

Programmanr. 32
22-03-26 - 15:37

Jongens, 400m vrije slag

11 jaar
Resultaten

Kampioenschapsrecord	4:38.57	Bryan Agterdenbos	MNC DordrLeiden	01-01-14
Winnaar 2025	5:07.39	Finn Ostermann	AZC Leiden	16-03-25

rang	naam	vereniging	intijd	tijd	RT			
1.	Riff van der Zwaan	ZVL-1886	4:50.99	201400053	4:46.19 +0,67			
	50m: 31.94	31.94	150m: 1:43.37	36.23	250m: 2:56.10	36.34	350m: 4:10.67	37.42
	100m: 1:07.14	35.20	200m: 2:19.76	36.39	300m: 3:33.25	37.15	400m: 4:46.19	35.52
2.	Dhruv Chakravarty	DWK	5:15.42	201402509	5:03.89 +0,76			
	50m: 31.72	31.72	150m: 1:50.06	40.22	250m: 3:10.13	40.00	350m: 4:29.86	39.54
	100m: 1:09.84	38.12	200m: 2:30.13	40.07	300m: 3:50.32	40.19	400m: 5:03.89	34.03
3.	Bas Harms	Dedemsvaart AC	5:09.14	201400129	5:05.77 +0,73			
	50m: 35.15	35.15	150m: 1:53.88	40.17	250m: 3:13.11	39.98	350m: 4:29.52	38.18
	100m: 1:13.71	38.56	200m: 2:33.13	39.25	300m: 3:51.34	38.23	400m: 5:05.77	36.25
4.	Jip Westendorp	Swol 1894	5:09.97	201400379	5:10.06 +0,71			
	50m: 34.67	34.67	150m: 1:52.61	39.25	250m: 3:12.06	40.18	350m: 4:30.94	39.56
	100m: 1:13.36	38.69	200m: 2:31.88	39.27	300m: 3:51.38	39.32	400m: 5:10.06	39.12
5.	Thom de Gans	ZPC AMERSFOORT	5:26.28	201400009	5:11.85 +0,71			
	50m: 35.39	35.39	150m: 1:54.46	39.98	250m: 3:15.11	40.28	350m: 4:35.45	39.91
	100m: 1:14.48	39.09	200m: 2:34.83	40.37	300m: 3:55.54	40.43	400m: 5:11.85	36.40
6.	Daan van Merrienboer	ZV Vlaardingen-Schiedam	5:24.44	201400069	5:12.36			
	50m: 35.05	35.05	150m: 1:54.92	40.38	250m: 3:15.17	39.85	350m: 4:35.65	40.53
	100m: 1:14.54	39.49	200m: 2:35.32	40.40	300m: 3:55.12	39.95	400m: 5:12.36	36.71
7.	Tim Kaasschieter	DWK	5:29.94	201400965	5:17.62 +0,87			
	50m: 35.68	35.68	150m: 1:56.88	41.42	250m: 3:18.11	40.41	350m: 4:39.80	40.66
	100m: 1:15.46	39.78	200m: 2:37.70	40.82	300m: 3:59.14	41.03	400m: 5:17.62	37.82
8.	Matthijs Biesheuvel	Wiekslag	5:29.79	201400871	5:31.26			
	50m: 36.84	36.84	150m: 2:01.49	43.00	250m: 3:27.48	42.76	350m: 4:52.31	42.14
	100m: 1:18.49	41.65	200m: 2:44.72	43.23	300m: 4:10.17	42.69	400m: 5:31.26	38.95
9.	Twan van der Schrier	AZC	5:41.41	201400237	5:32.68 410			
	50m: 36.69	36.69	150m: 1:58.61	41.77	250m: 3:24.20	43.11	350m: 4:50.38	43.29
	100m: 1:16.84	40.15	200m: 2:41.09	42.48	300m: 4:07.09	42.89	400m: 5:32.68	42.30
10.	Mick Boerefijn	WVZ	5:39.36	201400239	5:36.18 +0,80			
	50m: 38.23	38.23	150m: 2:02.14	41.85	250m: 3:30.92	46.16	350m: 4:56.75	43.07
	100m: 1:20.29	42.06	200m: 2:44.76	42.62	300m: 4:13.68	42.76	400m: 5:36.18	39.43
AFGEM	Tim Regtering	ENC Arnhem	5:52.00	201400289				
AFGEM	Jone van Leeuwen	Deltasteur	5:49.40	201400801				