

Programmanr. 28  
03-06-2018 - 10:30

Heren, 400m wisselslag

Senioren en later  
Resultaten

Nederlands Record 4:15.38 Marcel WOUDA 13-033 Sevilla (ESP) 13-08-1997

rang	naam	vereniging	intijd	tijd	RT
<b>Junioren 1</b>					
1.	Tijn van KUIJK	HZPC	5:38.69	200501087	5:21.57 +0,68 436
	50m: 34.34	34.34 150m: 1:58.42	42.70	250m: 3:22.76	43.94 350m: 4:46.43
	100m: 1:15.72	41.38 200m: 2:38.82	40.40	300m: 4:06.59	43.83 400m: 5:21.57
2.	Cas VERSTEGEN	HZPC	5:38.28	200500891	5:22.11 +0,72 434
	50m: 34.75	34.75 150m: 1:57.03	41.12	250m: 3:21.58	43.29 350m: 4:45.67
	100m: 1:15.91	41.16 200m: 2:38.29	41.26	300m: 4:06.40	44.82 400m: 5:22.11
3.	Stan KEPERS	Hellas-Glana	6:10.61	200501063	6:12.41 +0,71 281
	50m: 41.78	41.78 150m: 2:17.91	47.33	250m: 3:57.76	54.15 350m: 5:32.93
	100m: 1:30.58	48.80 200m: 3:03.61	45.70	300m: 4:52.28	54.52 400m: 6:12.41
4.	Tomas HERTOGH	Scheldestroom	6:10.18	200500297	6:19.89 +0,76 264
	50m: 38.17	38.17 150m: 2:12.82	48.58	250m: 3:52.21	51.29 350m: 5:33.26
	100m: 1:24.24	46.07 200m: 3:00.92	48.10	300m: 4:46.41	54.20 400m: 6:19.89
5.	Stan HOUTVAST	Hellas-Glana	6:33.29	200500883	6:34.53 236
	50m: 44.30	44.30 150m: 2:31.45	50.44	250m: 4:13.67	54.75 350m: 5:52.85
	100m: 1:41.01	56.71 200m: 3:18.92	47.47	300m: 5:09.37	55.70 400m: 6:34.53
6.	Joris DOENSEN	Thalassa	7:02.61	200500923	6:56.70 +0,59 200
	50m: 39.43	39.43 150m: 2:24.27	52.59	250m: 4:16.43	59.19 350m: 6:06.94
	100m: 1:31.68	52.25 200m: 3:17.24	52.97	300m: 5:17.61	1:01.18 400m: 6:56.70
DIS	Thom STINGES	ReSet (SG)	6:46.66	200501167	
	RH - Het eindpunt niet in rugligging aangeraakt.				
DIS	Sven ten HOVE	Hieronymus	5:44.43	200500273	
	AA - Gestart voor het startsignaal (en wel gezwommen).				
<b>Junioren 2</b>					
1.	Luuk van ROOIJ	PSV	5:10.14	200400581	5:03.64 +0,82 518
	50m: 32.72	32.72 150m: 1:51.42	38.93	250m: 3:12.51	42.90 350m: 4:30.57
	100m: 1:12.49	39.77 200m: 2:29.61	38.19	300m: 3:56.12	43.61 400m: 5:03.64
2.	David GROENEWEGEN	PSV	5:11.48	200400469	5:04.43 +0,83 514
	50m: 32.49	32.49 150m: 1:51.45	40.20	250m: 3:13.51	42.30 350m: 4:32.35
	100m: 1:11.25	38.76 200m: 2:31.21	39.76	300m: 3:57.89	44.38 400m: 5:04.43
3.	Luca JANSSEN	Mosa~Regio	5:10.98	200403237	5:08.16 +0,79 495
	50m: 32.07	32.07 150m: 1:50.22	40.58	250m: 3:12.43	42.20 350m: 4:33.12
	100m: 1:09.64	37.57 200m: 2:30.23	40.01	300m: 3:55.48	43.05 400m: 5:08.16
4.	Teun van der SCHRIER	Hieronymus	5:23.08	200403627	5:22.71 +0,76 431
	50m: 32.75	32.75 150m: 1:55.68	43.34	250m: 3:23.40	46.82 350m: 4:47.91
	100m: 1:12.34	39.59 200m: 2:36.58	40.90	300m: 4:10.20	46.80 400m: 5:22.71
5.	Pieter WISSE	PSV	5:31.58	200400779	5:24.27 +0,81 425
	50m: 33.22	33.22 150m: 2:01.39	45.23	250m: 3:29.57	44.58 350m: 4:52.05
	100m: 1:16.16	42.94 200m: 2:44.99	43.60	300m: 4:16.51	46.94 400m: 5:24.27
6.	Sem LAZEROMS	Hieronymus	5:28.05	200402921	5:24.69 +0,74 424
	50m: 32.58	32.58 150m: 1:54.92	42.33	250m: 3:24.95	47.86 350m: 4:50.60
	100m: 1:12.59	40.01 200m: 2:37.09	42.17	300m: 4:14.69	49.74 400m: 5:24.69
7.	Joost SCHUURMANS	Hellas-Glana	5:29.17	200400543	5:32.93 +0,75 393
	50m: 36.89	36.89 150m: 2:04.31	43.40	250m: 3:32.30	46.31 350m: 4:57.68
	100m: 1:20.91	44.02 200m: 2:45.99	41.68	300m: 4:20.02	47.72 400m: 5:32.93
8.	Sven van EEGHEM	Hellas-Glana	5:51.50	200400541	5:36.70 380
	50m: 35.42	35.42 150m: 2:03.71	43.11	250m: 3:33.66	47.00 350m: 5:00.81
	100m: 1:20.60	45.18 200m: 2:46.66	42.95	300m: 4:22.13	48.47 400m: 5:36.70
9.	Koen VISSERS	PSV	5:37.39	200401429	5:40.33 +0,80 368
	50m: 36.80	36.80 150m: 2:03.73	43.23	250m: 3:34.39	49.04 350m: 5:02.76
	100m: 1:20.50	43.70 200m: 2:45.35	41.62	300m: 4:24.72	50.33 400m: 5:40.33
10.	Jason van der BEEK	sgpatrick-deroersoppers	6:36.43	200403933	6:08.82 +0,75 289
	50m: 36.78	36.78 150m: 2:12.71	51.67	250m: 3:55.69	51.63 350m: 5:31.49
	100m: 1:21.04	44.26 200m: 3:04.06	51.35	300m: 4:47.83	52.14 400m: 6:08.82
11.	Jurre VELDHUIJSEN	Hellas-Glana	6:26.61	200400603	6:10.10 +0,71 286
	50m: 43.36	43.36 150m: 2:20.18	45.43	250m: 3:56.54	52.33 350m: 5:31.28
	100m: 1:34.75	51.39 200m: 3:04.21	44.03	300m: 4:50.16	53.62 400m: 6:10.10
12.	David MALM	O.Z. & P.C. De Warande	6:21.78	200403199	6:17.24 +0,75 270
	50m: 38.54	38.54 150m: 2:14.39	48.87	250m: 3:57.34	53.25 350m: 5:36.70
	100m: 1:25.52	46.98 200m: 3:04.09	49.70	300m: 4:52.19	54.85 400m: 6:17.24

Programmanr. 28, Jongens, 400m wisselslag, Junioren 2

rang	naam	vereniging	intijd	tijd	RT
13.	Max van ZEIJL	Hieronymus	6:31.50	200402075	6:19.85 +0,73 265
	50m: 40.26	40.26 150m: 2:20.79	51.05	250m: 4:01.57	51.15 350m: 5:38.23
	100m: 1:29.74	49.48 200m: 3:10.42	49.63	300m: 4:55.56	53.99 400m: 6:19.85
14.	Luuk ZIJLSTRA	Scheldestroom	6:03.13	200401075	6:23.98 +0,70 256
	50m: 39.25	39.25 150m: 2:16.97	47.43	250m: 3:54.05	51.77 350m: 5:36.49
	100m: 1:29.54	50.29 200m: 3:02.28	45.31	300m: 4:47.34	53.29 400m: 6:23.98
DIS	Jelle KOCKX	Mosa~Regio	5:57.51	200401697	
	VH - Niet met twee handen gelijktijdig keer- en/of eindpunt aangetikt.				
AFGEM	Luca van den BERG	Mosa~Regio	6:39.24	200401087	
AFGEM	Chris VERHOEVEN	PSV	5:32.10	200400593	

Junioren 3

1.	Yorick VISSER	Z & PC De Zeeuwse Kust	5:17.38	200301957	5:14.08 +0,68 468
	50m: 31.32	31.32 150m: 1:50.76	41.83	250m: 3:15.73	44.86 350m: 4:39.24
	100m: 1:08.93	37.61 200m: 2:30.87	40.11	300m: 4:01.57	45.84 400m: 5:14.08
2.	Sjors LEMMERS	ZWK Merlet	5:21.50	200300555	5:18.50 +0,56 449
	50m: 32.83	32.83 150m: 1:52.74	41.56	250m: 3:17.82	45.25 350m: 4:42.60
	100m: 1:11.18	38.35 200m: 2:32.57	39.83	300m: 4:04.10	46.28 400m: 5:18.50
3.	Thijn DAMEN	O.Z. & P.C. De Warande	5:28.07	200300973	5:26.09 +0,76 418
	50m: 34.29	34.29 150m: 1:57.34	41.07	250m: 3:25.93	47.83 350m: 4:49.88
	100m: 1:16.27	41.98 200m: 2:38.10	40.76	300m: 4:12.53	46.60 400m: 5:26.09
4.	Raphaël KRICHEL	Zwemsport Parkstad	5:49.47	200300411	5:32.33 +0,63 395
	50m: 34.90	34.90 150m: 1:59.74	44.37	250m: 3:29.02	45.87 350m: 4:55.04
	100m: 1:15.37	40.47 200m: 2:43.15	43.41	300m: 4:16.24	47.22 400m: 5:32.33
5.	Freek GABRIELS	Trb/Res	5:36.85	200301407	5:40.51 +0,72 367
	50m: 34.60	34.60 150m: 1:59.71	44.99	250m: 3:36.92	53.55 350m: 5:06.66
	100m: 1:14.72	40.12 200m: 2:43.37	43.66	300m: 4:31.55	54.63 400m: 5:40.51
6.	Tom van EEMEREN	HZV Lutra	5:50.68	200302087	5:44.15 +0,80 356
	50m: 36.96	36.96 150m: 2:07.43	45.76	250m: 3:39.42	45.45 350m: 5:07.14
	100m: 1:21.67	44.71 200m: 2:53.97	46.54	300m: 4:26.15	46.73 400m: 5:44.15
7.	Ricardo JANSEN	Arethusa	5:47.09	200301055	5:44.20 +0,72 356
	50m: 35.31	35.31 150m: 2:05.60	46.78	250m: 3:36.35	45.61 350m: 5:05.67
	100m: 1:18.82	43.51 200m: 2:50.74	45.14	300m: 4:25.40	49.05 400m: 5:44.20
8.	Thijn BERGMAN	V.Z.V. Njord	6:20.39	200302713	5:56.98 319
	50m: 37.11	37.11 150m: 2:12.58	45.40	250m: 3:43.72	46.78 350m: 5:14.36
	100m: 1:27.18	50.07 200m: 2:56.94	44.36	300m: 4:33.48	49.76 400m: 5:56.98
9.	Bernd KUIPERS	Mosa~Regio	6:03.77	200304331	6:03.63 +0,64 302
	50m: 36.58	36.58 150m: 2:07.73	44.79	250m: 3:46.24	53.56 350m: 5:22.46
	100m: 1:22.94	46.36 200m: 2:52.68	44.95	300m: 4:38.58	52.34 400m: 6:03.63
10.	Renzo van der WESTEN	Sbc2000	6:32.67	200303775	6:12.25 +0,69 281
	50m: 39.45	39.45 150m: 2:13.92	47.31	250m: 3:51.44	51.41 350m: 5:29.95
	100m: 1:26.61	47.16 200m: 3:00.03	46.11	300m: 4:43.99	52.55 400m: 6:12.25
NG.ZA	Mitchell LEUNISSEN	Zwemsport Parkstad	5:48.45	200303381	
AFGEM	Mischa HERMANS	Zeps	5:41.53	200300057	
AFGEM	Mike CORPORAAL	De Krabben	6:26.27	200302999	
AFGEM	Yuri WASSER	PSV	5:59.20	200301327	

Junioren 4

1.	Timo SPAANS	PSV	4:55.39	200201087	4:57.71 +0,70 549
	50m: 29.87	29.87 150m: 1:45.72	40.42	250m: 3:06.81	41.39 350m: 4:27.11
	100m: 1:05.30	35.43 200m: 2:25.42	39.70	300m: 3:50.03	43.22 400m: 4:57.71
2.	Luc van EIJDHOVEN	O.Z. & P.C. De Warande	5:03.45	200200139	5:02.04 +0,75 526
	50m: 30.83	30.83 150m: 1:46.24	39.94	250m: 3:09.45	44.88 350m: 4:29.16
	100m: 1:06.30	35.47 200m: 2:24.57	38.33	300m: 3:54.69	45.24 400m: 5:02.04
3.	Nino van BEEK	Zeps	5:04.50	200202153	5:13.90 +0,68 469
	50m: 32.20	32.20 150m: 1:52.88	41.76	250m: 3:18.05	44.04 350m: 4:40.18
	100m: 1:11.12	38.92 200m: 2:34.01	41.13	300m: 4:03.90	45.85 400m: 5:13.90
	Devin SERVAIS	Dommelbaarzen	5:16.40	200202285	5:13.90 +0,73 469
	50m: 32.80	32.80 150m: 1:51.95	42.19	250m: 3:16.74	42.45 350m: 4:38.81
	100m: 1:09.76	36.96 200m: 2:34.29	42.34	300m: 4:01.25	44.51 400m: 5:13.90
5.	Guido BRINK	Z & PC De Zeeuwse Kust	5:00.94	200200199	5:19.84 +0,61 443
	50m: 32.76	32.76 150m: 1:56.02	42.80	250m: 3:20.58	41.48 350m: 4:42.74
	100m: 1:13.22	40.46 200m: 2:39.10	43.08	300m: 4:04.55	43.97 400m: 5:19.84
6.	Jochem KAMPMAN	PSV	5:33.43	200200453	5:26.66 +0,75 416
	50m: 33.32	33.32 150m: 1:59.50	43.47	250m: 3:28.08	46.99 350m: 4:52.66
	100m: 1:16.03	42.71 200m: 2:41.09	41.59	300m: 4:15.57	47.49 400m: 5:26.66

Programmanr. 28, Jongens, 400m wisselslag, Junioren 4

rang	naam	vereniging	intijd	tijd	RT	
7.	Ivar KOEVOET	V.Z.V. Njord	5:43.24	200200185	5:30.13 +0,75 403	
	50m: 34.82	34.82 150m: 1:59.33	42.59	250m: 3:27.90	47.03	350m: 4:54.73
	100m: 1:16.74	41.92 200m: 2:40.87	41.54	300m: 4:16.56	48.66	400m: 5:30.13
8.	Rens MARTENS	ZV Hydra	5:41.68	200202877	5:33.24 +0,72 392	
	50m: 34.20	34.20 150m: 1:59.85	43.84	250m: 3:29.73	46.65	350m: 4:56.91
	100m: 1:16.01	41.81 200m: 2:43.08	43.23	300m: 4:18.13	48.40	400m: 5:33.24
9.	Levi BROUWERS	Hieronymus	5:41.64	200203171	5:40.87 +0,64 366	
	50m: 34.09	34.09 150m: 2:00.79	45.05	250m: 3:34.38	50.16	350m: 5:04.95
	100m: 1:15.74	41.65 200m: 2:44.22	43.43	300m: 4:26.27	51.89	400m: 5:40.87
10.	Devan JONKERS	Zeester Meerval	5:55.05	200201061	5:50.98 +0,71 335	
	50m: 35.47	35.47 150m: 2:03.60	44.67	250m: 3:38.04	51.33	350m: 5:12.54
	100m: 1:18.93	43.46 200m: 2:46.71	43.11	300m: 4:30.84	52.80	400m: 5:50.98
11.	Luka BOUWMAN	PSV	5:32.10	200201119	5:51.47 +0,65 334	
	50m: 35.32	35.32 150m: 2:10.25	50.00	250m: 3:42.87	45.47	350m: 5:12.92
	100m: 1:20.25	44.93 200m: 2:57.40	47.15	300m: 4:30.70	47.83	400m: 5:51.47
12.	Stijn WILDSC HUT	Z & PC De Zeeuwse Kust	6:07.25	200201247	5:51.56 +0,81 334	
	50m: 34.48	34.48 150m: 2:02.79	46.49	250m: 3:40.09	51.72	350m: 5:12.41
	100m: 1:16.30	41.82 200m: 2:48.37	45.58	300m: 4:31.65	51.56	400m: 5:51.56
13.	Roel JANSSEN	Argo	6:08.33	200201605	5:56.98 +0,67 319	
	50m: 38.14	38.14 150m: 2:10.00	46.46	250m: 3:44.77	49.14	350m: 5:17.84
	100m: 1:23.54	45.40 200m: 2:55.63	45.63	300m: 4:35.98	51.21	400m: 5:56.98
14.	Dion STAAL	O.Z. & P.C. De Warande	5:56.18	200200065	5:58.48 +0,61 315	
	50m: 35.51	35.51 150m: 2:05.66	46.51	250m: 3:44.70	52.85	350m: 5:18.79
	100m: 1:19.15	43.64 200m: 2:51.85	46.19	300m: 4:36.68	51.98	400m: 5:58.48
15.	Jep van GEMEREN	Arethusa	6:02.49	200201455	6:08.54 +0,67 290	
	50m: 36.08	36.08 150m: 2:12.75	50.31	250m: 3:51.25	48.53	350m: 5:27.02
	100m: 1:22.44	46.36 200m: 3:02.72	49.97	300m: 4:42.98	51.73	400m: 6:08.54

Jeugd 1 en 2

1.	Janne ENGLEBERT	Hieronymus	4:58.48	200101561	4:57.96 +0,74 548	
	50m: 30.36	30.36 150m: 1:42.47	37.24	250m: 3:03.28	44.93	350m: 4:24.33
	100m: 1:05.23	34.87 200m: 2:18.35	35.88	300m: 3:49.12	45.84	400m: 4:57.96
2.	Tom BALSEN VERSTEEG	O.Z. & P.C. De Warande	5:00.46	200005673	5:07.36 +0,61 499	
	50m: 31.15	31.15 150m: 1:49.24	40.90	250m: 3:14.07	44.10	350m: 4:33.15
	100m: 1:08.34	37.19 200m: 2:29.97	40.73	300m: 3:58.50	44.43	400m: 5:07.36
3.	Jan Willem TÖPFER	PSV	5:23.18	200101825	5:12.35 +0,65 476	
	50m: 30.92	30.92 150m: 1:48.61	41.63	250m: 3:13.30	42.37	350m: 4:36.74
	100m: 1:06.98	36.06 200m: 2:30.93	42.32	300m: 3:58.71	45.41	400m: 5:12.35
4.	Lars KERREMANS	Hellas-Glana	5:16.41	200100305	5:17.22 +0,52 454	
	50m: 30.88	30.88 150m: 1:52.51	44.34	250m: 3:22.87	46.65	350m: 4:45.85
	100m: 1:08.17	37.29 200m: 2:36.22	43.71	300m: 4:11.38	48.51	400m: 5:17.22
5.	Maikel van der LINDEN	Zv Kimbria	5:21.74	200003797	5:20.92 +0,66 439	
	50m: 31.08	31.08 150m: 1:49.17	42.61	250m: 3:19.50	47.22	350m: 4:45.77
	100m: 1:06.56	35.48 200m: 2:32.28	43.11	300m: 4:08.12	48.62	400m: 5:20.92
6.	Thijs MANDERS	PSV	5:03.90	200002731	5:21.44 +0,65 437	
	50m: 32.75	32.75 150m: 1:57.06	41.61	250m: 3:23.65	45.84	350m: 4:47.49
	100m: 1:15.45	42.70 200m: 2:37.81	40.75	300m: 4:12.63	48.98	400m: 5:21.44
7.	Jesse HOKSBERGEN	SWNZ	5:12.06	200104857	5:28.97 +0,65 407	
	50m: 33.16	33.16 150m: 1:55.75	42.59	250m: 3:25.83	47.97	350m: 4:52.71
	100m: 1:13.16	40.00 200m: 2:37.86	42.11	300m: 4:14.91	49.08	400m: 5:28.97
8.	Brian van GENNIP	ZV Hydra	5:31.86	200003573	5:29.74 +0,80 404	
	50m: 32.06	32.06 150m: 1:58.24	44.82	250m: 3:27.21	45.39	350m: 4:53.10
	100m: 1:13.42	41.36 200m: 2:41.82	43.58	300m: 4:13.25	46.04	400m: 5:29.74
9.	Marijn van KEULEN	AquAmigos	5:37.73	200101855	5:31.09 +0,77 399	
	50m: 32.29	32.29 150m: 1:57.95	44.01	250m: 3:26.78	45.84	350m: 4:53.41
	100m: 1:13.94	41.65 200m: 2:40.94	42.99	300m: 4:14.33	47.55	400m: 5:31.09
10.	Lex CARTER	Hellas-Glana	5:19.67	200001275	5:39.03 +0,67 372	
	50m: 33.28	33.28 150m: 1:56.90	42.90	250m: 3:31.02	52.86	350m: 5:02.02
	100m: 1:14.00	40.72 200m: 2:38.16	41.26	300m: 4:23.43	52.41	400m: 5:39.03
11.	Bart SNEL	Tempo Valkenswaard	5:48.90	200001767	5:41.62 +0,71 364	
	50m: 33.59	33.59 150m: 1:55.97	41.32	250m: 3:30.31	53.46	350m: 5:03.08
	100m: 1:14.65	41.06 200m: 2:36.85	40.88	300m: 4:23.72	53.41	400m: 5:41.62
AFGEM	Guy HUNGENS	Tempo Valkenswaard	5:22.70	200101697		

Programmanr. 28, Heren, 400m wisselslag

Senioren 1 en ouder

1. Arjan KNIPPING	PSV	4:18.26	199401667	4:30.26	+0,69	734
50m: 26.70	26.70 150m: 1:35.02	36.26	250m: 2:47.78	37.78	350m: 3:58.67	33.12
100m: 58.76	32.06 200m: 2:10.00	34.98	300m: 3:25.55	37.77	400m: 4:30.26	31.59
2. Wietse BEERENS	Dommelbaarzen	4:43.55	198700159	4:44.40	+0,73	630
50m: 30.83	30.83 150m: 1:43.38	37.37	250m: 2:58.29	38.74	350m: 4:11.85	34.33
100m: 1:06.01	35.18 200m: 2:19.55	36.17	300m: 3:37.52	39.23	400m: 4:44.40	32.55
3. Björn PIKET	HZPC	4:57.10	199602133	4:56.45	+0,65	556
50m: 31.48	31.48 150m: 1:47.23	37.40	250m: 3:04.69	40.10	350m: 4:23.15	35.37
100m: 1:09.83	38.35 200m: 2:24.59	37.36	300m: 3:47.78	43.09	400m: 4:56.45	33.30
4. Vincent DERMAUX	AquaDream	4:59.31	199600599	5:12.32	+0,77	476
50m: 30.30	30.30 150m: 1:48.82	40.64	250m: 3:12.24	44.33	350m: 4:35.64	36.89
100m: 1:08.18	37.88 200m: 2:27.91	39.09	300m: 3:58.75	46.51	400m: 5:12.32	36.68
5. Pieter PIJNENBURG	Z&PV Nuenen	5:08.93	199305227	5:20.37	+0,71	441
50m: 33.39	33.39 150m: 1:58.41	44.14	250m: 3:24.69	42.91	350m: 4:44.99	37.66
100m: 1:14.27	40.88 200m: 2:41.78	43.37	300m: 4:07.33	42.64	400m: 5:20.37	35.38
6. Bart COOYMANS	Z&PV Nuenen	5:06.34	199705553	5:21.38	+0,67	437
50m: 32.95	32.95 150m: 1:59.63	45.34	250m: 3:27.13	44.70	350m: 4:48.19	35.71
100m: 1:14.29	41.34 200m: 2:42.43	42.80	300m: 4:12.48	45.35	400m: 5:21.38	33.19
7. Ruben SCHELLEKENS	Trb/Res	5:10.51	199702747	5:24.62	+0,75	424
50m: 31.64	31.64 150m: 1:50.08	40.70	250m: 3:17.76	46.99	350m: 4:46.15	38.98
100m: 1:09.38	37.74 200m: 2:30.77	40.69	300m: 4:07.17	49.41	400m: 5:24.62	38.47