

Programmanr. 1  
20-1-2024 - 13:00

Heren, 400m wisselslag

Junioren 1 en ouder  
Resultaten

rang	naam	vereniging	intijd	tijd	RT	
<b>Junioren 1 en 2</b>						
1.	Max van der Spank	Hieronymus	5:07.04	201000275	<b>5:12.48</b> +0,76	
	50m: 33.16	33.16 150m: 1:52.21	40.87	250m: 3:15.80	44.18 350m: 4:37.47	36.33
	100m: 1:11.34	38.18 200m: 2:31.62	39.41	300m: 4:01.14	45.34 400m: 5:12.48	35.01
2.	Thijn Runia	Dzt'62	5:27.58	201000895	<b>5:15.41</b> +0,64	
	50m: 31.89	31.89 150m: 1:51.86	41.53	250m: 3:16.25	45.11 350m: 4:39.84	38.30
	100m: 1:10.33	38.44 200m: 2:31.14	39.28	300m: 4:01.54	45.29 400m: 5:15.41	35.57
<b>Junioren 3 en 4</b>						
1.	Nout Folkersma	Psv	4:52.08	200800595	<b>4:50.89</b> +0,69	
	50m: 29.89	29.89 150m: 1:44.82	38.43	250m: 3:03.45	40.64 350m: 4:18.61	33.80
	100m: 1:06.39	36.50 200m: 2:22.81	37.99	300m: 3:44.81	41.36 400m: 4:50.89	32.28
2.	Theodore Allan	Psv	5:00.82	200902925	<b>4:52.93</b> +0,66	
	50m: 30.17	30.17 150m: 1:43.00	38.15	250m: 3:02.95	42.07 350m: 4:20.28	34.07
	100m: 1:04.85	34.68 200m: 2:20.88	37.88	300m: 3:46.21	43.26 400m: 4:52.93	32.65
3.	Martijn Nies	Psv	4:51.49	200902095	<b>5:09.31</b> +0,85	
	50m: 30.26	30.26 150m: 1:44.07	38.39	250m: 3:07.31	44.98 350m: 4:32.45	37.41
	100m: 1:05.68	35.42 200m: 2:22.33	38.26	300m: 3:55.04	47.73 400m: 5:09.31	36.86
4.	Davi Fonseca Gomes	Psv	5:23.35	200902795	<b>5:09.72</b> +0,69	
	50m: 31.78	31.78 150m: 1:52.13	41.33	250m: 3:16.23	43.50 350m: 4:37.21	36.25
	100m: 1:10.80	39.02 200m: 2:32.73	40.60	300m: 4:00.96	44.73 400m: 5:09.72	32.51
5.	Thomas Nauta	Arethusa	5:13.33	200900339	<b>5:13.18</b> +0,71	
	50m: 36.06	36.06 150m: 2:01.27	41.66	250m: 3:22.37	41.10 350m: 4:40.32	35.05
	100m: 1:19.61	43.55 200m: 2:41.27	40.00	300m: 4:05.27	42.90 400m: 5:13.18	32.86
6.	Lars de Kooter	De Biesboschwimmers	5:11.64	200800185	<b>5:14.52</b> +0,71	
	50m: 33.81	33.81 150m: 1:57.13	42.55	250m: 3:19.23	40.70 350m: 4:38.64	37.45
	100m: 1:14.58	40.77 200m: 2:38.53	41.40	300m: 4:01.19	41.96 400m: 5:14.52	35.88
7.	Nicolai Matla	Psv	5:43.32	200901031	<b>5:40.13</b> +0,64	
	50m: 34.04	34.04 150m: 2:03.34	46.07	250m: 3:32.77	44.48 350m: 5:00.30	41.50
	100m: 1:17.27	43.23 200m: 2:48.29	44.95	300m: 4:18.80	46.03 400m: 5:40.13	39.83
8.	Brent van Sande	De Treffers	6:10.68	200900647	<b>5:51.98</b> +0,75	
	50m: 36.41	36.41 150m: 2:03.34	43.41	250m: 3:35.30	50.69 350m: 5:10.88	42.90
	100m: 1:19.93	43.52 200m: 2:44.61	41.27	300m: 4:27.98	52.68 400m: 5:51.98	41.10
<b>Jeugd 1 en 2</b>						
1.	Lucas van Rooij	Psv	4:38.31	200603943	<b>4:41.08</b> +0,65	
	50m: 29.30	29.30 150m: 1:39.54	37.05	250m: 2:56.30	40.89 350m: 4:10.29	32.17
	100m: 1:02.49	33.19 200m: 2:15.41	35.87	300m: 3:38.12	41.82 400m: 4:41.08	30.79
2.	Milco Matla	Psv	4:56.31	200600555	<b>5:00.07</b> +0,80	
	50m: 29.74	29.74 150m: 1:44.04	39.96	250m: 3:05.94	42.99 350m: 4:25.63	35.91
	100m: 1:04.08	34.34 200m: 2:22.95	38.91	300m: 3:49.72	43.78 400m: 5:00.07	34.44
3.	Chris Geers	Waalwijkse Zwem Vereniging	5:26.45	200600131	<b>5:08.15</b> +0,70	
	50m: 30.79	30.79 150m: 1:49.59	38.72	250m: 3:12.78	44.79 350m: 4:34.02	36.41
	100m: 1:10.87	40.08 200m: 2:27.99	38.40	300m: 3:57.61	44.83 400m: 5:08.15	34.13
4.	Cas Krijger	O.Z. & P.C. De Warande	5:24.60	200601389	<b>5:26.55</b> +0,69	
	50m: 32.38	32.38 150m: 1:52.01	39.97	250m: 3:21.42	50.10 350m: 4:48.51	38.21
	100m: 1:12.04	39.66 200m: 2:31.32	39.31	300m: 4:10.30	48.88 400m: 5:26.55	38.04
5.	Joris van Keulen	De Treffers	5:33.36	200700159	<b>5:31.14</b> +0,74	
	50m: 35.87	35.87 150m: 2:02.02	42.79	250m: 3:28.88	46.15 350m: 4:54.60	38.05
	100m: 1:19.23	43.36 200m: 2:42.73	40.71	300m: 4:16.55	47.67 400m: 5:31.14	36.54
<b>Senioren 1 en ouder</b>						
1.	Cas Verstegen	Psv	4:34.96	200500891	<b>4:29.66</b> +0,76	
	50m: 28.08	28.08 150m: 1:35.32	35.69	250m: 2:49.16	37.99 350m: 3:58.65	31.76
	100m: 59.63	31.55 200m: 2:11.17	35.85	300m: 3:26.89	37.73 400m: 4:29.66	31.01
2.	Luuk Smits	Z&PV Nuenen	4:37.50	200001015	<b>4:34.60</b> +0,76	
	50m: 27.60	27.60 150m: 1:36.88	35.57	250m: 2:50.96	39.23 350m: 4:02.64	31.85
	100m: 1:01.31	33.71 200m: 2:11.73	34.85	300m: 3:30.79	39.83 400m: 4:34.60	31.96
3.	Tom Balsen Versteeg	O.Z. & P.C. De Warande	4:56.70	200005673	<b>4:57.64</b> +0,63	
	50m: 29.26	29.26 150m: 1:42.81	39.30	250m: 3:05.52	42.09 350m: 4:23.59	34.55
	100m: 1:03.51	34.25 200m: 2:23.43	40.62	300m: 3:49.04	43.52 400m: 4:57.64	34.05

Programmanr. 1, Heren, 400m wisselslag, Senioren 1 en ouder

rang	naam	vereniging				intijd				tijd		RT
4.	Wouter Sijmons	Z&PV Nuenen				5:06.65				<b>4:58.56</b>		+0,78
	50m: 31.02	31.02	150m: 1:45.08	38.74	250m: 3:07.34	44.81	350m: 4:26.22	34.45				
	100m: 1:06.34	35.32	200m: 2:22.53	37.45	300m: 3:51.77	44.43	400m: 4:58.56	32.34				
5.	Rick de Greef	ZPK Budel				5:19.51				<b>5:18.95</b>		+0,64
	50m: 32.88	32.88	150m: 1:52.53	39.83	250m: 3:17.70	44.80	350m: 4:40.55	37.45				
	100m: 1:12.70	39.82	200m: 2:32.90	40.37	300m: 4:03.10	45.40	400m: 5:18.95	38.40				