

Programmanr. 21
02-11-2013

Heren, 400m wisselslag

Jeugd/Senioren
Resultaten

rang	naam	vereniging	intijd	tijd	RT	niv.
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Jeugd 1 en 2

1.	Nicholas Theunissen		Kimbria			4:35.12	199605679	4:29.59	+0,68	C		
	50m:	28.74	28.74	150m:	1:36.66	35.39	250m:	2:48.18	36.69	350m:	3:58.55	32.19
	100m:	1:01.27	32.53	200m:	2:11.49	34.83	300m:	3:26.36	38.18	400m:	4:29.59	31.04
2.	Ruben van Leeuwen		VZC E&P			4:35.43	199704803	4:32.31	+0,71	C		
	50m:	27.66	27.66	150m:	1:35.93	35.51	250m:	2:51.02	40.57	350m:	4:02.93	31.24
	100m:	1:00.42	32.76	200m:	2:10.45	34.52	300m:	3:31.69	40.67	400m:	4:32.31	29.38
3.	Ivar de Jong		De Dolfijn			4:43.70	199700869	4:36.48	+0,73	D		
	50m:	29.63	29.63	150m:	1:40.55	36.06	250m:	2:54.29	38.09	350m:	4:05.73	32.18
	100m:	1:04.49	34.86	200m:	2:16.20	35.65	300m:	3:33.55	39.26	400m:	4:36.48	30.75
4.	Yannick Vijver		De Dolfijn			4:48.98	199600469	4:40.40	+0,74			
	50m:	29.43	29.43	150m:	1:39.45	34.16	250m:	2:54.16	40.43	350m:	4:08.68	33.15
	100m:	1:05.29	35.86	200m:	2:13.73	34.28	300m:	3:35.53	41.37	400m:	4:40.40	31.72
5.	Koen Lems		ZPC Hoogeveen			4:48.60	199603709	4:43.73	+0,85			
	50m:	30.71	30.71	150m:	1:43.39	36.57	250m:	2:57.54	37.99	350m:	4:10.77	34.95
	100m:	1:06.82	36.11	200m:	2:19.55	36.16	300m:	3:35.82	38.28	400m:	4:43.73	32.96
6.	Karst Boersma		De Dinkel			4:45.13	199600849	4:44.44	+0,81			
	50m:	28.83	28.83	150m:	1:40.00	36.33	250m:	2:57.74	41.51	350m:	4:12.65	32.41
	100m:	1:03.67	34.84	200m:	2:16.23	36.23	300m:	3:40.24	42.50	400m:	4:44.44	31.79
7.	Richard Kuipers		Orca			4:47.06	199704171	4:49.80	+0,84	E		
	50m:	30.23	30.23	150m:	1:43.64	37.52	250m:	3:02.97	43.14	350m:	4:18.85	32.53
	100m:	1:06.12	35.89	200m:	2:19.83	36.19	300m:	3:46.32	43.35	400m:	4:49.80	30.95
8.	Michel van Nieuwkerk		De Dolfijn			4:49.46	199702413	4:55.13	+0,74			
	50m:	32.76	32.76	150m:	1:50.06	38.63	250m:	3:07.62	40.20	350m:	4:23.28	34.26
	100m:	1:11.43	38.67	200m:	2:27.42	37.36	300m:	3:49.02	41.40	400m:	4:55.13	31.85
9.	Max Hermans		Swimteam Helden-Mosa (SG)			4:51.69	199700879	5:00.60	+0,69			
	50m:	30.91	30.91	150m:	1:46.64	38.88	250m:	3:07.20	42.71	350m:	4:26.15	35.36
	100m:	1:07.76	36.85	200m:	2:24.49	37.85	300m:	3:50.79	43.59	400m:	5:00.60	34.45

all-in

1.	Sébas van Lith		KNZB-NTC			4:21.62	199001841	4:14.60	+0,76	B		
	50m:	27.08	27.08	150m:	1:31.52	33.09	250m:	2:38.55	34.99	350m:	3:45.04	30.49
	100m:	58.43	31.35	200m:	2:03.56	32.04	300m:	3:14.55	36.00	400m:	4:14.60	29.56
2.	Arjan Knipping		PSV			4:35.18	199401667	4:26.69	+0,71	D		
	50m:	29.48	29.48	150m:	1:37.82	34.84	250m:	2:48.93	37.06	350m:	3:57.19	31.42
	100m:	1:02.98	33.50	200m:	2:11.87	34.05	300m:	3:25.77	36.84	400m:	4:26.69	29.50
3.	Rowan Keen		Borger			4:34.62	199500727	4:28.22	+0,83	D		
	50m:	29.54	29.54	150m:	1:37.70	33.91	250m:	2:49.36	38.11	350m:	3:58.26	30.83
	100m:	1:03.79	34.25	200m:	2:11.25	33.55	300m:	3:27.43	38.07	400m:	4:28.22	29.96
4.	Nicholas Theunissen		Kimbria			4:35.12	199605679	4:29.59	+0,68	C		
	50m:	28.74	28.74	150m:	1:36.66	35.39	250m:	2:48.18	36.69	350m:	3:58.55	32.19
	100m:	1:01.27	32.53	200m:	2:11.49	34.83	300m:	3:26.36	38.18	400m:	4:29.59	31.04
5.	Ruben van Leeuwen		VZC E&P			4:35.43	199704803	4:32.31	+0,71	C		
	50m:	27.66	27.66	150m:	1:35.93	35.51	250m:	2:51.02	40.57	350m:	4:02.93	31.24
	100m:	1:00.42	32.76	200m:	2:10.45	34.52	300m:	3:31.69	40.67	400m:	4:32.31	29.38
6.	Ivar de Jong		De Dolfijn			4:43.70	199700869	4:36.48	+0,73	D		
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	50m:	29.43	29.43	150m:	1:39.45	34.16	250m:	2:54.16	40.43	350m:	4:08.68	33.15
	100m:	1:05.29	35.86	200m:	2:13.73	34.28	300m:	3:35.53	41.37	400m:	4:40.40	31.72
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	100m:	1:06.82	36.11	200m:	2:19.55	36.16	300m:	3:35.82	38.28	400m:	4:43.73	32.96
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	100m:	1:03.67	34.84	200m:	2:16.23	36.23	300m:	3:40.24	42.50	400m:	4:44.44	31.79
10.	Richard Kuipers		Orca			4:47.06	199704171	4:49.80	+0,84	E		
	50m:	30.23	30.23	150m:	1:43.64	37.52	250m:	3:02.97	43.14	350m:	4:18.85	32.53
	100m:	1:06.12	35.89	200m:	2:19.83	36.19	300m:	3:46.32	43.35	400m:	4:49.80	30.95

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rang	naam	vereniging						intijd		tijd	RT	niv.
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	50m:	32.76	32.76	150m:	1:50.06	38.63	250m:	3:07.62	40.20	350m:	4:23.28	34.26
	100m:	1:11.43	38.67	200m:	2:27.42	37.36	300m:	3:49.02	41.40	400m:	4:55.13	31.85
12.	Max Hermans	Swimteam Helden-Mosa (SG)						4:51.69	199700879	5:00.60	+0,69	
	50m:	30.91	30.91	150m:	1:46.64	38.88	250m:	3:07.20	42.71	350m:	4:26.15	35.36
	100m:	1:07.76	36.85	200m:	2:24.49	37.85	300m:	3:50.79	43.59	400m:	5:00.60	34.45