

Programmanr. 8  
13-1-2024 - 16:10

Heren, 400m vrije slag

Junioren 1 en ouder  
Resultaten

rang	naam	vereniging	intijd	tijd	RT
<b>Junioren 1 en 2</b>					
1.	Max van der Spank	Hieronymus	4:39.32	201000275	<b>4:48.71</b> +0,76
	50m: 32.49	32.49 150m: 1:45.78	36.76	250m: 2:59.90	36.93 350m: 4:12.80
	100m: 1:09.02	36.53 200m: 2:22.97	37.19	300m: 3:36.87	36.97 400m: 4:48.71
2.	Thijmen Pruijssers	Hieronymus	4:43.76	201000129	<b>4:52.01</b> +0,73
	50m: 32.97	32.97 150m: 1:46.94	37.21	250m: 3:02.09	37.21 350m: 4:16.77
	100m: 1:09.73	36.76 200m: 2:24.88	37.94	300m: 3:39.57	37.48 400m: 4:52.01
3.	Thijn Runia	Dzt'62	5:00.27	201000895	<b>5:00.24</b> +0,73
	50m: 33.01	33.01 150m: 1:49.75	38.57	250m: 3:07.21	38.89 350m: 4:24.70
	100m: 1:11.18	38.17 200m: 2:28.32	38.57	300m: 3:45.55	38.34 400m: 5:00.24
4.	Fin Horrocks	Z&PV Nuenen	5:25.67	201002417	<b>5:09.33</b> +0,74
	50m: 34.72	34.72 150m: 1:52.34	39.23	250m: 3:10.50	39.38 350m: 4:30.15
	100m: 1:13.11	38.39 200m: 2:31.12	38.78	300m: 3:49.91	39.41 400m: 5:09.33
5.	Berat Baykal	Psv	5:17.47	201003507	<b>5:18.67</b> +0,72
	50m: 34.46	34.46 150m: 1:52.90	40.23	250m: 3:15.81	41.69 350m: 4:36.48
	100m: 1:12.67	38.21 200m: 2:34.12	41.22	300m: 3:56.35	40.54 400m: 5:18.67
6.	Sjoerd van Zwiene	O.Z. & P.C. De Warande	5:45.70	201102195	<b>5:27.54</b> +0,81
	50m: 36.30	36.30 150m: 1:57.56	41.71	250m: 3:24.14	44.01 350m: 4:50.00
	100m: 1:15.85	39.55 200m: 2:40.13	42.57	300m: 4:08.51	44.37 400m: 5:27.54
7.	Collin van der Ham	Waalwijkse Zwem Vereniging	5:37.69	201000877	<b>5:31.42</b> +0,90
	50m: 35.55	35.55 150m: 1:58.22	42.27	250m: 3:24.48	44.25 350m: 4:51.54
	100m: 1:15.95	40.40 200m: 2:40.23	42.01	300m: 4:08.46	43.98 400m: 5:31.42
8.	Rink Vlemmix	Z&PV Nuenen	5:23.99	201002721	<b>5:33.69</b> +0,69
	50m: 36.24	36.24 150m: 1:57.86	41.88	250m: 3:25.10	44.57 350m: 4:52.38
	100m: 1:15.98	39.74 200m: 2:40.53	42.67	300m: 4:09.98	44.88 400m: 5:33.69
9.	Joep van de Moosdijk	ZPK Budel	5:32.25	201000061	<b>5:38.92</b> +0,67
	50m: 35.05	35.05 150m: 1:56.69	42.04	250m: 3:24.86	44.15 350m: 4:56.55
	100m: 1:14.65	39.60 200m: 2:40.71	44.02	300m: 4:10.48	45.62 400m: 5:38.92
<b>Junioren 3 en 4</b>					
1.	Martijn Nies	Psv	4:22.96	200902095	<b>4:15.36</b> +0,77
	50m: 29.98	29.98 150m: 1:36.08	33.25	250m: 2:40.53	31.14 350m: 3:43.80
	100m: 1:02.83	32.85 200m: 2:09.39	33.31	300m: 3:11.71	31.18 400m: 4:15.36
2.	Theodore Allan	Psv	4:18.42	200902925	<b>4:16.05</b> +0,71
	50m: 29.08	29.08 150m: 1:33.08	32.33	250m: 2:38.59	32.86 350m: 3:43.99
	100m: 1:00.75	31.67 200m: 2:05.73	32.65	300m: 3:11.03	32.44 400m: 4:16.05
3.	Nout Folkersma	Psv	4:19.16	200800595	<b>4:19.82</b> +0,63
	50m: 28.62	28.62 150m: 1:32.58	32.36	250m: 2:38.64	33.00 350m: 3:46.14
	100m: 1:00.22	31.60 200m: 2:05.64	33.06	300m: 3:11.53	32.89 400m: 4:19.82
4.	Thomas Nauta	Arethusa	4:39.97	200900339	<b>4:35.25</b> +0,69
	50m: 30.81	30.81 150m: 1:40.33	34.81	250m: 2:50.78	35.30 350m: 4:01.31
	100m: 1:05.52	34.71 200m: 2:15.48	35.15	300m: 3:26.31	35.53 400m: 4:35.25
5.	Lars de Kooter	De Biesboschzweimmers	4:34.52	200800185	<b>4:40.54</b> +0,72
	50m: 31.74	31.74 150m: 1:42.78	35.81	250m: 2:54.75	35.84 350m: 4:05.66
	100m: 1:06.97	35.23 200m: 2:18.91	36.13	300m: 3:30.38	35.63 400m: 4:40.54
6.	Davi Fonseca Gomes	Psv	4:38.06	200902795	<b>4:45.53</b> +0,75
	50m: 32.05	32.05 150m: 1:44.59	36.57	250m: 2:58.48	36.80 350m: 4:10.95
	100m: 1:08.02	35.97 200m: 2:21.68	37.09	300m: 3:35.49	37.01 400m: 4:45.53
7.	Tijn Welten	Dzt'62	4:52.06	200800263	<b>4:48.13</b> +0,84
	50m: 31.81	31.81 150m: 1:43.89	36.45	250m: 2:59.77	38.04 350m: 4:13.91
	100m: 1:07.44	35.63 200m: 2:21.73	37.84	300m: 3:36.84	37.07 400m: 4:48.13
8.	Floris van de Wal	De Treffers	4:45.32	200900495	<b>4:58.70</b> +0,62
	50m: 31.42	31.42 150m: 1:44.91	37.26	250m: 3:01.11	38.21 350m: 4:21.09
	100m: 1:07.65	36.23 200m: 2:22.90	37.99	300m: 3:40.68	39.57 400m: 4:58.70
9.	Seppe Beunis	Zwemvereniging De Zilverme	5:05.54	200802607	<b>5:00.10</b> +0,75
	50m: 32.58	32.58 150m: 1:47.25	37.33	250m: 3:04.95	39.06 350m: 4:23.29
	100m: 1:09.92	37.34 200m: 2:25.89	38.64	300m: 3:44.57	39.62 400m: 5:00.10
10.	Iven Pas	V.Z.V. Njord	5:02.66	200900387	<b>5:02.55</b> +0,79
	50m: 32.79	32.79 150m: 1:49.31	38.72	250m: 3:08.88	40.24 350m: 4:27.65
	100m: 1:10.59	37.80 200m: 2:28.64	39.33	300m: 3:48.18	39.30 400m: 5:02.55
11.	Nicolai Matla	Psv	5:10.04	200901031	<b>5:09.57</b> +0,66
	50m: 33.86	33.86 150m: 1:51.54	39.90	250m: 3:10.12	39.37 350m: 4:30.97
	100m: 1:11.64	37.78 200m: 2:30.75	39.21	300m: 3:50.37	40.25 400m: 5:09.57

Programmanr. 8, Jongens, 400m vrije slag, Junioren 3 en 4

rang	naam	vereniging	intijd	tijd	RT
12.	Sven Buijs	Hieronymus	5:02.43	200902853	<b>5:11.30</b> +0,77
	50m: 33.40	33.40 150m: 1:50.32	38.54	250m: 3:10.52	40.43
	100m: 1:11.78	38.38 200m: 2:30.09	39.77	300m: 3:50.46	39.94
				350m: 4:31.65	41.19
				400m: 5:11.30	39.65
13.	Tibbe Rongen	Sbc2000	5:08.65	200801929	<b>5:17.65</b> +0,66
	50m: 32.98	32.98 150m: 1:56.60	42.42	250m: 3:19.54	41.33
	100m: 1:14.18	41.20 200m: 2:38.21	41.61	300m: 4:00.24	40.70
				350m: 4:41.28	41.04
				400m: 5:17.65	36.37
14.	Yahav Shalev	Psv	5:12.21	200902093	<b>5:17.80</b> +0,75
	50m: 36.11	36.11 150m: 1:56.34	40.53	250m: 3:18.89	41.39
	100m: 1:15.81	39.70 200m: 2:37.50	41.16	300m: 3:59.75	40.86
				350m: 4:39.70	39.95
				400m: 5:17.80	38.10
15.	Brent van Sande	De Treffers	5:20.77	200900647	<b>5:33.38</b> +0,77
	50m: 34.51	34.51 150m: 1:56.36	42.32	250m: 3:24.13	44.06
	100m: 1:14.04	39.53 200m: 2:40.07	43.71	300m: 4:08.81	44.68
				350m: 4:53.08	44.27
				400m: 5:33.38	40.30

Jeugd 1 en 2

1.	Lucas van Rooij	Psv	4:01.47	200603943	<b>4:09.45</b> +0,73
	50m: 28.27	28.27 150m: 1:30.84	31.61	250m: 2:34.21	31.36
	100m: 59.23	30.96 200m: 2:02.85	32.01	300m: 3:06.17	31.96
				350m: 3:38.01	31.84
				400m: 4:09.45	31.44
2.	Finn Rust	Psv	4:14.30	200700469	<b>4:31.36</b> +0,69
	50m: 29.55	29.55 150m: 1:37.22	34.28	250m: 2:47.23	35.13
	100m: 1:02.94	33.39 200m: 2:12.10	34.88	300m: 3:23.05	35.82
				350m: 3:59.77	34.72
				400m: 4:31.36	33.59
3.	Sem Belmon	Psv	4:18.86	200702099	<b>4:32.51</b> +0,72
	50m: 31.40	31.40 150m: 1:42.56	35.91	250m: 2:51.61	33.04
	100m: 1:06.65	35.25 200m: 2:18.57	36.01	300m: 3:24.47	32.86
				350m: 3:59.37	34.90
				400m: 4:32.51	33.14
4.	Milco Matla	Psv	4:29.21	200600555	<b>4:32.79</b> +0,79
	50m: 29.70	29.70 150m: 1:38.07	34.75	250m: 2:47.78	34.96
	100m: 1:03.32	33.62 200m: 2:12.82	34.75	300m: 3:23.27	35.49
				350m: 3:58.38	35.11
				400m: 4:32.79	34.41
5.	Tim Delissen	Arethusa	4:39.16	200602671	<b>4:36.35</b> +0,75
	50m: 30.06	30.06 150m: 1:39.63	35.35	250m: 2:50.58	35.53
	100m: 1:04.28	34.22 200m: 2:15.05	35.42	300m: 3:26.38	35.80
				350m: 4:02.09	35.71
				400m: 4:36.35	34.26
6.	Joris van Keulen	De Treffers	4:48.22	200700159	<b>4:46.41</b> +0,77
	50m: 30.03	30.03 150m: 1:40.45	36.07	250m: 2:55.50	37.43
	100m: 1:04.38	34.35 200m: 2:18.07	37.62	300m: 3:34.09	38.59
				350m: 4:12.24	38.15
				400m: 4:46.41	34.17

Senioren 1 en ouder

1.	Lars Verhalle	Psv	4:02.54	200200019	<b>4:03.39</b> +0,70
	50m: 26.76	26.76 150m: 1:29.44	31.51	250m: 2:32.88	31.77
	100m: 57.93	31.17 200m: 2:01.11	31.67	300m: 3:04.59	31.71
				350m: 3:34.10	29.51
				400m: 4:03.39	29.29
2.	Nicko Kamphuis	O.Z. & P.C. De Warande	4:13.56	199900887	<b>4:09.07</b> +0,61
	50m: 27.06	27.06 150m: 1:30.16	31.73	250m: 2:34.52	32.26
	100m: 58.43	31.37 200m: 2:02.26	32.10	300m: 3:05.98	31.46
				350m: 3:36.50	30.52
				400m: 4:09.07	32.57
3.	Luuk Smits	Z&PV Nuenen	4:18.06	200001015	<b>4:11.13</b> +0,75
	50m: 27.32	27.32 150m: 1:30.24	32.18	250m: 2:34.56	32.19
	100m: 58.06	30.74 200m: 2:02.37	32.13	300m: 3:06.76	32.20
				350m: 3:39.39	32.63
				400m: 4:11.13	31.74
4.	Cas Verstegen	Psv	4:09.42	200500891	<b>4:16.59</b> +0,78
	50m: 27.64	27.64 150m: 1:28.72	30.69	250m: 2:34.46	33.54
	100m: 58.03	30.39 200m: 2:00.92	32.20	300m: 3:09.42	34.96
				350m: 3:43.73	34.31
				400m: 4:16.59	32.86
5.	Sem Lazaroms	Trb/Res	4:20.83	200404843	<b>4:21.85</b> +0,75
	50m: 29.51	29.51 150m: 1:34.72	33.05	250m: 2:41.42	33.34
	100m: 1:01.67	32.16 200m: 2:08.08	33.36	300m: 3:14.72	33.30
				350m: 3:48.78	34.06
				400m: 4:21.85	33.07
6.	Wouter Sijmons	Z&PV Nuenen	4:18.45	199302695	<b>4:23.35</b> +0,76
	50m: 28.55	28.55 150m: 1:31.95	32.09	250m: 2:37.87	33.27
	100m: 59.86	31.31 200m: 2:04.60	32.65	300m: 3:12.28	34.41
				350m: 3:47.72	35.44
				400m: 4:23.35	35.63
7.	Brian van Gennip	ZV Hydra	4:28.66	200003573	<b>4:32.05</b> +0,80
	50m: 29.09	29.09 150m: 1:35.45	33.88	250m: 2:45.07	35.17
	100m: 1:01.57	32.48 200m: 2:09.90	34.45	300m: 3:20.78	35.71
				350m: 3:57.00	36.22
				400m: 4:32.05	35.05
8.	Tom Balsen Versteeg	O.Z. & P.C. De Warande	4:18.00	200005673	<b>4:34.41</b> +0,63
	50m: 28.81	28.81 150m: 1:33.97	32.61	250m: 2:39.71	33.11
	100m: 1:01.36	32.55 200m: 2:06.60	32.63	300m: 3:14.25	34.54
				350m: 3:55.05	40.80
				400m: 4:34.41	39.36
9.	Yuri Wasser	Psv	4:28.64	200301327	<b>4:36.16</b> +0,69
	50m: 29.70	29.70 150m: 1:38.10	35.06	250m: 2:49.04	34.98
	100m: 1:03.04	33.34 200m: 2:14.06	35.96	300m: 3:24.69	35.65
				350m: 4:00.55	35.86
				400m: 4:36.16	35.61