

Limietwedstrijd LB deel 1 ZPC AMERSFOORT 2025
Amersfoort, 26-1-2025

Programmanr. 2
26-1-2025 - 14:34

Heren, 400m vrije slag

2012 en ouder
Resultaten

rang	naam	vereniging	intijd	tijd	RT		
1.	Austin Namesnik	ZPC AMERSFOORT	4:02.32	200101817	4:01.70 +0,61		
	50m: 27.83	27.83 150m: 1:29.43	31.03	250m: 2:31.35	30.91	350m: 3:32.84	30.72
	100m: 58.40	30.57 200m: 2:00.44	31.01	300m: 3:02.12	30.77	400m: 4:01.70	28.86
2.	Bram Loots	Team NL - KZC	4:00.22	200700197	4:08.76 +0,66		
	50m: 28.94	28.94 150m: 1:32.61	32.11	250m: 2:36.20	31.48	350m: 3:38.62	30.87
	100m: 1:00.50	31.56 200m: 2:04.72	32.11	300m: 3:07.75	31.55	400m: 4:08.76	30.14
3.	Bas Blanker	Acz	4:18.95	200601497	4:18.49 +0,71		
	50m: 29.56	29.56 150m: 1:34.61	32.94	250m: 2:41.01	33.25	350m: 3:47.78	33.39
	100m: 1:01.67	32.11 200m: 2:07.76	33.15	300m: 3:14.39	33.38	400m: 4:18.49	30.71
4.	Milan Veelders	O Z & P C	4:14.56	200800279	4:18.55 +0,73		
	50m: 29.66	29.66 150m: 1:35.99	33.40	250m: 2:42.08	32.90	350m: 3:47.65	32.74
	100m: 1:02.59	32.93 200m: 2:09.18	33.19	300m: 3:14.91	32.83	400m: 4:18.55	30.90
5.	Thijs Wellink	ZPC AMERSFOORT	4:24.08	200600715	4:30.51 +0,71		
	50m: 29.68	29.68 150m: 1:37.50	34.13	250m: 2:46.84	34.92	350m: 3:56.79	35.05
	100m: 1:03.37	33.69 200m: 2:11.92	34.42	300m: 3:21.74	34.90	400m: 4:30.51	33.72
6.	Felix Gepkens	VZC	4:14.93	200800631	4:30.66 +0,72		
	50m: 29.65	29.65 150m: 1:38.16	34.60	250m: 2:47.45	34.35	350m: 3:57.84	34.95
	100m: 1:03.56	33.91 200m: 2:13.10	34.94	300m: 3:22.89	35.44	400m: 4:30.66	32.82
7.	Xander Kragting	ZPC AMERSFOORT	4:33.85	200900077	4:33.81 +0,72		
	50m: 30.16	30.16 150m: 1:37.17	34.02	250m: 2:47.56	35.47	350m: 3:58.96	35.83
	100m: 1:03.15	32.99 200m: 2:12.09	34.92	300m: 3:23.13	35.57	400m: 4:33.81	34.85
8.	Bjorn Scholten	O Z & P C	4:32.49	200801143	4:37.17 +0,72		
	50m: 30.67	30.67 150m: 1:41.01	35.35	250m: 2:51.65	35.24	350m: 4:02.44	35.41
	100m: 1:05.66	34.99 200m: 2:16.41	35.40	300m: 3:27.03	35.38	400m: 4:37.17	34.73
9.	Steven Knol	De Otters Het Gooi	4:26.79	200900543	4:40.66 +0,53		
	50m: 31.29	31.29 150m: 1:42.15	35.89	250m: 2:53.62	35.78	350m: 4:05.68	35.70
	100m: 1:06.26	34.97 200m: 2:17.84	35.69	300m: 3:29.98	36.36	400m: 4:40.66	34.98
10.	Pelle Schrieken	VZC	4:31.28	200801595	4:45.54 +0,74		
	50m: 32.53	32.53 150m: 1:45.00	36.47	250m: 2:57.84	36.35	350m: 4:10.23	36.23
	100m: 1:08.53	36.00 200m: 2:21.49	36.49	300m: 3:34.00	36.16	400m: 4:45.54	35.31
11.	Douwe Enzerink	ZPC AMERSFOORT	4:35.62	201102657	4:48.66 +0,48		
	50m: 31.70	31.70 150m: 1:44.27	37.19	250m: 2:59.81	37.87	350m: 4:14.31	37.12
	100m: 1:07.08	35.38 200m: 2:21.94	37.67	300m: 3:37.19	37.38	400m: 4:48.66	34.35
12.	Storm Elgersma	Zwemlust- den Hommel	4:30.05	200702053	4:52.52 +0,80		
	50m: 31.43	31.43 150m: 1:43.51	36.45	250m: 2:59.08	37.69	350m: 4:16.20	38.46
	100m: 1:07.06	35.63 200m: 2:21.39	37.88	300m: 3:37.74	38.66	400m: 4:52.52	36.32
13.	Henry Watson	De Dolfijn	4:45.48	201001703	4:54.73 +0,67		
	50m: 31.82	31.82 150m: 1:45.91	37.32	250m: 3:01.73	37.80	350m: 4:17.83	37.82
	100m: 1:08.59	36.77 200m: 2:23.93	38.02	300m: 3:40.01	38.28	400m: 4:54.73	36.90
14.	Daan Mulder	Ksn (Sg)	5:21.69	201100267	4:56.32 +0,88		
	50m: 33.29	33.29 150m: 1:48.11	37.77	250m: 3:04.30	37.96	350m: 4:19.96	37.83
	100m: 1:10.34	37.05 200m: 2:26.34	38.23	300m: 3:42.13	37.83	400m: 4:56.32	36.36
15.	Thomas Braat	Azc	4:50.50	200802269	5:04.47 +0,77		
	50m: 32.36	32.36 150m: 1:48.60	38.92	250m: 3:07.04	39.54	350m: 4:25.97	38.53
	100m: 1:09.68	37.32 200m: 2:27.50	38.90	300m: 3:47.44	40.40	400m: 5:04.47	38.50
16.	Thomas Bergmans	CWW Swimteam	5:29.39	200801663	5:09.02 +0,82		
	50m: 33.35	33.35 150m: 1:51.41	39.97	250m: 3:11.44	40.29	350m: 4:31.54	40.23
	100m: 1:11.44	38.09 200m: 2:31.15	39.74	300m: 3:51.31	39.87	400m: 5:09.02	37.48
17.	Luca Monster	SG Hoeksche Waard	5:07.15	201100343	5:12.44 +0,67		
	50m: 33.21	33.21 150m: 1:51.96	40.27	250m: 3:13.37	41.28	350m: 4:33.80	39.87
	100m: 1:11.69	38.48 200m: 2:32.09	40.13	300m: 3:53.93	40.56	400m: 5:12.44	38.64
18.	Julian Hendriks	De Otters Het Gooi	5:06.14	200603717	5:17.84 +0,73		
	50m: 36.52	36.52 150m: 1:55.82	40.44	250m: 3:17.08	40.94	350m: 4:38.39	40.87
	100m: 1:15.38	38.86 200m: 2:36.14	40.32	300m: 3:57.52	40.44	400m: 5:17.84	39.45
19.	Nouh Karman	Zwemlust- den Hommel	5:18.64	201201383	5:22.09 +0,73		
	50m: 34.67	34.67 150m: 1:55.75	41.39	250m: 3:19.70	41.93	350m: 4:43.01	41.32
	100m: 1:14.36	39.69 200m: 2:37.77	42.02	300m: 4:01.69	41.99	400m: 5:22.09	39.08
20.	Marcelo Fritz Medina	De Dolfijn	5:22.23	201201885	5:27.27 +0,72		
	50m: 35.66	35.66 150m: 1:58.40	42.06	250m: 3:22.89	42.49	350m: 4:47.14	41.90
	100m: 1:16.34	40.68 200m: 2:40.40	42.00	300m: 4:05.24	42.35	400m: 5:27.27	40.13
21.	Alessio van Engelen Sousa	De Dolfijn	6:30.99	201101829	5:55.46 +0,61		
	50m: 40.38	40.38 150m: 2:11.05	45.59	250m: 3:42.29	46.33	350m: 5:13.34	45.66
	100m: 1:25.46	45.08 200m: 2:55.96	44.91	300m: 4:27.68	45.39	400m: 5:55.46	42.12
22.	Luc van Drunick	Noordwijkerhout	6:16.90	201201659	6:11.37 +0,70		
	50m: 38.53	38.53 150m: 2:10.93	48.51	250m: 3:50.33	50.14	350m: 5:28.81	48.63
	100m: 1:22.42	43.89 200m: 3:00.19	49.26	300m: 4:40.18	49.85	400m: 6:11.37	42.56