

Programmanr. 31
24-11-2019 - 13:00

Heren, 400m wisselslag

Senioren Open
Resultaten

Nederlands Record 4:05.41 Marcel Wouda 13-033 Paris (FRA) 1997

rang	naam	vereniging	intijd	tijd	RT
Junioren 1 en 2					
1.	Lars Servaas	PSV	5:52.77	200600377	5:29.53 +0,71
	50m: 36.16	150m: 2:01.71	250m: 3:27.43	350m: 4:51.82	
	100m: 1:19.91	200m: 2:44.09	300m: 4:12.80	400m: 5:29.53	
2.	Cas Krijger	Trb/Res	5:56.43	200601389	5:41.88 +0,89
	50m: 36.02	150m: 2:04.36	250m: 3:35.98	350m: 5:05.08	
	100m: 1:20.86	200m: 2:46.11	300m: 4:25.68	400m: 5:41.88	
3.	Milco Matla	PSV	6:26.43	200600555	5:52.11 +0,87
	50m: 36.17	150m: 2:07.17	250m: 3:43.15	350m: 5:15.29	
	100m: 1:19.68	200m: 2:52.23	300m: 4:34.82	400m: 5:52.11	
4.	Dion Potters	Hieronymus	6:15.84	200601981	5:52.57 +0,73
	50m: 39.05	150m: 2:10.44	250m: 3:45.81	350m: 5:16.14	
	100m: 1:26.63	200m: 2:53.13	300m: 4:37.46	400m: 5:52.57	
5.	Jens Hoppenbrouwers	Waalwijkse Zwem Vereniging	6:21.10	200600259	5:58.92 +0,81
	50m: 37.37	150m: 2:10.94	250m: 3:44.30	350m: 5:18.23	
	100m: 1:25.33	200m: 2:55.06	300m: 4:34.45	400m: 5:58.92	

Junioren 3 en 4

1.	David Groenewegen	PSV	4:43.83	200400469	4:41.13 +0,78
	50m: 30.07	150m: 1:39.55	250m: 2:56.15	350m: 4:10.06	
	100m: 1:03.88	200m: 2:14.83	300m: 3:37.40	400m: 4:41.13	
2.	Floris Sonneveld	Z&PV Nuenen	5:07.58	200402953	4:54.10 +0,73
	50m: 31.83	150m: 1:47.70	250m: 3:05.97	350m: 4:22.60	
	100m: 1:08.73	200m: 2:23.97	300m: 3:48.00	400m: 4:54.10	
	Teun van der Schrier	Hieronymus	4:59.15	200403627	4:54.10 +0,77
	50m: 30.05	150m: 1:44.76	250m: 3:04.15	350m: 4:22.60	
	100m: 1:05.27	200m: 2:22.72	300m: 3:46.54	400m: 4:54.10	
4.	Sem Lazaroms	Hieronymus	5:07.70	200402921	5:01.39 +0,75
	50m: 31.47	150m: 1:46.93	250m: 3:07.74	350m: 4:28.09	
	100m: 1:07.98	200m: 2:24.36	300m: 3:52.69	400m: 5:01.39	
5.	Koen Vissers	PSV	5:16.26	200401429	5:01.41 +0,83
	50m: 32.15	150m: 1:49.30	250m: 3:12.24	350m: 4:30.20	
	100m: 1:09.96	200m: 2:27.89	300m: 3:57.14	400m: 5:01.41	
6.	Sven ten Hove	De Krabben	5:09.01	200500273	5:08.10 +0,67
	50m: 31.23	150m: 1:47.89	250m: 3:11.82	350m: 4:33.06	
	100m: 1:07.94	200m: 2:27.52	300m: 3:55.80	400m: 5:08.10	
7.	Dave ten Brink	PSV	5:24.35	200501225	5:19.29 +0,70
	50m: 33.68	150m: 1:57.00	250m: 3:22.13	350m: 4:43.31	
	100m: 1:14.35	200m: 2:39.21	300m: 4:06.51	400m: 5:19.29	
8.	Justin Steenkamp	PSV	6:27.08	200404133	5:43.64 +0,69
	50m: 34.82	150m: 2:04.09	250m: 3:36.52	350m: 5:07.56	
	100m: 1:18.41	200m: 2:48.30	300m: 4:29.03	400m: 5:43.64	

Jeugd 1 en 2

1.	Lars Verhalle	PSV	4:32.44	200200019	4:26.35 +0,75
	50m: 27.56	150m: 1:35.02	250m: 2:46.44	350m: 3:56.18	
	100m: 1:00.14	200m: 2:09.31	300m: 3:24.74	400m: 4:26.35	
2.	Stan De Swart	Nextline Swimming	4:50.25	200300535	4:41.51 +0,76
	50m: 29.62	150m: 1:39.19	250m: 2:55.47	350m: 4:10.20	
	100m: 1:03.59	200m: 2:14.21	300m: 3:37.62	400m: 4:41.51	
3.	Luc van Eijndhoven	PSV	4:43.46	200200139	4:42.98 +0,79
	50m: 28.65	150m: 1:39.70	250m: 2:56.76	350m: 4:11.52	
	100m: 1:02.43	200m: 2:15.56	300m: 3:38.89	400m: 4:42.98	
4.	Timo Spaans	Nextline Swimming	4:55.44	200201087	4:45.86 +0,67
	50m: 28.49	150m: 1:41.33	250m: 2:59.73	350m: 4:16.96	
	100m: 1:02.28	200m: 2:19.46	300m: 3:41.27	400m: 4:45.86	
5.	Thijn Damen	Trb/Res	5:07.15	200300973	5:01.17 +0,79
	50m: 30.60	150m: 1:47.15	250m: 3:09.58	350m: 4:27.72	
	100m: 1:07.20	200m: 2:26.29	300m: 3:53.40	400m: 5:01.17	
6.	Devin Servais	Dommelbaarzen	5:06.65	200202285	5:03.06 +0,73
	50m: 31.32	150m: 1:46.67	250m: 3:08.24	350m: 4:28.42	
	100m: 1:07.87	200m: 2:25.23	300m: 3:52.12	400m: 5:03.06	

Programmanr. 31, Jongens, 400m wisselslag, Jeugd 1 en 2

rang	naam	vereniging	intijd	tijd	RT
7.	Yuri Wasser	PSV	5:32.72 200301327	5:13.25	+0,69
	50m: 31.29	150m: 1:49.79	250m: 3:16.15	350m: 4:38.30	
	100m: 1:08.02	200m: 2:30.75	300m: 4:02.19	400m: 5:13.25	
8.	Tom van Eemeren	HZV Lutra	5:34.10 200302087	5:22.27	+0,77
	50m: 33.68	150m: 1:57.30	250m: 3:23.09	350m: 4:44.79	
	100m: 1:13.41	200m: 2:40.89	300m: 4:06.29	400m: 5:22.27	
9.	Ricardo Jansen	Arethusa	5:20.03 200301055	5:30.61	+0,83
	50m: 33.61	150m: 1:58.55	250m: 3:24.79	350m: 4:51.92	
	100m: 1:14.22	200m: 2:41.79	300m: 4:12.02	400m: 5:30.61	
10.	Roel Janssen	Argo	5:30.34 200201605	5:32.91	+0,67
	50m: 34.88	150m: 2:01.23	250m: 3:29.90	350m: 4:55.54	
	100m: 1:17.15	200m: 2:44.11	300m: 4:16.24	400m: 5:32.91	
11.	Jep van Gemeren	Arethusa	5:29.32 200201455	5:39.33	+0,78
	50m: 32.91	150m: 1:57.65	250m: 3:28.98	350m: 4:59.10	
	100m: 1:14.02	200m: 2:41.50	300m: 4:17.99	400m: 5:39.33	
12.	Thijn Bergman	V.Z.V. Njord	5:31.48 200302713	5:40.39	+0,77
	50m: 36.01	150m: 2:04.44	250m: 3:33.31	350m: 5:01.95	
	100m: 1:21.29	200m: 2:46.14	300m: 4:21.23	400m: 5:40.39	

Senioren

1.	Nicko Kamphuis	Trb/Res	4:34.33 199900887	4:39.92	+0,63
	50m: 28.88	150m: 1:38.50	250m: 2:52.95	350m: 4:07.37	
	100m: 1:02.87	200m: 2:14.26	300m: 3:32.66	400m: 4:39.92	
2.	Janne Englebert	Hieronymus	4:45.23 200101561	4:42.24	+0,73
	50m: 29.91	150m: 1:40.65	250m: 2:56.46	350m: 4:11.14	
	100m: 1:04.37	200m: 2:15.51	300m: 3:38.10	400m: 4:42.24	
3.	Pieter Pijnenburg	De Biesboschzwemmers	5:02.81 199305227	5:00.98	+0,76
	50m: 31.53	150m: 1:50.21	250m: 3:11.05	350m: 4:26.29	
	100m: 1:09.29	200m: 2:30.71	300m: 3:51.47	400m: 5:00.98	
4.	Jesse Hoksbergen	Z&PC Zeegenwerp	5:06.83 200104857	5:05.51	+0,69
	50m: 31.41	150m: 1:47.61	250m: 3:10.93	350m: 4:30.49	
	100m: 1:08.48	200m: 2:26.21	300m: 3:55.29	400m: 5:05.51	