

Limietwedstrijd LB 2024 deel 1
Amersfoort, 4-2-2024

Programmanr. 2
4-2-2024 - 14:33

Heren, 400m vrije slag

Junioren 1 en ouder
Resultaten

rang	naam	vereniging	intijd	tijd	RT
1.	Koen Marsman	ZPC AMERSFOORT	4:03.87	200502763	4:03.06 +0,68
	50m: 27.32	27.32 150m: 1:28.66	30.96 250m: 2:30.75	31.15 350m: 3:33.28	31.26
	100m: 57.70	30.38 200m: 1:59.60	30.94 300m: 3:02.02	31.27 400m: 4:03.06	29.78
2.	Denzel Barthen	WVZ	4:22.26	200700147	4:15.45 +0,71
	50m: 28.59	28.59 150m: 1:32.95	32.62 250m: 2:39.57	33.49 350m: 3:45.82	32.74
	100m: 1:00.33	31.74 200m: 2:06.08	33.13 300m: 3:13.08	33.51 400m: 4:15.45	29.63
3.	Olivier Wilbers	ZPC Hoogeveen	4:15.13	200600181	4:15.47 +0,75
	50m: 29.80	29.80 150m: 1:33.44	32.08 250m: 2:38.23	32.52 350m: 3:43.85	32.89
	100m: 1:01.36	31.56 200m: 2:05.71	32.27 300m: 3:10.96	32.73 400m: 4:15.47	31.62
4.	Bas Mostert	VZC	4:09.63	200800629	4:20.23 +0,69
	50m: 28.68	28.68 150m: 1:32.74	32.62 250m: 2:39.89	33.73 350m: 3:47.70	33.84
	100m: 1:00.12	31.44 200m: 2:06.16	33.42 300m: 3:13.86	33.97 400m: 4:20.23	32.53
5.	Rens Stijf	ZPC AMERSFOORT	4:14.59	200501419	4:21.77 +0,53
	50m: 28.36	28.36 150m: 1:32.60	32.82 250m: 2:39.42	33.77 350m: 3:47.94	34.28
	100m: 59.78	31.42 200m: 2:05.65	33.05 300m: 3:13.66	34.24 400m: 4:21.77	33.83
6.	Bas Blanker	Acz	4:22.47	200601497	4:23.62 +0,71
	50m: 30.17	30.17 150m: 1:36.52	33.40 250m: 2:44.45	33.71 350m: 3:52.11	33.51
	100m: 1:03.12	32.95 200m: 2:10.74	34.22 300m: 3:18.60	34.15 400m: 4:23.62	31.51
7.	Collard Jungeling	Zv 44	4:19.18	200701831	4:28.83 +0,52
	50m: 29.49	29.49 150m: 1:35.91	33.80 250m: 2:45.36	34.81 350m: 3:55.41	35.03
	100m: 1:02.11	32.62 200m: 2:10.55	34.64 300m: 3:20.38	35.02 400m: 4:28.83	33.42
8.	Melle van Veen	Dedemsvaart-AC	4:28.06	200700661	4:31.17 +0,75
	50m: 30.07	30.07 150m: 1:39.32	35.07 250m: 2:49.11	35.01 350m: 3:58.56	34.76
	100m: 1:04.25	34.18 200m: 2:14.10	34.78 300m: 3:23.80	34.69 400m: 4:31.17	32.61
9.	Siem de Zeeuw	O Z & P C	4:24.55	200800013	4:33.18 +0,68
	50m: 29.14	29.14 150m: 1:37.97	34.63 250m: 2:47.88	34.60 350m: 3:58.65	35.17
	100m: 1:03.34	34.20 200m: 2:13.28	35.31 300m: 3:23.48	35.60 400m: 4:33.18	34.53
10.	Tim Zuurman	ZPC Hoogeveen	4:21.50	200700131	4:34.17 +0,72
	50m: 31.69	31.69 150m: 1:40.49	34.64 250m: 2:50.32	34.96 350m: 4:00.67	35.02
	100m: 1:05.85	34.16 200m: 2:15.36	34.87 300m: 3:25.65	35.33 400m: 4:34.17	33.50
11.	Jelle Blankestijn	ZPC AMERSFOORT	4:36.28	199803737	4:35.22 +0,74
	50m: 29.76	29.76 150m: 1:37.59	34.19 250m: 2:48.38	35.59 350m: 4:00.62	35.93
	100m: 1:03.40	33.64 200m: 2:12.79	35.20 300m: 3:24.69	36.31 400m: 4:35.22	34.60
12.	Sverre van der Zwaan	WVZ	4:30.54	200900737	4:36.43 +0,74
	50m: 30.12	30.12 150m: 1:39.15	34.78 250m: 2:50.07	35.59 350m: 4:01.57	35.90
	100m: 1:04.37	34.25 200m: 2:14.48	35.33 300m: 3:25.67	35.60 400m: 4:36.43	34.86
13.	Stan Tibben	Dedemsvaart-AC	4:33.96	200503591	4:38.27 +0,48
	50m: 31.42	31.42 150m: 1:41.95	35.68 250m: 2:53.41	35.63 350m: 4:04.29	35.57
	100m: 1:06.27	34.85 200m: 2:17.78	35.83 300m: 3:28.72	35.31 400m: 4:38.27	33.98
14.	Jeffrey Camphens	Dwt	4:31.95	199503113	4:38.94 +0,54
	50m: 31.60	31.60 150m: 1:43.01	35.76 250m: 2:54.30	35.53 350m: 4:05.29	35.48
	100m: 1:07.25	35.65 200m: 2:18.77	35.76 300m: 3:29.81	35.51 400m: 4:38.94	33.65
15.	Ivo Bot	Wiekslag	4:44.52	200900509	4:41.29 +0,71
	50m: 31.18	31.18 150m: 1:43.46	36.64 250m: 2:57.05	36.59 350m: 4:07.92	34.72
	100m: 1:06.82	35.64 200m: 2:20.46	37.00 300m: 3:33.20	36.15 400m: 4:41.29	33.37
16.	Xander Kragting	ZPC AMERSFOORT	4:38.61	200900077	4:44.41 +0,75
	50m: 31.30	31.30 150m: 1:42.19	35.79 250m: 2:55.79	36.58 350m: 4:09.06	36.21
	100m: 1:06.40	35.10 200m: 2:19.21	37.02 300m: 3:32.85	37.06 400m: 4:44.41	35.35
17.	Abel op den Velde	De Duinkickers	5:06.16	201000079	4:45.18 +0,69
	50m: 31.11	31.11 150m: 1:43.70	36.78 250m: 2:58.27	37.07 350m: 4:11.66	36.61
	100m: 1:06.92	35.81 200m: 2:21.20	37.50 300m: 3:35.05	36.78 400m: 4:45.18	33.52
18.	Evren Ege Orcunus	De Dolfijn	4:43.14	201003253	4:52.53 +0,53
	50m: 32.22	32.22 150m: 1:45.00	36.91 250m: 2:59.74	37.61 350m: 4:15.40	38.07
	100m: 1:08.09	35.87 200m: 2:22.13	37.13 300m: 3:37.33	37.59 400m: 4:52.53	37.13
19.	Mathijs Boersma	ZPC Hoogeveen	4:52.46	201000313	4:54.29
	50m: 32.66	32.66 150m: 1:47.56	38.11 250m: 3:03.85	38.15 350m: 4:19.31	37.24
	100m: 1:09.45	36.79 200m: 2:25.70	38.14 300m: 3:42.07	38.22 400m: 4:54.29	34.98
20.	Pelle Schrieken	VZC	4:54.27	200801595	4:54.99 +0,76
	50m: 33.39	33.39 150m: 1:47.32	37.31 250m: 3:02.36	37.47 350m: 4:17.89	37.63
	100m: 1:10.01	36.62 200m: 2:24.89	37.57 300m: 3:40.26	37.90 400m: 4:54.99	37.10
21.	Bink Elgersma	Zwemlust- den Hommel	4:47.20	201000137	4:56.97 +0,78
	50m: 32.71	32.71 150m: 1:47.85	38.44 250m: 3:05.57	38.72 350m: 4:22.46	38.45
	100m: 1:09.41	36.70 200m: 2:26.85	39.00 300m: 3:44.01	38.44 400m: 4:56.97	34.51
22.	Gwee Bokma	Zwemlust- den Hommel	4:50.82	201002259	4:57.20 +0,73
	50m: 32.46	32.46 150m: 1:47.92	38.09 250m: 3:05.56	38.77 350m: 4:22.15	37.86
	100m: 1:09.83	37.37 200m: 2:26.79	38.87 300m: 3:44.29	38.73 400m: 4:57.20	35.05

Limietwedstrijd LB 2024 deel 1
Amersfoort, 4-2-2024

Programmanr. 2, Heren, 400m vrije slag, Junioren 1 en ouder

rang	naam	vereniging			intijd			tijd			RT
23.	Ramon Vos	ZPC Hoogeveen			4:37.29			201100051			5:00.79 +0,78
	50m: 32.28	32.28	150m: 1:47.90		38.94	250m: 3:06.44		39.33	350m: 4:25.27		39.39
	100m: 1:08.96	36.68	200m: 2:27.11		39.21	300m: 3:45.88		39.44	400m: 5:00.79		35.52
24.	Milan Schuilenburg	ZPC AMERSFOORT			5:02.11			201000935			5:06.79 +0,62
	50m: 33.77	33.77	150m: 1:51.79		39.81	250m: 3:11.10		39.69	350m: 4:29.46		39.37
	100m: 1:11.98	38.21	200m: 2:31.41		39.62	300m: 3:50.09		38.99	400m: 5:06.79		37.33
25.	Quinten Oostveen	ZPC AMERSFOORT			5:07.80			201002605			5:17.95 +0,68
	50m: 34.43	34.43	150m: 1:53.19		39.53	250m: 3:14.06		40.15	350m: 4:36.46		45.93
	100m: 1:13.66	39.23	200m: 2:33.91		40.72	300m: 3:50.53		36.47	400m: 5:17.95		41.49
26.	Julian Hendriks	De Otters Het Gooi			5:11.12			200603717			S7 5:28.75 611
	50m: 36.41	36.41	150m: 1:57.73		41.30	250m: 3:21.34		42.12	350m: 4:46.74		42.59
	100m: 1:16.43	40.02	200m: 2:39.22		41.49	300m: 4:04.15		42.81	400m: 5:28.75		42.01