

Swim-all Circuit deel 3
Zoetermeer, 15-2-2026

Programmanr. 31
15-2-2026 - 16:06

Heren, 400m vrije slag

alg. leeftijdsgroep
Resultaten

rang	naam	vereniging				intijd			tijd			RT
Onder 14												
1.	Ian van der Meer	De Watervogels				NT 201301701			8:20.15			
	50m: 51.62	51.62	150m: 2:59.89	1:05.26	250m: 5:09.24	1:04.88	350m: 7:15.94	1:00.42				
	100m: 1:54.63	1:03.01	200m: 4:04.36	1:04.47	300m: 6:15.52	1:06.28	400m: 8:20.15	1:04.21				
Onder 16												
1.	Dylan Jooste	GZC DONK				5:15.97 201003759			5:09.40			
	50m: 33.14	33.14	150m: 1:50.62	39.53	250m: 3:09.48	39.81	350m: 4:31.76	41.58				
	100m: 1:11.09	37.95	200m: 2:29.67	39.05	300m: 3:50.18	40.70	400m: 5:09.40	37.64				
Onder 18												
1.	Kay Remmerswaal	D.E.S.				4:59.81 200800671			4:55.50			
	50m: 33.54	33.54	150m: 1:49.56	38.73	250m: 3:06.32	38.58	350m: 4:22.45	37.68				
	100m: 1:10.83	37.29	200m: 2:27.74	38.18	300m: 3:44.77	38.45	400m: 4:55.50	33.05				
18 en ouder												
1.	Jonathan Norfles	AZ&PC De Futen				4:35.04 200702179			4:34.99			
	50m: 29.91	29.91	150m: 1:37.41	34.16	250m: 2:47.52	35.19	350m: 3:59.50	35.93				
	100m: 1:03.25	33.34	200m: 2:12.33	34.92	300m: 3:23.57	36.05	400m: 4:34.99	35.49				
alg. leeftijdsgroep												
1.	Jonathan Norfles	AZ&PC De Futen				4:35.04 200702179			4:34.99			
	50m: 29.91	29.91	150m: 1:37.41	34.16	250m: 2:47.52	35.19	350m: 3:59.50	35.93				
	100m: 1:03.25	33.34	200m: 2:12.33	34.92	300m: 3:23.57	36.05	400m: 4:34.99	35.49				
2.	Kay Remmerswaal	D.E.S.				4:59.81 200800671			4:55.50			
	50m: 33.54	33.54	150m: 1:49.56	38.73	250m: 3:06.32	38.58	350m: 4:22.45	37.68				
	100m: 1:10.83	37.29	200m: 2:27.74	38.18	300m: 3:44.77	38.45	400m: 4:55.50	33.05				
3.	Dylan Jooste	GZC DONK				5:15.97 201003759			5:09.40			
	50m: 33.14	33.14	150m: 1:50.62	39.53	250m: 3:09.48	39.81	350m: 4:31.76	41.58				
	100m: 1:11.09	37.95	200m: 2:29.67	39.05	300m: 3:50.18	40.70	400m: 5:09.40	37.64				
4.	Ian van der Meer	De Watervogels				NT 201301701			8:20.15			
	50m: 51.62	51.62	150m: 2:59.89	1:05.26	250m: 5:09.24	1:04.88	350m: 7:15.94	1:00.42				
	100m: 1:54.63	1:03.01	200m: 4:04.36	1:04.47	300m: 6:15.52	1:06.28	400m: 8:20.15	1:04.21				