

Competitie ronde 2  
Nijverdal, 11-11-2023

Programmanr. 9  
11-11-2023 - 12:35

Jongens, 400m vrije slag

Junioren 2 en jonger  
Resultaten

| rang | naam             | vereniging          | intijd  | tijd          | RT             |
|------|------------------|---------------------|---------|---------------|----------------|
| 1.   | Abe Pasop        | De Grunte           | 5:54.42 | 201000501     | <b>5:29.85</b> |
|      | 50m: 35.17       | 35.17 150m: 1:57.69 | 41.85   | 250m: 3:24.05 | 43.63          |
|      | 100m: 1:15.84    | 40.67 200m: 2:40.42 | 42.73   | 300m: 4:07.03 | 42.98          |
|      |                  |                     |         | 350m: 4:50.18 | 43.15          |
|      |                  |                     |         | 400m: 5:29.85 | 39.67          |
| 2.   | Joep van Nijen   | Z&PV de Veene       | 5:57.93 | 201000545     | <b>5:42.44</b> |
|      | 50m: 35.18       | 35.18 150m: 1:58.53 | 42.54   | 250m: 3:26.86 | 44.92          |
|      | 100m: 1:15.99    | 40.81 200m: 2:41.94 | 43.41   | 300m: 4:12.02 | 45.16          |
|      |                  |                     |         | 350m: 4:58.14 | 46.12          |
|      |                  |                     |         | 400m: 5:42.44 | 44.30          |
| 3.   | Luuk ten Asbroek | Het Ravijn          | NT      | 201200601     | <b>6:03.60</b> |
|      | 50m: 41.62       | 41.62 150m: 2:14.85 | 46.77   | 250m: 3:48.21 | 46.63          |
|      | 100m: 1:28.08    | 46.46 200m: 3:01.58 | 46.73   | 300m: 4:34.61 | 46.40          |
|      |                  |                     |         | 350m: 5:20.71 | 46.10          |
|      |                  |                     |         | 400m: 6:03.60 | 42.89          |
| 4.   | Hidde de Jonge   | De Grunte           | 6:15.49 | 201101213     | <b>6:10.11</b> |
|      | 50m: 40.14       | 40.14 150m: 2:14.43 | 47.65   | 250m: 3:50.19 | 47.75          |
|      | 100m: 1:26.78    | 46.64 200m: 3:02.44 | 48.01   | 300m: 4:37.96 | 47.77          |
|      |                  |                     |         | 350m: 5:26.64 | 48.68          |
|      |                  |                     |         | 400m: 6:10.11 | 43.47          |
| 5.   | Wesley Budde     | WS Twente 2         | 7:28.40 | 201001991     | <b>6:30.47</b> |
|      | 50m: 42.69       | 42.69 150m: 2:21.61 | 50.19   | 250m: 4:02.61 | 50.88          |
|      | 100m: 1:31.42    | 48.73 200m: 3:11.73 | 50.12   | 300m: 4:53.91 | 51.30          |
|      |                  |                     |         | 350m: 5:45.27 | 51.36          |
|      |                  |                     |         | 400m: 6:30.47 | 45.20          |
| 6.   | Twan Wallerbos   | Livo                | NT      | 201000967     | <b>6:33.55</b> |
|      | 50m: 42.35       | 42.35 150m: 2:19.36 | 49.51   | 250m: 4:00.53 | 51.12          |
|      | 100m: 1:29.85    | 47.50 200m: 3:09.41 | 50.05   | 300m: 4:51.43 | 50.90          |
|      |                  |                     |         | 350m: 5:44.53 | 53.10          |
|      |                  |                     |         | 400m: 6:33.55 | 49.02          |
| 7.   | Zeph Scheggetman | EZCL (SG)           | NT      | 201103017     | <b>6:44.54</b> |
|      | 50m: 40.92       | 40.92 150m: 2:24.14 | 52.34   | 250m: 4:09.45 | 52.93          |
|      | 100m: 1:31.80    | 50.88 200m: 3:16.52 | 52.38   | 300m: 5:02.63 | 53.18          |
|      |                  |                     |         | 350m: 5:56.41 | 53.78          |
|      |                  |                     |         | 400m: 6:44.54 | 48.13          |
| 8.   | Kjelt de Wit     | WS Twente 2         | 7:21.82 | 201201099     | <b>6:48.79</b> |
|      | 50m: 45.08       | 45.08 150m: 2:28.98 | 52.08   | 250m: 4:14.69 | 52.81          |
|      | 100m: 1:36.90    | 51.82 200m: 3:21.88 | 52.90   | 300m: 5:08.34 | 53.65          |
|      |                  |                     |         | 350m: 6:00.91 | 52.57          |
|      |                  |                     |         | 400m: 6:48.79 | 47.88          |
| 9.   | Mikai ten Haaff  | Livo                | NT      | 201001365     | <b>6:58.75</b> |
|      | 50m: 43.64       | 43.64 150m: 2:26.87 | 52.80   | 250m: 4:19.15 | 57.02          |
|      | 100m: 1:34.07    | 50.43 200m: 3:22.13 | 55.26   | 300m: 5:14.09 | 54.94          |
|      |                  |                     |         | 350m: 6:08.04 | 53.95          |
|      |                  |                     |         | 400m: 6:58.75 | 50.71          |
| 10.  | Jarno Timmer     | WS Twente 2         | 7:27.03 | 201200509     | <b>7:05.40</b> |
|      | 50m: 45.07       | 45.07 150m: 2:33.30 | 55.53   | 250m: 4:25.01 | 55.16          |
|      | 100m: 1:37.77    | 52.70 200m: 3:29.85 | 56.55   | 300m: 5:21.97 | 56.96          |
|      |                  |                     |         | 350m: 6:16.84 | 54.87          |
|      |                  |                     |         | 400m: 7:05.40 | 48.56          |
| 11.  | Thom Loohuis     | WS Twente 2         | NT      | 201003567     | <b>7:17.86</b> |
|      | 50m: 45.10       | 45.10 150m: 2:33.95 | 55.38   | 250m: 4:27.82 | 57.50          |
|      | 100m: 1:38.57    | 53.47 200m: 3:30.32 | 56.37   | 300m: 5:24.86 | 57.04          |
|      |                  |                     |         | 350m: 6:21.70 | 56.84          |
|      |                  |                     |         | 400m: 7:17.86 | 56.16          |