

Limietwedstrijd LB deel 4 ZPC AMERSFOORT  
Amersfoort, 21-4-2024

Programmanr. 30  
21-4-2024 - 17:54

Heren, 400m vrije slag

Junioren 1 en ouder  
Resultaten

rang	naam	vereniging	intijd	tijd	RT
1.	Tijn Hilders	De Dolfijn	4:13.73	200700027	<b>4:19.66</b> +0,78
	50m: 29.25	29.25 150m: 1:35.07	33.54	250m: 2:41.89	33.32
	100m: 1:01.53	32.28 200m: 2:08.57	33.50	300m: 3:15.15	33.26
				350m: 3:48.16	33.01
				400m: 4:19.66	31.50
2.	Tobian Vos	ZPC AMERSFOORT	4:22.45	200900005	<b>4:20.26</b> +0,74
	50m: 29.06	29.06 150m: 1:35.00	33.67	250m: 2:42.97	34.05
	100m: 1:01.33	32.27 200m: 2:08.92	33.92	300m: 3:16.13	33.16
				350m: 3:49.16	33.03
				400m: 4:20.26	31.10
3.	Tim Boerefijn	WVZ	4:18.12	200802815	<b>4:24.34</b> +0,73
	50m: 28.78	28.78 150m: 1:34.86	33.17	250m: 2:42.88	34.17
	100m: 1:01.69	32.91 200m: 2:19.71	33.85	300m: 3:17.28	34.40
				350m: 3:51.22	33.94
				400m: 4:24.34	33.12
4.	Koen de Vries	MZ&PC De Reest	4:31.99	200802379	<b>4:37.50</b> +0,71
	50m: 30.38	30.38 150m: 1:39.99	35.48	250m: 2:51.48	35.54
	100m: 1:04.51	34.13 200m: 2:15.94	35.95	300m: 3:27.65	36.17
				350m: 4:03.19	35.54
				400m: 4:37.50	34.31
5.	Xander Kragting	ZPC AMERSFOORT	4:42.31	200900077	<b>4:46.47</b> +0,71
	50m: 31.19	31.19 150m: 1:43.04	36.80	250m: 2:56.80	36.84
	100m: 1:06.24	35.05 200m: 2:19.96	36.92	300m: 3:33.48	36.68
				350m: 4:10.47	36.99
				400m: 4:46.47	36.00
6.	Bink Elgersma	Zwemlust- den Hommel	4:47.20	201000137	<b>4:48.81</b> +0,86
	50m: 31.44	31.44 150m: 1:44.66	37.36	250m: 2:59.21	37.26
	100m: 1:07.30	35.86 200m: 2:21.95	37.29	300m: 3:36.53	37.32
				350m: 4:13.29	36.76
				400m: 4:48.81	35.52
7.	Sven Mulder	WVZ	4:57.19	200901655	<b>4:51.51</b> +0,70
	50m: 32.01	32.01 150m: 1:47.14	38.13	250m: 3:02.07	37.36
	100m: 1:09.01	37.00 200m: 2:24.71	37.57	300m: 3:40.78	38.71
				350m: 4:17.57	36.79
				400m: 4:51.51	33.94
8.	Mees de Vries	Zwemlust- den Hommel	5:15.90	201001151	<b>5:01.55</b>
	50m: 33.49	33.49 150m: 1:49.72	38.55	250m: 3:07.90	39.14
	100m: 1:11.17	37.68 200m: 2:28.76	39.04	300m: 3:46.86	38.96
				350m: 4:25.15	38.29
				400m: 5:01.55	36.40
9.	Quinten Oostveen	ZPC AMERSFOORT	5:08.83	201002605	<b>5:06.47</b> +0,66
	50m: 33.67	33.67 150m: 1:50.62	38.70	250m: 3:10.30	40.01
	100m: 1:11.92	38.25 200m: 2:30.29	39.67	300m: 3:50.27	39.97
				350m: 4:29.72	39.45
				400m: 5:06.47	36.75
10.	Thomas Braat	AZC	5:12.13	200802269	<b>5:13.27</b> +0,82
	50m: 34.09	34.09 150m: 1:53.17	40.57	250m: 3:13.50	39.61
	100m: 1:12.60	38.51 200m: 2:33.89	40.72	300m: 3:55.03	41.53
				350m: 4:35.13	40.10
				400m: 5:13.27	38.14
11.	Henry Watson	De Dolfijn	5:21.09	201001703	<b>5:20.21</b> +0,60
	50m: 35.87	35.87 150m: 1:58.79	42.29	250m: 3:21.77	41.16
	100m: 1:16.50	40.63 200m: 2:40.61	41.82	300m: 4:02.78	41.01
				350m: 4:42.32	39.54
				400m: 5:20.21	37.89
12.	Roderick Veldhuizen	Ksn (Sg)	5:37.10	200804031	<b>5:20.91</b> +0,67
	50m: 35.56	35.56 150m: 1:58.69	42.14	250m: 3:23.05	41.96
	100m: 1:16.55	40.99 200m: 2:41.09	42.40	300m: 4:04.63	41.58
				350m: 4:45.39	40.76
				400m: 5:20.91	35.52
13.	Daan Mulder	Ksn (Sg)	5:08.68	201100267	<b>5:21.69</b> +0,73
	50m: 34.67	34.67 150m: 1:56.94	41.63	250m: 3:19.34	40.88
	100m: 1:15.31	40.64 200m: 2:38.46	41.52	300m: 4:01.05	41.71
				350m: 4:42.40	41.35
				400m: 5:21.69	39.29
14.	Kaelan Hayes	De Dolfijn	5:18.17	201000491	<b>5:22.22</b> +0,72
	50m: 35.30	35.30 150m: 1:59.04	42.88	250m: 3:22.51	41.45
	100m: 1:16.16	40.86 200m: 2:41.06	42.02	300m: 4:03.28	40.77
				350m: 4:43.97	40.69
				400m: 5:22.22	38.25
15.	Jasper Cox	ZPC AMERSFOORT	5:38.06	201003589	<b>5:41.00</b> +0,57
	50m: 38.00	38.00 150m: 2:06.06	43.59	250m: 3:32.91	44.25
	100m: 1:22.47	44.47 200m: 2:48.66	42.60	300m: 4:17.73	44.82
				350m: 5:00.21	42.48
				400m: 5:41.00	40.79
16.	Alessio van Engelen Sousa	De Dolfijn	6:05.00	201101829	<b>6:30.99</b> +0,75
	50m: 43.67	43.67 150m: 2:22.71	50.28	250m: 4:03.49	50.44
	100m: 1:32.43	48.76 200m: 3:13.05	50.34	300m: 4:54.91	51.42
				350m: 5:44.70	49.79
				400m: 6:30.99	46.29