

Programmanr. 105  
25/5/2024 - 14:45

Heren, 400m vrije slag

All-in  
Resultaten

rang	naam	vereniging	intijd	tijd	RT	
<b>Junioren 1 en 2</b>						
1.	Ruben Kragt	Dedemsvaart-AC	4:47.16	201000007	<b>4:46.54</b> +0,56	
	50m: 31.37	31.37 150m: 1:43.33	36.50	250m: 2:58.06	37.33	350m: 4:12.44
	100m: 1:06.83	35.46 200m: 2:20.73	37.40	300m: 3:35.61	37.55	400m: 4:46.54
2.	Matthijs van Velzen	Deltasteur	4:56.72	201100435	<b>4:46.81</b> +0,64	
	50m: 30.60	30.60 150m: 1:42.79	36.40	250m: 2:58.31	37.84	350m: 4:12.69
	100m: 1:06.39	35.79 200m: 2:20.47	37.68	300m: 3:35.96	37.65	400m: 4:46.81
3.	Daan Overmars	O Z & P C	5:07.14	201100027	<b>4:54.65</b> +0,68	
	50m: 33.06	33.06 150m: 1:47.14	37.61	250m: 3:04.49	38.62	350m: 4:19.82
	100m: 1:09.53	36.47 200m: 2:25.87	38.73	300m: 3:43.50	39.01	400m: 4:54.65
4.	Douwe Enzerink	Deltasteur	5:00.34	201102657	<b>4:55.05</b> +0,53	
	50m: 31.78	31.78 150m: 1:46.12	37.59	250m: 3:02.88	38.35	350m: 4:19.33
	100m: 1:08.53	36.75 200m: 2:24.53	38.41	300m: 3:42.10	39.22	400m: 4:55.05
5.	Sven Casper Hageman	Steenwijk 1934	4:49.93	201000009	<b>4:56.76 *</b> +0,44	
	50m: 31.58	31.58 150m: 1:45.56	37.71	250m: 3:03.17	38.83	350m: 4:21.02
	100m: 1:07.85	36.27 200m: 2:24.34	38.78	300m: 3:42.51	39.34	400m: 4:56.76
6.	Tristan Meijers	SWOL 1894	5:03.43	201000089	<b>5:00.54</b>	
	50m: 33.62	33.62 150m: 1:49.75	38.62	250m: 3:07.18	38.58	350m: 4:23.80
	100m: 1:11.13	37.51 200m: 2:28.60	38.85	300m: 3:45.57	38.39	400m: 5:00.54
7.	Rafaël Agterbos	O Z & P C	5:15.86	201000171	<b>5:04.49</b> +0,52	
	50m: 33.58	33.58 150m: 1:49.37	38.55	250m: 3:07.56	38.72	350m: 4:26.11
	100m: 1:10.82	37.24 200m: 2:28.84	39.47	300m: 3:47.32	39.76	400m: 5:04.49
8.	Kick Germers	SWOL 1894	5:10.16	201000185	<b>5:06.19</b> +0,54	
	50m: 33.98	33.98 150m: 1:50.04	38.63	250m: 3:08.86	39.81	350m: 4:28.38
	100m: 1:11.41	37.43 200m: 2:29.05	39.01	300m: 3:48.61	39.75	400m: 5:06.19
9.	Stan Nijhuis	O Z & P C	5:18.67	201100191	<b>5:08.39</b>	
	50m: 34.01	34.01 150m: 1:50.34	38.71	250m: 3:09.36	39.51	350m: 4:28.97
	100m: 1:11.63	37.62 200m: 2:29.85	39.51	300m: 3:49.18	39.82	400m: 5:08.39
10.	Amor van der Veen	Dedemsvaart-AC	5:10.78	201100197	<b>5:11.41</b> +0,49	
	50m: 33.12	33.12 150m: 1:50.23	39.38	250m: 3:11.78	41.11	350m: 4:32.50
	100m: 1:10.85	37.73 200m: 2:30.67	40.44	300m: 3:52.10	40.32	400m: 5:11.41
11.	Thijmen Holterman	ZPC De Hof	5:13.03	201000005	<b>5:12.53</b>	
	50m: 34.15	34.15 150m: 1:53.24	40.61	250m: 3:14.85	41.19	350m: 4:34.98
	100m: 1:12.63	38.48 200m: 2:33.66	40.42	300m: 3:55.93	41.08	400m: 5:12.53
12.	Daan Alink	ZPC De Hof	5:12.47	201000241	<b>5:19.07</b>	
	50m: 35.86	35.86 150m: 1:54.78	39.70	250m: 3:16.98	41.62	350m: 4:39.99
	100m: 1:15.08	39.22 200m: 2:35.36	40.58	300m: 3:58.46	41.48	400m: 5:19.07
13.	Daan Vinke	Deltasteur	5:01.14	201001039	<b>5:23.52</b> +0,86	
	50m: 35.29	35.29 150m: 1:57.77	42.02	250m: 3:21.98	42.55	350m: 4:44.75
	100m: 1:15.75	40.46 200m: 2:39.43	41.66	300m: 4:03.69	41.71	400m: 5:23.52
14.	Erik School	Deltasteur	5:14.72	201100139	<b>5:32.25</b> +0,56	
	50m: 35.82	35.82 150m: 2:00.94	43.07	250m: 3:26.57	42.22	350m: 4:52.14
	100m: 1:17.87	42.05 200m: 2:44.35	43.41	300m: 4:09.48	42.91	400m: 5:32.25
15.	Milan Eikenaar	SWOL 1894	5:41.98	201100599	<b>5:37.05</b> +0,61	
	50m: 34.25	34.25 150m: 1:58.14	42.96	250m: 3:24.84	43.43	350m: 4:54.52
	100m: 1:15.18	40.93 200m: 2:41.41	43.27	300m: 4:09.86	45.02	400m: 5:37.05
16.	Dewin Volker	WS Twente	5:41.75	201101935	<b>5:37.21</b>	
	50m: 34.77	34.77 150m: 1:57.91	42.27	250m: 3:25.27	43.93	350m: 4:55.58
	100m: 1:15.64	40.87 200m: 2:41.34	43.43	300m: 4:11.16	45.89	400m: 5:37.21
17.	Sem Ilink	O Z & P C	5:35.79	201100007	<b>5:41.02</b> +0,60	
	50m: 36.46	36.46 150m: 2:00.66	42.46	250m: 3:29.28	44.83	350m: 4:59.10
	100m: 1:18.20	41.74 200m: 2:44.45	43.79	300m: 4:13.90	44.62	400m: 5:41.02
18.	Manuel Dorgelo	Deltasteur	5:45.80	201100137	<b>5:47.09</b> +0,64	
	50m: 35.61	35.61 150m: 2:01.07	43.44	250m: 3:31.16	45.71	350m: 5:01.64
	100m: 1:17.63	42.02 200m: 2:45.45	44.38	300m: 4:17.49	46.33	400m: 5:47.09
<b>Junioren 3 en 4</b>						
1.	Milan Veelders	De Dinkel	4:20.38	200800279	<b>4:19.36</b> +0,71	
	50m: 29.35	29.35 150m: 1:35.84	33.82	250m: 2:42.12	31.90	350m: 3:48.66
	100m: 1:02.02	32.67 200m: 2:10.22	34.38	300m: 3:15.38	33.26	400m: 4:19.36
2.	Siem de Zeeuw	O Z & P C	4:24.55	200800013	<b>4:20.01</b> +0,69	
	50m: 28.95	28.95 150m: 1:36.16	34.48	250m: 2:43.23	32.96	350m: 3:48.64
	100m: 1:01.68	32.73 200m: 2:10.27	34.11	300m: 3:16.25	33.02	400m: 4:20.01

## Programmanr. 105, Jongens, 400m vrije slag, Junioren 3 en 4

rang	naam	vereniging	intijd	tijd	RT			
3.	Jaydey Schonewille	Steenwijk 1934	4:25.19	200800025	4:25.77 +0,73			
	50m: 30.02	30.02	150m: 1:36.45	33.17	250m: 2:44.35	33.80	350m: 3:52.26	33.49
	100m: 1:03.28	33.26	200m: 2:10.55	34.10	300m: 3:18.77	34.42	400m: 4:25.77	33.51
4.	Youp Stuifzand	Deltasteur	4:26.26	200800521	4:32.77 +0,62			
	50m: 29.73	29.73	150m: 1:39.63	34.75	250m: 2:50.82	35.68	350m: 4:00.30	33.72
	100m: 1:04.88	35.15	200m: 2:15.14	35.51	300m: 3:26.58	35.76	400m: 4:32.77	32.47
5.	Bjorn Scholten	O Z & P C	4:32.49	200801143	4:37.27 +0,77			
	50m: 30.06	30.06	150m: 1:38.88	34.50	250m: 2:49.79	34.91	350m: 4:02.13	35.90
	100m: 1:04.38	34.32	200m: 2:14.88	36.00	300m: 3:26.23	36.44	400m: 4:37.27	35.14
6.	Bram ter Braak	De Dinkel	4:29.62	200800281	4:37.30 +0,58			
	50m: 30.16	30.16	150m: 1:39.79	35.11	250m: 2:50.73	35.82	350m: 4:02.62	36.06
	100m: 1:04.68	34.52	200m: 2:14.91	35.12	300m: 3:26.56	35.83	400m: 4:37.30	34.68
7.	Teun van Weeren	WS Twente	4:35.24	200801145	4:37.60 +0,69			
	50m: 31.44	31.44	150m: 1:40.84	35.44	250m: 2:51.50	35.84	350m: 4:03.26	36.33
	100m: 1:05.40	33.96	200m: 2:15.66	34.82	300m: 3:26.93	35.43	400m: 4:37.60	34.34
8.	Job Sportel	De Dinkel	4:31.49	200800429	4:38.27 +0,50			
	50m: 31.37	31.37	150m: 1:42.44	35.63	250m: 2:54.92	36.28	350m: 4:05.84	34.52
	100m: 1:06.81	35.44	200m: 2:18.64	36.20	300m: 3:31.32	36.40	400m: 4:38.27	32.43
9.	Dyon Scholten	Steenwijk 1934	4:43.73	200900095	4:47.10 +0,73			
	50m: 30.66	30.66	150m: 1:42.79	36.70	250m: 2:56.87	37.33	350m: 4:11.30	36.95
	100m: 1:06.09	35.43	200m: 2:19.54	36.75	300m: 3:34.35	37.48	400m: 4:47.10	35.80
10.	Ruben Nooter	Dedemsvaart-AC	4:39.82	200901577	4:48.12 +0,50			
	50m: 29.94	29.94	150m: 1:43.51	37.54	250m: 2:58.37	37.01	350m: 4:13.65	37.44
	100m: 1:05.97	36.03	200m: 2:21.36	37.85	300m: 3:36.21	37.84	400m: 4:48.12	34.47
11.	Roan van der Stege	SWOL 1894	4:44.59	200900107	4:50.06			
	50m: 33.20	33.20	150m: 1:46.92	37.26	250m: 3:01.44	37.16	350m: 4:15.36	36.77
	100m: 1:09.66	36.46	200m: 2:24.28	37.36	300m: 3:38.59	37.15	400m: 4:50.06	34.70
12.	Dhamin Ouali	SWOL 1894	4:56.13	200902771	4:50.94 +0,74			
	50m: 31.86	31.86	150m: 1:44.30	36.93	250m: 3:00.75	38.26	350m: 4:18.19	38.11
	100m: 1:07.37	35.51	200m: 2:22.49	38.19	300m: 3:40.08	39.33	400m: 4:50.94	32.75
13.	Duuk Harms	Dedemsvaart-AC	4:54.75	200900201	4:53.05 +0,72			
	50m: 31.68	31.68	150m: 1:46.07	37.67	250m: 3:02.30	37.75	350m: 4:17.20	36.97
	100m: 1:08.40	36.72	200m: 2:24.55	38.48	300m: 3:40.23	37.93	400m: 4:53.05	35.85
14.	Bram Kulpe	Z&PV de Veene	5:00.26	200900329	4:57.06 +0,68			
	50m: 31.69	31.69	150m: 1:44.41	37.28	250m: 3:00.77	38.51	350m: 4:18.59	38.86
	100m: 1:07.13	35.44	200m: 2:22.26	37.85	300m: 3:39.73	38.96	400m: 4:57.06	38.47
15.	Milan Bottenberg	Deltasteur	5:09.49	200900153	5:02.45 +0,58			
	50m: 32.59	32.59	150m: 1:48.65	38.74	250m: 3:06.68	39.27	350m: 4:25.13	39.71
	100m: 1:09.91	37.32	200m: 2:27.41	38.76	300m: 3:45.42	38.74	400m: 5:02.45	37.32

## Jeugd 1 en 2

1.	Tiede Groener	De Dinkel	4:04.86	200700155	4:12.55 +0,64			
	50m: 27.57	27.57	150m: 1:31.98	32.78	250m: 2:37.88	32.61	350m: 3:41.82	31.23
	100m: 59.20	31.63	200m: 2:05.27	33.29	300m: 3:10.59	32.71	400m: 4:12.55	30.73
2.	Melle van Veen	Dedemsvaart-AC	4:15.50	200700661	4:26.11 +0,73			
	50m: 28.88	28.88	150m: 1:36.16	34.10	250m: 2:45.28	34.44	350m: 3:54.21	34.44
	100m: 1:02.06	33.18	200m: 2:10.84	34.68	300m: 3:19.77	34.49	400m: 4:26.11	31.90
3.	Tiamo van der Veen	Dedemsvaart-AC	4:14.91	200600033	4:27.51 +0,69			
	50m: 29.98	29.98	150m: 1:37.54	33.99	250m: 2:46.06	34.14	350m: 3:54.71	34.38
	100m: 1:03.55	33.57	200m: 2:11.92	34.38	300m: 3:20.33	34.27	400m: 4:27.51	32.80
4.	Storm Tolsma	Zignea	4:18.96	200600277	4:27.57 +0,56			
	50m: 30.18	30.18	150m: 1:37.58	34.35	250m: 2:46.40	34.56	350m: 3:55.17	34.17
	100m: 1:03.23	33.05	200m: 2:11.84	34.26	300m: 3:21.00	34.60	400m: 4:27.57	32.40
5.	Thijs Poll	Deltasteur	4:36.11	200700203	4:39.82 +0,71			
	50m: 30.11	30.11	150m: 1:39.78	35.31	250m: 2:52.01	36.42	350m: 4:05.36	36.45
	100m: 1:04.47	34.36	200m: 2:15.59	35.81	300m: 3:28.91	36.90	400m: 4:39.82	34.46
6.	Niek Vreeling	O Z & P C	4:22.62	200604211	4:47.37 +0,75			
	50m: 29.60	29.60	150m: 1:39.03	35.20	250m: 2:51.88	36.05	350m: 4:08.32	38.09
	100m: 1:03.83	34.23	200m: 2:15.83	36.80	300m: 3:30.23	38.35	400m: 4:47.37	39.05

## Senioren 1-2 en Senioren

1.	Stan Tibben	Dedemsvaart-AC	4:22.59	200503591	4:32.25 +0,55			
	50m: 30.54	30.54	150m: 1:38.25	34.38	250m: 2:48.11	35.28	350m: 3:59.18	35.38
	100m: 1:03.87	33.33	200m: 2:12.83	34.58	300m: 3:23.80	35.69	400m: 4:32.25	33.07
2.	Dennis Mosterman	Dedemsvaart-AC	4:22.24	200501283	4:32.55 +0,68			
	50m: 30.12	30.12	150m: 1:37.46	33.79	250m: 2:48.00	35.73	350m: 3:59.53	35.66
	100m: 1:03.67	33.55	200m: 2:12.27	34.81	300m: 3:23.87	35.87	400m: 4:32.55	33.02

## Programmanr. 105, Heren, 400m vrije slag

## Senioren

1.	Luuk Ruinemans	De Dinkel		4:20.16		200301085		<b>4:30.50</b>		+0,69		
	50m:	28.72	28.72	150m:	1:35.37	33.69	250m:	2:44.70	34.52	350m:	3:55.40	35.33
	100m:	1:01.68	32.96	200m:	2:10.18	34.81	300m:	3:20.07	35.37	400m:	4:30.50	35.10