

KNZB Regio Oost Circuit deel 2

Programmanr. 1  
25-11-2023 - 15:00

Heren, 400m vrije slag

Junioren 1 en ouder  
Resultaten

Punten: FINA 2022

rang	naam	vereniging	intijd	tijd	Pnt
------	------	------------	--------	------	-----

Junioren 1 en 2

1.	Mark van Wijhe	Nunspeet	7:03.08	201101671	<b>7:04.06</b>	125	
	50m: 43.51	43.51 150m: 2:30.57	54.57	250m: 4:21.94	54.82	350m: 6:12.36	54.63
	100m: 1:36.00	52.49 200m: 3:27.12	56.55	300m: 5:17.73	55.79	400m: 7:04.06	51.70

Junioren 3 en 4

1.	Thijs Brouns	Nunspeet	6:26.16	200803281	<b>6:15.67</b>	180	
	50m: 40.96	40.96 150m: 2:16.03	48.64	250m: 3:56.36	50.89	350m: 5:33.17	47.88
	100m: 1:27.39	46.43 200m: 3:05.47	49.44	300m: 4:45.29	48.93	400m: 6:15.67	42.50

2.	Marius Beernink	Nunspeet	6:32.46	200803361	<b>6:23.98</b>	168	
	50m: 41.46	41.46 150m: 2:18.35	50.24	250m: 3:58.83	50.04	350m: 5:37.45	48.91
	100m: 1:28.11	46.65 200m: 3:08.79	50.44	300m: 4:48.54	49.71	400m: 6:23.98	46.53

3.	Seth de Vries	Nunspeet	6:30.78	200803283	<b>6:24.80</b>	167	
	50m: 38.58	38.58 150m: 2:15.00	50.23	250m: 3:56.39	51.59	350m: 5:39.14	50.78
	100m: 1:24.77	46.19 200m: 3:04.80	49.80	300m: 4:48.36	51.97	400m: 6:24.80	45.66

AFGEM	Aram Gevorgian	Nunspeet	7:06.94	200903165	<b>6:05.74</b>	195
-------	----------------	----------	---------	-----------	----------------	-----

Jeugd 1 en 2

1.	Quinten Hotzky	Nunspeet	NT	200604423	<b>6:05.74</b>	195	
	50m: 37.93	37.93 150m: 2:07.87	46.22	250m: 3:42.67	48.12	350m: 5:17.43	47.47
	100m: 1:21.65	43.72 200m: 2:54.55	46.68	300m: 4:29.96	47.29	400m: 6:05.74	48.31

Senioren 1 en ouder

1.	Bob de Vries	SG Octopus - ZVV	4:48.50	196601101	<b>4:45.88</b>	409	
	50m: 32.29	32.29 150m: 1:45.70	37.08	250m: 2:58.75	36.33	350m: 4:10.70	35.23
	100m: 1:08.62	36.33 200m: 2:22.42	36.72	300m: 3:35.47	36.72	400m: 4:45.88	35.18

2.	Tycho Jurjens	De Berkelduikers	5:02.25	200101341	<b>5:00.83</b>	351	
	50m: 1:08.33	150m: 1:46.20	37.87	250m: 3:03.11	38.78	350m: 4:22.33	39.97
		200m: 2:24.33	38.13	300m: 3:42.36	39.25	400m: 5:00.83	38.50

3.	Danny Rekers	Nunspeet	5:40.57	200201459	<b>5:45.81</b>	231	
	50m: 35.65	35.65 150m: 1:56.52	41.12	250m: 3:23.18	43.81	350m: 4:52.96	44.87
	100m: 1:15.40	39.75 200m: 2:39.37	42.85	300m: 4:08.09	44.91	400m: 5:45.81	52.85