

Provinciale Kampioenschappen LB Utrecht 2025 1e weekend
Amersfoort, 17- - 18-5-2025

Programmanr. 3
17-5-2025 - 14:30

Heren, 400m vrije slag

2012 en ouder
Resultaten

rang	naam	vereniging			intijd		tijd		RT
Onder 14									
1.	Douwe Enzerink	ZPC AMERSFOORT			4:40.76	201102657		4:44.55	+0,63
	50m: 30.88	30.88	150m: 1:41.28	36.43	250m: 2:55.61	37.29	350m: 4:09.74	36.90	
	100m: 1:04.85	33.97	200m: 2:18.32	37.04	300m: 3:32.84	37.23	400m: 4:44.55	34.81	
2.	Evan Havenaar	VZC			5:05.94	201102101		4:59.57	+0,93
	50m: 32.58	32.58	150m: 1:47.00	38.15	250m: 3:05.18	39.03	350m: 4:22.11	38.71	
	100m: 1:08.85	36.27	200m: 2:26.15	39.15	300m: 3:43.40	38.22	400m: 4:59.57	37.46	
3.	Nouh Karman	Zwemlust- den Hommel			5:10.69	201201383		5:09.07	+0,71
	50m: 33.45	33.45	150m: 1:51.06	39.47	250m: 3:11.68	40.63	350m: 4:32.20	39.41	
	100m: 1:11.59	38.14	200m: 2:31.05	39.99	300m: 3:52.79	41.11	400m: 5:09.07	36.87	
4.	Thijs Hoogeveen	ZPC Woerden			5:06.14	201100503		5:11.37	+0,76
	50m: 32.85	32.85	150m: 1:49.90	39.89	250m: 3:11.66	40.99	350m: 4:32.58	40.70	
	100m: 1:10.01	37.16	200m: 2:30.67	40.77	300m: 3:51.88	40.22	400m: 5:11.37	38.79	
5.	Charles Araysa	Zwemlust- den Hommel			5:22.82	201201155		5:24.89	+0,65
	50m: 33.77	33.77	150m: 1:53.27	40.83	250m: 3:17.76	42.37	350m: 4:44.54	42.91	
	100m: 1:12.44	38.67	200m: 2:35.39	42.12	300m: 4:01.63	43.87	400m: 5:24.89	40.35	
6.	Felipe Kerkhoff	ZPC AMERSFOORT			5:33.35	201202625		5:26.74	+0,82
	50m: 37.51	37.51	150m: 2:02.10	42.78	250m: 3:26.43	41.61	350m: 4:48.93	40.51	
	100m: 1:19.32	41.81	200m: 2:44.82	42.72	300m: 4:08.42	41.99	400m: 5:26.74	37.81	
7.	Stijn van den Konink	ZPC AMERSFOORT			5:24.60	201102167		5:29.62	+0,79
	50m: 35.43	35.43	150m: 1:57.67	42.06	250m: 3:24.23	43.71	350m: 4:50.02	42.19	
	100m: 1:15.61	40.18	200m: 2:40.52	42.85	300m: 4:07.83	43.60	400m: 5:29.62	39.60	
8.	Jayden Korndewal	ZPC AMERSFOORT			5:29.98	201200015		5:32.73	+0,76
	50m: 35.57	35.57	150m: 1:59.07	42.79	250m: 3:25.53	43.60	350m: 4:53.15	43.92	
	100m: 1:16.28	40.71	200m: 2:41.93	42.86	300m: 4:09.23	43.70	400m: 5:32.73	39.58	
9.	Daniel Bagdasarov	ZPC Woerden			5:39.24	201101511		5:36.07	+0,82
	50m: 37.31	37.31	150m: 2:00.23	42.37	250m: 3:26.40	43.61	350m: 4:53.75	43.81	
	100m: 1:17.86	40.55	200m: 2:42.79	42.56	300m: 4:09.94	43.54	400m: 5:36.07	42.32	
10.	Jonathan Nusteen	Zwemclub Zeist			5:43.54	201202129		5:36.44	+0,84
	50m: 37.86	37.86	150m: 2:05.16	44.68	250m: 3:32.80	44.08	350m: 4:57.45	41.76	
	100m: 1:20.48	42.62	200m: 2:48.72	43.56	300m: 4:15.69	42.89	400m: 5:36.44	38.99	
11.	Lars Sturkenboom	Zwemlust- den Hommel			5:49.03	201103253		5:43.25	+0,64
	50m: 37.15	37.15	150m: 2:02.76	44.37	250m: 3:32.68	45.45	350m: 5:02.18	44.65	
	100m: 1:18.39	41.24	200m: 2:47.23	44.47	300m: 4:17.53	44.85	400m: 5:43.25	41.07	

Onder 16

1.	Stefan van der Meer	VZC		4:41.41	200901361		4:26.22	+0,65
	50m: 29.70	29.70	150m: 1:36.18	34.00	250m: 2:44.46	34.39	350m: 3:53.05	34.30
	100m: 1:02.18	32.48	200m: 2:10.07	33.89	300m: 3:18.75	34.29	400m: 4:26.22	33.17
2.	Xander Kragting	ZPC AMERSFOORT		4:29.85	200900077		4:29.65	+0,73
	50m: 29.96	29.96	150m: 1:36.88	34.12	250m: 2:45.87	34.49	350m: 3:55.70	35.17
	100m: 1:02.76	32.80	200m: 2:11.38	34.50	300m: 3:20.53	34.66	400m: 4:29.65	33.95
3.	Bink Elgersma *	Zwemlust- den Hommel		4:31.59	201000137		4:30.50	+0,75
	50m: 30.10	30.10	150m: 1:38.27	34.53	250m: 2:48.11	34.77	350m: 3:57.57	34.62
	100m: 1:03.74	33.64	200m: 2:13.34	35.07	300m: 3:22.95	34.84	400m: 4:30.50	32.93
4.	Abel op den Velde	De Duinkikkers		4:33.36	201000079		4:32.41	+0,72
	50m: 31.18	31.18	150m: 1:39.23	34.61	250m: 2:49.77	35.49	350m: 3:59.34	34.78
	100m: 1:04.62	33.44	200m: 2:14.28	35.05	300m: 3:24.56	34.79	400m: 4:32.41	33.07
5.	Brent Schiffers	ZPC Woerden		4:24.27	200902041		4:32.59	+0,72
	50m: 29.43	29.43	150m: 1:36.99	34.60	250m: 2:48.01	35.33	350m: 3:59.69	35.45
	100m: 1:02.39	32.96	200m: 2:12.68	35.69	300m: 3:24.24	36.23	400m: 4:32.59	32.90
6.	Mees de Vries	Zwemlust- den Hommel		4:51.03	201001151		4:45.53	+0,86
	50m: 31.46	31.46	150m: 1:44.10	36.92	250m: 2:57.54	36.54	350m: 4:10.37	36.16
	100m: 1:07.18	35.72	200m: 2:21.00	36.90	300m: 3:34.21	36.67	400m: 4:45.53	35.16
7.	Milan Schuilenburg	ZPC AMERSFOORT		4:54.13	201000935		4:50.12	+0,66
	50m: 31.74	31.74	150m: 1:44.94	36.88	250m: 2:59.52	37.16	350m: 4:13.92	36.84
	100m: 1:08.06	36.32	200m: 2:22.36	37.42	300m: 3:37.08	37.56	400m: 4:50.12	36.20
8.	Quinten Hofman	Zwemlust- den Hommel		4:57.54	201000955		4:52.83	+0,81
	50m: 32.68	32.68	150m: 1:48.14	38.52	250m: 3:04.22	38.08	350m: 4:18.82	37.29
	100m: 1:09.62	36.94	200m: 2:26.14	38.00	300m: 3:41.53	37.31	400m: 4:52.83	34.01
9.	Julian Kragten	ZPC Watervlo		5:02.43	200900695		4:56.53	+0,78
	50m: 31.18	31.18	150m: 1:42.69	36.67	250m: 2:59.27	38.91	350m: 4:18.64	39.33
	100m: 1:06.02	34.84	200m: 2:20.36	37.67	300m: 3:39.31	40.04	400m: 4:56.53	37.89

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Amersfoort, 17- - 18-5-2025

Programmanr. 3, Jongens, 400m vrije slag, Onder 16

rang	naam	vereniging				intijd		tijd				RT
10.	Gwee Bokma *	Zwemlust- den Hommel				4:52.54	201002259	5:00.25				+0,72
	50m: 32.19	32.19	150m: 1:45.69	37.34	250m: 3:02.50	38.31	350m: 4:21.03	39.30				
	100m: 1:08.35	36.16	200m: 2:24.19	38.50	300m: 3:41.73	39.23	400m: 5:00.25	39.22				
11.	Wesley Korndewal	ZPC AMERSFOORT				4:59.60	200900405	5:08.63				+0,73
	50m: 32.31	32.31	150m: 1:47.51	38.31	250m: 3:07.14	39.98	350m: 4:28.00	40.28				
	100m: 1:09.20	36.89	200m: 2:27.16	39.65	300m: 3:47.72	40.58	400m: 5:08.63	40.63				
12.	Jasper Cox	ZPC AMERSFOORT				5:11.74	201003589	5:09.22				+0,66
	50m: 33.72	33.72	150m: 1:51.08	39.40	250m: 3:12.43	41.01	350m: 4:32.71	40.61				
	100m: 1:11.68	37.96	200m: 2:31.42	40.34	300m: 3:52.10	39.67	400m: 5:09.22	36.51				
13.	Jelle Postma	De Duinkickers				5:22.35	201000559	5:09.91				+0,85
	50m: 35.31	35.31	150m: 1:54.45	40.12	250m: 3:15.80	40.65	350m: 4:33.59	36.62				
	100m: 1:14.33	39.02	200m: 2:35.15	40.70	300m: 3:56.97	41.17	400m: 5:09.91	36.32				
14.	Leon ten Broeke	GoSwim				5:20.61	200900713	5:12.85				+0,68
	50m: 33.57	33.57	150m: 1:52.77	40.33	250m: 3:15.05	40.79	350m: 4:36.32	40.30				
	100m: 1:12.44	38.87	200m: 2:34.26	41.49	300m: 3:56.02	40.97	400m: 5:12.85	36.53				
15.	Teun Zeeman	Zwemlust- den Hommel				5:08.56	200901133	5:14.60				+0,74
	50m: 32.95	32.95	150m: 1:50.47	39.49	250m: 3:11.42	40.61	350m: 4:34.99	41.84				
	100m: 1:10.98	38.03	200m: 2:30.81	40.34	300m: 3:53.15	41.73	400m: 5:14.60	39.61				
16.	Mees Otto *	ZPC Woerden				5:02.55	201001319	5:15.63				+0,81
	50m: 34.09	34.09	150m: 1:52.27	39.95	250m: 3:13.34	40.51	350m: 4:36.27	41.51				
	100m: 1:12.32	38.23	200m: 2:32.83	40.56	300m: 3:54.76	41.42	400m: 5:15.63	39.36				
17.	Pim Rijken	Zwemlust- den Hommel				5:17.69	201002927	5:22.97				+0,77
	50m: 36.40	36.40	150m: 1:57.48	41.13	250m: 3:21.04	41.73	350m: 4:43.25	41.20				
	100m: 1:16.35	39.95	200m: 2:39.31	41.83	300m: 4:02.05	41.01	400m: 5:22.97	39.72				
18.	Jurre van Es	ZPC Woerden				5:17.56	200903567	5:26.65				+0,86
	50m: 34.19	34.19	150m: 1:54.05	40.96	250m: 3:19.43	43.38	350m: 4:44.37	42.56				
	100m: 1:13.09	38.90	200m: 2:36.05	42.00	300m: 4:01.81	42.38	400m: 5:26.65	42.28				

Onder 18

1.	Bas Mostert	VZC				4:02.97	200800629	4:12.42				+0,67
	50m: 28.60	28.60	150m: 1:31.56	31.78	250m: 2:36.84	32.66	350m: 3:41.14	31.98				
	100m: 59.78	31.18	200m: 2:04.18	32.62	300m: 3:09.16	32.32	400m: 4:12.42	31.28				

18 en ouder

1.	Émile Fouzaï	ZPC AMERSFOORT				3:59.32	200500263	3:59.19				+0,69
	50m: 27.19	27.19	150m: 1:27.81	30.46	250m: 2:29.35	30.45	350m: 3:29.31	30.05				
	100m: 57.35	30.16	200m: 1:58.90	31.09	300m: 2:59.26	29.91	400m: 3:59.19	29.88				
2.	Austin Namesnik *	ZPC AMERSFOORT				4:01.70	200101817	4:03.12				+0,69
	50m: 27.60	27.60	150m: 1:27.93	30.64	250m: 2:30.10	31.19	350m: 3:32.62	31.12				
	100m: 57.29	29.69	200m: 1:58.91	30.98	300m: 3:01.50	31.40	400m: 4:03.12	30.50				
3.	Rens Stijf	ZPC AMERSFOORT				4:14.41	200501419	4:18.13				+0,70
	50m: 28.80	28.80	150m: 1:33.30	32.77	250m: 2:38.88	32.89	350m: 3:45.90	33.56				
	100m: 1:00.53	31.73	200m: 2:05.99	32.69	300m: 3:12.34	33.46	400m: 4:18.13	32.23				
4.	Darren Chen	ZPC AMERSFOORT				4:14.74	200001149	4:18.14				+0,65
	50m: 28.41	28.41	150m: 1:32.83	32.71	250m: 2:39.07	32.98	350m: 3:45.53	32.88				
	100m: 1:00.12	31.71	200m: 2:06.09	33.26	300m: 3:12.65	33.58	400m: 4:18.14	32.61				
5.	Fayssal Lantema	Zwemlust- den Hommel				4:33.84	200101379	4:38.72				+0,75
	50m: 31.48	31.48	150m: 1:40.42	34.82	250m: 2:51.69	35.77	350m: 4:03.53	36.09				
	100m: 1:05.60	34.12	200m: 2:15.92	35.50	300m: 3:27.44	35.75	400m: 4:38.72	35.19				
6.	Jelle Blankestijn	ZPC AMERSFOORT				4:34.10	199803737	4:40.37				+0,73
	50m: 30.06	30.06	150m: 1:40.14	35.53	250m: 2:52.06	35.67	350m: 4:05.33	36.32				
	100m: 1:04.61	34.55	200m: 2:16.39	36.25	300m: 3:29.01	36.95	400m: 4:40.37	35.04				