.14	300m: 3:37.84	400m: 4:49.89
7.	Olivier Jans	De Dolfijn	4:58.74	200001815
	50m: 32.82	150m: 1:45.86	250m: 3:00.50	350m: 4:15.33
	100m: 1:08.94	200m: 2:23.00	300m: 3:38.05	400m: 4:50.94
8.	Andy Huynh	VZC E&P	5:06.36	200001725
	50m: 32.20	150m: 1:45.56	250m: 3:02.15	350m: 4:19.76
	100m: 1:08.24	200m: 2:24.52	300m: 3:40.89	400m: 4:57.02
9.	Vincent Crooijmans	VZC E&P	5:02.56	200100381
	50m: 32.51	150m: 1:47.92	250m: 3:05.82	350m: 4:24.61
	100m: 1:10.00	200m: 2:26.78	300m: 3:45.31	400m: 5:02.64
10.	Stefan Waalkens	De Houtrib	5:06.72	200100611
	50m: 33.20	150m: 1:49.51	250m: 3:08.13	350m: 4:28.31
	100m: 1:11.09	200m: 2:28.54	300m: 3:49.61	400m: 5:05.77
11.	Mathijs Verdonck	PSV	5:14.85	200101685
	50m: 35.00	150m: 1:56.04	250m: 3:15.89	350m: 4:37.31
	100m: 1:15.38	200m: 2:36.13	300m: 3:56.12	400m: 5:13.95
12.	Sebastiaan van der Meer	AZ&PC	5:22.15	200100913
	50m: 35.10	150m: 1:54.47	250m: 3:16.63	350m: 4:38.92
	100m: 1:14.02	200m: 2:35.48	300m: 3:57.34	400m: 5:18.46
13.	Bas van Bentum	GoSwim	5:20.21	200101109
	50m: 36.52	150m: 1:56.92	250m: 3:20.46	350m: 4:45.59
	100m: 1:16.33	200m: 2:38.39	300m: 4:03.19	400m: 5:26.29
Junioren 3 en 4				
1.	Ruben Griffioen	De Columbiaan	4:25.23	199900771
	50m: 28.67	150m: 1:34.59	250m: 2:41.94	350m: 3:49.65
	100m: 1:01.09	200m: 2:08.20	300m: 3:15.78	400m: 4:22.97
2.	Stijn Simons	PSV	4:41.39	199900813
	50m: 31.34	150m: 1:39.65	250m: 2:46.39	350m: 3:52.09
	100m: 1:05.54	200m: 2:12.88	300m: 3:19.35	400m: 4:23.63
3.	Jens Krijgsman 50m*	De Columbiaan	4:30.77	199901429
	50m: 29.77	150m: 1:36.62	250m: 2:45.09	350m: 3:53.22
	100m: 1:02.80	200m: 2:10.60	300m: 3:19.27	400m: 4:25.56
4.	Floris Kotterink 200m*	Albion	4:23.63	199800199
	50m: 28.04	150m: 1:34.01	250m: 2:42.04	350m: 3:50.83
	100m: 1:00.66	200m: 2:07.71	300m: 3:16.39	400m: 4:25.67
5.	Wietse Waninge	AZ&PC	4:40.98	199800023
	50m: 30.49	150m: 1:39.52	250m: 2:49.10	350m: 3:59.66
	100m: 1:04.81	200m: 2:14.35	300m: 3:24.13	400m: 4:33.99
6.	Jelle Blankestijn	AZ&PC	5:00.91	199803737
	50m: 32.14	150m: 1:42.03	250m: 2:53.19	350m: 4:03.78
	100m: 1:06.87	200m: 2:17.69	300m: 3:28.53	400m: 4:36.86
7.	Arie van der Vlist	De Meer	4:34.69	199804945
	50m: 30.50	150m: 1:39.08	250m: 2:50.52	350m: 4:03.24
	100m: 1:04.05	200m: 2:14.30	300m: 3:26.78	400m: 4:39.49

Programmanr. 13, Jongens, 400m vrije slag, Junioren 3 en 4

rang	naam		vereniging			intijd				tijd
8.	Elwin van Gerwen		PSV			5:00.30	199801125			4:40.10
	50m:	31.00	150m:	1:40.57	35.58	250m:	2:52.37	36.30	350m:	4:05.48
	100m:	1:04.99	200m:	2:16.07	35.50	300m:	3:28.89	36.52	400m:	4:40.10
9.	Hensley Hubert		De Houtrib			5:17.15	199904799			4:52.22
	50m:	31.54	150m:	1:44.30	37.38	250m:	3:00.44	37.89	350m:	4:16.18
	100m:	1:06.92	200m:	2:22.55	38.25	300m:	3:37.07	36.63	400m:	4:52.22
10.	Balder Haze		GoSwim			5:00.18	199802449			5:08.32
	50m:	33.08	150m:	1:49.47	39.29	250m:	3:10.37	40.75	350m:	4:30.12
	100m:	1:10.18	200m:	2:29.62	40.15	300m:	3:49.77	39.40	400m:	5:08.32
AFGEM	Bonk Stout		De Dolfijn			4:34.12	199902181			
AFGEM	Thijs Molendijk		VZC E&P			4:44.70	199900477			

Jeugd 1 en 2

1.	Ruben van Leeuwen		VZC E&P			4:06.84	199704803			4:03.95
	50m:	27.68	150m:	1:29.43	31.19	250m:	2:32.31	31.38	350m:	3:34.31
	100m:	58.24	200m:	2:00.93	31.50	300m:	3:03.43	31.12	400m:	4:03.95
2.	Lars Haarsma		De Dolfijn			4:10.60	199600745			4:15.45
	50m:	28.65	150m:	1:32.36	32.41	250m:	2:37.53	32.72	350m:	3:43.70
	100m:	59.95	200m:	2:04.81	32.45	300m:	3:10.55	33.02	400m:	4:15.45
3.	Martijn Kornet		ZPC Woerden			4:23.36	199700231			4:21.80
	50m:	29.26	150m:	1:34.38	33.13	250m:	2:41.86	33.83	350m:	3:49.96
	100m:	1:01.25	200m:	2:08.03	33.65	300m:	3:15.66	33.80	400m:	4:21.80
4.	Duncan de Vos		Aquarijn			4:41.60	199703177			4:51.26
	50m:	30.93	150m:	1:43.29	36.78	250m:	2:57.56	36.84	350m:	4:13.27
	100m:	1:06.51	200m:	2:20.72	37.43	300m:	3:35.81	38.25	400m:	4:51.26
5.	Rick Paardekooper 200m*		VZC E&P			4:59.93	199701321			4:55.16
	50m:	32.10	150m:	1:44.31	36.47	250m:	3:00.05	38.06	350m:	4:17.30
	100m:	1:07.84	200m:	2:21.99	37.68	300m:	3:38.71	38.66	400m:	4:55.16