

Programmanr. 1
19-2-2017 - 11:00

Heren, 400m vrije slag
alle tijden zijn handtijden

Gehandicapten, junioren 1 e.o.
Resultaten

Punten: FINA 2016

Rang				Tijd	RT	FINA	IPC	100m	200m	300m	400m
Junioren 1											
1.	Erik Oldenkamp	KZV de Lansingh	200400597	5:14.52		342		1:12.01	1:20.51	1:21.63	1:20.37
	50m:		150m:	250m:				350m:			
	100m:	1:12.01	200m:	300m:	3:54.15			400m:	5:14.52		
2.	Kevin van Gelderen	TriVia	200402325	5:28.67		300		1:16.84	1:25.37	1:23.17	1:23.29
	50m:		150m:	250m:				350m:			
	100m:	1:16.84	200m:	300m:	4:05.38			400m:	5:28.67		
Junioren 2											
1.	Daan Hogerhuis	Albion	200300317	5:01.53		388		1:11.23	1:17.96	1:18.34	1:14.00
	50m:		150m:	250m:				350m:			
	100m:	1:11.23	200m:	300m:	3:47.53			400m:	5:01.53		
2.	Barry Schot	De Dolfijn	200300321	5:02.96		383					
	50m:		150m:	250m:				350m:			
	100m:		200m:	300m:				400m:	5:02.96		
3.	Milan van Aken	The Hague Swimming (SG)	200303307	5:04.02		379		1:12.86	1:18.43	1:18.60	1:14.13
	50m:		150m:	250m:				350m:			
	100m:	1:12.86	200m:	300m:	3:49.89			400m:	5:04.02		
4.	Thijs Bosma	De Dolfijn	200302443	5:04.94		375		1:09.88	1:18.88	1:20.22	1:15.96
	50m:		150m:	250m:				350m:			
	100m:	1:09.88	200m:	300m:	3:48.98			400m:	5:04.94		
5.	M. Lopes Cardozo	WZK	200300665	5:12.92		347		1:13.27	1:20.05	1:21.31	1:18.29
	50m:		150m:	250m:				350m:			
	100m:	1:13.27	200m:	300m:	3:54.63			400m:	5:12.92		
6.	Tim Cohen	ZV De Zaan	200300685	5:21.37		321		1:14.44	1:23.11	1:22.18	1:21.64
	50m:		150m:	250m:				350m:			
	100m:	1:14.44	200m:	300m:	3:59.73			400m:	5:21.37		
Junioren 3											
1.	Dylan Donkersteeg	DWK	200202217	4:40.45		483					
	50m:		150m:	250m:				350m:			
	100m:		200m:	300m:				400m:	4:40.45		
2.	Elroy Schot	De Dolfijn	200200689	4:45.30		458		1:05.91	1:15.33	1:15.37	1:08.69
	50m:		150m:	250m:				350m:			
	100m:	1:05.91	200m:	300m:	3:36.61			400m:	4:45.30		
3.	Makai van Haren	De Forel	200200627	4:49.46		439					
	50m:		150m:	250m:				350m:			
	100m:		200m:	300m:				400m:	4:49.46		
Junioren 4											
1.	Christiaan Smit	The Hague Swimming (SG)	200102463	4:39.51		488		1:03.98	1:10.58	1:12.76	1:12.19
	50m:		150m:	250m:				350m:			
	100m:	1:03.98	200m:	300m:	3:27.32			400m:	4:39.51		
2.	Jasper Meij	Olympia	200103397	4:50.42		435		1:06.99	1:13.09	1:15.81	1:14.53
	50m:		150m:	250m:				350m:			
	100m:	1:06.99	200m:	300m:	3:35.89			400m:	4:50.42		
3.	Querijn Hensen	The Hague Swimming (SG)	200102121	4:57.06	S10	406	551	1:08.77	1:15.88	1:16.85	1:15.56
	50m:		150m:	250m:				350m:			
	100m:	1:08.77	200m:	300m:	3:41.50			400m:	4:57.06		
4.	Luc de Kreek	DWK	200101661	4:58.30		401		1:10.47	1:16.02	1:17.66	1:14.15
	50m:		150m:	250m:				350m:			
	100m:	1:10.47	200m:	300m:	3:44.15			400m:	4:58.30		
5.	Kas van de Vaart	ZPCH	200105031	4:59.08		398		1:09.19	1:16.28	1:17.32	1:16.29
	50m:		150m:	250m:				350m:			
	100m:	1:09.19	200m:	300m:	3:42.79			400m:	4:59.08		

Programmanr. 1, Heren, 400m vrije slag

Jeugd 1

1. Olivier Jans	The Hague Swimming (SG) 200001815	4:26.09	565	1:03.51	1:07.04	1:08.37	1:07.17
50m:	150m:	250m:		350m:			
100m:	200m:	300m:	3:18.92	400m:	4:26.09		

Senioren 1 en ouder

1. Bart Sommeling	De Dolfijn	199800765	4:12.88	659				
50m:	150m:	250m:			350m:			
100m:	200m:	300m:			400m:	4:12.88		
2. Luuk Nijland	DWK	199700333	4:17.01	627	1:00.56	1:07.28	1:05.07	1:04.10
50m:	150m:	250m:			350m:			
100m:	200m:	300m:	3:12.91		400m:	4:17.01		
3. Arjan Bellaart	Het Y	196900079	4:54.59	416	1:08.34	1:14.98	1:16.45	1:14.82
50m:	150m:	250m:			350m:			
100m:	200m:	300m:	3:39.77		400m:	4:54.59		

Gehandicapten, junioren 1 e.o.

1. Querijn Hensen	The Hague Swimming (SG) 200102121 S10	4:57.06	406 551	1:08.77	1:15.88	1:16.85	1:15.56
50m:	150m:	250m:		350m:			
100m:	200m:	300m:	3:41.50	400m:	4:57.06		