

NSZK III
Leiden, 20-4-2024

Programmanr. 17
20-4-2024 - 17:10

Heren, 400m vrije slag

alg. leeftijdsgroep
Resultaten

rang	naam	vereniging	intijd	tijd	RT
1.	Bart Sommeling	A.S.Z.V. Spons	3:55.00	199800765	3:47.25 +0,81
	50m: 25.48	25.48 150m: 1:22.47	28.94 250m: 2:20.61	28.76 350m: 3:18.14	29.33
	100m: 53.53	28.05 200m: 1:51.85	29.38 300m: 2:48.81	28.20 400m: 3:47.25	29.11
2.	Filippo Fiermonte	MSZV Tiburon	4:40.00		4:11.04 +0,62
	50m: 28.61	28.61 150m: 1:30.84	31.33 250m: 2:34.62	32.22 350m: 3:39.79	32.81
	100m: 59.51	30.90 200m: 2:02.40	31.56 300m: 3:06.98	32.36 400m: 4:11.04	31.25
3.	Rick Offringa	G.S.Z.V. De Golfbreker	4:23.98	200300979	4:28.01 +0,81
	50m: 27.63	27.63 150m: 1:31.77	32.93 250m: 2:41.66	35.61 350m: 3:53.78	35.72
	100m: 58.84	31.21 200m: 2:06.05	34.28 300m: 3:18.06	36.40 400m: 4:28.01	34.23
4.	Joris te Booij	TSZVW Avalon	4:35.00		4:40.92 +0,75
	50m: 29.03	29.03 150m: 1:37.46	35.04 250m: 2:48.79	35.58 350m: 4:04.01	37.55
	100m: 1:02.42	33.39 200m: 2:13.21	35.75 300m: 3:26.46	37.67 400m: 4:40.92	36.91
5.	Jami Heinilä	N.S.Z.& W.V. Hydrofiel	4:45.69		4:41.51 +0,77
	50m: 29.96	29.96 150m: 1:39.53	35.30 250m: 2:52.02	36.57 350m: 4:07.41	37.82
	100m: 1:04.23	34.27 200m: 2:15.45	35.92 300m: 3:29.59	37.57 400m: 4:41.51	34.10
6.	Luuk Kieviet	USZ&WF Het Zinkstuk	4:34.96	200100469	4:44.36 +0,68
	50m: 31.06	31.06 150m: 1:41.43	35.88 250m: 2:54.36	36.08 350m: 4:07.90	36.81
	100m: 1:05.55	34.49 200m: 2:18.28	36.85 300m: 3:31.09	36.73 400m: 4:44.36	36.46
7.	Laurent Kiefer	MSZV Tiburon	5:00.00		4:46.19 +0,76
	50m: 30.19	30.19 150m: 1:39.24	34.97 250m: 2:53.70	37.65 350m: 4:09.65	38.11
	100m: 1:04.27	34.08 200m: 2:16.05	36.81 300m: 3:31.54	37.84 400m: 4:46.19	36.54
8.	Lukasz Latuszek	E.S.W.Z.V. Nayade	4:40.00		4:46.31 +0,68
	50m: 31.61	31.61 150m: 1:42.30	35.78 250m: 2:56.16	37.53 350m: 4:10.85	37.41
	100m: 1:06.52	34.91 200m: 2:18.63	36.33 300m: 3:33.44	37.28 400m: 4:46.31	35.46
9.	Ruben Overbeek	ZPV Piranha	4:43.00	200502887	4:46.63 +0,73
	50m: 32.30	32.30 150m: 1:44.96	36.85 250m: 2:58.45	37.12 350m: 4:12.52	37.18
	100m: 1:08.11	35.81 200m: 2:21.33	36.37 300m: 3:35.34	36.89 400m: 4:46.63	34.11
10.	Tim Manders	Aquamania	5:00.32		4:47.45 +0,79
	50m: 31.59	31.59 150m: 1:44.28	36.98 250m: 2:59.05	37.42 350m: 4:12.38	36.59
	100m: 1:07.30	35.71 200m: 2:21.63	37.35 300m: 3:35.79	36.74 400m: 4:47.45	35.07
11.	Roy Potze	G.S.Z.V. De Golfbreker	4:46.46	199702457	4:49.77 +0,80
	50m: 31.72	31.72 150m: 1:44.60	36.40 250m: 2:57.71	36.40 350m: 4:11.71	37.12
	100m: 1:08.20	36.48 200m: 2:21.31	36.71 300m: 3:34.59	36.88 400m: 4:49.77	38.06
12.	Ted Ruiter	Dsz Wave	4:43.34	200000047	4:50.37 +0,83
	50m: 32.05	32.05 150m: 1:43.97	36.22 250m: 2:58.64	37.29 350m: 4:13.23	37.61
	100m: 1:07.75	35.70 200m: 2:21.35	37.38 300m: 3:35.62	36.98 400m: 4:50.37	37.14
13.	Quinten Nieuwenhuis	Ragnar	4:51.00	200304577	4:52.11 +0,75
	50m: 30.77	30.77 150m: 1:41.35	36.15 250m: 2:57.36	38.45 350m: 4:14.10	38.24
	100m: 1:05.20	34.43 200m: 2:18.91	37.56 300m: 3:35.86	38.50 400m: 4:52.11	38.01
14.	Jorim Hebbink	ZPV Piranha	5:07.25	200401957	5:04.03 +0,82
	50m: 32.09	32.09 150m: 1:48.67	39.04 250m: 3:08.09	39.36 350m: 4:26.69	38.91
	100m: 1:09.63	37.54 200m: 2:28.73	40.06 300m: 3:47.78	39.69 400m: 5:04.03	37.34
15.	Marco Peralta Tapia	Dsz Wave	5:35.00		5:09.82 +0,78
	50m: 32.11	32.11 150m: 1:47.55	38.54 250m: 3:08.12	41.11 350m: 4:31.46	41.98
	100m: 1:09.01	36.90 200m: 2:27.01	39.46 300m: 3:49.48	41.36 400m: 5:09.82	38.36
16.	Dylan Kalden	SZV Aquifer	5:06.95		5:10.57 +0,81
	50m: 31.09	31.09 150m: 1:45.33	38.43 250m: 3:06.25	40.96 350m: 4:30.61	42.30
	100m: 1:06.90	35.81 200m: 2:25.29	39.96 300m: 3:48.31	42.06 400m: 5:10.57	39.96
17.	Max Grimberg	A.S.Z.V. Spons	6:34.14	200105623	6:28.91 +1,12
	50m: 40.68	40.68 150m: 2:18.02	50.67 250m: 3:59.08	50.47 350m: 5:42.58	51.29
	100m: 1:27.35	46.67 200m: 3:08.61	50.59 300m: 4:51.29	52.21 400m: 6:28.91	46.33
BM	Erik Baalbergen	Aquamania	4:49.87	199805775	4:47.62 +0,91
	50m: 31.43	31.43 150m: 1:43.83	36.72 250m: 2:57.56	37.19 350m: 4:11.92	37.23
	100m: 1:07.11	35.68 200m: 2:20.37	36.54 300m: 3:34.69	37.13 400m: 4:47.62	35.70
BM	Haico Weijers	Ragnar	4:58.00	198803759	5:02.62 +0,79
	50m: 32.37	32.37 150m: 1:47.28	38.47 250m: 3:06.66	39.54 350m: 4:25.90	39.29
	100m: 1:08.81	36.44 200m: 2:27.12	39.84 300m: 3:46.61	39.95 400m: 5:02.62	36.72