

Nationale Zwemcompetitie deel 3
Gouda, 28-1-2024

Programmanr. 11
28-1-2024 - 13:03

Jongens, 400m vrije slag

Jeugd 2 en jonger
Resultaten

rang	naam	vereniging	intijd	200602477	tijd	RT
1.	Christiaan Tijl	GZC DONK	4:59.62	200602477	4:47.88	
	50m: 31.11	31.11 150m: 1:41.28	35.93	250m: 2:55.81	37.42	350m: 4:11.09 36.93
	100m: 1:05.35	34.24 200m: 2:18.39	37.11	300m: 3:34.16	38.35	400m: 4:47.88 36.79
2.	Max Bos	SG SCOM/de Zeehond'73	4:51.59	200701383	4:48.28	
	50m: 29.85	29.85 150m: 1:41.35	36.48	250m: 2:56.37	37.48	350m: 4:12.74 38.62
	100m: 1:04.87	35.02 200m: 2:18.89	37.54	300m: 3:34.12	37.75	400m: 4:48.28 35.54
3.	Freek Ruijssenaars	ZPC Woerden	4:58.47	200702139	4:49.67	
	50m: 30.06	30.06 150m: 1:42.35	37.07	250m: 2:58.11	38.03	350m: 4:15.21 38.33
	100m: 1:05.28	35.22 200m: 2:20.08	37.73	300m: 3:36.88	38.77	400m: 4:49.67 34.46
4.	Benjamin Vermeer	SG LinK-ZV Zoetermeer	NT	200600177	4:56.88	
	50m: 30.67	30.67 150m: 1:43.03	36.65	250m: 2:59.72	38.13	350m: 4:19.04 39.81
	100m: 1:06.38	35.71 200m: 2:21.59	38.56	300m: 3:39.23	39.51	400m: 4:56.88 37.84
5.	Sem Berckenkamp	GZC DONK	5:04.04	200602229	5:02.02	
	50m: 31.97	31.97 150m: 1:47.65	39.24	250m: 3:06.55	39.20	350m: 4:24.49 39.09
	100m: 1:08.41	36.44 200m: 2:27.35	39.70	300m: 3:45.40	38.85	400m: 5:02.02 37.53
6.	Guus van Oevelen	d'Elft WAVE (SG)	5:43.33	200702533	5:04.74	
	50m: 31.73	31.73 150m: 1:47.48	38.80	250m: 3:07.47	40.14	350m: 4:26.17 39.12
	100m: 1:08.68	36.95 200m: 2:27.33	39.85	300m: 3:47.05	39.58	400m: 5:04.74 38.57
7.	Tijl Gerritsen	d'Elft WAVE (SG)	NT	200703869	6:03.90	
	50m: 37.83	37.83 150m: 2:10.32	47.22	250m: 3:45.51	47.63	350m: 5:20.44 46.97
	100m: 1:23.10	45.27 200m: 2:57.88	47.56	300m: 4:33.47	47.96	400m: 6:03.90 43.46