

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

Programmanr. 36  
2-6-2024 - 14:30

Heren, 400m wisselslag

Juniores 1 en ouder  
Resultaten

rang	naam	vereniging	intijd		tijd	RT
<b>Juniores 1 en 2</b>						
1.	Abel op den Velde	De Duinkickers	5:37.47	201000079	<b>5:20.93</b>	+0,77
	50m: 32.90	32.90 150m: 1:54.94	40.56	250m: 3:22.46	49.21 350m: 4:46.45	35.49
	100m: 1:14.38	41.48 200m: 2:33.25	38.31	300m: 4:10.96	48.50 400m: 5:20.93	34.48
2.	Gwee Bokma	Zwemlust- den Hommel	5:23.05	201002259	<b>5:25.04</b>	+0,71
	50m: 30.81	30.81 150m: 1:53.38	43.87	250m: 3:22.45	47.62 350m: 4:49.36	37.52
	100m: 1:09.51	38.70 200m: 2:34.83	41.45	300m: 4:11.84	49.39 400m: 5:25.04	35.68
3.	Bink Elgersma	Zwemlust- den Hommel	5:27.17	201000137	<b>5:36.59</b>	+0,68
	50m: 33.44	33.44 150m: 1:58.24	43.55	250m: 3:28.76	49.45 350m: 4:58.90	39.26
	100m: 1:14.69	41.25 200m: 2:39.31	41.07	300m: 4:19.64	50.88 400m: 5:36.59	37.69
4.	Quinten Oostveen	ZPC AMERSFOORT	5:58.37	201002605	<b>5:51.96</b>	+0,64
	50m: 34.53	34.53 150m: 2:05.04	47.69	250m: 3:41.40	50.77 350m: 5:12.64	40.08
	100m: 1:17.35	42.82 200m: 2:50.63	45.59	300m: 4:32.56	51.16 400m: 5:51.96	39.32
5.	Mees Otto	ZPC Woerden	6:06.84	201001319	<b>6:13.99</b>	+0,74
	50m: 38.82	38.82 150m: 2:15.58	48.28	250m: 3:56.17	53.80 350m: 5:35.61	41.58
	100m: 1:27.30	48.48 200m: 3:02.37	46.79	300m: 4:54.03	57.86 400m: 6:13.99	38.38
6.	Jelle Postma	De Duinkickers	6:37.90	201000559	<b>6:44.48</b>	+0,71
	50m: 44.72	44.72 150m: 2:33.91	52.33	250m: 4:21.86	58.18 350m: 6:01.75	43.71
	100m: 1:41.58	56.86 200m: 3:23.68	49.77	300m: 5:18.04	56.18 400m: 6:44.48	42.73
7.	Daniel Bagdasarov	ZPC Woerden	6:37.57	201101511	<b>6:51.49</b>	+0,82
	50m: 43.66	43.66 150m: 2:26.34	52.30	250m: 4:21.65	1:02.69 350m: 6:09.08	44.34
	100m: 1:34.04	50.38 200m: 3:18.96	52.62	300m: 5:24.74	1:03.09 400m: 6:51.49	42.41

**Juniores 3 en 4**

1.	Rijk Leenders	VZC	4:45.04	200800627	<b>4:57.64</b>	+0,69
	50m: 30.69	30.69 150m: 1:45.18	38.91	250m: 3:03.79	40.77 350m: 4:22.82	37.07
	100m: 1:06.27	35.58 200m: 2:23.02	37.84	300m: 3:45.75	41.96 400m: 4:57.64	34.82
2.	Xander Kragting	ZPC AMERSFOORT	5:38.30	200900077	<b>5:16.30</b>	+0,72
	50m: 31.77	31.77 150m: 1:51.51	41.67	250m: 3:18.02	46.52 350m: 4:41.46	36.04
	100m: 1:09.84	38.07 200m: 2:31.50	39.99	300m: 4:05.42	47.40 400m: 5:16.30	34.84
3.	Brent Schiffers	ZPC Woerden	5:02.08	200902041	<b>5:19.31</b>	+0,69
	50m: 31.77	31.77 150m: 1:51.13	39.93	250m: 3:18.20	48.46 350m: 4:43.78	36.57
	100m: 1:11.20	39.43 200m: 2:29.74	38.61	300m: 4:07.21	49.01 400m: 5:19.31	35.53
4.	Felix Gepkens	VZC	5:05.25	200800631	<b>5:22.58</b>	+0,78
	50m: 30.88	30.88 150m: 1:49.20	41.66	250m: 3:19.90	49.75 350m: 4:46.03	36.70
	100m: 1:07.54	36.66 200m: 2:30.15	40.95	300m: 4:09.33	49.43 400m: 5:22.58	36.55
5.	Lars Schade van Westrum	GoSwim	5:40.89	200800933	<b>5:43.07</b>	+0,64
	50m: 33.59	33.59 150m: 1:58.11	43.52	250m: 3:34.00	53.23 350m: 5:05.07	39.44
	100m: 1:14.59	41.00 200m: 2:40.77	42.66	300m: 4:25.63	51.63 400m: 5:43.07	38.00
6.	Hessel Wachter	Zwemclub Zeist	5:43.89	200903337	<b>5:47.76</b>	+0,84
	50m: 32.05	32.05 150m: 2:00.20	47.79	250m: 3:38.19	49.29 350m: 5:09.63	40.96
	100m: 1:12.41	40.36 200m: 2:48.90	48.70	300m: 4:28.68	50.49 400m: 5:47.76	38.13
7.	Julian Kragten	ZPC Watervlo	5:37.31	200900695	<b>5:47.99</b>	+0,78
	50m: 35.58	35.58 150m: 2:04.45	45.28	250m: 3:38.60	50.17 350m: 5:10.32	39.13
	100m: 1:19.17	43.59 200m: 2:48.43	43.98	300m: 4:31.19	52.59 400m: 5:47.99	37.67
8.	Mats van Zuilekom	ZPC Watervlo	6:02.37	200803651	<b>5:54.34</b>	+0,75
	50m: 35.49	35.49 150m: 2:04.99	47.12	250m: 3:44.91	54.27 350m: 5:19.00	39.12
	100m: 1:17.87	42.38 200m: 2:50.64	45.65	300m: 4:39.88	54.97 400m: 5:54.34	35.34
9.	Naut Brouwer	De Fuut	6:19.16	200900615	<b>6:29.09</b>	+0,88
	50m: 38.81	38.81 150m: 2:18.63	50.70	250m: 4:03.02	55.75 350m: 5:45.33	45.08
	100m: 1:27.93	49.12 200m: 3:07.27	48.64	300m: 5:00.25	57.23 400m: 6:29.09	43.76
DIS	Jurre van Es	ZPC Woerden	6:07.07	200903567		
	<i>SL - Het keer- en/of eindpunt met één hand aangetikt.</i>					

**Jeugd 1 en 2**

1.	Sijmon van der Woude	Zwemvereniging Hoogland	5:29.42	200603299	<b>5:34.71</b>	+0,65
	50m: 30.54	30.54 150m: 1:53.56	43.47	250m: 3:26.53	51.36 350m: 4:57.12	37.73
	100m: 1:10.09	39.55 200m: 2:35.17	41.61	300m: 4:19.39	52.86 400m: 5:34.71	37.59
2.	Storm Elgersma	Zwemlust- den Hommel	5:25.53	200702053	<b>5:37.67</b>	+0,81
	50m: 32.64	32.64 150m: 1:57.05	45.96	250m: 3:32.88	52.50 350m: 5:02.56	37.12
	100m: 1:11.09	38.45 200m: 2:40.38	43.33	300m: 4:25.44	52.56 400m: 5:37.67	35.11
3.	Enda McMenamin	Zwemlust- den Hommel	5:49.63	200703883	<b>5:57.85</b>	+0,80
	50m: 34.44	34.44 150m: 2:02.83	48.19	250m: 3:44.00	53.36 350m: 5:18.41	40.79
	100m: 1:14.64	40.20 200m: 2:50.64	47.81	300m: 4:37.62	53.62 400m: 5:57.85	39.44

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Programmanr. 36, Heren, 400m wisselslag

Senioren 1 en ouder

1. Koen Marsman	ZPC AMERSFOORT	4:37.64	200502763	<b>4:33.68</b>	+0,66		
50m: 27.50	27.50	150m: 1:36.58	37.20	250m: 2:51.68	39.31	350m: 4:03.71	32.59
100m: 59.38	31.88	200m: 2:12.37	35.79	300m: 3:31.12	39.44	400m: 4:33.68	29.97
2. Youri Voet	De Duinkickers	4:48.74	200502269	<b>4:54.51</b>	+0,71		
50m: 30.62	30.62	150m: 1:44.55	37.83	250m: 3:04.07	42.57	350m: 4:21.65	34.18
100m: 1:06.72	36.10	200m: 2:21.50	36.95	300m: 3:47.47	43.40	400m: 4:54.51	32.86
3. Jelle Blankestijn	ZPC AMERSFOORT	5:11.62	199803737	<b>5:17.22</b>	+0,75		
50m: 32.19	32.19	150m: 1:53.39	41.84	250m: 3:18.96	45.03	350m: 4:42.21	37.35
100m: 1:11.55	39.36	200m: 2:33.93	40.54	300m: 4:04.86	45.90	400m: 5:17.22	35.01