

Programmanr. 1
04-03-2018 - 11:00

Heren, 400m vrije slag

Para, junioren 1 e.o.
Resultaten

Punten: FINA 2017

Rang								Tijd	RT	FINA
Junioren 1										
1.	Duncan van de Weerdhof	VZC	200501227	5:25.51	+0,78	309				
	50m: 34.92	34.92	150m: 1:57.35	42.17	250m: 3:22.18	42.40	350m: 4:46.00	41.85		
	100m: 1:15.18	40.26	200m: 2:39.78	42.43	300m: 4:04.15	41.97	400m: 5:25.51	39.51		
2.	Hielke Jan Penninkhof	Deltasteur	200500569	5:26.17	+0,72	307				
	50m: 34.81	34.81	150m: 1:57.51	42.93	250m: 3:22.62	43.25	350m: 4:47.60	43.03		
	100m: 1:14.58	39.77	200m: 2:39.37	41.86	300m: 4:04.57	41.95	400m: 5:26.17	38.57		
3.	Leon van Gelder	WZ&PC Purmerend	200500621	5:47.15	+0,62	254				
	50m: 35.41	35.41	150m: 2:01.97	44.72	250m: 3:32.49	45.45	350m: 5:03.63	45.48		
	100m: 1:17.25	41.84	200m: 2:47.04	45.07	300m: 4:18.15	45.66	400m: 5:47.15	43.52		
Junioren 2										
1.	Ruben Claasen	ZPC AMERSFOORT	200400229	4:50.19	+0,62	436				
	50m: 31.83	31.83	150m: 1:45.50	37.48	250m: 3:00.60	37.71	350m: 4:15.10	37.25		
	100m: 1:08.02	36.19	200m: 2:22.89	37.39	300m: 3:37.85	37.25	400m: 4:50.19	35.09		
2.	Collin Schouten	MSV-Zeemacht	200400697	4:51.03	+0,71	432				
	50m: 32.60	32.60	150m: 1:46.03	36.87	250m: 3:00.80	37.40	350m: 4:15.74	37.43		
	100m: 1:09.16	36.56	200m: 2:23.40	37.37	300m: 3:38.31	37.51	400m: 4:51.03	35.29		
3.	Meindert Dekkinga	HZ&PC Heerenveen	200400377	4:51.56	+0,69	430				
	50m: 31.97	31.97	150m: 1:43.78	36.62	250m: 2:59.42	38.65	350m: 4:15.22	37.95		
	100m: 1:07.16	35.19	200m: 2:20.77	36.99	300m: 3:37.27	37.85	400m: 4:51.56	36.34		
4.	Josh Renkema	De Otters Het Gooi	200402537	S7	7:42.41	+0,52	107			
	50m: 51.31	51.31	150m: 2:45.54	57.30	250m: 4:43.82	58.60	350m: 6:43.92	59.50		
	100m: 1:48.24	56.93	200m: 3:45.22	59.68	300m: 5:44.42	1:00.60	400m: 7:42.41	58.49		
Junioren 3										
1.	N'Landu Lubansu	Longchamps Swimming Club	LSC/004194/03	4:35.57	+0,68	509				
	50m: 30.68	30.68	150m: 1:39.86	35.13	250m: 2:50.13	35.34	350m: 4:01.65	35.92		
	100m: 1:04.73	34.05	200m: 2:14.79	34.93	300m: 3:25.73	35.60	400m: 4:35.57	33.92		
2.	Senna Mooldijk	De Kempvis	200301147	4:50.09	+0,74	436				
	50m: 31.55	31.55	150m: 1:45.74	38.05	250m: 3:00.42	37.74	350m: 4:15.91	37.77		
	100m: 1:07.69	36.14	200m: 2:22.68	36.94	300m: 3:38.14	37.72	400m: 4:50.09	34.18		
3.	Thijs Bosma	De Dolfijn	200302443	4:52.39	+0,70	426				
	50m: 31.66	31.66	150m: 1:43.59	36.96	250m: 2:58.75	37.87	350m: 4:15.66	38.63		
	100m: 1:06.63	34.97	200m: 2:20.88	37.29	300m: 3:37.03	38.28	400m: 4:52.39	36.73		
4.	Ruben de Vriend	ZV Haerlem	200300981	5:14.20	+0,65	343				
	50m: 33.33	33.33	150m: 1:51.50	39.95	250m: 3:14.60	41.88	350m: 4:35.65	40.30		
	100m: 1:11.55	38.22	200m: 2:32.72	41.22	300m: 3:55.35	40.75	400m: 5:14.20	38.55		
Junioren 4										
1.	Finn Vos	De Dolfijn	200200665	4:25.94	+0,69	566				
	50m: 30.33	30.33	150m: 1:37.76	34.09	250m: 2:45.60	34.18	350m: 3:53.44	33.43		
	100m: 1:03.67	33.34	200m: 2:11.42	33.66	300m: 3:20.01	34.41	400m: 4:25.94	32.50		
2.	Tom Blankestijn	ZPC AMERSFOORT	200201185	4:34.89	+0,76	513				
	50m: 30.63	30.63	150m: 1:40.17	35.33	250m: 2:51.35	35.63	350m: 4:02.25	35.51		
	100m: 1:04.84	34.21	200m: 2:15.72	35.55	300m: 3:26.74	35.39	400m: 4:34.89	32.64		
3.	Dylan Donkersteeg	DWK	200202217	4:38.32	+0,74	494				
	50m: 30.32	30.32	150m: 1:41.19	35.82	250m: 2:52.10	34.23	350m: 4:02.98	35.08		
	100m: 1:05.37	35.05	200m: 2:17.87	36.68	300m: 3:27.90	35.80	400m: 4:38.32	35.34		

Programmanr. 1, Heren, 400m vrije slag

Jeugd 1

1.	Floris de Leeuw		The Hague Swimming (SG)	200105317	4:27.98	+0,77	553							
		50m: 31.23						31.23	150m: 1:39.49	34.33	250m: 2:47.68	33.73	350m: 3:55.21	33.74
		100m: 1:05.16						33.93	200m: 2:13.95	34.46	300m: 3:21.47	33.79	400m: 4:27.98	32.77
2.	Christiaan Smit		The Hague Swimming (SG)	200102463	4:29.22	+0,69	546							
		50m: 30.59						30.59	150m: 1:39.38	34.40	250m: 2:48.30	34.18	350m: 3:57.10	34.22
		100m: 1:04.98						34.39	200m: 2:14.12	34.74	300m: 3:22.88	34.58	400m: 4:29.22	32.12
3.	Freek Hollander		The Hague Swimming (SG)	200103815	4:34.88	+0,71	513							
		50m: 31.14						31.14	150m: 1:39.43	34.34	250m: 2:48.23	34.33	350m: 3:59.15	36.07
		100m: 1:05.09						33.95	200m: 2:13.90	34.47	300m: 3:23.08	34.85	400m: 4:34.88	35.73
4.	Luc de Kreek		DWK	200101661	4:38.19	+0,74	495							
		50m: 31.33						31.33	150m: 1:41.91	35.64	250m: 2:53.37	35.42	350m: 4:04.85	35.60
		100m: 1:06.27						34.94	200m: 2:17.95	36.04	300m: 3:29.25	35.88	400m: 4:38.19	33.34
5.	Peer van Bemmelen		De Dolfijn	200102667	4:59.37	+0,72	397							
		50m: 32.42						32.42	150m: 1:45.87	37.50	250m: 3:07.81	37.81	350m: 4:30.51	41.08
		100m: 1:08.37						35.95	200m: 2:24.51	38.64	300m: 3:42.63	34.62	400m: 4:59.37	32.76
6.	Kas van de Vaart		ZPCH	200105031	4:59.54	+0,85	396							
		50m: 32.26						32.26	150m: 1:48.09	39.20	250m: 3:07.00	39.58	350m: 4:22.77	37.86
		100m: 1:08.89						36.63	200m: 2:27.42	39.33	300m: 3:44.91	37.91	400m: 4:59.54	36.77
7.	Clemenz Koch		RZC	200103929	5:11.27	+0,66	353							
		50m: 33.04						33.04	150m: 1:48.14	38.50	250m: 3:07.81	40.40	350m: 4:30.51	41.08
		100m: 1:09.64						36.60	200m: 2:27.41	39.27	300m: 3:49.43	41.62	400m: 5:11.27	40.76
AFGEM	Ian Pennekamp		De Otters Het Gooi	200103485										

Jeugd 2

1.	Olivier Jans		The Hague Swimming (SG)	200001815	4:25.83	+0,72	567					
	50m:	30.10	30.10	150m:	1:36.40	33.36	250m:	2:44.34	33.89	350m:	3:52.82	33.85
	100m:	1:03.04	32.94	200m:	2:10.45	34.05	300m:	3:18.97	34.63	400m:	4:25.83	33.01
2.	Nick van der Woude		ZV Haerlem	200001391	4:31.11	+0,74	534					
	50m:	30.87	30.87	150m:	1:39.92	34.48	250m:	2:49.36	34.47	350m:	3:58.53	34.31
	100m:	1:05.44	34.57	200m:	2:14.89	34.97	300m:	3:24.22	34.86	400m:	4:31.11	32.58
3.	Davide Sandrin		Longchamps Swimming Club	LSC/006630/00	4:33.90	+0,80	518					
	50m:	30.04	30.04	150m:	1:38.72	35.20	250m:	2:49.40	35.65	350m:	3:59.92	35.63
	100m:	1:03.52	33.48	200m:	2:13.75	35.03	300m:	3:24.29	34.89	400m:	4:33.90	33.98

Senioren 1 en ouder

1.	Jorgos Skotadis			RTC - De Dolfijn			199803317			4:08.23			+0,71		696
	50m:	28.42	28.42	150m:	1:30.56	31.28	250m:	2:33.54	31.34	350m:	3:37.24	31.82			
	100m:	59.28	30.86	200m:	2:02.20	31.64	300m:	3:05.42	31.88	400m:	4:08.23	30.99			
2.	Lars Bottelier			RTC - VZV			199702681			4:10.22			+0,70		680
	50m:	28.93	28.93	150m:	1:31.67	31.60	250m:	2:34.66	31.62	350m:	3:38.70	32.24			
	100m:	1:00.07	31.14	200m:	2:03.04	31.37	300m:	3:06.46	31.80	400m:	4:10.22	31.52			
3.	Jonne Schaafsma			The Hague Swimming (SG)			199800745			4:22.29			+0,74		590
	50m:	29.67	29.67	150m:	1:34.42	32.75	250m:	2:40.71	33.34	350m:	3:48.86	34.24			
	100m:	1:01.67	32.00	200m:	2:07.37	32.95	300m:	3:14.62	33.91	400m:	4:22.29	33.43			
4.	Timo Dinkelberg			Feijenoord Albion			199300773			4:23.81			+0,66		580
	50m:	29.14	29.14	150m:	1:34.49	33.09	250m:	2:42.32	33.78	350m:	3:51.51	34.40			
	100m:	1:01.40	32.26	200m:	2:08.54	34.05	300m:	3:17.11	34.79	400m:	4:23.81	32.30			
5.	Niek Heethaar			DWK			199900999			4:24.01			+0,74		579
	50m:	28.69	28.69	150m:	1:34.81	33.38	250m:	2:42.40	33.93	350m:	3:50.78	34.34			
	100m:	1:01.43	32.74	200m:	2:08.47	33.66	300m:	3:16.44	34.04	400m:	4:24.01	33.23			
6.	Timos Skotadis			De Dolfijn			199804615			4:27.04			+0,70		559
	50m:	29.22	29.22	150m:	1:35.43	33.54	250m:	2:43.13	33.98	350m:	3:52.95	35.13			
	100m:	1:01.89	32.67	200m:	2:09.15	33.72	300m:	3:17.82	34.69	400m:	4:27.04	34.09			
7.	Bas Neeleman			RZC			199603015			4:53.29			+0,77		422
	50m:	31.52	31.52	150m:	1:43.74	36.59	250m:	2:57.30	36.47	350m:	4:14.85	38.32			
	100m:	1:07.15	35.63	200m:	2:20.83	37.09	300m:	3:36.53	39.23	400m:	4:53.29	38.44			
AFGEM	Niels Wiersema			TriVia			199703221								



Speedo Challenge 2018
Amsterdam, 4-3-2018



Programmanr. 1, Heren, 400m vrije slag

Para, junioren 1 e.o.

1.	Josh Renkema			De Otters Het Gooi		200402537	S7	7:42.41	+0,52	107		
	50m:	51.31	51.31	150m:	2:45.54	57.30	250m:	4:43.82	58.60	350m:	6:43.92	59.50
	100m:	1:48.24	56.93	200m:	3:45.22	59.68	300m:	5:44.42	1:00.60	400m:	7:42.41	58.49

