

O12 Jaarganglimiet 2025
Kampen, 1-3-2025

Programmanr. 1
1-3-2025 - 16:30

Jongens, 400m vrije slag

2013 en later
Resultaten

rang	naam	vereniging	intijd	tijd	RT			
O12								
1.	Sven Nozeman	Zvl-1886	NT	201300993	5:28.98			
	50m: 33.56	33.56	150m: 1:53.03	41.12	250m: 3:18.63	43.15	350m: 4:47.09	44.25
	100m: 1:11.91	38.35	200m: 2:35.48	42.45	300m: 4:02.84	44.21	400m: 5:28.98	41.89
2.	Shai Jaffe	De Dolfijn	5:52.69	201300205	5:32.91			
	50m: 36.17	36.17	150m: 2:00.77	43.72	250m: 3:27.50	43.35	350m: 4:53.15	42.50
	100m: 1:17.05	40.88	200m: 2:44.15	43.38	300m: 4:10.65	43.15	400m: 5:32.91	39.76
3.	Thijs Mulder	Ksn (Sg)	5:46.30	201300435	5:36.58			
	50m: 36.84	36.84	150m: 2:02.77	43.56	250m: 3:31.00	43.62	350m: 4:57.67	42.75
	100m: 1:19.21	42.37	200m: 2:47.38	44.61	300m: 4:14.92	43.92	400m: 5:36.58	38.91
4.	Dinand Gerritsen	Batavia Swim	5:57.05	201300335	5:48.18			
	50m: 38.63	38.63	150m: 2:07.37	45.00	250m: 3:38.89	45.90	350m: 5:07.71	43.35
	100m: 1:22.37	43.74	200m: 2:52.99	45.62	300m: 4:24.36	45.47	400m: 5:48.18	40.47
5.	Bernardo Vasconcelos	De Dolfijn	6:12.00	201300671	6:03.34			
	50m: 39.62	39.62	150m: 2:09.58	45.76	250m: 3:42.27	45.84	350m: 5:17.27	47.64
	100m: 1:23.82	44.20	200m: 2:56.43	46.85	300m: 4:29.63	47.36	400m: 6:03.34	46.07
6.	Ruben Lubbers	Orca Leeuwarden	6:35.35	201300083	6:08.36			
	50m: 38.74	38.74	150m: 2:10.95	47.12	250m: 3:47.13	48.79	350m: 5:22.71	47.46
	100m: 1:23.83	45.09	200m: 2:58.34	47.39	300m: 4:35.25	48.12	400m: 6:08.36	45.65
7.	Sjoerd Overgaauw	Z & PC De Zeeuwse Kust	6:32.87	201300731	6:08.83			
	50m: 40.78	40.78	150m: 2:13.85	47.44	250m: 3:50.38	48.33	350m: 5:25.12	46.75
	100m: 1:26.41	45.63	200m: 3:02.05	48.20	300m: 4:38.37	47.99	400m: 6:08.83	43.71
8.	Miguel Moreno Palacios	De Dolfijn	6:25.89	201301123	6:12.71			
	50m: 39.62	39.62	150m: 2:12.68	47.47	250m: 3:50.15	49.09	350m: 5:27.56	48.00
	100m: 1:25.21	45.59	200m: 3:01.06	48.38	300m: 4:39.56	49.41	400m: 6:12.71	45.15
9.	Niels Brinks	Zignea	6:09.68	201300677	6:18.39			
	50m: 38.16	38.16	150m: 2:12.22	48.75	250m: 3:51.00	49.99	350m: 5:28.54	48.80
	100m: 1:23.47	45.31	200m: 3:01.01	48.79	300m: 4:39.74	48.74	400m: 6:18.39	49.85
O11								
1.	Nolan Teng	Zvl-1886	8:12.38	201400533	6:17.36			
	50m: 37.86	37.86	150m: 2:13.39	49.26	250m: 3:50.42	48.12	350m: 5:29.19	50.12
	100m: 1:24.13	46.27	200m: 3:02.30	48.91	300m: 4:39.07	48.65	400m: 6:17.36	48.17