

PK lange baan 2024 Utrecht 2e weekend
Amersfoort, 1- - 2-6-2024

Programmanr. 28
1-6-2024 - 15:35

Heren, 400m vrije slag

Junioren 1 en ouder
Resultaten

rang	naam	vereniging	intijd	tijd	RT
Junioren 1 en 2					
1.	Abel op den Velde	De Duinkickers	4:41.84	201000079	4:37.61 +0,81
	50m: 31.23	31.23 150m: 1:41.38	35.43	250m: 2:52.16	35.35 350m: 4:03.49
	100m: 1:05.95	34.72 200m: 2:16.81	35.43	300m: 3:27.87	35.71 400m: 4:37.61
2.	Bink Elgersma	Zwemlust- den Hommel	4:48.81	201000137	4:47.60 +0,69
	50m: 31.25	31.25 150m: 1:43.09	36.81	250m: 2:57.79	37.13 350m: 4:11.63
	100m: 1:06.28	35.03 200m: 2:20.66	37.57	300m: 3:35.26	37.47 400m: 4:47.60
3.	Gwee Bokma	Zwemlust- den Hommel	4:57.20	201002259	4:53.98 +0,73
	50m: 30.88	30.88 150m: 1:43.33	36.98	250m: 2:59.58	38.26 350m: 4:16.73
	100m: 1:06.35	35.47 200m: 2:21.32	37.99	300m: 3:38.21	38.63 400m: 4:53.98
4.	Mees de Vries	Zwemlust- den Hommel	5:01.55	201001151	5:00.74 +0,73
	50m: 33.27	33.27 150m: 1:49.64	38.72	250m: 3:07.80	39.04 350m: 4:24.34
	100m: 1:10.92	37.65 200m: 2:28.76	39.12	300m: 3:46.14	38.34 400m: 5:00.74
5.	Milan Schuilenburg	ZPC AMERSFOORT	5:02.36	201000935	5:02.33 +0,71
	50m: 33.49	33.49 150m: 1:50.12	38.57	250m: 3:08.59	39.48 350m: 4:25.81
	100m: 1:11.55	38.06 200m: 2:29.11	38.99	300m: 3:47.34	38.75 400m: 5:02.33
6.	Mees Otto	ZPC Woerden	5:22.75	201001319	5:22.11 +0,70
	50m: 36.74	36.74 150m: 1:57.88	40.87	250m: 3:20.49	41.08 350m: 4:42.75
	100m: 1:17.01	40.27 200m: 2:39.41	41.53	300m: 4:01.61	41.12 400m: 5:22.11
7.	Stijn van den Konink	ZPC AMERSFOORT	5:58.19	201102167	5:39.03 +0,75
	50m: 36.83	36.83 150m: 2:02.20	43.38	250m: 3:31.80	45.23 350m: 4:58.62
	100m: 1:18.82	41.99 200m: 2:46.57	44.37	300m: 4:16.38	44.58 400m: 5:39.03
8.	Jasper Cox	ZPC AMERSFOORT	5:38.06	201003589	5:39.57 +0,58
	50m: 38.52	38.52 150m: 2:07.63	46.07	250m: 3:33.22	42.85 350m: 4:59.15
	100m: 1:21.56	43.04 200m: 2:50.37	42.74	300m: 4:15.75	42.53 400m: 5:39.57
9.	Quinten Hofman	Zwemlust- den Hommel	5:48.98	201000955	5:43.07 +0,98
	50m: 33.76	33.76 150m: 2:00.34	45.22	250m: 3:32.40	46.19 350m: 4:59.28
	100m: 1:15.12	41.36 200m: 2:46.21	45.87	300m: 4:16.16	43.76 400m: 5:43.07
10.	Tim Keuning	De Duinkickers	5:33.16	201000557	5:48.91 +0,70
	50m: 37.73	37.73 150m: 2:06.22	45.23	250m: 3:38.07	45.50 350m: 5:07.58
	100m: 1:20.99	43.26 200m: 2:52.57	46.35	300m: 4:23.54	45.47 400m: 5:48.91
11.	Jelle Postma	De Duinkickers	5:43.36	201000559	5:49.62 +0,80
	50m: 40.04	40.04 150m: 2:09.45	45.38	250m: 3:41.73	46.28 350m: 5:09.65
	100m: 1:24.07	44.03 200m: 2:55.45	46.00	300m: 4:27.02	45.29 400m: 5:49.62
Junioren 3 en 4					
1.	Bas Mostert	VZC	4:09.63	200800629	4:13.66 +0,76
	50m: 28.25	28.25 150m: 1:30.57	32.13	250m: 2:36.33	33.14 350m: 3:42.36
	100m: 58.44	30.19 200m: 2:03.19	32.62	300m: 3:09.74	33.41 400m: 4:13.66
2.	Xander Kragting	ZPC AMERSFOORT	4:41.10	200900077	4:33.85 +0,69
	50m: 29.77	29.77 150m: 1:37.45	34.45	250m: 2:48.11	35.65 350m: 3:59.39
	100m: 1:03.00	33.23 200m: 2:12.46	35.01	300m: 3:23.60	35.49 400m: 4:33.85
3.	Tobian Vos	ZPC AMERSFOORT	4:20.26	200900005	4:35.78 +0,72
	50m: 28.96	28.96 150m: 1:34.11	33.30	250m: 2:44.82	36.36 350m: 3:59.65
	100m: 1:00.81	31.85 200m: 2:08.46	34.35	300m: 3:21.88	37.06 400m: 4:35.78
4.	Brent Schifflers	ZPC Woerden	4:40.00	200902041	4:36.29 +0,73
	50m: 30.20	30.20 150m: 1:38.84	35.18	250m: 2:51.00	36.23 350m: 4:02.78
	100m: 1:03.66	33.46 200m: 2:14.77	35.93	300m: 3:27.51	36.51 400m: 4:36.29
5.	Julian Kragten	ZPC Watervlo	4:49.56	200900695	5:02.43 +0,80
	50m: 31.34	31.34 150m: 1:44.98	38.08	250m: 3:04.09	39.86 350m: 4:24.05
	100m: 1:06.90	35.56 200m: 2:24.23	39.25	300m: 3:44.36	40.27 400m: 5:02.43
6.	Hessel Wachter	Zwemclub Zeist	5:23.05	200903337	5:13.23 +0,82
	50m: 34.49	34.49 150m: 1:52.94	39.78	250m: 3:14.61	40.91 350m: 4:35.51
	100m: 1:13.16	38.67 200m: 2:33.70	40.76	300m: 3:55.80	41.19 400m: 5:13.23
7.	Lars Schade van Westrum	GoSwim	5:32.37	200800933	5:14.91 +0,75
	50m: 35.20	35.20 150m: 1:54.86	40.32	250m: 3:17.44	41.48 350m: 4:37.94
	100m: 1:14.54	39.34 200m: 2:35.96	41.10	300m: 3:58.28	40.84 400m: 5:14.91
8.	Leon ten Broeke	GoSwim	5:16.16	200900713	5:20.61 +0,69
	50m: 35.01	35.01 150m: 1:55.47	41.04	250m: 3:18.96	41.51 350m: 4:41.88
	100m: 1:14.43	39.42 200m: 2:37.45	41.98	300m: 4:01.11	42.15 400m: 5:20.61

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Jeugd 1 en 2

1. Thijs Wellink	ZPC AMERSFOORT	4:24.08	200600715		4:28.94	+0,68	
50m: 28.96	28.96	150m: 1:35.33	33.57	250m: 2:43.82	34.36	350m: 3:53.95	35.15
100m: 1:01.76	32.80	200m: 2:09.46	34.13	300m: 3:18.80	34.98	400m: 4:28.94	34.99
2. Sijmon van der Woude	Zwemvereniging Hoogland	4:45.16	200603299		4:46.67	+0,73	
50m: 30.52	30.52	150m: 1:42.52	37.20	250m: 2:57.97	37.61	350m: 4:12.53	37.24
100m: 1:05.32	34.80	200m: 2:20.36	37.84	300m: 3:35.29	37.32	400m: 4:46.67	34.14
3. Storm Elgersma	Zwemlust- den Hommel	4:56.76	200702053		4:57.28	+0,82	
50m: 31.25	31.25	150m: 1:44.26	37.57	250m: 3:01.27	38.84	350m: 4:19.21	38.80
100m: 1:06.69	35.44	200m: 2:22.43	38.17	300m: 3:40.41	39.14	400m: 4:57.28	38.07

Senioren 1 en ouder

1. Austin Namesnik	ZPC AMERSFOORT	4:14.63	200101817		4:02.32	+0,67	
50m: 27.48	27.48	150m: 1:27.41	30.42	250m: 2:29.55	31.06	350m: 3:32.32	31.36
100m: 56.99	29.51	200m: 1:58.49	31.08	300m: 3:00.96	31.41	400m: 4:02.32	30.00
2. Youri Voet	De Duinkickers	4:24.04	200502269		4:16.64	+0,69	
50m: 28.75	28.75	150m: 1:32.49	31.97	250m: 2:38.93	33.59	350m: 3:45.15	32.48
100m: 1:00.52	31.77	200m: 2:05.34	32.85	300m: 3:12.67	33.74	400m: 4:16.64	31.49
3. Rens Stijf	ZPC AMERSFOORT	4:14.41	200501419		4:20.41	+0,67	
50m: 27.84	27.84	150m: 1:30.31	31.99	250m: 2:36.64	33.47	350m: 3:45.62	34.83
100m: 58.32	30.48	200m: 2:03.17	32.86	300m: 3:10.79	34.15	400m: 4:20.41	34.79
4. Jelle Blankestijn	ZPC AMERSFOORT	4:34.10	199803737		4:36.36	+0,73	
50m: 30.44	30.44	150m: 1:39.52	34.97	250m: 2:50.90	35.42	350m: 4:02.61	35.79
100m: 1:04.55	34.11	200m: 2:15.48	35.96	300m: 3:26.82	35.92	400m: 4:36.36	33.75