

LB wedstrijd DAW - 4
Alkmaar, 12-5-2024

Programmanr. 8
12-5-2024 - 14:42

Heren, 400m vrije slag

Junioren 1 en ouder
Resultaten

rang naam	vereniging	intijd	tijd	RT	100m	200m	300m	400m
Junioren								
1. Jelte de Jong	Zpch	4:28.33	200900975	4:24.41	1:01.03	1:06.76		
50m:		150m:		250m:	350m:			
100m: 1:01.03		200m: 2:07.79		300m:	400m: 4:24.41			
2. Rens Noordover	Kzc	4:22.31	200800237	4:29.87	1:01.70	1:07.79		
50m:		150m:		250m:	350m:			
100m: 1:01.70		200m: 2:09.49		300m:	400m: 4:29.87			
3. Tycho Wienbelt	De Vikings	4:51.28	201001397	4:54.29	1:08.82	1:15.05		
50m:		150m:		250m:	350m:			
100m: 1:08.82		200m: 2:23.87		300m:	400m: 4:54.29			
4. Yorre van der Wal	SG. Bolsward-Workum	4:58.45	201000017	5:01.82	1:10.43	1:16.70		
50m:		150m:		250m:	350m:			
100m: 1:10.43		200m: 2:27.13		300m:	400m: 5:01.82			
5. Julian Kragten	ZPC Watervlo	5:20.46	200900695	5:04.78	1:08.80	1:17.48		
50m:		150m:		250m:	350m:			
100m: 1:08.80		200m: 2:26.28		300m:	400m: 5:04.78			
6. Maxwell Russel	Zpch	5:22.27	201002715	5:18.20	1:13.70	1:21.49		
50m:		150m:		250m:	350m:			
100m: 1:13.70		200m: 2:35.19		300m:	400m: 5:18.20			
7. Liam Matthews	ZV De Aalscholver	5:35.02	200902685	5:23.03	1:14.06	1:23.19		
50m:		150m:		250m:	350m:			
100m: 1:14.06		200m: 2:37.25		300m:	400m: 5:23.03			
8. Mick van Zal	Daw	5:29.86	200803457	5:24.13	1:14.05	1:22.98		
50m:		150m:		250m:	350m:			
100m: 1:14.05		200m: 2:37.03		300m:	400m: 5:24.13			
9. Franzi Ziegler	Daw	5:10.50	201100891	5:24.44	1:15.15	1:24.48		
50m:		150m:		250m:	350m:			
100m: 1:15.15		200m: 2:39.63		300m:	400m: 5:24.44			
10. Mees Kooij	Daw	5:21.46	201000909	5:37.76	1:15.60	1:25.78		
50m:		150m:		250m:	350m:			
100m: 1:15.60		200m: 2:41.38		300m:	400m: 5:37.76			
Jeugd								
1. Luca Gerringa	Batavia Swim	4:58.83	200700555	5:16.37	1:08.99	1:19.68		
50m:		150m:		250m:	350m:			
100m: 1:08.99		200m: 2:28.67		300m:	400m: 5:16.37			