



KNZB Competitie deel 2
Zwolle, 11-1-2025

Programmanr. 15
11-1-2025 - 13:55

Jongens, 400m vrije slag

Gebjr 2009 - 2013
Resultaten

rang	naam	vereniging	intijd	tijd	RT	
1.	Finn Stamsnieder	O Z & P C	4:31.26	200900225	4:26.52	
	50m: 29.73	29.73 150m: 1:38.09	34.52	250m: 2:46.95	34.51 350m: 3:54.19	33.15
	100m: 1:03.57	33.84 200m: 2:12.44	34.35	300m: 3:21.04	34.09 400m: 4:26.52	32.33
2.	Tristan Meijers	SWOL 1894	4:37.28	201000089	4:36.55	
	50m: 31.24	31.24 150m: 1:42.00	35.80	250m: 2:52.96	35.11 350m: 4:03.17	34.99
	100m: 1:06.20	34.96 200m: 2:17.85	35.85	300m: 3:28.18	35.22 400m: 4:36.55	33.38
3.	Dani Yefimov	O Z & P C	4:58.66	200901305	4:36.82	
	50m: 30.57	30.57 150m: 1:39.82	35.23	250m: 2:50.28	35.35 350m: 4:01.74	36.09
	100m: 1:04.59	34.02 200m: 2:14.93	35.11	300m: 3:25.65	35.37 400m: 4:36.82	35.08
4.	Kick Germers	SWOL 1894	4:46.28	201000185	4:42.15	
	50m: 31.63	31.63 150m: 1:43.09	36.10	250m: 2:55.66	36.12 350m: 4:07.03	35.66
	100m: 1:06.99	35.36 200m: 2:19.54	36.45	300m: 3:31.37	35.71 400m: 4:42.15	35.12
5.	Dax Muijlaert	SG Octopus - ZVV	4:48.91	201100535	4:49.03	
	50m: 31.90	31.90 150m: 1:43.36	35.98	250m: 2:56.89	37.20 350m: 4:12.46	37.92
	100m: 1:07.38	35.48 200m: 2:19.69	36.33	300m: 3:34.54	37.65 400m: 4:49.03	36.57
6.	Rafaël Agterbos	O Z & P C	4:50.69	201000171	4:52.26	
	50m: 32.55	32.55 150m: 1:45.43	36.55	250m: 3:00.30	37.74 350m: 4:15.24	36.95
	100m: 1:08.88	36.33 200m: 2:22.56	37.13	300m: 3:38.29	37.99 400m: 4:52.26	37.02
7.	Daniël Hofman	SG Octopus - ZVV	4:52.22	201000417	4:53.93	
	50m: 32.81	32.81 150m: 1:47.39	37.66	250m: 3:03.23	38.02 350m: 4:18.82	37.40
	100m: 1:09.73	36.92 200m: 2:25.21	37.82	300m: 3:41.42	38.19 400m: 4:53.93	35.11
8.	Daniël Scheppink	SWOL 1894	5:22.05	200902769	5:06.83	
	50m: 32.13	32.13 150m: 1:48.17	38.93	250m: 3:08.66	40.44 350m: 4:29.38	40.10
	100m: 1:09.24	37.11 200m: 2:28.22	40.05	300m: 3:49.28	40.62 400m: 5:06.83	37.45
9.	Tergel Naagii	SG Octopus - ZVV	6:41.09	201002253	5:47.11	
	50m: 33.47	33.47 150m: 1:57.57	43.90	250m: 3:29.05	46.02 350m: 5:00.38	45.43
	100m: 1:13.67	40.20 200m: 2:43.03	45.46	300m: 4:14.95	45.90 400m: 5:47.11	46.73