

Event 20  
16-11-2024 - 14:20

Men, 400m Freestyle

2012 and older  
Results

rang	naam	vereniging	intijd	tijd	RT	
<b>YOB 2011 - 2012</b>						
1.	Tibo Janssen	ZPC De Rog Weert	5:16.96	201101591	<b>5:07.78</b> +0,74	
	50m: 34.23	34.23 150m: 1:52.54	39.75	250m: 3:12.71	40.82	350m: 4:33.25
	100m: 1:12.79	38.56 200m: 2:31.89	39.35	300m: 3:52.20	39.49	400m: 5:07.78
2.	Gido van Dijk	SG Patrick - De Roersoppers	5:20.91	201100341	<b>5:16.21</b> +0,71	
	50m: 35.81	35.81 150m: 1:57.88	41.58	250m: 3:20.24	40.91	350m: 4:41.50
	100m: 1:16.30	40.49 200m: 2:39.33	41.45	300m: 4:00.95	40.71	400m: 5:16.21
3.	H. Kuzey Kudat	Hellas-Glana	5:20.29	201201917	<b>5:19.26</b> +0,59	
	50m: 36.94	36.94 150m: 1:58.35	41.06	250m: 3:19.93	40.68	350m: 4:42.13
	100m: 1:17.29	40.35 200m: 2:39.25	40.90	300m: 4:01.47	41.54	400m: 5:19.26
4.	Lars Stelten	Hellas-Glana	5:30.67	201200151	<b>5:26.30</b> +0,65	
	50m: 37.56	37.56 150m: 2:00.88	41.96	250m: 3:26.42	42.58	350m: 4:49.33
	100m: 1:18.92	41.36 200m: 2:43.84	42.96	300m: 4:07.73	41.31	400m: 5:26.30
<b>YOB 2009 - 2010</b>						
1.	Tren Wullms	Hellas-Glana	4:57.32	201000469	<b>4:50.25</b> +0,64	
	50m: 33.57	33.57 150m: 1:48.86	37.62	250m: 3:03.39	36.94	350m: 4:17.23
	100m: 1:11.24	37.67 200m: 2:26.45	37.59	300m: 3:40.68	37.29	400m: 4:50.25
2.	Tygo Kamps	MZ&PC	5:12.48	201000987	<b>4:53.93</b> +0,73	
	50m: 33.43	33.43 150m: 1:49.88	38.40	250m: 3:04.50	38.22	350m: 4:18.37
	100m: 1:11.48	38.05 200m: 2:26.28	36.40	300m: 3:41.28	36.78	400m: 4:53.93
3.	Sam Diederens	SG Patrick - De Roersoppers	5:24.54	201001863	<b>5:12.44</b> +0,71	
	50m: 34.73	34.73 150m: 1:53.64	39.77	250m: 3:14.53	40.68	350m: 4:33.66
	100m: 1:13.87	39.14 200m: 2:33.85	40.21	300m: 3:54.43	39.90	400m: 5:12.44
<b>YOB 2007 - 2008</b>						
1.	Ties Berghs	Zeps	4:16.40	200700709	<b>4:16.96</b> +0,66	
	50m: 28.70	28.70 150m: 1:31.94	32.04	250m: 2:37.33	32.93	350m: 3:43.61
	100m: 59.90	31.20 200m: 2:04.40	32.46	300m: 3:10.28	32.95	400m: 4:16.96
2.	Jesse Jacobs	HZPC	4:36.51	200700407	<b>4:32.65</b> +0,75	
	50m: 30.01	30.01 150m: 1:37.66	34.20	250m: 2:47.19	34.94	350m: 3:57.35
	100m: 1:03.46	33.45 200m: 2:12.25	34.59	300m: 3:22.23	35.04	400m: 4:32.65
3.	Jannick van Eeghem, van	Hellas-Glana	4:35.87	200800147	<b>4:33.09</b> +0,64	
	50m: 29.19	29.19 150m: 1:38.30	35.00	250m: 2:49.51	35.26	350m: 4:00.63
	100m: 1:03.30	34.11 200m: 2:14.25	35.95	300m: 3:25.55	36.04	400m: 4:33.09
4.	Bodewyn Long	SG Patrick - De Roersoppers	4:45.63	200702205	<b>4:37.22</b> +0,68	
	50m: 30.14	30.14 150m: 1:39.37	35.56	250m: 2:50.72	35.74	350m: 4:02.16
	100m: 1:03.81	33.67 200m: 2:14.98	35.61	300m: 3:26.29	35.57	400m: 4:37.22
5.	Stephan Sjeptoera	HZPC	4:45.74	200800871	<b>4:41.97</b> +0,74	
	50m: 31.35	31.35 150m: 1:41.21	35.18	250m: 2:53.23	35.96	350m: 4:05.69
	100m: 1:06.03	34.68 200m: 2:17.27	36.06	300m: 3:29.55	36.32	400m: 4:41.97
<b>2006 and older</b>						
1.	Ruben de Vries, de	Hellas-Glana	4:18.61	200600497	<b>4:15.88</b> +0,67	
	50m: 29.37	29.37 150m: 1:33.69	32.47	250m: 2:39.02	32.60	350m: 3:44.68
	100m: 1:01.22	31.85 200m: 2:06.42	32.73	300m: 3:11.90	32.88	400m: 4:15.88
2.	Arno Nelissen	Hellas-Glana	4:33.66	200300229	<b>4:16.17</b> +0,78	
	50m: 27.39	27.39 150m: 1:28.24	31.16	250m: 2:35.32	34.10	350m: 3:44.62
	100m: 57.08	29.69 200m: 2:01.22	32.98	300m: 3:10.39	35.07	400m: 4:16.17
3.	Jesse Marijn Thimister	Zeps	4:28.84	200602893	<b>4:19.63</b> +0,68	
	50m: 30.05	30.05 150m: 1:36.11	33.45	250m: 2:42.60	33.34	350m: 3:47.80
	100m: 1:02.66	32.61 200m: 2:09.26	33.15	300m: 3:15.37	32.77	400m: 4:19.63
4.	Jason van der Beek	SG Patrick - De Roersoppers	4:28.84	200403933	<b>4:24.20</b> +0,72	
	50m: 29.99	29.99 150m: 1:36.54	33.74	250m: 2:44.68	34.31	350m: 3:51.90
	100m: 1:02.80	32.81 200m: 2:10.37	33.83	300m: 3:18.72	34.04	400m: 4:24.20
5.	Jelle Huntjens	Hellas-Glana	4:33.90	200604257	<b>4:26.64</b> +0,63	
	50m: 29.32	29.32 150m: 1:35.88	33.78	250m: 2:44.59	34.43	350m: 3:53.30
	100m: 1:02.10	32.78 200m: 2:10.16	34.28	300m: 3:19.17	34.58	400m: 4:26.64
6.	Sam Luyten	Rzl	4:35.74	200005187	<b>4:28.76</b> +0,70	
	50m: 29.30	29.30 150m: 1:35.59	33.52	250m: 2:44.91	34.53	350m: 3:55.01
	100m: 1:02.07	32.77 200m: 2:10.38	34.79	300m: 3:20.01	35.10	400m: 4:28.76

Event 20, Men, 400m Freestyle, 2006 and older

rang	naam	vereniging	intijd						tijd	RT
7.	Patrick Creemers	SG Patrick - De Roersoppers	4:44.02	199000579					<b>4:38.00</b>	+0,67
	50m: 31.13	31.13	150m: 1:41.56	35.73	250m: 2:53.34	35.56	350m: 4:03.86	35.56		
	100m: 1:05.83	34.70	200m: 2:17.78	36.22	300m: 3:28.30	34.96	400m: 4:38.00	34.14		
8.	Koen Wijnands	SG Patrick - De Roersoppers	4:39.60	199800247					<b>4:45.62</b>	+0,64
	50m: 30.64	30.64	150m: 1:40.99	35.68	250m: 2:53.58	36.67	350m: 4:08.24	37.85		
	100m: 1:05.31	34.67	200m: 2:16.91	35.92	300m: 3:30.39	36.81	400m: 4:45.62	37.38		