

Programmanr. 11  
21-03-26 - 15:40

Jongens, 400m vrije slag

10 jaar  
Resultaten

Kampioenschapsrecord alg.	4:38.57	Bryan Agterdenbos	MNC DordrLeiden	01-01-14
Kampioenschapsrecord 10	5:12.63	Riff van der Zwaan	ZVL-1886 Leiden	15-03-25
Winnaar 2025	5:12.63	Riff van der Zwaan	ZVL-1886 Leiden	15-03-25

rang	naam	vereniging	intijd	tijd	RT	
1.	Natan Kasprzyk	ACZ	5:31.32	201500663	<b>5:19.93</b> +0,60	
	50m: 34.02	34.02	150m: 1:54.52	41.16	250m: 3:16.79	41.17
	100m: 1:13.36	39.34	200m: 2:35.62	41.10	300m: 3:58.51	41.72
					350m: 4:40.44	41.93
					400m: 5:19.93	39.49
2.	Kees Knol	Dedemsvaart AC	5:42.25	201500029	<b>5:40.44</b> +0,69	
	50m: 36.60	36.60	150m: 2:03.10	43.51	250m: 3:31.49	43.79
	100m: 1:19.59	42.99	200m: 2:47.70	44.60	300m: 4:15.76	44.27
					350m: 5:00.18	44.42
					400m: 5:40.44	40.26
3.	Ivo Withag	OZ&PC	5:57.15	201500025	<b>5:46.56</b> +0,79	
	50m: 37.89	37.89	150m: 2:04.58	43.03	250m: 3:35.80	44.79
	100m: 1:21.55	43.66	200m: 2:51.01	46.43	300m: 4:20.41	44.61
					350m: 5:05.45	45.04
					400m: 5:46.56	41.11
4.	Joep Romkes	Dedemsvaart AC	5:51.77	201500021	<b>5:47.67</b> +0,62	
	50m: 38.18	38.18	150m: 2:05.23	44.16	250m: 3:35.78	45.43
	100m: 1:21.07	42.89	200m: 2:50.35	45.12	300m: 4:19.38	43.60
					350m: 5:04.72	45.34
					400m: 5:47.67	42.95
5.	Benjamin Westerveld	ZVL-1886	6:02.77	201500963	<b>5:52.87</b>	
	50m: 38.62	38.62	150m: 2:07.58	44.73	250m: 3:40.23	46.43
	100m: 1:22.85	44.23	200m: 2:53.80	46.22	300m: 4:26.61	46.38
					350m: 5:10.66	44.05
					400m: 5:52.87	42.21
6.	Reinier Feitsma	MZ&PC De Reest	6:11.48	201500213	<b>5:58.24</b> +0,74	
	50m: 38.10	38.10	150m: 2:08.00	45.57	250m: 3:40.86	47.31
	100m: 1:22.43	44.33	200m: 2:53.55	45.55	300m: 4:29.43	48.57
					350m: 5:15.63	46.20
					400m: 5:58.24	42.61
7.	Sepp Kosterink	Team Noord Holland	6:17.66	201500461	<b>6:00.60</b>	
	50m: 39.40	39.40	150m: 2:11.79	46.34	250m: 3:45.43	47.20
	100m: 1:25.45	46.05	200m: 2:58.23	46.44	300m: 4:31.51	46.08
					350m: 5:17.61	46.10
					400m: 6:00.60	42.99
8.	Bjorn Visscher	KSN (SG)	6:15.92	201500605	<b>6:02.99</b> +0,66	
	50m: 40.83	40.83	150m: 2:12.93	46.71	250m: 3:47.47	47.06
	100m: 1:26.22	45.39	200m: 3:00.41	47.48	300m: 4:33.69	46.22
					350m: 5:20.52	46.83
					400m: 6:02.99	42.47
9.	Aaron Witting	KSN (SG)	6:15.84	201500117	<b>6:06.53</b> +0,68	
	50m: 38.78	38.78	150m: 2:11.47	46.32	250m: 3:48.49	48.63
	100m: 1:25.15	46.37	200m: 2:59.86	48.39	300m: 4:36.09	47.60
					350m: 5:22.89	46.80
					400m: 6:06.53	43.64
10.	R. Güney Kudat	Hellas-Glana	6:07.78	201500179	<b>6:08.46</b> +0,66	
	50m: 38.49	38.49	150m: 2:10.93	47.11	250m: 3:46.89	47.91
	100m: 1:23.82	45.33	200m: 2:58.98	48.05	300m: 4:36.03	49.14
					350m: 5:23.37	47.34
					400m: 6:08.46	45.09
AFGEM	Ilan Sinai Zitman	Niemo Barracuda	6:19.75	201500971		
AFGEM	Billy Blokhuis	V.Z.V. Njord	6:32.25	201500569		