



Programmanr. 308  
16/11/2024 - 15:50

Heren, 400m wisselslag

Senioren Open  
Resultaten

rang	naam	vereniging	intijd			tijd			RT
<b>Gebjr 2011 - 2013</b>									
1.	Matthijs van Velzen <i>100m*</i>	Deltasteur	5:18.34			201100435			<b>5:13.37</b>
	50m: 31.87 100m: 1:12.58	31.87 150m: 1:52.52 40.71 200m: 2:31.63	39.94 250m: 3:20.23 39.11 300m: 4:07.90	48.60 350m: 4:41.56 47.67 400m: 5:13.37	33.66 31.81				
2.	Douwe Enzerink	Deltasteur	5:36.02			201102657			<b>5:20.01</b>
	50m: 34.03 100m: 1:15.96	34.03 150m: 1:59.71 41.93 200m: 2:42.51	43.75 250m: 3:26.12 42.80 300m: 4:10.31	43.61 350m: 4:46.37 44.19 400m: 5:20.01	36.06 33.64				
3.	Amor van der Veen <i>100m*</i>	Dedemsvaart-AC	6:02.34			201100197			<b>5:29.98</b>
	50m: 36.59 100m: 1:22.38	36.59 150m: 2:00.39 45.79 200m: 2:39.20	38.01 250m: 3:28.96 38.81 300m: 4:19.93	49.76 350m: 4:55.62 50.97 400m: 5:29.98	35.69 34.36				
4.	Milan Eikenaar	SWOL 1894	5:40.00			201100599			<b>5:32.79</b>
	50m: 36.34 100m: 1:20.02	36.34 150m: 2:01.13 43.68 200m: 2:40.99	41.11 250m: 3:29.00 39.86 300m: 4:16.58	48.01 350m: 4:54.95 47.58 400m: 5:32.79	38.37 37.84				
5.	Daan Overmars	O Z & P C	5:40.51			201100027			<b>5:43.11</b>
	50m: 37.08 100m: 1:25.31	37.08 150m: 2:06.70 48.23 200m: 2:48.96	41.39 250m: 3:37.54 42.26 300m: 4:27.60	48.58 350m: 5:05.37 50.06 400m: 5:43.11	37.77 37.74				
6.	Lars Thül	SWOL 1894	5:54.86			201200119			<b>5:44.90</b>
	50m: 37.19 100m: 1:20.09	37.19 150m: 2:04.52 42.90 200m: 2:46.99	44.43 250m: 3:38.24 42.47 300m: 4:30.17	51.25 350m: 5:08.13 51.93 400m: 5:44.90	37.96 36.77				
7.	Dewin Volker	O Z & P C	5:55.48			201101935			<b>5:49.43</b>
	50m: 37.86 100m: 1:25.91	37.86 150m: 2:10.84 48.05 200m: 2:55.36	44.93 250m: 3:41.84 44.52 300m: 4:30.81	46.48 350m: 5:10.86 48.97 400m: 5:49.43	40.05 38.57				
8.	Erik School	Deltasteur	6:02.64			201100139			<b>5:50.94</b>
	50m: 39.04 100m: 1:28.79	39.04 150m: 2:14.19 49.75 200m: 2:58.25	45.40 250m: 3:47.93 44.06 300m: 4:37.45	49.68 350m: 5:14.85 49.52 400m: 5:50.94	37.40 36.09				
9.	Stan Nijhuis <i>100m*</i>	O Z & P C	5:56.71			201100191			<b>5:55.64</b>
	50m: 41.33 100m: 1:29.61	41.33 150m: 2:11.07 48.28 200m: 2:52.58	41.46 250m: 3:46.18 41.51 300m: 4:35.97	53.60 350m: 5:16.60 49.79 400m: 5:55.64	40.63 39.04				
10.	Metz Agema	Deltasteur	6:05.62			201200929			<b>6:00.79</b>
	50m: 42.26 100m: 1:31.23	42.26 150m: 2:16.67 48.97 200m: 3:04.29	45.44 250m: 3:51.14 47.62 300m: 4:40.91	46.85 350m: 5:21.98 49.77 400m: 6:00.79	41.07 38.81				
11.	Mats van der Kamp <i>100m*</i>	Deltasteur	6:07.97			201200113			<b>6:13.25</b>
	50m: 39.90 100m: 1:29.45	39.90 150m: 2:18.44 49.55 200m: 3:07.60	48.99 250m: 3:58.26 49.16 300m: 4:50.05	50.66 350m: 5:32.48 51.79 400m: 6:13.25	42.43 40.77				

**Gebjr 2009 - 2010**

1.	Ruben Kragt	Dedemsvaart-AC	5:10.36			201000007			<b>5:02.94</b>
	50m: 33.01 100m: 1:10.68	33.01 150m: 1:49.55 37.67 200m: 2:27.31	38.87 250m: 3:11.63 37.76 300m: 3:56.36	44.32 350m: 4:30.89 44.73 400m: 5:02.94	34.53 32.05				
2.	Duuk Harms <i>100m*</i>	Dedemsvaart-AC	5:07.27			200900201			<b>5:04.23</b>
	50m: 33.71 100m: 1:11.86	33.71 150m: 1:49.43 38.15 200m: 2:27.33	37.57 250m: 3:11.66 37.90 300m: 3:54.42	44.33 350m: 4:31.04 42.76 400m: 5:04.23	36.62 33.19				
3.	Finn Stamsnieder	O Z & P C	5:29.09			200900225			<b>5:07.44</b>
	50m: 33.34 100m: 1:13.66	33.34 150m: 1:52.57 40.32 200m: 2:30.48	38.91 250m: 3:14.44 37.91 300m: 3:57.74	43.96 350m: 4:33.48 43.30 400m: 5:07.44	35.74 33.96				
4.	Roan van der Stege	SWOL 1894	5:23.19			200900107			<b>5:14.88</b>
	50m: 33.65 100m: 1:13.62	33.65 150m: 1:55.77 39.97 200m: 2:36.03	42.15 250m: 3:20.89 40.26 300m: 4:06.59	44.86 350m: 4:42.56 45.70 400m: 5:14.88	35.97 32.32				
5.	Tristan Meijers	SWOL 1894	5:40.83			201000089			<b>5:22.84</b>
	50m: 37.68 100m: 1:23.00	37.68 150m: 2:04.03 45.32 200m: 2:43.37	41.03 250m: 3:28.75 39.34 300m: 4:14.02	45.38 350m: 4:48.95 45.27 400m: 5:22.84	34.93 33.89				
6.	Kick Germers	SWOL 1894	5:26.89			201000185			<b>5:23.31</b>
	50m: 35.14 100m: 1:15.76	35.14 150m: 1:58.48 40.62 200m: 2:39.84	42.72 250m: 3:24.65 41.36 300m: 4:08.68	44.81 350m: 4:47.06 44.03 400m: 5:23.31	38.38 36.25				
7.	Dyon Scholten	Steenwijk 1934	5:30.73			200900095			<b>5:25.58</b>
	50m: 35.06 100m: 1:17.82	35.06 150m: 1:58.44 42.76 200m: 2:38.70	40.62 250m: 3:26.04 40.26 300m: 4:15.56	47.34 350m: 4:51.41 49.52 400m: 5:25.58	35.85 34.17				



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



Programmanr. 308, Jongens, 400m wisselslag, Gebjr 2009 - 2010

rang	naam	vereniging	intijd	tijd	RT			
8.	Abe Pasop	Dedemsvaart-AC	5:45.72	201000501	<b>5:29.77</b>			
	50m: 36.51	36.51	150m: 2:03.72	41.89	250m: 3:28.78	43.40	350m: 4:51.68	37.88
	100m: 1:21.83	45.32	200m: 2:45.38	41.66	300m: 4:13.80	45.02	400m: 5:29.77	38.09
9.	Dhamin Ouali	SWOL 1894	5:26.44	200902771	<b>5:30.33</b>			
	50m: 33.36	33.36	150m: 1:57.06	42.47	250m: 3:27.48	49.93	350m: 4:55.37	37.18
	100m: 1:14.59	41.23	200m: 2:37.55	40.49	300m: 4:18.19	50.71	400m: 5:30.33	34.96
DIS	Dani Yefimov	O Z & P C	5:19.92	200901305				
	<i>AF - De aangegeven afstand niet uitgezwommen.</i>							

Gebjr 2007 - 2008

1.	Emiel de Bruijn	Dedemsvaart-AC	5:03.82	200700953	<b>4:51.75</b>			
	50m: 30.66	30.66	150m: 1:48.25	40.82	250m: 3:06.72	39.79	350m: 4:23.69	33.60
	100m: 1:07.43	36.77	200m: 2:26.93	38.68	300m: 3:47.09	40.37	400m: 4:51.75	31.06
2.	Melle van Veen 50m*	Dedemsvaart-AC	4:50.00	200700661	<b>4:56.31</b>			
	50m: 31.19	31.19	150m: 1:49.47	39.06	250m: 3:07.30	41.09	350m: 4:23.39	34.87
	100m: 1:10.41	39.22	200m: 2:26.21	36.74	300m: 3:48.52	41.22	400m: 4:56.31	32.92
3.	Jort Siebelt	O Z & P C	5:07.78	200700083	<b>4:58.28</b>			
	50m: 31.05	31.05	150m: 1:47.33	38.28	250m: 3:08.12	42.20	350m: 4:26.67	35.04
	100m: 1:09.05	38.00	200m: 2:25.92	38.59	300m: 3:51.63	43.51	400m: 4:58.28	31.61
4.	Bjorn Scholten	O Z & P C	5:07.53	200801143	<b>4:59.10</b>			
	50m: 31.00	31.00	150m: 1:45.77	38.57	250m: 3:07.85	43.84	350m: 4:27.56	33.98
	100m: 1:07.20	36.20	200m: 2:24.01	38.24	300m: 3:53.58	45.73	400m: 4:59.10	31.54
5.	Job Sportel	De Dinkel	4:50.43	200800429	<b>4:59.19</b>			
	50m: 30.58	30.58	150m: 1:50.16	41.52	250m: 3:07.97	36.87	350m: 4:27.27	39.87
	100m: 1:08.64	38.06	200m: 2:31.10	40.94	300m: 3:47.40	39.43	400m: 4:59.19	31.92
6.	Tim Zuurman	Dedemsvaart-AC	4:55.07	200700131	<b>5:02.44</b>			
	50m: 32.99	32.99	150m: 1:51.07	38.86	250m: 3:12.80	43.70	350m: 4:30.43	34.32
	100m: 1:12.21	39.22	200m: 2:29.10	38.03	300m: 3:56.11	43.31	400m: 5:02.44	32.01
7.	Teun van Weeren	O Z & P C	5:03.79	200801145	<b>5:06.71</b>			
	50m: 32.92	32.92	150m: 1:50.45	39.85	250m: 3:13.98	44.25	350m: 4:32.79	34.36
	100m: 1:10.60	37.68	200m: 2:29.73	39.28	300m: 3:58.43	44.45	400m: 5:06.71	33.92
8.	Tijs Kruithof 50m*	Het Ravijn	5:13.92	200701181	<b>5:13.53</b>			
	50m: 32.25	32.25	150m: 1:50.34	40.33	250m: 3:16.00	46.97	350m: 4:39.17	36.24
	100m: 1:10.01	37.76	200m: 2:29.03	38.69	300m: 4:02.93	46.93	400m: 5:13.53	34.36

Gebjr 2005 - 2006

1.	Niek Vreeling	O Z & P C	4:51.61	200604211	<b>4:49.88</b>			
	50m: 30.47	30.47	150m: 1:46.32	37.50	250m: 3:03.43	40.69	350m: 4:18.83	33.50
	100m: 1:08.82	38.35	200m: 2:22.74	36.42	300m: 3:45.33	41.90	400m: 4:49.88	31.05
2.	Stan Tibben	Dedemsvaart-AC	4:55.30	200503591	<b>4:53.65</b>			
	50m: 30.00	30.00	150m: 1:44.16	39.17	250m: 3:04.10	42.07	350m: 4:21.34	34.26
	100m: 1:04.99	34.99	200m: 2:22.03	37.87	300m: 3:47.08	42.98	400m: 4:53.65	32.31
3.	Tiamo van der Veen	Dedemsvaart-AC	4:48.95	200600033	<b>4:56.57</b>			
	50m: 30.55	30.55	150m: 1:41.39	34.53	250m: 3:02.80	46.54	350m: 4:23.24	34.31
	100m: 1:06.86	36.31	200m: 2:16.26	34.87	300m: 3:48.93	46.13	400m: 4:56.57	33.33
4.	Mattijn Thijert	WS Twente	4:59.67	200501921	<b>5:14.60</b>			
	50m: 31.07	31.07	150m: 1:51.11	40.92	250m: 3:15.66	45.48	350m: 4:38.96	35.25
	100m: 1:10.19	39.12	200m: 2:30.18	39.07	300m: 4:03.71	48.05	400m: 5:14.60	35.64
5.	Rick Smelt	ZVZwartsluis	5:18.38	200600051	<b>5:19.58</b>			
	50m: 32.39	32.39	150m: 1:51.95	40.23	250m: 3:17.90	45.42	350m: 4:42.79	38.05
	100m: 1:11.72	39.33	200m: 2:32.48	40.53	300m: 4:04.74	46.84	400m: 5:19.58	36.79
DIS	Gijs Vrieling	Dedemsvaart-AC	5:07.45	200503811				
	<i>SD - De bewegingen van de benen met afwisselende bewegingen en/of niet te allen tijde gelijktijdig uitgevoerd.</i>							
DIS	Lars Haytink	WS Twente	5:07.30	200601815				
	<i>AF - De aangegeven afstand niet uitgezwommen.</i>							



Programmanr. 308, Heren, 400m wisselslag

2004 en eerder

1. Luuk Ruinemans	De Dinkel	4:54.07	200301085	<b>4:50.85</b>	
50m: 28.78	28.78 150m: 1:42.69	38.70	250m: 3:02.07	41.92	350m: 4:18.31 33.95
100m: 1:03.99	35.21 200m: 2:20.15	37.46	300m: 3:44.36	42.29	400m: 4:50.85 32.54
2. Kevin Lucas	De Dinkel	4:47.42	200300545	<b>5:00.53</b>	
50m: 31.64	31.64 150m: 1:48.79	40.48	250m: 3:09.05	41.18	350m: 4:26.11 35.24
100m: 1:08.31	36.67 200m: 2:27.87	39.08	300m: 3:50.87	41.82	400m: 5:00.53 34.42
3. Mika Heskamp	De Dinkel	5:15.17	200300339	<b>5:02.65</b>	
50m: 30.82	30.82 150m: 1:49.16	39.46	250m: 3:10.34	42.77	350m: 4:29.51 35.68
100m: 1:09.70	38.88 200m: 2:27.57	38.41	300m: 3:53.83	43.49	400m: 5:02.65 33.14
4. Maurice Pater	De Dinkel	5:12.42	200200909	<b>5:14.20</b>	
50m: 29.44	29.44 150m: 1:46.89	41.99	250m: 3:16.36	46.87	350m: 4:38.95 35.02
100m: 1:04.90	35.46 200m: 2:29.49	42.60	300m: 4:03.93	47.57	400m: 5:14.20 35.25
NG Kay van Sleen	Steenwijk 1934	5:11.01	200400083		