

Limietwedstrijd kb ZPC AMERSFOORT
Amersfoort, 19-11-2023

Programmanr. 30
19-11-2023 - 16:52

Heren, 400m vrije slag

Junioren 1 en ouder
Resultaten

rang	naam	vereniging	intijd			tijd			RT
1.	Darren Chen	ZPC AMERSFOORT	4:35.20	200001149		4:16.40		+0,66	
	50m: 28.03	28.03	150m: 1:31.97	32.60	250m: 2:38.66	33.35	350m: 3:44.55	32.66	
	100m: 59.37	31.34	200m: 2:05.31	33.34	300m: 3:11.89	33.23	400m: 4:16.40	31.85	
2.	Siem de Zeeuw	O Z & P C	4:24.85	200800013		4:20.75		+0,69	
	50m: 28.10	28.10	150m: 1:33.44	33.59	250m: 2:41.34	33.93	350m: 3:49.27	33.80	
	100m: 59.85	31.75	200m: 2:07.41	33.97	300m: 3:15.47	34.13	400m: 4:20.75	31.48	
3.	Donny van den Bosch	Zwemlust- den Hommel	4:17.66	199502001		4:23.14		+0,74	
	50m: 29.25	29.25	150m: 1:33.65	32.76	250m: 2:41.08	33.90	350m: 3:49.73	34.40	
	100m: 1:00.89	31.64	200m: 2:07.18	33.53	300m: 3:15.33	34.25	400m: 4:23.14	33.41	
4.	Thijs Wellink	ZPC AMERSFOORT	4:21.64	200600715		4:25.05		+0,68	
	50m: 29.74	29.74	150m: 1:37.53	34.17	250m: 2:45.58	33.40	350m: 3:52.63	33.60	
	100m: 1:03.36	33.62	200m: 2:12.18	34.65	300m: 3:19.03	33.45	400m: 4:25.05	32.42	
5.	Figo van Duuren	Zpch	4:38.44	200800391		4:37.16			
	50m: 31.80	31.80	150m: 1:42.02	35.28	250m: 2:52.96	35.28	350m: 4:03.33	35.07	
	100m: 1:06.74	34.94	200m: 2:17.68	35.66	300m: 3:28.26	35.30	400m: 4:37.16	33.83	
6.	Xander Kragting	ZPC AMERSFOORT	4:39.81	200900077		4:38.61		+0,75	
	50m: 30.54	30.54	150m: 1:39.48	35.09	250m: 2:51.06	36.01	350m: 4:03.28	36.22	
	100m: 1:04.39	33.85	200m: 2:15.05	35.57	300m: 3:27.06	36.00	400m: 4:38.61	35.33	
7.	Brent Schifflers	ZPC Woerden	4:41.97	200902041		4:40.00		+0,83	
	50m: 31.62	31.62	150m: 1:43.07	35.93	250m: 2:55.43	36.55	350m: 4:06.62	34.41	
	100m: 1:07.14	35.52	200m: 2:18.88	35.81	300m: 3:32.21	36.78	400m: 4:40.00	33.38	
8.	Merijn Verhoeff	De Otters Het Gooi	5:01.29	200604065		4:59.87		+0,77	
	50m: 31.90	31.90	150m: 1:46.54	38.29	250m: 3:04.35	39.04	350m: 4:23.32	39.26	
	100m: 1:08.25	36.35	200m: 2:25.31	38.77	300m: 3:44.06	39.71	400m: 4:59.87	36.55	
9.	Milan Schuilenburg	ZPC AMERSFOORT	5:09.25	201000935		5:07.26		+0,56	
	50m: 32.98	32.98	150m: 1:49.37	38.70	250m: 3:08.86	39.94	350m: 4:29.04	39.55	
	100m: 1:10.67	37.69	200m: 2:28.92	39.55	300m: 3:49.49	40.63	400m: 5:07.26	38.22	
10.	Julian Hendriks	De Otters Het Gooi	5:11.12	200603717		S7	5:25.03	632	
	50m: 36.14	36.14	150m: 1:53.57	39.79	250m: 3:19.23	43.57	350m: 4:44.12	42.80	
	100m: 1:13.78	37.64	200m: 2:35.66	42.09	300m: 4:01.32	42.09	400m: 5:25.03	40.91	