

LB wedstrijd DAW - 1  
Alkmaar, 26-1-2025

Programmanr. 2  
26-1-2025 - 14:14

Heren, 400m vrije slag

2012 en ouder  
Resultaten

| rang naam                | vereniging   | intijd            | tijd           | RT | 100m          | 200m    | 300m | 400m |
|--------------------------|--------------|-------------------|----------------|----|---------------|---------|------|------|
| <b>Gebjr 2009 - 2012</b> |              |                   |                |    |               |         |      |      |
| 1. Guido Schilder        | Ed-Vo        | 4:42.21 200901911 | <b>4:59.28</b> |    | 1:11.59       | 1:17.00 |      |      |
| 50m:                     |              | 150m:             | 250m:          |    | 350m:         |         |      |      |
| 100m: 1:11.59            |              | 200m: 2:28.59     | 300m:          |    | 400m: 4:59.28 |         |      |      |
| 2. Franzi Ziegler        | DAW          | 4:50.64 201100891 | <b>5:07.54</b> |    | 1:11.81       | 1:17.67 |      |      |
| 50m:                     |              | 150m:             | 250m:          |    | 350m:         |         |      |      |
| 100m: 1:11.81            |              | 200m: 2:29.48     | 300m:          |    | 400m: 5:07.54 |         |      |      |
| 3. Yanniek Jager         | Batavia Swim | 5:27.27 201100315 | <b>5:11.35</b> |    | 1:13.95       | 1:21.08 |      |      |
| 50m:                     |              | 150m:             | 250m:          |    | 350m:         |         |      |      |
| 100m: 1:13.95            |              | 200m: 2:35.03     | 300m:          |    | 400m: 5:11.35 |         |      |      |
| 4. Stijn Butter          | Oeza         | 5:58.30 201100455 | <b>5:20.44</b> |    | 1:14.58       | 1:22.75 |      |      |
| 50m:                     |              | 150m:             | 250m:          |    | 350m:         |         |      |      |
| 100m: 1:14.58            |              | 200m: 2:37.33     | 300m:          |    | 400m: 5:20.44 |         |      |      |
| 5. Lex Koopmans          | Ed-Vo        | 5:37.93 201102081 | <b>5:25.73</b> |    | 1:19.34       | 1:24.43 |      |      |
| 50m:                     |              | 150m:             | 250m:          |    | 350m:         |         |      |      |
| 100m: 1:19.34            |              | 200m: 2:43.77     | 300m:          |    | 400m: 5:25.73 |         |      |      |
| 6. Axel Biesbrouck       | ZV Haerlem   | 5:50.00 201100055 | <b>5:37.18</b> |    | 1:15.56       | 1:27.40 |      |      |
| 50m:                     |              | 150m:             | 250m:          |    | 350m:         |         |      |      |
| 100m: 1:15.56            |              | 200m: 2:42.96     | 300m:          |    | 400m: 5:37.18 |         |      |      |
| <b>Gebjr 2007 - 2008</b> |              |                   |                |    |               |         |      |      |
| 1. Figo van Duuren       | Zpch         | 4:39.62 200800391 | <b>4:39.30</b> |    | 1:04.36       | 1:12.32 |      |      |
| 50m:                     |              | 150m:             | 250m:          |    | 350m:         |         |      |      |
| 100m: 1:04.36            |              | 200m: 2:16.68     | 300m:          |    | 400m: 4:39.30 |         |      |      |
| 2. Alex Kuijper          | Oeza         | 5:40.29 200802137 | <b>5:45.27</b> |    | 1:16.22       | 1:28.28 |      |      |
| 50m:                     |              | 150m:             | 250m:          |    | 350m:         |         |      |      |
| 100m: 1:16.22            |              | 200m: 2:44.50     | 300m:          |    | 400m: 5:45.27 |         |      |      |
| <b>2006 en ouder</b>     |              |                   |                |    |               |         |      |      |
| 1. Hessel Robert         | Het Y        | 4:21.85 200200917 | <b>4:18.10</b> |    | 1:01.31       | 1:06.48 |      |      |
| 50m:                     |              | 150m:             | 250m:          |    | 350m:         |         |      |      |
| 100m: 1:01.31            |              | 200m: 2:07.79     | 300m:          |    | 400m: 4:18.10 |         |      |      |