



Overijsselse Kampioenschappen korte baan
Zwolle, 9- - 17-11-2024



Programmanr. 203
10-11-2024 - 14:00

Heren, 400m vrije slag

Senioren Open
Resultaten

rang	naam	vereniging	intijd	tijd	RT
Gebjr 2011 - 2013					
1.	Matthijs van Velzen	Deltasteur	4:27.86	201100435	4:29.64
	50m: 29.15	29.15 150m: 1:36.84	34.66 250m: 2:47.64	35.63 350m: 3:57.31	34.40
	100m: 1:02.18	33.03 200m: 2:12.01	35.17 300m: 3:22.91	35.27 400m: 4:29.64	32.33
2.	Douwe Enzerink	Deltasteur	4:41.44	201102657	4:35.62
	50m: 30.70	30.70 150m: 1:39.45	34.98 250m: 2:50.61	35.83 350m: 4:02.23	35.96
	100m: 1:04.47	33.77 200m: 2:14.78	35.33 300m: 3:26.27	35.66 400m: 4:35.62	33.39
3.	Amor van der Veen	Dedemsvaart-AC	5:10.78	201100197	4:36.48
	50m: 30.26	30.26 150m: 1:39.22	35.17 250m: 2:50.78	36.13 350m: 4:02.76	36.27
	100m: 1:04.05	33.79 200m: 2:14.65	35.43 300m: 3:26.49	35.71 400m: 4:36.48	33.72
4.	Daan Overmars	O Z & P C	4:59.10	201100027	4:37.32
	50m: 30.62	30.62 150m: 1:39.83	35.25 250m: 2:51.15	35.81 350m: 4:03.26	35.59
	100m: 1:04.58	33.96 200m: 2:15.34	35.51 300m: 3:27.67	36.52 400m: 4:37.32	34.06
5.	Stan Nijhuis	O Z & P C	5:19.06	201100191	4:50.60
	50m: 32.02	32.02 150m: 1:44.92	36.97 250m: 2:59.42	37.53 350m: 4:14.12	37.60
	100m: 1:07.95	35.93 200m: 2:21.89	36.97 300m: 3:36.52	37.10 400m: 4:50.60	36.48
6.	Erik School	Deltasteur	5:14.72	201100139	5:02.71
	50m: 35.28	35.28 150m: 1:52.79	39.58 250m: 3:10.91	39.08 350m: 4:26.60	37.97
	100m: 1:13.21	37.93 200m: 2:31.83	39.04 300m: 3:48.63	37.72 400m: 5:02.71	36.11
7.	Sander Voorhorst	De Eerste Kolk	5:16.57	201100819	5:03.43
	50m: 32.55	32.55 150m: 1:48.48	38.82 250m: 3:07.80	39.88 350m: 4:26.65	39.07
	100m: 1:09.66	37.11 200m: 2:27.92	39.44 300m: 3:47.58	39.78 400m: 5:03.43	36.78
8.	Lars Thül	SWOL 1894	5:26.18	201200119	5:04.59
	50m: 34.22	34.22 150m: 1:51.96	38.93 250m: 3:10.75	38.53 350m: 4:28.11	37.79
	100m: 1:13.03	38.81 200m: 2:32.22	40.26 300m: 3:50.32	39.57 400m: 5:04.59	36.48
9.	Dewin Volker	O Z & P C	5:29.52	201101935	5:05.79
	50m: 33.11	33.11 150m: 1:48.90	37.88 250m: 3:07.22	39.42 350m: 4:27.26	40.47
	100m: 1:11.02	37.91 200m: 2:27.80	38.90 300m: 3:46.79	39.57 400m: 5:05.79	38.53
10.	Milan Eikenaar	SWOL 1894	5:37.05	201100599	5:07.63
	50m: 32.65	32.65 150m: 1:49.21	38.88 250m: 3:07.75	39.70 350m: 4:27.37	39.81
	100m: 1:10.33	37.68 200m: 2:28.05	38.84 300m: 3:47.56	39.81 400m: 5:07.63	40.26
11.	Maarten de Leeuw	Deltasteur	5:28.09	201200241	5:13.23
	50m: 37.47	37.47 150m: 1:59.08	40.76 250m: 3:19.51	39.26 350m: 4:37.73	37.81
	100m: 1:18.32	40.85 200m: 2:40.25	41.17 300m: 3:59.92	40.41 400m: 5:13.23	35.50
12.	Mats van der Kamp	Deltasteur	5:31.36	201200113	5:14.46
	50m: 36.90	36.90 150m: 1:57.11	40.34 250m: 3:18.30	40.08 350m: 4:36.88	38.78
	100m: 1:16.77	39.87 200m: 2:38.22	41.11 300m: 3:58.10	39.80 400m: 5:14.46	37.58
13.	Floris Meijers	SWOL 1894	5:33.96	201300015	5:16.66
	50m: 33.88	33.88 150m: 1:54.22	40.99 250m: 3:16.64	41.03 350m: 4:39.05	41.00
	100m: 1:13.23	39.35 200m: 2:35.61	41.39 300m: 3:58.05	41.41 400m: 5:16.66	37.61
14.	Job Oude Ophuis	O Z & P C	5:40.75	201300047	5:31.13
	50m: 34.77	34.77 150m: 1:57.67	43.03 250m: 3:23.95	42.21 350m: 4:49.70	41.47
	100m: 1:14.64	39.87 200m: 2:41.74	44.07 300m: 4:08.23	44.28 400m: 5:31.13	41.43
15.	Luuk ten Asbroek	Het Ravijn	6:00.91	201200601	5:34.25
	50m: 36.12	36.12 150m: 2:00.94	43.45 250m: 3:27.64	43.21 350m: 4:52.94	41.93
	100m: 1:17.49	41.37 200m: 2:44.43	43.49 300m: 4:11.01	43.37 400m: 5:34.25	41.31
16.	Rio Babic	Steenwijk 1934	5:55.49	201200867	5:39.60
	50m: 34.75	34.75 150m: 1:58.96	43.36 250m: 3:28.63	44.15 350m: 4:58.35	44.68
	100m: 1:15.60	40.85 200m: 2:44.48	45.52 300m: 4:13.67	45.04 400m: 5:39.60	41.25
Gebjr 2009 - 2010					
1.	Ruben Nooter	Dedemsvaart-AC	4:39.82	200901577	4:27.59
	50m: 29.18	29.18 150m: 1:37.05	34.39 250m: 2:46.45	34.63 350m: 3:55.57	34.22
	100m: 1:02.66	33.48 200m: 2:11.82	34.77 300m: 3:21.35	34.90 400m: 4:27.59	32.02
2.	Roan van der Stege	SWOL 1894	4:36.26	200900107	4:29.50
	50m: 31.37	31.37 150m: 1:40.06	34.59 250m: 2:49.03	34.50 350m: 3:56.57	33.38
	100m: 1:05.47	34.10 200m: 2:14.53	34.47 300m: 3:23.19	34.16 400m: 4:29.50	32.93



Overijsselse Kampioenschappen korte baan
Zwolle, 9- - 17-11-2024



Programmanr. 203, Jongens, 400m vrije slag, Gebjr 2009 - 2010

rang	naam	vereniging	intijd	tijd	RT
3.	Finn Stamsnieder	O Z & P C	4:31.82 200900225	4:31.57	
	50m: 30.76	30.76 150m: 1:40.26	34.79 250m: 2:50.72	35.27 350m: 3:59.28	34.07
	100m: 1:05.47	34.71 200m: 2:15.45	35.19 300m: 3:25.21	34.49 400m: 4:31.57	32.29
4.	Duuk Harms	Dedemsvaart-AC	4:44.26 200900201	4:31.60	
	50m: 30.69	30.69 150m: 1:40.44	35.06 250m: 2:49.77	34.15 350m: 3:59.00	34.33
	100m: 1:05.38	34.69 200m: 2:15.62	35.18 300m: 3:24.67	34.90 400m: 4:31.60	32.60
5.	Dyon Scholten	Steenwijk 1934	4:38.17 200900095	4:34.33	
	50m: 30.58	30.58 150m: 1:39.69	34.63 250m: 2:50.49	35.42 350m: 4:00.89	35.16
	100m: 1:05.06	34.48 200m: 2:15.07	35.38 300m: 3:25.73	35.24 400m: 4:34.33	33.44
6.	Ruben Kragt	Dedemsvaart-AC	4:41.99 201000007	4:34.65	
	50m: 30.87	30.87 150m: 1:40.69	35.06 250m: 2:51.57	35.11 350m: 4:02.41	35.39
	100m: 1:05.63	34.76 200m: 2:16.46	35.77 300m: 3:27.02	35.45 400m: 4:34.65	32.24
7.	Guus van Duinen	Dedemsvaart-AC	4:55.37 200901107	4:36.76	
	50m: 30.43	30.43 150m: 1:39.98	35.32 250m: 2:51.41	35.77 350m: 4:03.32	36.18
	100m: 1:04.66	34.23 200m: 2:15.64	35.66 300m: 3:27.14	35.73 400m: 4:36.76	33.44
8.	Tristan Meijers	SWOL 1894	4:50.54 201000089	4:37.35	
	50m: 30.95	30.95 150m: 1:41.49	35.73 250m: 2:52.40	35.32 350m: 4:03.79	35.69
	100m: 1:05.76	34.81 200m: 2:17.08	35.59 300m: 3:28.10	35.70 400m: 4:37.35	33.56
9.	Kick Germers	SWOL 1894	4:58.45 201000185	4:46.28	
	50m: 32.20	32.20 150m: 1:44.28	36.70 250m: 2:57.51	36.78 350m: 4:11.57	36.98
	100m: 1:07.58	35.38 200m: 2:20.73	36.45 300m: 3:34.59	37.08 400m: 4:46.28	34.71
10.	Robbin Eijkelkamp	ZPC De Hof	4:57.32 200900031	4:47.94	
	50m: 31.72	31.72 150m: 1:42.91	36.35 250m: 2:56.85	37.28 350m: 4:11.87	37.61
	100m: 1:06.56	34.84 200m: 2:19.57	36.66 300m: 3:34.26	37.41 400m: 4:47.94	36.07
11.	Dhamin Ouali	SWOL 1894	4:50.94 200902771	4:48.02	
	50m: 30.72	30.72 150m: 1:41.92	35.34 250m: 2:55.27	36.97 350m: 4:11.57	38.48
	100m: 1:06.58	35.86 200m: 2:18.30	36.38 300m: 3:33.09	37.82 400m: 4:48.02	36.45
12.	Noud Assinck	Zignea	4:59.33 200900047	4:48.03	
	50m: 32.22	32.22 150m: 1:45.39	36.67 250m: 2:59.32	36.55 350m: 4:13.66	37.53
	100m: 1:08.72	36.50 200m: 2:22.77	37.38 300m: 3:36.13	36.81 400m: 4:48.03	34.37
13.	Daan Alink	ZPC De Hof	4:51.41 201000241	4:48.83	
	50m: 32.00	32.00 150m: 1:44.81	36.61 250m: 2:59.09	37.12 350m: 4:13.68	37.17
	100m: 1:08.20	36.20 200m: 2:21.97	37.16 300m: 3:36.51	37.42 400m: 4:48.83	35.15
14.	Bram Kulpe	Z&PV de Veene	4:57.06 200900329	4:50.05	
	50m: 31.37	31.37 150m: 1:42.97	36.56 250m: 2:58.29	37.58 350m: 4:13.83	37.51
	100m: 1:06.41	35.04 200m: 2:20.71	37.74 300m: 3:36.32	38.03 400m: 4:50.05	36.22
15.	Rafaël Agterbos	O Z & P C	5:05.24 201000171	4:50.69	
	50m: 32.55	32.55 150m: 1:45.80	36.74 250m: 3:01.41	38.04 350m: 4:15.64	36.34
	100m: 1:09.06	36.51 200m: 2:23.37	37.57 300m: 3:39.30	37.89 400m: 4:50.69	35.05
16.	Daan Vinke	Deltasteur	4:59.18 201001039	4:57.66	
	50m: 34.35	34.35 150m: 1:49.18	37.81 250m: 3:05.90	38.07 350m: 4:21.58	37.57
	100m: 1:11.37	37.02 200m: 2:27.83	38.65 300m: 3:44.01	38.11 400m: 4:57.66	36.08
17.	Milan Bottenberg	Deltasteur	4:52.23 200900153	4:58.61	
	50m: 32.68	32.68 150m: 1:47.62	38.26 250m: 3:04.56	38.70 350m: 4:21.77	38.61
	100m: 1:09.36	36.68 200m: 2:25.86	38.24 300m: 3:43.16	38.60 400m: 4:58.61	36.84

Gebjr 2007 - 2008

1.	Milan Veelders	O Z & P C	4:09.81 200800279	4:10.63	
	50m: 27.91	27.91 150m: 1:31.57	32.23 250m: 2:35.96	31.78 350m: 3:40.84	32.63
	100m: 59.34	31.43 200m: 2:04.18	32.61 300m: 3:08.21	32.25 400m: 4:10.63	29.79
2.	Siem de Zeeuw	O Z & P C	4:14.14 200800013	4:10.70	
	50m: 27.30	27.30 150m: 1:31.28	32.47 250m: 2:36.46	32.50 350m: 3:40.26	31.44
	100m: 58.81	31.51 200m: 2:03.96	32.68 300m: 3:08.82	32.36 400m: 4:10.70	30.44
3.	Jaydey Schonewille	Steenwijk 1934	4:16.61 200800025	4:14.71	
	50m: 28.23	28.23 150m: 1:31.86	32.31 250m: 2:37.06	32.11 350m: 3:42.45	32.38
	100m: 59.55	31.32 200m: 2:04.95	33.09 300m: 3:10.07	33.01 400m: 4:14.71	32.26
4.	Melle van Veen	Dedemsvaart-AC	4:15.50 200700661	4:14.75	
	50m: 28.30	28.30 150m: 1:32.30	32.60 250m: 2:37.99	32.89 350m: 3:44.31	32.98
	100m: 59.70	31.40 200m: 2:05.10	32.80 300m: 3:11.33	33.34 400m: 4:14.75	30.44
5.	Bram ter Braak	De Dinkel	4:19.18 200800281	4:18.35	
	50m: 28.82	28.82 150m: 1:33.80	33.25 250m: 2:39.76	32.81 350m: 3:46.37	33.08
	100m: 1:00.55	31.73 200m: 2:06.95	33.15 300m: 3:13.29	33.53 400m: 4:18.35	31.98

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

rang	naam	vereniging	intijd	tijd	RT			
6.	Tim Zuurman	Dedemsvaart-AC	4:21.50 200700131	4:22.88				
	50m: 30.07	30.07	150m: 1:36.42	33.51	250m: 2:44.00	33.72	350m: 3:50.89	33.60
	100m: 1:02.91	32.84	200m: 2:10.28	33.86	300m: 3:17.29	33.29	400m: 4:22.88	31.99
7.	Bjorn Scholten	O Z & P C	4:22.21 200801143	4:28.98				
	50m: 29.01	29.01	150m: 1:36.67	34.28	250m: 2:44.90	34.18	350m: 3:54.81	35.28
	100m: 1:02.39	33.38	200m: 2:10.72	34.05	300m: 3:19.53	34.63	400m: 4:28.98	34.17
8.	Jasper Thijert	WS Twente	4:27.68 200700321	4:30.70				
	50m: 29.82	29.82	150m: 1:34.76	32.95	250m: 2:44.78	35.18	350m: 3:55.86	35.64
	100m: 1:01.81	31.99	200m: 2:09.60	34.84	300m: 3:20.22	35.44	400m: 4:30.70	34.84
9.	Teun van Weeren	O Z & P C	4:27.05 200801145	4:31.90				
	50m: 30.62	30.62	150m: 1:38.42	34.46	250m: 2:47.94	35.08	350m: 3:57.30	34.95
	100m: 1:03.96	33.34	200m: 2:12.86	34.44	300m: 3:22.35	34.41	400m: 4:31.90	34.60
10.	Arnoud Bult	De Dinkel	4:31.07 200701387	4:33.18				
	50m: 29.82	29.82	150m: 1:37.80	34.51	250m: 2:47.86	35.48	350m: 3:59.51	35.40
	100m: 1:03.29	33.47	200m: 2:12.38	34.58	300m: 3:24.11	36.25	400m: 4:33.18	33.67
11.	Sven Keuper	ZPC De Hof	4:35.79 200800981	4:40.21				
	50m: 31.99	31.99	150m: 1:43.37	36.36	250m: 2:56.47	36.57	350m: 4:08.92	35.96
	100m: 1:07.01	35.02	200m: 2:19.90	36.53	300m: 3:32.96	36.49	400m: 4:40.21	31.29
12.	Thomas van Velzen	Deltasteur	4:44.84 200703189	4:44.88				
	50m: 29.23	29.23	150m: 1:39.40	35.92	250m: 2:53.73	37.12	350m: 4:08.75	37.51
	100m: 1:03.48	34.25	200m: 2:16.61	37.21	300m: 3:31.24	37.51	400m: 4:44.88	36.13

Gebjr 2005 - 2006

1.	Dennis Mosterman	Dedemsvaart-AC	4:22.24 200501283	4:18.11				
	50m: 29.53	29.53	150m: 1:35.13	33.16	250m: 2:42.01	33.40	350m: 3:47.65	32.54
	100m: 1:01.97	32.44	200m: 2:08.61	33.48	300m: 3:15.11	33.10	400m: 4:18.11	30.46
2.	Tiamo van der Veen	Dedemsvaart-AC	4:14.91 200600033	4:18.63				
	50m: 29.78	29.78	150m: 1:35.47	33.01	250m: 2:42.05	33.16	350m: 3:47.76	32.67
	100m: 1:02.46	32.68	200m: 2:08.89	33.42	300m: 3:15.09	33.04	400m: 4:18.63	30.87
3.	Mattijn Thijert	WS Twente	4:28.05 200501921	4:30.23				
	50m: 29.26	29.26	150m: 1:35.90	33.41	250m: 2:45.12	35.00	350m: 3:56.94	35.98
	100m: 1:02.49	33.23	200m: 2:10.12	34.22	300m: 3:20.96	35.84	400m: 4:30.23	33.29
4.	Finn Ooijman	WS Twente	4:40.43 200603161	4:38.98				
	50m: 31.29	31.29	150m: 1:39.13	34.35	250m: 2:50.96	36.23	350m: 4:03.99	36.22
	100m: 1:04.78	33.49	200m: 2:14.73	35.60	300m: 3:27.77	36.81	400m: 4:38.98	34.99
5.	Rick Smelt	ZVZwartsluis	4:41.39 200600051	4:40.25				
	50m: 30.09	30.09	150m: 1:39.66	35.43	250m: 2:51.67	36.45	350m: 4:05.20	36.51
	100m: 1:04.23	34.14	200m: 2:15.22	35.56	300m: 3:28.69	37.02	400m: 4:40.25	35.05
6.	Dominik Ayala Palenik	WS Twente	4:43.13 200604485	4:42.23				
	50m: 31.59	31.59	150m: 1:40.27	34.76	250m: 2:52.53	36.15	350m: 4:06.54	37.02
	100m: 1:05.51	33.92	200m: 2:16.38	36.11	300m: 3:29.52	36.99	400m: 4:42.23	35.69
7.	Ruben Overbeek	de IJsel	4:43.34 200502887	4:46.66				
	50m: 31.28	31.28	150m: 1:42.64	36.25	250m: 2:56.54	37.05	350m: 4:10.89	37.00
	100m: 1:06.39	35.11	200m: 2:19.49	36.85	300m: 3:33.89	37.35	400m: 4:46.66	35.77

2004 en eerder

1.	Luuk Ruinemans	De Dinkel	4:14.83 200301085	4:15.70				
	50m: 27.96	27.96	150m: 1:32.20	32.66	250m: 2:37.05	32.40	350m: 3:43.26	33.26
	100m: 59.54	31.58	200m: 2:04.65	32.45	300m: 3:10.00	32.95	400m: 4:15.70	32.44
2.	Kevin Lucas	De Dinkel	4:27.57 200300545	4:26.16				
	50m: 29.29	29.29	150m: 1:36.43	34.10	250m: 2:45.08	34.38	350m: 3:53.74	34.23
	100m: 1:02.33	33.04	200m: 2:10.70	34.27	300m: 3:19.51	34.43	400m: 4:26.16	32.42
3.	Jens zum Grotenhoff	O Z & P C	4:28.41 200200171	4:29.09				
	50m: 29.77	29.77	150m: 1:36.24	33.75	250m: 2:44.77	34.24	350m: 3:54.74	34.99
	100m: 1:02.49	32.72	200m: 2:10.53	34.29	300m: 3:19.75	34.98	400m: 4:29.09	34.35
4.	Pieter Pickhardt	ZPC De Hof	4:35.81 198301657	4:31.21				
	50m: 31.37	31.37	150m: 1:39.27	34.14	250m: 2:47.66	34.07	350m: 3:56.91	34.80
	100m: 1:05.13	33.76	200m: 2:13.59	34.32	300m: 3:22.11	34.45	400m: 4:31.21	34.30
5.	Mika Heskamp	De Dinkel	4:35.98 200300339	4:36.91				
	50m: 29.12	29.12	150m: 1:38.24	35.14	250m: 2:49.57	35.81	350m: 4:01.80	36.22
	100m: 1:03.10	33.98	200m: 2:13.76	35.52	300m: 3:25.58	36.01	400m: 4:36.91	35.11