

PWK 2024-2025 Utrecht Sessie 3 en 4
Veenendaal, 16- - 17-11-2024

Programmanr. 21
16-11-2024 - 14:00

Heren, 400m vrije slag

12 jaar en ouder
Resultaten

Punten: AQUA 2024

rang	naam	vereniging	intijd		tijd	Pnt
12 - 13 jaar						
1.	Thijs Hoogeveen	ZPC Woerden	5:27.03	201100503	5:06.14	333
	50m: 33.04	33.04 150m:		250m:	350m:	
	100m: 1:11.21	38.17 200m: 2:30.16		300m:	400m: 5:06.14	
2.	Stijn van den Konink	ZPC AMERSFOORT	5:22.69	201102167	5:10.39	319
	50m: 35.00	35.00 150m:		250m:	350m:	
	100m: 1:13.45	38.45 200m: 2:33.72		300m:	400m: 5:10.39	
3.	Evan Havenaar	VZC	5:09.68	201102101	5:15.29	305
	50m: 34.15	34.15 150m:		250m:	350m:	
	100m: 1:13.32	39.17 200m: 2:33.31		300m:	400m: 5:15.29	
4.	Nouh Karman	Zwemlust- den Hommel	5:29.21	201201383	5:18.64	295
	50m: 34.76	34.76 150m:		250m:	350m:	
	100m: 1:14.46	39.70 200m: 2:35.90		300m:	400m: 5:18.64	
5.	Charles Araysa	Zwemlust- den Hommel	5:31.52	201201155	5:24.95	278
	50m: 36.33	36.33 150m:		250m:	350m:	
	100m: 1:16.53	40.20 200m: 2:39.23		300m:	400m: 5:24.95	
6.	Jayden Korndewal	ZPC AMERSFOORT	5:28.31	201200015	5:24.97	278
	50m: 36.44	36.44 150m:		250m:	350m:	
	100m: 1:16.59	40.15 200m: 2:39.38		300m:	400m: 5:24.97	
7.	Mark Strang van Hees	De Duinkickers	5:51.75	201200383	5:34.77	254
	50m: 36.54	36.54 150m:		250m:	350m:	
	100m: 1:17.70	41.16 200m: 2:43.24		300m:	400m: 5:34.77	
8.	Hayo Hoogervorst	VZC	5:57.22	201200893	5:41.66	239
	50m: 38.43	38.43 150m:		250m:	350m:	
	100m: 1:20.34	41.91 200m: 2:47.82		300m:	400m: 5:41.66	
9.	Jonathan Nusteen	Zwemclub Zeist	5:43.52	201202129	5:55.44	212
	50m: 39.03	39.03 150m:		250m:	350m:	
	100m: 1:22.21	43.18 200m: 2:51.37		300m:	400m: 5:55.44	
14 - 15 jaar						
1.	Tobian Vos	ZPC AMERSFOORT	4:15.57	200900005	4:22.59	528
	50m: 28.65	28.65 150m:		250m:	350m:	
	100m: 1:00.55	31.90 200m: 2:07.78		300m:	400m: 4:22.59	
2.	Stefan van der Meer	VZC	4:37.83	200901361	4:23.19	524
	50m: 28.57	28.57 150m:		250m:	350m:	
	100m: 1:00.60	32.03 200m: 2:07.63		300m:	400m: 4:23.19	
3.	Abel op den Velde	De Duinkickers	4:26.43	201000079	4:23.96	519
	50m: 29.91	29.91 150m:		250m:	350m:	
	100m: 1:02.98	33.07 200m: 2:10.55		300m:	400m: 4:23.96	
4.	Brent Schiffers	ZPC Woerden	4:30.06	200902041	4:24.28	518
	50m: 29.35	29.35 150m:		250m:	350m:	
	100m: 1:01.14	31.79 200m: 2:07.44		300m:	400m: 4:24.28	
5.	Bink Elgersma	Zwemlust- den Hommel	4:47.20	201000137	4:29.27	489
	50m: 29.34	29.34 150m:		250m:	350m:	
	100m: 1:02.44	33.10 200m: 2:12.21		300m:	400m: 4:29.27	
6.	Mathieu Gepkens	VZC	4:44.40	201000045	4:37.31	448
	50m: 30.18	30.18 150m:		250m:	350m:	
	100m: 1:04.68	34.50 200m: 2:15.35		300m:	400m: 4:37.31	
7.	Julian Kragten	ZPC Watervlo	4:49.56	200900695	4:42.69	423
	50m: 29.56	29.56 150m:		250m:	350m:	
	100m: 1:03.16	33.60 200m: 2:15.23		300m:	400m: 4:42.69	
8.	Mees de Vries	Zwemlust- den Hommel	4:46.72	201001151	4:44.05	417
	50m: 31.26	31.26 150m:		250m:	350m:	
	100m: 1:06.59	35.33 200m: 2:18.76		300m:	400m: 4:44.05	
9.	Hessel Wachter	Zwemclub Zeist	4:57.52	200903337	4:46.09	408
	50m: 31.86	31.86 150m:		250m:	350m:	
	100m: 1:06.98	35.12 200m: 2:20.58		300m:	400m: 4:46.09	
10.	Milan Schuilenburg	ZPC AMERSFOORT	4:46.87	201000935	4:49.90	392
	50m: 32.16	32.16 150m:		250m:	350m:	
	100m: 1:08.01	35.85 200m: 2:22.37		300m:	400m: 4:49.90	
11.	Gwee Bokma	Zwemlust- den Hommel	4:47.73	201002259	4:50.37	390
	50m: 32.11	32.11 150m:		250m:	350m:	
	100m: 1:08.67	36.56 200m: 2:22.73		300m:	400m: 4:50.37	

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Programmanr. 21, Jongens, 400m vrije slag, 14 - 15 jaar

rang	naam	vereniging	intijd	tijd	Pnt
12.	Leon ten Broeke	GoSwim	5:16.16	200900713	4:58.73 358
	50m: 33.01	33.01 150m:		250m:	350m:
	100m: 1:09.52	36.51 200m: 2:26.68		300m:	400m: 4:58.73
13.	Mees Otto	ZPC Woerden	5:22.11	201001319	5:02.55 345
	50m: 33.77	33.77 150m:		250m:	350m:
	100m: 1:11.44	37.67 200m: 2:28.11		300m:	400m: 5:02.55
14.	Wesley Korndewal	ZPC AMERSFOORT	5:16.80	200900405	5:03.78 341
	50m: 34.17	34.17 150m:		250m:	350m:
	100m: 1:12.29	38.12 200m: 2:29.91		300m:	400m: 5:03.78
15.	Jelle Postma	De Duinkickers	5:22.40	201000559	5:14.80 306
	50m: 34.62	34.62 150m:		250m:	350m:
	100m: 1:12.76	38.14 200m: 2:33.10		300m:	400m: 5:14.80
16.	Jasper Cox	ZPC AMERSFOORT	5:15.91	201003589	5:17.12 299
	50m: 34.02	34.02 150m:		250m:	350m:
	100m: 1:13.48	39.46 200m: 2:33.14		300m:	400m: 5:17.12

16 - 17 jaar

1.	Bas Mostert	VZC	4:03.86	200800629	4:02.97 666
	50m: 27.44	27.44 150m:		250m:	350m:
	100m: 57.40	29.96 200m: 1:59.07		300m:	400m: 4:02.97
2.	Storm Elgersma	Zwemlust- den Hommel	4:34.74	200702053	4:30.05 485
	50m: 29.19	29.19 150m:		250m:	350m:
	100m: 1:02.03	32.84 200m: 2:11.60		300m:	400m: 4:30.05
3.	Pelle Schrieken	VZC	4:42.47	200801595	4:31.28 478
	50m: 31.55	31.55 150m:		250m:	350m:
	100m: 1:05.92	34.37 200m: 2:15.09		300m:	400m: 4:31.28
4.	Enda McMenamin	Zwemlust- den Hommel	4:53.24	200703883	4:42.70 423
	50m: 30.49	30.49 150m:		250m:	350m:
	100m: 1:04.78	34.29 200m: 2:17.95		300m:	400m: 4:42.70

18 jaar en ouder

1.	Youri Voet	ZPC AMERSFOORT	4:05.01	200502269	4:07.17 633
	50m: 27.95	27.95 150m:		250m:	350m:
	100m: 58.88	30.93 200m: 2:02.29		300m:	400m: 4:07.17
2.	Rens Stijf	ZPC AMERSFOORT	4:04.82	200501419	4:11.27 602
	50m: 27.59	27.59 150m:		250m:	350m:
	100m: 57.80	30.21 200m: 2:00.74		300m:	400m: 4:11.27
3.	Lasse Schrieken	VZC	4:17.62	200503145	4:14.43 580
	50m: 28.22	28.22 150m:		250m:	350m:
	100m: 59.61	31.39 200m: 2:04.27		300m:	400m: 4:14.43
4.	Thijs Wellink	ZPC AMERSFOORT	4:14.43	200600715	4:14.82 577
	50m: 27.76	27.76 150m:		250m:	350m:
	100m: 58.65	30.89 200m: 2:02.89		300m:	400m: 4:14.82