

Programmanr. 408
2/6/2024 - 15:50

Heren, 400m wisselslag

All-in
Resultaten

rang	naam	vereniging	intijd	tijd	RT
Junioren 1 en 2					
1.	Ruben Kragt	Dedemsvaart-AC	5:10.36	201000007	5:23.63 +0,51
	50m: 32.89	32.89 150m: 1:53.71	41.92	250m: 3:21.16	46.82 350m: 4:46.64
	100m: 1:11.79	38.90 200m: 2:34.34	40.63	300m: 4:08.38	47.22 400m: 5:23.63
2.	Matthijs van Velzen	Deltasteur	5:42.38	201100435	5:36.52 +0,60
	50m: 33.41	33.41 150m: 2:00.43	42.69	250m: 3:31.89	48.71 350m: 5:00.17
	100m: 1:17.74	44.33 200m: 2:43.18	42.75	300m: 4:21.28	49.39 400m: 5:36.52
3.	Sven Casper Hageman	Steenwijk 1934	5:32.68	201000009	5:40.78 +0,62
	50m: 36.66	36.66 150m: 2:04.87	43.33	250m: 3:37.86	49.39 350m: 5:04.74
	100m: 1:21.54	44.88 200m: 2:48.47	43.60	300m: 4:26.53	48.67 400m: 5:40.78
4.	Tristan Meijers	SWOL 1894	5:40.83	201000089	5:41.83
	50m: 38.96	38.96 150m: 2:09.82	45.49	250m: 3:39.84	47.53 350m: 5:06.49
	100m: 1:24.33	45.37 200m: 2:52.31	42.49	300m: 4:28.34	48.50 400m: 5:41.83
5.	Douwe Enzerink	Deltasteur	5:48.96	201102657	5:42.81 +0,50
	50m: 36.02	36.02 150m: 2:05.06	46.69	250m: 3:40.16	49.99 350m: 5:07.97
	100m: 1:18.37	42.35 200m: 2:50.17	45.11	300m: 4:30.13	49.97 400m: 5:42.81
6.	Abe Pasop	Dedemsvaart-AC	5:45.72	201000501	6:03.33 +0,65
	50m: 34.26	34.26 150m: 2:07.72	49.34	250m: 3:47.26	49.83 350m: 5:21.78
	100m: 1:18.38	44.12 200m: 2:57.43	49.71	300m: 4:39.20	51.94 400m: 6:03.33
7.	Alex Spijker	Dedemsvaart-AC	6:06.31	201002457	6:20.57
	50m: 41.27	41.27 150m: 2:26.69	52.98	250m: 4:06.09	49.55 350m: 5:39.45
	100m: 1:33.71	52.44 200m: 3:16.54	49.85	300m: 4:56.67	50.58 400m: 6:20.57
8.	Twan Felix 200m*	Deltasteur	6:24.49	201000123	6:23.36
	50m: 43.68	43.68 150m: 2:25.53	46.17	250m: 4:04.55	54.12 350m: 5:42.58
	100m: 1:39.36	55.68 200m: 3:10.43	44.90	300m: 4:59.70	55.15 400m: 6:23.36
9.	Amor van der Veen	Dedemsvaart-AC	6:02.34	201100197	6:25.54
	50m: 36.76	36.76 150m: 2:07.76	48.81	250m: 3:58.44	1:02.24 350m: 5:43.72
	100m: 1:18.95	42.19 200m: 2:56.20	48.44	300m: 4:58.50	1:00.06 400m: 6:25.54
10.	Fabian Pol	WS Twente	6:10.90	201001179	6:31.77 +0,72
	50m: 42.47	42.47 150m: 2:30.95	51.13	250m: 4:13.33	52.22 350m: 5:50.52
	100m: 1:39.82	47.35 200m: 3:21.11	50.16	300m: 5:08.82	55.49 400m: 6:31.77
DIS	Hidde de Jonge VD - Schoolslagbenen gezwommen.	De Grunte	6:29.55	201101213	+0,73
Junioren 3 en 4					
1.	Milan Veelders	De Dinkel	5:12.38	200800279	5:05.80 +0,64
	50m: 30.78	30.78 150m: 1:47.08	38.02	250m: 3:11.90	47.30 350m: 4:33.10
	100m: 1:09.06	38.28 200m: 2:24.60	37.52	300m: 4:00.26	48.36 400m: 5:05.80
2.	Bram ter Braak	De Dinkel	5:03.57	200800281	5:11.83 +0,64
	50m: 30.43	30.43 150m: 1:48.87	40.21	250m: 3:16.15	46.31 350m: 4:38.11
	100m: 1:08.66	38.23 200m: 2:29.84	40.97	300m: 4:04.28	48.13 400m: 5:11.83
3.	Job Sportel	De Dinkel	4:50.43	200800429	5:17.31 +0,51
	50m: 31.23	31.23 150m: 1:55.09	43.75	250m: 3:19.47	42.81 350m: 4:40.58
	100m: 1:11.34	40.11 200m: 2:36.66	41.57	300m: 4:02.58	43.11 400m: 5:17.31
4.	Bjorn Scholten	O Z & P C	5:07.53	200801143	5:22.89 +0,75
	50m: 31.29	31.29 150m: 1:51.11	41.69	250m: 3:22.04	50.76 350m: 4:47.43
	100m: 1:09.42	38.13 200m: 2:31.28	40.17	300m: 4:11.28	49.24 400m: 5:22.89
5.	Duuk Harms	Dedemsvaart-AC	5:07.55	200900201	5:24.36 +0,79
	50m: 34.56	34.56 150m: 1:58.03	39.75	250m: 3:23.81	45.96 350m: 4:48.00
	100m: 1:18.28	43.72 200m: 2:37.85	39.82	300m: 4:11.48	47.67 400m: 5:24.36
6.	Mart Tempelman	Dedemsvaart-AC	5:07.16	200801075	5:29.78 +0,40
	50m: 32.13	32.13 150m: 1:52.70	41.60	250m: 3:21.75	48.04 350m: 4:50.07
	100m: 1:11.10	38.97 200m: 2:33.71	41.01	300m: 4:10.76	49.01 400m: 5:29.78
7.	Dhamin Ouali	SWOL 1894	5:26.44	200902771	5:34.61 +0,69
	50m: 32.29	32.29 150m: 1:59.82	46.02	250m: 3:34.06	50.66 350m: 5:01.09
	100m: 1:13.80	41.51 200m: 2:43.40	43.58	300m: 4:22.98	48.92 400m: 5:34.61
8.	Roan van der Stege	SWOL 1894	5:23.19	200900107	5:36.71 +0,71
	50m: 33.79	33.79 150m: 2:00.61	45.16	250m: 3:33.03	48.42 350m: 5:00.52
	100m: 1:15.45	41.66 200m: 2:44.61	44.00	300m: 4:22.24	49.21 400m: 5:36.71
9.	Dyon Scholten	Steenwijk 1934	5:30.73	200900095	5:46.59 +0,62
	50m: 34.31	34.31 150m: 2:06.23	47.16	250m: 3:42.03	50.32 350m: 5:09.79
	100m: 1:19.07	44.76 200m: 2:51.71	45.48	300m: 4:32.91	50.88 400m: 5:46.59

Programmanr. 408, Jongens, 400m wisselslag, Junioren 3 en 4

rang	naam	vereniging	intijd	tijd	RT
10.	Ruben Nooter	Dedemsvaart-AC	5:35.13	200901577	5:50.28 +0,50
	50m: 34.54	34.54 150m: 2:09.37	47.42 250m: 3:42.39	47.81	350m: 5:10.76
	100m: 1:21.95	47.41 200m: 2:54.58	45.21 300m: 4:30.80	48.41	400m: 5:50.28
39.96					39.52
11.	Guus van Duinen	Dedemsvaart-AC	5:47.00	200901107	6:00.43
	50m: 38.19	38.19 150m: 2:13.04	47.27 250m: 3:52.66	54.01	350m: 5:25.00
	100m: 1:25.77	47.58 200m: 2:58.65	45.61 300m: 4:46.87	54.21	400m: 6:00.43
38.13					35.43
12.	Noud Assinck	Zignea	6:07.79	200900047	6:00.70 +0,64
	50m: 42.05	42.05 150m: 2:19.52	45.66 250m: 3:53.81	49.07	350m: 5:23.60
	100m: 1:33.86	51.81 200m: 3:04.74	45.22 300m: 4:42.85	49.04	400m: 6:00.70
40.75					37.10
13.	Milan Bottenberg	Deltasteur	5:47.00	200900153	6:01.49 +0,82
	50m: 39.59	39.59 150m: 2:13.94	45.00 250m: 3:49.65	51.23	350m: 5:21.99
	100m: 1:28.94	49.35 200m: 2:58.42	44.48 300m: 4:42.24	52.59	400m: 6:01.49
39.75					39.50
14.	Robbin Eijkelkamp	ZPC De Hof	6:03.00	200900031	6:03.61
	50m: 45.74	45.74 150m: 2:24.18	47.61 250m: 3:58.30	48.96	350m: 5:27.51
	100m: 1:36.57	50.83 200m: 3:09.34	45.16 300m: 4:47.45	49.15	400m: 6:03.61
40.06					36.10
15.	Rinse de Jonge	De Grunte	6:02.44	200900705	6:18.66 +0,80
	50m: 38.91	38.91 150m: 2:18.44	48.87 250m: 3:58.96	53.12	350m: 5:37.65
	100m: 1:29.57	50.66 200m: 3:05.84	47.40 300m: 4:54.77	55.81	400m: 6:18.66
42.88					41.01
16.	Timo Bottenberg	Deltasteur	6:21.29	200900151	6:26.37 +0,71
	50m: 39.47	39.47 150m: 2:16.56	48.81 250m: 4:00.56	57.83	350m: 5:45.64
	100m: 1:27.75	48.28 200m: 3:02.73	46.17 300m: 4:59.82	59.26	400m: 6:26.37
45.82					40.73
NG	Dani Yefimov	WS Twente	5:20.06	200901305	

Jeugd 1 en 2

1.	Storm Tolsma	Zignea	4:56.68	200600277	4:56.73 +0,66
	50m: 30.61	30.61 150m: 1:46.88	39.55 250m: 3:06.16	40.68	350m: 4:22.91
	100m: 1:07.33	36.72 200m: 2:25.48	38.60 300m: 3:47.08	40.92	400m: 4:56.73
35.83					33.82
2.	Melle van Veen	Dedemsvaart-AC	4:53.03	200700661	5:00.75 +0,73
	50m: 30.10	30.10 150m: 1:49.33	40.06 250m: 3:11.13	42.67	350m: 4:28.71
	100m: 1:09.27	39.17 200m: 2:28.46	39.13 300m: 3:54.05	42.92	400m: 5:00.75
34.66					32.04
3.	Tiamo van der Veen	Dedemsvaart-AC	4:48.95	200600033	5:05.45 +0,73
	50m: 30.70	30.70 150m: 1:42.41	36.11 250m: 3:06.55	48.75	350m: 4:30.89
	100m: 1:06.30	35.60 200m: 2:17.80	35.39 300m: 3:55.04	48.49	400m: 5:05.45
35.85					34.56
4.	Jort Siebelt	O Z & P C	5:15.73	200700083	5:14.49 +0,68
	50m: 32.23	32.23 150m: 1:51.94	40.01 250m: 3:16.68	44.02	350m: 4:40.46
	100m: 1:11.93	39.70 200m: 2:32.66	40.72 300m: 4:03.60	46.92	400m: 5:14.49
36.86					34.03
5.	Emiel de Bruijn	Dedemsvaart-AC	5:03.82	200700953	5:14.89
	50m: 32.69	32.69 150m: 1:55.49	43.27 250m: 3:20.24	42.62	350m: 4:39.98
	100m: 1:12.22	39.53 200m: 2:37.62	42.13 300m: 4:04.11	43.87	400m: 5:14.89
35.87					34.91
6.	Lias IJzerman	Dedemsvaart-AC	5:06.80	200703145	5:33.28 +0,72
	50m: 33.85	33.85 150m: 1:57.44	41.22 250m: 3:27.96	50.33	350m: 4:55.48
	100m: 1:16.22	42.37 200m: 2:37.63	40.19 300m: 4:17.88	49.92	400m: 5:33.28
37.60					37.80
7.	Tijs Kruihof	Het Ravijn	5:13.92	200701181	5:39.69 +0,68
	50m: 31.79	31.79 150m: 1:54.89	43.76 250m: 3:25.44	48.72	350m: 4:59.93
	100m: 1:11.13	39.34 200m: 2:36.72	41.83 300m: 4:16.84	51.40	400m: 5:39.69
43.09					39.76

Senioren 1-2 en Senioren

1.	Mattijn Thijert	WS Twente	4:59.67	200501921	5:08.16 +0,51
	50m: 30.67	30.67 150m: 1:49.36	41.22 250m: 3:15.61	45.99	350m: 4:35.00
	100m: 1:08.14	37.47 200m: 2:29.62	40.26 300m: 4:01.84	46.23	400m: 5:08.16
33.16					33.16
2.	Gijs Vrieling	Dedemsvaart-AC	5:07.45	200503811	5:10.96 +0,65
	50m: 32.55	32.55 150m: 1:53.25	39.15 250m: 3:16.93	44.83	350m: 4:35.11
	100m: 1:14.10	41.55 200m: 2:32.10	38.85 300m: 4:01.40	44.47	400m: 5:10.96
33.71					35.85
DIS	Kay van Sleen	Steenwijk 1934	5:09.21	200400083	+0,70
	<i>AE - De aangegeven zwemslag niet uitgevoerd.</i>				