

Speedo Jaargangwedstrijden 2024  
Leiden, 24 en 25 februari 2024

Programmanr. 30  
25-02-24 - 15:41

Jongens, 400m vrije slag

Minioren 6  
Resultaten

Kampioenschapsrecord  
Winnaar 2023

4:38.57  
5:05.23

Bryan Agterdenbos  
Ramon Vos

MNC DordrLeiden  
HoogeveenLeiden

01-01-14  
12-02-23

rang	naam	vereniging	intijd	tijd	RT		
1.	Tim Slagers	Aquapoldro	5:15.91	201200263	5:11.00 +0,88		
	50m: 34.02	34.02 150m: 1:52.96	40.06	250m: 3:13.90	40.81	350m: 4:35.03	39.85
	100m: 1:12.90	38.88 200m: 2:33.09	40.13	300m: 3:55.18	41.28	400m: 5:11.00	35.97
2.	Max van Splunder	Het Y	5:18.79	201200531	5:14.94 +0,97		
	50m: 34.82	34.82 150m: 1:53.76	39.92	250m: 3:14.83	40.52	350m: 4:37.00	40.86
	100m: 1:13.84	39.02 200m: 2:34.31	40.55	300m: 3:56.14	41.31	400m: 5:14.94	37.94
3.	Rutger Donker	NDD	5:49.43	201200361	5:22.05 +0,80		
	50m: 35.26	35.26 150m: 1:57.64	41.52	250m: 3:20.02	40.93	350m: 4:42.95	41.39
	100m: 1:16.12	40.86 200m: 2:39.09	41.45	300m: 4:01.56	41.54	400m: 5:22.05	39.10
4.	Zendé Rensch	DAW	5:43.71	201200647	5:23.26 +0,68		
	50m: 34.58	34.58 150m: 1:56.48	42.33	250m: 3:20.47	41.46	350m: 4:43.47	41.59
	100m: 1:14.15	39.57 200m: 2:39.01	42.53	300m: 4:01.88	41.41	400m: 5:23.26	39.79
5.	Kris Stoyanov	Blue Marlins	5:30.48	201201505	5:23.36 +0,78		
	50m: 34.42	34.42 150m: 1:55.49	41.19	250m: 3:18.70	41.63	350m: 4:42.91	41.99
	100m: 1:14.30	39.88 200m: 2:37.07	41.58	300m: 4:00.92	42.22	400m: 5:23.36	40.45
6.	Pieter de Jonge	Aqua-Novio'94	5:32.92	201200211	5:27.59 +0,81		
	50m: 36.91	36.91 150m: 2:01.16	42.47	250m: 3:25.83	41.96	350m: 4:49.56	41.77
	100m: 1:18.69	41.78 200m: 2:43.87	42.71	300m: 4:07.79	41.96	400m: 5:27.59	38.03
7.	Maarten de Leeuw	Deltasteur	5:34.03	201200241	5:28.09 +0,93		
	50m: 38.54	38.54 150m: 2:02.98	42.48	250m: 3:26.24	40.78	350m: 4:48.42	40.18
	100m: 1:20.50	41.96 200m: 2:45.46	42.48	300m: 4:08.24	42.00	400m: 5:28.09	39.67
8.	Lars Thül	Swol 1894	5:33.70	201200119	5:32.25 +0,57		
	50m: 35.72	35.72 150m: 1:59.82	43.49	250m: 3:23.99	42.13	350m: 4:49.28	42.55
	100m: 1:16.33	40.61 200m: 2:41.86	42.04	300m: 4:06.73	42.74	400m: 5:32.25	42.97
9.	Mats van der Kamp	Deltasteur	5:42.81	201200113	5:32.51 +0,60		
	50m: 38.14	38.14 150m: 2:03.16	42.93	250m: 3:28.25	41.85	350m: 4:53.36	42.47
	100m: 1:20.23	42.09 200m: 2:46.40	43.24	300m: 4:10.89	42.64	400m: 5:32.51	39.15
10.	Luuk Hoogland	DAW	5:39.09	201200939	5:39.77 +0,77		
	50m: 36.44	36.44 150m: 2:01.98	44.00	250m: 3:30.43	44.55	350m: 4:58.49	44.15
	100m: 1:17.98	41.54 200m: 2:45.88	43.90	300m: 4:14.34	43.91	400m: 5:39.77	41.28
11.	Jaro Hermans	PSV	5:47.87	201200173	5:45.22 +0,61		
	50m: 36.61	36.61 150m: 2:01.88	43.44	250m: 3:31.87	45.03	350m: 5:01.87	44.23
	100m: 1:18.44	41.83 200m: 2:46.84	44.96	300m: 4:17.64	45.77	400m: 5:45.22	43.35
12.	Casper Miltenburg	De Dolfijn	5:58.52	201201157	5:55.02		
	50m: 38.48	38.48 150m: 2:08.32	44.94	250m: 3:40.92	46.34	350m: 5:13.83	45.55
	100m: 1:23.38	44.90 200m: 2:54.58	46.26	300m: 4:28.28	47.36	400m: 5:55.02	41.19
13.	Niek de Grave	Z&PC Alkemade	6:02.73	201200403	5:55.21 +0,78		
	50m: 37.81	37.81 150m: 2:06.86	45.31	250m: 3:41.14	47.13	350m: 5:13.18	45.00
	100m: 1:21.55	43.74 200m: 2:54.01	47.15	300m: 4:28.18	47.04	400m: 5:55.21	42.03
14.	Tijs Wegman	ZV 44	6:00.03	201201129	6:01.50 +0,71		
	50m: 38.19	38.19 150m: 2:09.49	46.35	250m: 3:42.75	46.78	350m: 5:16.53	46.90
	100m: 1:23.14	44.95 200m: 2:55.97	46.48	300m: 4:29.63	46.88	400m: 6:01.50	44.97
15.	Henk de Mooij	LinK	6:02.05	201200681	6:06.09 +0,66		
	50m: 38.21	38.21 150m: 2:08.24	46.29	250m: 3:43.49	48.31	350m: 5:19.55	48.16
	100m: 1:21.95	43.74 200m: 2:55.18	46.94	300m: 4:31.39	47.90	400m: 6:06.09	46.54
16.	Mark Strang van Hees	De Duinkickers	5:56.15	201200383	6:08.23 +0,67		
	50m: 39.56	39.56 150m: 2:11.78	46.63	250m: 3:47.36	46.92	350m: 5:23.08	46.91
	100m: 1:25.15	45.59 200m: 3:00.44	48.66	300m: 4:36.17	48.81	400m: 6:08.23	45.15