

Programmanr. 408
2-6-2024 - 16:13

Heren, 400m wisselslag
snelste serie sen 1+2 samen met jgd 1+2

All-in
Resultaten

rang	naam	vereniging	intijd		tijd	RT	100m	200m	300m	400m
Junioren 1 en 2										
1.	Sven Potappel	DWK	5:36.38	201000127	5:40.76		1:14.95	1:29.81	1:36.06	1:19.94
	50m:		150m:		250m:		350m:			
	100m:	1:14.95	200m:	2:44.76	300m:	4:20.82	400m:	5:40.76		
2.	Yanniek Jager	Batavia Swim	5:50.11	201100315	6:01.90		1:26.31	1:31.19	1:42.94	1:21.46
	50m:		150m:		250m:		350m:			
	100m:	1:26.31	200m:	2:57.50	300m:	4:40.44	400m:	6:01.90		
3.	Hugo Hulstijn	SG Wijchen-Gelenberg	6:21.15	201100297	6:19.82		1:33.98	1:30.90	1:48.18	1:26.76
	50m:		150m:		250m:		350m:			
	100m:	1:33.98	200m:	3:04.88	300m:	4:53.06	400m:	6:19.82		
	DIS Nordin Vermeer	DWK	5:57.49	201000227						
	VG - Bij de laatste armslag voor keer- en/of eindpunt de armen niet over het water naar voren gebracht.									
Junioren 3 en 4										
1.	Ruben Baars	DWK	5:24.76	200900471	5:15.40		1:10.21	1:26.19	1:26.98	1:12.02
	50m:		150m:		250m:		350m:			
	100m:	1:10.21	200m:	2:36.40	300m:	4:03.38	400m:	5:15.40		
2.	Mink Hugen	Aqua-Novio'94	5:19.87	200801391	5:18.22		1:11.15	1:23.82	1:32.77	1:10.48
	50m:		150m:		250m:		350m:			
	100m:	1:11.15	200m:	2:34.97	300m:	4:07.74	400m:	5:18.22		
3.	Jelle van Mullekom	RZC	5:36.04	200801267	5:20.57		1:08.91	1:27.53	1:34.11	1:10.02
	50m:		150m:		250m:		350m:			
	100m:	1:08.91	200m:	2:36.44	300m:	4:10.55	400m:	5:20.57		
4.	Timo Berghuis	NDD	5:22.06	200801991	5:31.95		1:13.58	1:29.42	1:36.62	1:12.33
	50m:		150m:		250m:		350m:			
	100m:	1:13.58	200m:	2:43.00	300m:	4:19.62	400m:	5:31.95		
5.	Ruben Zirkzee	De Meer	5:56.72	200900571	5:54.77		1:25.06	1:24.45	1:44.67	1:20.59
	50m:		150m:		250m:		350m:			
	100m:	1:25.06	200m:	2:49.51	300m:	4:34.18	400m:	5:54.77		
6.	Siem Faber	Batavia Swim	5:58.72	200900065	5:55.84		1:19.11	1:36.84	1:41.62	1:18.27
	50m:		150m:		250m:		350m:			
	100m:	1:19.11	200m:	2:55.95	300m:	4:37.57	400m:	5:55.84		
7.	Julian van Dijken	De Woelwaters	5:53.54	200902203	6:11.21		1:17.77	1:33.32	1:54.31	1:25.81
	50m:		150m:		250m:		350m:			
	100m:	1:17.77	200m:	2:51.09	300m:	4:45.40	400m:	6:11.21		
Jeugd 1 en 2										
1.	Mies de Wit	CWW Swimteam	4:59.83	200700315	4:58.50		1:06.32	1:20.46	1:24.45	1:07.27
	50m:		150m:		250m:		350m:			
	100m:	1:06.32	200m:	2:26.78	300m:	3:51.23	400m:	4:58.50		
2.	Odo McCarthy	ZV Overbetuwe	5:19.54	200700307	5:22.58		1:12.87	1:22.49	1:34.29	1:12.93
	50m:		150m:		250m:		350m:			
	100m:	1:12.87	200m:	2:35.36	300m:	4:09.65	400m:	5:22.58		
3.	Lars ten Katen	Batavia Swim	4:55.95	200600959	5:25.79		1:09.07	1:21.65	1:41.05	1:14.02
	50m:		150m:		250m:		350m:			
	100m:	1:09.07	200m:	2:30.72	300m:	4:11.77	400m:	5:25.79		
4.	Timo Bourgonje	SG Octopus - ZVV	5:28.43	200700599	5:26.98		1:13.89	1:26.37	1:34.83	1:11.89
	50m:		150m:		250m:		350m:			
	100m:	1:13.89	200m:	2:40.26	300m:	4:15.09	400m:	5:26.98		
5.	Kaj Folkerts	De Rijn	5:19.14	200700067	5:28.11		1:12.53	1:28.40	1:36.55	1:10.63
	50m:		150m:		250m:		350m:			
	100m:	1:12.53	200m:	2:40.93	300m:	4:17.48	400m:	5:28.11		
Senioren 1 en 2										
1.	Thijs Berkhout	DWK	5:07.24	200500035	5:06.62		1:06.77	1:25.57	1:24.46	1:09.82
	50m:		150m:		250m:		350m:			
	100m:	1:06.77	200m:	2:32.34	300m:	3:56.80	400m:	5:06.62		
2.	Jesse Bruines	Batavia Swim	7:03.89	200402413 SM9	7:15.92		1:40.89	1:54.93	2:14.99	1:25.11
	50m:		150m:		250m:		350m:			
	100m:	1:40.89	200m:	3:35.82	300m:	5:50.81	400m:	7:15.92		



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Senioren

1. Joris Janssen	Aqua-Novio'94	4:31.02	200301311	4:45.10	1:03.40	1:14.17	1:21.51	1:06.02
50m:		150m:		250m:	350m:			
100m: 1:03.40		200m: 2:17.57		300m: 3:39.08	400m: 4:45.10			
2. R. van Everdingen	DWK	4:45.15	200300043	4:57.04	1:03.88	1:17.41	1:25.47	1:10.28
50m:		150m:		250m:	350m:			
100m: 1:03.88		200m: 2:21.29		300m: 3:46.76	400m: 4:57.04			
3. Martijn Velders	Aqua-Novio'94	5:13.23	199502619	5:07.09	1:12.59	1:25.66	1:17.97	1:10.87
50m:		150m:		250m:	350m:			
100m: 1:12.59		200m: 2:38.25		300m: 3:56.22	400m: 5:07.09			
4. Mick van Kempen	CWW Swimteam	5:00.34	200203375	5:11.45	1:07.31	1:26.53	1:26.58	1:11.03
50m:		150m:		250m:	350m:			
100m: 1:07.31		200m: 2:33.84		300m: 4:00.42	400m: 5:11.45			
5. Mike Schel	ESCA Zwemmen	5:13.62	199403279	5:13.96	1:12.10	1:21.85	1:30.66	1:09.35
50m:		150m:		250m:	350m:			
100m: 1:12.10		200m: 2:33.95		300m: 4:04.61	400m: 5:13.96			
6. Niek Heethaar	DWK	5:10.67	199900999	5:19.83	1:06.66	1:19.16	1:34.57	1:19.44
50m:		150m:		250m:	350m:			
100m: 1:06.66		200m: 2:25.82		300m: 4:00.39	400m: 5:19.83			
7. Jeroen Velders	TZC Vahalis	5:06.51	199602037	5:25.99	1:10.69	1:24.50	1:34.65	1:16.15
50m:		150m:		250m:	350m:			
100m: 1:10.69		200m: 2:35.19		300m: 4:09.84	400m: 5:25.99			