

Limietwedstrijd-deel2
Denekamp, 10/10/2021

Programmanr. 30
10/10/2021 - 16:16

Heren, 400m vrije slag

Junioren 1 en ouder
Resultaten

rang	naam	vereniging	intijd		tijd	RT
1.	Karst Boersma	De Dinkel	4:02.97	199600849	4:10.13	
	50m: 27.59	27.59 150m: 1:30.28	31.72	250m: 2:34.06	31.93	350m: 3:38.34
	100m: 58.56	30.97 200m: 2:02.13	31.85	300m: 3:06.06	32.00	400m: 4:10.13
32.28						31.79
2.	Lukas Binnekamp	De Dinkel	4:15.01	200300107	4:20.78	
	50m: 28.40	28.40 150m: 1:33.43	32.96	250m: 2:40.64	33.60	350m: 3:48.15
	100m: 1:00.47	32.07 200m: 2:07.04	33.61	300m: 3:14.37	33.73	400m: 4:20.78
33.78						32.63
3.	Kevin Lucas	De Dinkel	4:25.11	200300545	4:21.88	
	50m: 28.28	28.28 150m: 1:33.87	33.39	250m: 2:41.46	34.05	350m: 3:49.62
	100m: 1:04.48	32.20 200m: 2:07.41	33.54	300m: 3:15.67	34.21	400m: 4:21.88
33.95						32.26
4.	Tiede Groener	De Dinkel	4:32.57	200700155	4:28.15	
	50m: 28.53	28.53 150m: 1:36.24	34.29	250m: 2:45.76	34.30	350m: 3:54.93
	100m: 1:01.95	33.42 200m: 2:11.46	35.22	300m: 3:20.46	34.70	400m: 4:28.15
34.47						33.22
5.	Jelle ten Hove	De Dinkel	4:30.38	200101373	4:37.75	
	50m: 30.17	30.17 150m: 1:39.14	35.06	250m: 2:50.25	35.68	350m: 4:01.74
	100m: 1:04.08	33.91 200m: 2:14.57	35.43	300m: 3:25.97	35.72	400m: 4:37.75
35.77						36.01
6.	Luuk Ruinemans	De Dinkel	4:49.57	200301085	4:41.41	
	50m: 30.24	30.24 150m: 1:40.54	35.64	250m: 2:52.79	36.00	350m: 4:05.49
	100m: 1:04.90	34.66 200m: 2:16.79	36.25	300m: 3:29.00	36.21	400m: 4:41.41
36.49						35.92
7.	Milan Veelders	De Dinkel	4:52.58	200800279	4:44.91	
	50m: 31.09	31.09 150m: 1:42.55	36.14	250m: 2:55.02	36.33	350m: 4:07.97
	100m: 1:06.41	35.32 200m: 2:18.69	36.14	300m: 3:31.19	36.17	400m: 4:44.91
36.78						36.94
8.	Niek Vreeling	OZ&PC	5:03.76	200604211	4:45.06	
	50m: 30.83	30.83 150m: 1:41.60	36.02	250m: 2:54.55	36.88	350m: 4:07.55
	100m: 1:05.58	34.75 200m: 2:17.67	36.07	300m: 3:30.71	36.16	400m: 4:45.06
36.84						37.51
9.	Siem de Zeeuw	OZ&PC	5:29.79	200800013	4:54.64	
	50m: 31.41	31.41 150m: 1:46.59	38.36	250m: 3:04.38	38.74	350m: 4:19.90
	100m: 1:08.23	36.82 200m: 2:25.64	39.05	300m: 3:41.92	37.54	400m: 4:54.64
37.98						34.74
10.	Oscar Jansen	OZ&PC	5:07.44	200501953	4:56.60	
	50m: 32.35	32.35 150m: 1:43.66	35.93	250m: 2:58.63	38.01	350m: 4:15.85
	100m: 1:07.73	35.38 200m: 2:20.62	36.96	300m: 3:36.47	37.84	400m: 4:56.60
39.38						40.75
11.	Sam Leferink	De Dinkel	5:10.06	200800833	5:00.46	
	50m: 32.68	32.68 150m: 1:48.15	38.34	250m: 3:05.49	38.85	350m: 4:23.22
	100m: 1:09.81	37.13 200m: 2:26.64	38.49	300m: 3:44.01	38.52	400m: 5:00.46
39.21						37.24
12.	Cas Veelders	De Dinkel	5:24.40	200500593	5:09.24	
	50m: 34.83	34.83 150m: 1:51.82	38.52	250m: 3:10.72	39.86	350m: 4:30.40
	100m: 1:13.30	38.47 200m: 2:30.86	39.04	300m: 3:50.41	39.69	400m: 5:09.24
39.99						38.84
13.	Bram ter Braak	De Dinkel	5:26.95	200800281	5:10.63	
	50m: 33.51	33.51 150m: 1:52.44	40.63	250m: 3:11.44	39.88	350m: 4:32.41
	100m: 1:11.81	38.30 200m: 2:31.56	39.12	300m: 3:52.13	40.69	400m: 5:10.63
40.28						38.22
14.	Arnoud Bult	De Dinkel	5:26.40	200701387	5:16.07	
	50m: 34.97	34.97 150m: 1:55.84	41.27	250m: 3:17.28	40.37	350m: 4:36.07
	100m: 1:14.57	39.60 200m: 2:36.91	41.07	300m: 3:57.27	39.99	400m: 5:16.07
38.80						40.00
15.	Sven Kreikamp	De Dinkel	5:44.25	200600711	5:24.32	
	50m: 34.49	34.49 150m: 1:55.60	40.79	250m: 3:19.76	42.31	350m: 4:44.36
	100m: 1:14.81	40.32 200m: 2:37.45	41.85	300m: 4:01.99	42.23	400m: 5:24.32
42.37						39.96