

Programmanr. 203
10-11-2024 - 15:45

Heren, 400m vrije slag

Senioren Open
Resultaten

rang	naam	vereniging	intijd		tijd	RT
Gebjr 2011 - 2013						
1.	Tim Slagers 50m*, 150m*, 300m*	Aquapoldro	4:56.51	201200263	4:48.26	
	50m: 32.84 100m: 1:09.16	32.84 36.32	150m: 1:45.83 200m: 2:22.68	36.67 36.85	250m: 2:59.91 300m: 3:37.60	37.23 37.69
					350m: 4:13.75 400m: 4:48.26	36.15 34.51
2.	Dax Muijlaert 200m*	SG Octopus - ZVV	4:49.54	201100535	4:51.10	
	50m: 32.05 100m: 1:08.31	32.05 36.26	150m: 1:45.11 200m: 2:22.03	36.80 36.92	250m: 2:59.66 300m: 3:37.30	37.63 37.64
					350m: 4:14.28 400m: 4:51.10	36.98 36.82
3.	Yanniek Jager 300m*, 350m*	Batavia Swim	5:18.47	201100315	5:03.35	
	50m: 33.95 100m: 1:12.76	33.95 38.81	150m: 1:51.86 200m: 2:31.36	39.10 39.50	250m: 3:10.70 300m: 3:49.37	39.34 38.67
					350m: 4:27.35 400m: 5:03.35	37.98 36.00
4.	Hugo Hulstijn 50m: 100m:	SG Wijchen-Gelenberg	5:16.69	201100297	5:08.43	
	34.83 1:14.51	34.83 39.68	150m: 1:52.88 200m: 2:31.90	38.37 39.02	250m: 3:10.61 300m: 3:50.35	38.71 39.74
					350m: 4:30.22 400m: 5:08.43	39.87 38.21
5.	Rutger Donker 100m*, 150m*, 200m*, 350m*	NDD	5:22.05	201200361	5:13.21	
	50m: 34.32 100m: 1:12.65	34.32 38.33	150m: 1:52.55 200m: 2:31.71	39.90 39.16	250m: 3:11.92 300m: 3:53.54	40.21 41.62
					350m: 4:33.18 400m: 5:13.21	39.64 40.03
6.	Jesse Voet 50m: 100m:	Aqua-Novio'94	5:46.16	201300057	5:28.11	
	34.95 1:15.29	34.95 40.34	150m: 1:56.66 200m: 2:39.03	41.37 42.37	250m: 3:21.34 300m: 4:04.70	42.31 43.36
					350m: 4:46.93 400m: 5:28.11	42.23 41.18
7.	Fido Hulstijn 50m: 100m:	SG Wijchen-Gelenberg	5:45.23	201300775	5:42.75	
	37.67 1:19.92	37.67 42.25	150m: 2:02.71 200m: 2:46.93	42.79 44.22	250m: 3:31.51 300m: 4:15.63	44.58 44.12
					350m: 4:59.50 400m: 5:42.75	43.87 43.25
DIS	Milan Metz AA - De start ingezet voor het startsignaal (en wel gezwommen).	Batavia Swim	5:31.69	201300045		

Gebjr 2009 - 2010

1.	Ruben Baars 300m*	DWK	4:28.99	200900471	4:20.32	
	50m: 27.69 100m: 59.32	27.69 31.63	150m: 1:33.48 200m: 2:07.41	34.16 33.93	250m: 2:41.51 300m: 3:15.17	34.10 33.66
					350m: 3:48.13 400m: 4:20.32	32.96 32.19
2.	Wessel van Dorst 50m: 100m:	Aqua-Novio'94	4:33.26	200900727	4:26.51	
	28.50 1:00.25	28.50 31.75	150m: 1:33.69 200m: 2:08.02	33.44 34.33	250m: 2:42.62 300m: 3:16.73	34.60 34.11
					350m: 3:51.23 400m: 4:26.51	34.50 35.28
3.	Sven Potappel 50m: 100m:	DWK	4:45.42	201000127	4:43.80	
	31.23 1:06.81	31.23 35.58	150m: 1:42.92 200m: 2:19.59	36.11 36.67	250m: 2:56.40 300m: 3:31.89	36.81 35.49
					350m: 4:08.51 400m: 4:43.80	36.62 35.29
4.	Daniël Hofman 50m: 100m:	SG Octopus - ZVV	5:13.17	201000417	4:52.22	
	32.20 1:09.28	32.20 37.08	150m: 1:47.11 200m: 2:25.31	37.83 38.20	250m: 3:03.23 300m: 3:40.43	37.92 37.20
					350m: 4:17.42 400m: 4:52.22	36.99 34.80
NG	Ehor Poznyak	SG Wijchen-Gelenberg	5:10.32	201003501		

Gebjr 2007 - 2008

1.	Rian Schoneveld 50m: 100m:	De Berkelduikers	4:18.17	200801789	4:17.97	
	28.10 59.81	28.10 31.71	150m: 1:33.01 200m: 2:06.71	33.20 33.70	250m: 2:40.53 300m: 3:14.44	33.82 33.91
					350m: 3:47.24 400m: 4:17.97	32.80 30.73
2.	Jelle van Mullekom 50m: 100m:	RZC	4:29.68	200801267	4:25.33	
	28.47 1:00.61	28.47 32.14	150m: 1:34.49 200m: 2:09.73	33.88 35.24	250m: 2:45.20 300m: 3:20.13	35.47 34.93
					350m: 3:54.30 400m: 4:25.33	34.17 31.03
3.	Mink Hugen 50m: 100m:	Aqua-Novio'94	4:30.56	200801391	4:29.11	
	28.46 1:00.43	28.46 31.97	150m: 1:33.92 200m: 2:08.82	33.49 34.90	250m: 2:44.09 300m: 3:19.21	35.27 35.12
					350m: 3:54.07 400m: 4:29.11	34.86 35.04
4.	Timo Berghuis 150m*	NDD	4:30.30	200801991	4:30.56 *	
	50m: 29.65 100m: 1:03.52	29.65 33.87	150m: 1:37.92 200m: 2:13.39	34.40 35.47	250m: 2:48.74 300m: 3:23.76	35.35 35.02
					350m: 3:58.03 400m: 4:30.56	34.27 32.53



Gelderse Kampioenschappen korte baan
Nijmegen, 9- - 17-11-2024



Programmanr. 203, Jongens, 400m vrije slag, Gebjr 2007 - 2008

rang	naam	vereniging	intijd	200700067	tijd	RT
5.	Kaj Folkerts	De Rijn	4:28.99	200700067	4:34.13	
	50m: 29.44	29.44	150m: 1:37.51	34.80	250m: 2:48.20	35.55
	100m: 1:02.71	33.27	200m: 2:12.65	35.14	300m: 3:23.88	35.68
					350m: 4:00.14	36.26
					400m: 4:34.13	33.99
6.	Quinn Frunt	DWK	4:41.62	200800729	4:40.38	
	50m: 31.06	31.06	150m: 1:41.29	35.53	250m: 2:53.11	35.82
	100m: 1:05.76	34.70	200m: 2:17.29	36.00	300m: 3:28.91	35.80
					350m: 4:04.85	35.94
					400m: 4:40.38	35.53
7.	Odo McCarthy	ZV Overbetuwe	4:50.61	200700307	4:41.36	
	50m: 29.67	29.67	150m: 1:37.58	34.67	250m: 2:50.09	36.54
	100m: 1:02.91	33.24	200m: 2:13.55	35.97	300m: 3:27.40	37.31
					350m: 4:04.65	37.25
					400m: 4:41.36	36.71
8.	Sylvan Jager	Batavia Swim	4:52.06	200702673	4:54.83 *	
	250m*, 300m*, 350m*					
	50m: 32.27	32.27	150m: 1:44.83	36.60	250m: 3:01.13	38.76
	100m: 1:08.23	35.96	200m: 2:22.37	37.54	300m: 3:40.51	39.38
					350m: 4:18.93	38.42
					400m: 4:54.83	35.90
9.	Sami El Fhim	Aqua-Novio'94	4:51.56	200700935	5:00.57	
	100m*, 200m*, 300m*, 350m*					
	50m: 30.28	30.28	150m: 1:42.62	37.03	250m: 2:59.88	41.92
	100m: 1:05.59	35.31	200m: 2:17.96	35.34	300m: 3:41.04	41.16
					350m: 4:20.51	39.47
					400m: 5:00.57	40.06

Gebjr 2005 - 2006

1.	Thijs Berkhout	DWK	4:35.20	200500035	4:22.56	
	150m*, 300m*					
	50m: 28.86	28.86	150m: 1:34.87	33.35	250m: 2:42.77	33.62
	100m: 1:01.52	32.66	200m: 2:09.15	34.28	300m: 3:16.30	33.53
					350m: 3:50.23	33.93
					400m: 4:22.56	32.33
2.	Léon van Grevenbroek	CWW Swimteam	4:24.34	200601323	4:22.62	
	50m: 28.50	28.50	150m: 1:34.79	33.41	250m: 2:42.82	34.49
	100m: 1:01.38	32.88	200m: 2:08.33	33.54	300m: 3:17.39	34.57
					350m: 3:50.99	33.60
					400m: 4:22.62	31.63
3.	Sofyan El Fhim	Aqua-Novio'94	4:25.66	200502131	4:23.49	
	50m: 28.38	28.38	150m: 1:34.54	33.59	250m: 2:42.97	34.12
	100m: 1:00.95	32.57	200m: 2:08.85	34.31	300m: 3:17.24	34.27
					350m: 3:51.51	34.27
					400m: 4:23.49	31.98
4.	Lars ten Katen	Batavia Swim	4:22.19	200600959	4:28.38	
	250m*					
	50m: 28.77	28.77	150m: 1:35.17	33.65	250m: 2:43.51	34.19
	100m: 1:01.52	32.75	200m: 2:09.32	34.15	300m: 3:18.53	35.02
					350m: 3:52.64	34.11
					400m: 4:28.38	35.74
5.	Jochem Lemmens	SG Wijchen-Gelenberg	4:32.48	200601923	4:32.21	
	100m*, 250m*					
	50m: 28.38	28.38	150m: 1:35.73	34.39	250m: 2:45.46	34.98
	100m: 1:01.34	32.96	200m: 2:10.48	34.75	300m: 3:20.84	35.38
					350m: 3:56.59	35.75
					400m: 4:32.21	35.62

2004 en eerder

1.	Niek Heethaar	DWK	4:19.26	199900999	4:18.15	
	50m*					
	50m: 28.48	28.48	150m: 1:34.71	33.65	250m: 2:41.68	33.39
	100m: 1:01.06	32.58	200m: 2:08.29	33.58	300m: 3:14.53	32.85
					350m: 3:46.53	32.00
					400m: 4:18.15	31.62
2.	Mike Schel	ENC Arnhem	4:25.00	199403279	4:22.07	
	100m*					
	50m: 29.74	29.74	150m: 1:35.67	33.50	250m: 2:42.97	33.44
	100m: 1:02.17	32.43	200m: 2:09.53	33.86	300m: 3:16.51	33.54
					350m: 3:49.64	33.13
					400m: 4:22.07	32.43
3.	Diederick Scothans	SG Wijchen-Gelenberg	4:38.08	199703185	4:36.39	
	100m*					
	50m: 30.14	30.14	150m: 1:37.74	34.59	250m: 2:48.37	35.61
	100m: 1:03.15	33.01	200m: 2:12.76	35.02	300m: 3:24.47	36.10
					350m: 4:01.33	36.86
					400m: 4:36.39	35.06
4.	Jeroen Louwinger	De Rijn	4:37.57	199900583	4:39.54	
	50m: 31.03	31.03	150m: 1:42.71	36.41	250m: 2:54.30	34.92
	100m: 1:06.30	35.27	200m: 2:19.38	36.67	300m: 3:29.76	35.46
					350m: 4:05.87	36.11
					400m: 4:39.54	33.67
5.	Lars Jacobsen	DWK	4:43.02	199705453	4:40.35	693
	50m: 30.72	30.72	150m: 1:41.60	35.63	250m: 2:54.46	36.61
	100m: 1:05.97	35.25	200m: 2:17.85	36.25	300m: 3:30.50	36.04
					S14	
					350m: 4:06.40	35.90
					400m: 4:40.35	33.95
6.	Jesse Bruines	Batavia Swim	5:34.21	200402413	5:28.17	529
	50m: 35.65	35.65	150m: 1:58.12	41.51	250m: 3:23.15	42.66
	100m: 1:16.61	40.96	200m: 2:40.49	42.37	300m: 4:05.70	42.55
					S8	
					350m: 4:48.37	42.67
					400m: 5:28.17	39.80