

Programmanr. 105
25-5-2024 - 15:23

Heren, 400m vrije slag

All-in
Resultaten

rang naam	vereniging	intijd	tijd	RT	100m	200m	300m	400m
Junioren 1 en 2								
1. David Bret	Wahoo Swimming	4:57.28 201003615	4:58.52		1:09.40	1:17.08	1:17.34	1:14.70
50m:	150m:	250m:	350m:					
100m: 1:09.40	200m: 2:26.48	300m: 3:43.82	400m: 4:58.52					
2. Dax Muijlaert	SG Octopus - ZVV	5:15.04 201100535	5:01.61		1:12.39	1:17.79	1:16.98	1:14.45
50m:	150m:	250m:	350m:					
100m: 1:12.39	200m: 2:30.18	300m: 3:47.16	400m: 5:01.61					
3. Sven Potappel	DWK	5:06.67 201000127	5:01.86		1:09.85	1:19.40	1:19.10	1:13.51
50m:	150m:	250m:	350m:					
100m: 1:09.85	200m: 2:29.25	300m: 3:48.35	400m: 5:01.86					
4. Nils Bellert	SG Octopus - ZVV	5:17.75 201100347	5:12.72		1:14.48	1:21.12	1:21.12	1:16.00
50m:	150m:	250m:	350m:					
100m: 1:14.48	200m: 2:35.60	300m: 3:56.72	400m: 5:12.72					
5. Tygo van de Wal	DWK	5:10.80 201001329	5:14.31		1:13.68	1:20.32	1:21.95	1:18.36
50m:	150m:	250m:	350m:					
100m: 1:13.68	200m: 2:34.00	300m: 3:55.95	400m: 5:14.31					
6. Daniël Hofman	SG Octopus - ZVV	5:37.27 201000417	5:17.10		1:16.40	1:22.33	1:22.66	1:15.71
50m:	150m:	250m:	350m:					
100m: 1:16.40	200m: 2:38.73	300m: 4:01.39	400m: 5:17.10					
7. Ehor Poznyak	SG Wijchen-Gelenberg	5:24.76 201003501	5:21.70		1:14.66	1:20.56	1:23.04	1:23.44
50m:	150m:	250m:	350m:					
100m: 1:14.66	200m: 2:35.22	300m: 3:58.26	400m: 5:21.70					
8. Nordin Vermeer	DWK	5:17.53 201000227	5:22.72		1:15.90	1:22.25	1:23.84	1:20.73
50m:	150m:	250m:	350m:					
100m: 1:15.90	200m: 2:38.15	300m: 4:01.99	400m: 5:22.72					
9. Daan Abrahamse	De Vrije Slag	5:25.97 201001869	5:26.17		1:13.70	1:23.71	1:26.15	1:22.61
50m:	150m:	250m:	350m:					
100m: 1:13.70	200m: 2:37.41	300m: 4:03.56	400m: 5:26.17					
10. Yanniek Jager	Batavia Swim	5:18.47 201100315	5:27.27 *100m		1:16.76	1:28.38	1:22.86	1:19.27
50m:	150m:	250m:	350m:					
100m: 1:16.76	200m: 2:45.14	300m: 4:08.00	400m: 5:27.27					
11. Hugo Hulstijn	SG Wijchen-Gelenberg	5:38.93 201100297	5:32.84		1:17.16	1:24.35	1:23.99	1:27.34
50m:	150m:	250m:	350m:					
100m: 1:17.16	200m: 2:41.51	300m: 4:05.50	400m: 5:32.84					
12. Gerco van Dijk	Olympia	5:25.93 201000997	5:37.98		1:16.36	1:25.62	1:29.60	1:26.40
50m:	150m:	250m:	350m:					
100m: 1:16.36	200m: 2:41.98	300m: 4:11.58	400m: 5:37.98					
Junioren 3 en 4								
1. Ruben Baars	DWK	4:44.00 200900471	4:28.99		59.89	1:08.74	1:10.64	1:09.72
50m:	150m:	250m:	350m:					
100m: 59.89	200m: 2:08.63	300m: 3:19.27	400m: 4:28.99					
2. Mink Hugen	Aqua-Novio'94	4:39.61 200801391	4:41.53		1:04.39	1:11.62	1:13.41	1:12.11
50m:	150m:	250m:	350m:					
100m: 1:04.39	200m: 2:16.01	300m: 3:29.42	400m: 4:41.53					
3. Wessel van Dorst	Aqua-Novio'94	4:47.66 200900727	4:41.80		1:05.37	1:12.58	1:14.11	1:09.74
50m:	150m:	250m:	350m:					
100m: 1:05.37	200m: 2:17.95	300m: 3:32.06	400m: 4:41.80					
4. Jelle van Mullekom	RZC	4:46.86 200801267	4:43.54		1:04.60	1:13.90	1:14.52	1:10.52
50m:	150m:	250m:	350m:					
100m: 1:04.60	200m: 2:18.50	300m: 3:33.02	400m: 4:43.54					
5. Timo Berghuis	NDD	4:39.05 200801991	4:44.29		1:04.82	1:12.87	1:14.46	1:12.14
50m:	150m:	250m:	350m:					
100m: 1:04.82	200m: 2:17.69	300m: 3:32.15	400m: 4:44.29					
6. Tariq van Laar	De Rijn	4:57.66 200900819	4:55.53		1:07.18	1:16.98	1:17.39	1:13.98
50m:	150m:	250m:	350m:					
100m: 1:07.18	200m: 2:24.16	300m: 3:41.55	400m: 4:55.53					
7. Simon Travaille	Aqua-Novio'94	4:50.55 200800991	4:57.40		1:08.27	1:17.71	1:17.71	1:13.71
50m:	150m:	250m:	350m:					
100m: 1:08.27	200m: 2:25.98	300m: 3:43.69	400m: 4:57.40					
8. Siem Faber	Batavia Swim	5:15.54 200900065	5:13.12		1:13.55	1:21.65	1:20.85	1:17.07
50m:	150m:	250m:	350m:					
100m: 1:13.55	200m: 2:35.20	300m: 3:56.05	400m: 5:13.12					



Gelderse Kampioenschappen Lange Baan
Nijmegen, 25-5- - 2-6-2024



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

rang naam	vereniging	intijd	tijd	RT	100m	200m	300m	400m
9. Julian van Dijken	De Woelwaters	5:12.09 200902203	5:21.45		1:08.34	1:21.51	1:25.93	1:25.67
50m:		150m:	250m:		350m:			
100m: 1:08.34		200m: 2:29.85	300m: 3:55.78		400m: 5:21.45			
10. Ruben Zirkzee	De Meer	5:15.43 200900571	5:36.65		1:14.89	1:26.79	1:27.54	1:27.43
50m:		150m:	250m:		350m:			
100m: 1:14.89		200m: 2:41.68	300m: 4:09.22		400m: 5:36.65			

Jeugd 1 en 2

1. Mies de Wit	CWW Swimteam	4:35.53 200700315	4:22.22		1:00.65	1:06.94	1:07.95	1:06.68
50m:		150m:	250m:		350m:			
100m: 1:00.65		200m: 2:07.59	300m: 3:15.54		400m: 4:22.22			
2. Lars ten Katen	Batavia Swim	4:22.19 200600959	4:39.71		1:03.33	1:11.72	1:14.55	1:10.11
50m:		150m:	250m:		350m:			
100m: 1:03.33		200m: 2:15.05	300m: 3:29.60		400m: 4:39.71			
3. Kaj Folkerts	De Rijn	4:28.99 200700067	4:39.73		1:04.73	1:11.82	1:13.64	1:09.54
50m:		150m:	250m:		350m:			
100m: 1:04.73		200m: 2:16.55	300m: 3:30.19		400m: 4:39.73			
4. Jochem Lemmens	SG Wijchen-Gelenberg	4:33.43 200601923	4:40.14		1:03.10	1:12.66	1:14.13	1:10.25
50m:		150m:	250m:		350m:			
100m: 1:03.10		200m: 2:15.76	300m: 3:29.89		400m: 4:40.14			
5. Sami El Fhim	Aqua-Novio'94	4:48.85 200700935	4:58.70		1:04.82	1:15.13	1:18.11	1:20.64
50m:		150m:	250m:		350m:			
100m: 1:04.82		200m: 2:19.95	300m: 3:38.06		400m: 4:58.70			

Senioren 1 en 2

1. Thijs Berkhout	DWK	4:35.20 200500035	4:38.39		1:03.18	1:11.37	1:13.31	1:10.53
50m:		150m:	250m:		350m:			
100m: 1:03.18		200m: 2:14.55	300m: 3:27.86		400m: 4:38.39			
2. Sofyan El Fhim	Aqua-Novio'94	4:38.83 200502131	4:40.87		1:04.25	1:11.52	1:13.75	1:11.35
50m:		150m:	250m:		350m:			
100m: 1:04.25		200m: 2:15.77	300m: 3:29.52		400m: 4:40.87			
3. Jesse Bruines	Batavia Swim	5:48.22 200402413 S9	5:42.98	390	1:20.26	1:28.00	1:28.92	1:25.80
50m:		150m:	250m:		350m:			
100m: 1:20.26		200m: 2:48.26	300m: 4:17.18		400m: 5:42.98			

Senioren

1. Joris Janssen	Aqua-Novio'94	4:09.86 200301311	4:10.32		57.77	1:03.20	1:04.93	1:04.42
50m:		150m:	250m:		350m:			
100m: 57.77		200m: 2:00.97	300m: 3:05.90		400m: 4:10.32			
2. R. van Everdingen	DWK	4:23.20 200300043	4:25.62		1:00.67	1:06.27	1:08.16	1:10.52
50m:		150m:	250m:		350m:			
100m: 1:00.67		200m: 2:06.94	300m: 3:15.10		400m: 4:25.62			
3. Martijn Velders	Aqua-Novio'94	4:33.85 199502619	4:31.22		1:05.22	1:09.37	1:09.72	1:06.91
50m:		150m:	250m:		350m:			
100m: 1:05.22		200m: 2:14.59	300m: 3:24.31		400m: 4:31.22			
4. Mike Schel	ESCA Zwemmen	4:32.98 199403279	4:32.83		1:03.55	1:09.33	1:10.79	1:09.16
50m:		150m:	250m:		350m:			
100m: 1:03.55		200m: 2:12.88	300m: 3:23.67		400m: 4:32.83			
5. Lars Jacobsen	DWK	4:50.32 199705453 S14	4:51.84	614	1:06.47	1:14.49	1:16.94	1:13.94
50m:		150m:	250m:		350m:			
100m: 1:06.47		200m: 2:20.96	300m: 3:37.90		400m: 4:51.84			