

BWK 2018
Eindhoven, 17, 18, 24 & 25 november 2018

Programmanr. 21
24-11-2018 - 13:30

Heren, 400m vrije slag

Junioren 1 en ouder
Resultaten

Nederlands Record 3:39.91 Maarten Brzoskowski 13-033 Windsor (CAN) 6-12-2016

rang	naam	vereniging	intijd	tijd	RT
Junioren 1					
1.	Lars Bulman	AquaDream	5:11.86	200600125	5:04.17 +0,68
	50m: 33.58	33.58 150m: 1:52.70	40.25	250m: 3:12.17	39.59 350m: 4:28.58
	100m: 1:12.45	38.87 200m: 2:32.58	39.88	300m: 3:51.78	39.61 400m: 5:04.17
2.	Joe van den Hooff	PSV	5:35.99	200600559	5:11.44 +0,75
	50m: 33.44	33.44 150m: 1:49.74	39.18	250m: 3:11.92	41.90 350m: 4:33.60
	100m: 1:10.56	37.12 200m: 2:30.02	40.28	300m: 3:52.14	40.22 400m: 5:11.44
3.	Casper Spaans	PSV	5:23.35	200600269	5:11.85 +0,76
	50m: 33.83	33.83 150m: 1:53.49	40.39	250m: 3:14.03	39.60 350m: 4:34.13
	100m: 1:13.10	39.27 200m: 2:34.43	40.94	300m: 3:54.02	39.99 400m: 5:11.85
4.	Lars Servaas	PSV	5:24.12	200600377	5:14.71 +0,70
	50m: 35.61	35.61 150m: 1:57.01	40.61	250m: 3:17.13	39.81 350m: 4:36.65
	100m: 1:16.40	40.79 200m: 2:37.32	40.31	300m: 3:57.37	40.24 400m: 5:14.71
5.	Daniel Simons	PSV	5:29.53	200602017	5:19.98 +0,70
	50m: 36.89	36.89 150m: 1:58.99	40.44	250m: 3:20.82	40.42 350m: 4:42.37
	100m: 1:18.55	41.66 200m: 2:40.40	41.41	300m: 4:01.85	41.03 400m: 5:19.98
6.	Sander Groos	Dommelbaarzen	5:28.73	200601013	5:20.61 +0,88
	50m: 35.68	35.68 150m: 1:55.85	40.52	250m: 3:18.68	41.06 350m: 4:42.39
	100m: 1:15.33	39.65 200m: 2:37.62	41.77	300m: 4:00.18	41.50 400m: 5:20.61
7.	Dion Potters	Hieronymus	5:45.52	200601981	5:32.69 +0,69
	50m: 36.33	36.33 150m: 2:00.78	43.07	250m: 3:26.53	43.33 350m: 4:51.87
	100m: 1:17.71	41.38 200m: 2:43.20	42.42	300m: 4:09.56	43.03 400m: 5:32.69
8.	Siem van den Bogaert	O.Z. & P.C. De Warande	5:37.51	200601393	5:33.85 +0,79
	50m: 37.67	37.67 150m: 2:01.61	42.43	250m: 3:27.61	43.45 350m: 4:53.43
	100m: 1:19.18	41.51 200m: 2:44.16	42.55	300m: 4:10.35	42.74 400m: 5:33.85
Junioren 2					
1.	Steijn Louter	Hieronymus	4:50.64	200500793	4:39.55 +0,78
	50m: 31.01	31.01 150m: 1:41.34	35.58	250m: 2:53.90	36.08 350m: 4:05.24
	100m: 1:05.76	34.75 200m: 2:17.82	36.48	300m: 3:29.75	35.85 400m: 4:39.55
2.	Dave ten Brink	PSV	4:53.31	200501225	4:47.71 +0,75
	50m: 31.45	31.45 150m: 1:43.50	36.40	250m: 2:58.58	37.37 350m: 4:10.81
	100m: 1:07.10	35.65 200m: 2:21.21	37.71	300m: 3:35.22	36.64 400m: 4:47.71
3.	Lars Minnaert	V.Z.V. Njord	5:10.37	200502355	4:52.68 +0,83
	50m: 31.98	31.98 150m: 1:43.75	36.52	250m: 2:58.72	37.07 350m: 4:12.61
	100m: 1:07.23	35.25 200m: 2:21.65	37.90	300m: 3:35.64	36.92 400m: 4:52.68
AFGEM	Sven ten Hove	Hieronymus	4:53.31	200500273	
Junioren 3					
1.	David Groenewegen	PSV	4:21.88	200400469	4:19.12 +0,77
	50m: 29.33	29.33 150m: 1:34.06	32.72	250m: 2:40.88	33.52 350m: 3:47.56
	100m: 1:01.34	32.01 200m: 2:07.36	33.30	300m: 3:14.47	33.59 400m: 4:19.12
2.	Pieter Wisse	PSV	4:33.68	200400779	4:26.67 +0,75
	50m: 30.46	30.46 150m: 1:37.83	34.27	250m: 2:47.05	34.71 350m: 3:55.47
	100m: 1:03.56	33.10 200m: 2:12.34	34.51	300m: 3:21.79	34.74 400m: 4:26.67
3.	Damian Waas	O.Z. & P.C. De Warande	4:28.76	200402285	4:26.71 +0,81
	50m: 30.21	30.21 150m: 1:36.45	33.60	250m: 2:44.71	34.43 350m: 3:53.65
	100m: 1:02.85	32.64 200m: 2:10.28	33.83	300m: 3:19.48	34.77 400m: 4:26.71
4.	Sem Lazaroms	Hieronymus	4:34.05	200402921	4:28.17 +0,78
	50m: 30.08	30.08 150m: 1:37.36	34.13	250m: 2:46.84	34.86 350m: 3:55.89
	100m: 1:03.23	33.15 200m: 2:11.98	34.62	300m: 3:21.53	34.69 400m: 4:28.17
5.	Koen Vissers	PSV	4:39.00	200401429	4:28.94 +0,79
	50m: 29.65	29.65 150m: 1:36.77	33.93	250m: 2:45.59	34.24 350m: 3:55.74
	100m: 1:02.84	33.19 200m: 2:11.35	34.58	300m: 3:21.08	35.49 400m: 4:28.94
6.	Teun van der Schrier	Hieronymus	4:35.38	200403627	4:29.40 +0,69
	50m: 30.68	30.68 150m: 1:38.22	34.08	250m: 2:47.72	34.48 350m: 3:56.58
	100m: 1:04.14	33.46 200m: 2:13.24	35.02	300m: 3:22.26	34.54 400m: 4:29.40
7.	Bram Verkuijlen	PSV	4:32.49	200401381	4:30.72 +0,87
	50m: 30.22	30.22 150m: 1:38.49	34.02	250m: 2:47.89	34.82 350m: 3:57.65
	100m: 1:04.47	34.25 200m: 2:13.07	34.58	300m: 3:23.17	35.28 400m: 4:30.72
8.	Floris Sonneveld	Z&PV Nuenen	4:43.74	200402953	4:36.01 +0,72
	50m: 31.52	31.52 150m: 1:41.00	35.08	250m: 2:51.96	35.69 350m: 4:02.13
	100m: 1:05.92	34.40 200m: 2:16.27	35.27	300m: 3:27.35	35.39 400m: 4:36.01

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Programmanr. 21, Jongens, 400m vrije slag, Junioren 3

rang	naam	vereniging	intijd	tijd	RT	
9.	Chris Verhoeven	Z&PV Nuenen	4:32.55	200400593	4:42.38 +0,74	
	50m: 31.52	31.52 150m: 1:42.04	35.46	250m: 2:54.18	36.01	350m: 4:06.51
	100m: 1:06.58	35.06 200m: 2:18.17	36.13	300m: 3:30.37	36.19	400m: 4:42.38
10.	Diederik Colombijn	AquaDream	4:47.26	200403025	4:45.63 +0,68	
	50m: 31.98	31.98 150m: 1:44.69	36.74	250m: 2:58.57	36.74	350m: 4:10.99
	100m: 1:07.95	35.97 200m: 2:21.83	37.14	300m: 3:34.99	36.42	400m: 4:45.63
11.	Cas Hungens	Tempo Valkenswaard	4:57.15	200400017	4:55.35 +0,73	
	50m: 30.22	30.22 150m: 1:40.37	36.37	250m: 2:56.77	38.82	350m: 4:17.34
	100m: 1:04.00	33.78 200m: 2:17.95	37.58	300m: 3:36.81	40.04	400m: 4:55.35
12.	Sybe van Nuland	Zeester Meerval	5:14.04	200401031	5:09.82 +0,71	
	50m: 33.26	33.26 150m: 1:50.05	39.94	250m: 3:10.68	40.18	350m: 4:31.43
	100m: 1:10.11	36.85 200m: 2:30.50	40.45	300m: 3:51.24	40.56	400m: 5:09.82
13.	Tijs Sauren	HZV Lutra	5:19.95	200402759	5:13.49 +0,76	
	50m: 34.44	34.44 150m: 1:54.98	40.00	250m: 3:15.33	40.09	350m: 4:35.30
	100m: 1:14.98	40.54 200m: 2:35.24	40.26	300m: 3:55.03	39.70	400m: 5:13.49
14.	Steven Smith	Dommelbaarzen	5:19.02	200402939	5:14.21 +0,74	
	50m: 33.24	33.24 150m: 1:52.14	40.30	250m: 3:13.59	40.78	350m: 4:36.35
	100m: 1:11.84	38.60 200m: 2:32.81	40.67	300m: 3:55.29	41.70	400m: 5:14.21
AFGEM	Daan Trinh	Hieronymus	4:52.41	200401267		

Junioren 3

1.	Nick Selten	ZWK Merlet	5:48.17	200403275	S9	5:49.29 +0,90	161
	50m: 40.36	40.36 150m: 2:10.31	45.38	250m: 3:39.13	44.19	350m: 5:07.39	43.31
	100m: 1:24.93	44.57 200m: 2:54.94	44.63	300m: 4:24.08	44.95	400m: 5:49.29	41.90
2.	Wesley Snijders	ZV Hydra	5:48.80	200403877	S10	5:35.23 +0,94	126
	50m: 36.92	36.92 150m: 2:01.49	43.14	250m: 3:28.74	43.32	350m: 4:54.75	43.23
	100m: 1:18.35	41.43 200m: 2:45.42	43.93	300m: 4:11.52	42.78	400m: 5:35.23	40.48

Junioren 4

1.	Mike Gerritsen	PSV	4:12.45	200304013		4:20.60 +0,75
	50m: 29.55	29.55 150m: 1:34.67	32.78	250m: 2:41.34	33.36	350m: 3:48.46
	100m: 1:01.89	32.34 200m: 2:07.98	33.31	300m: 3:14.77	33.43	400m: 4:20.60
2.	Stan De Swart	Nextline Swimming	4:32.37	200300535		4:21.22 +0,74
	50m: 29.71	29.71 150m: 1:35.02	32.81	250m: 2:41.54	33.21	350m: 3:48.42
	100m: 1:02.21	32.50 200m: 2:08.33	33.31	300m: 3:14.89	33.35	400m: 4:21.22
3.	Thijn Damen	O.Z. & P.C. De Warande	4:29.35	200300973		4:25.88 +0,72
	50m: 29.63	29.63 150m: 1:36.53	33.95	250m: 2:44.42	33.95	350m: 3:52.40
	100m: 1:02.58	32.95 200m: 2:10.47	33.94	300m: 3:18.65	34.23	400m: 4:25.88
4.	Freek Gabriels	Trb/Res	4:40.81	200301407		4:29.19 +0,69
	50m: 29.63	29.63 150m: 1:37.12	34.33	250m: 2:46.84	35.01	350m: 3:56.21
	100m: 1:02.79	33.16 200m: 2:11.83	34.71	300m: 3:21.49	34.65	400m: 4:29.19
5.	Yuri Wasser	PSV	4:50.78	200301327		4:50.05 +0,65
	50m: 31.33	31.33 150m: 1:43.03	36.42	250m: 2:57.69	37.44	350m: 4:13.78
	100m: 1:06.61	35.28 200m: 2:20.25	37.22	300m: 3:35.81	38.12	400m: 4:50.05
6.	Ricardo Jansen	Arethusa	4:55.28	200301055		4:52.07 +0,84
	50m: 32.40	32.40 150m: 1:44.86	36.55	250m: 2:59.35	37.26	350m: 4:15.21
	100m: 1:08.31	35.91 200m: 2:22.09	37.23	300m: 3:37.39	38.04	400m: 4:52.07
7.	Thijn Bergman	V.Z.V. Njord	5:00.37	200302713		4:56.99 +0,75
	50m: 32.90	32.90 150m: 1:47.68	37.78	250m: 3:02.44	37.46	350m: 4:18.71
	100m: 1:09.90	37.00 200m: 2:24.98	37.30	300m: 3:39.97	37.53	400m: 4:56.99

Jeugd 1 en 2

1.	Bryan Agterdenbos	PSV	4:02.65	200200003		4:05.14 +0,73
	50m: 27.45	27.45 150m: 1:29.07	31.37	250m: 2:32.08	31.47	350m: 3:35.28
	100m: 57.70	30.25 200m: 2:00.61	31.54	300m: 3:03.79	31.71	400m: 4:05.14
2.	Luc van Eijndhoven	PSV	4:16.20	200200139		4:11.98 +0,75
	50m: 28.52	28.52 150m: 1:33.09	32.60	250m: 2:37.60	32.01	350m: 3:41.22
	100m: 1:00.49	31.97 200m: 2:05.59	32.50	300m: 3:09.30	31.70	400m: 4:11.98
3.	Janne Englebert	Hieronymus	4:18.97	200101561		4:16.16 +0,74
	50m: 29.04	29.04 150m: 1:33.64	32.82	250m: 2:39.67	33.11	350m: 3:45.49
	100m: 1:00.82	31.78 200m: 2:06.56	32.92	300m: 3:12.56	32.89	400m: 4:16.16
4.	Wessel Stupers	PSV	4:21.09	200203541		4:16.19 +0,71
	50m: 28.80	28.80 150m: 1:34.70	33.19	250m: 2:40.36	32.95	350m: 3:46.06
	100m: 1:01.51	32.71 200m: 2:07.41	32.71	300m: 3:13.39	33.03	400m: 4:16.19
5.	Jesse Hoksbergen	SWNZ	4:39.96	200104857		4:30.51 +0,68
	50m: 30.72	30.72 150m: 1:39.61	34.48	250m: 2:48.78	34.41	350m: 3:57.74
	100m: 1:05.13	34.41 200m: 2:14.37	34.76	300m: 3:23.18	34.40	400m: 4:30.51

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Programmanr. 21, Jongens, 400m vrije slag, Jeugd 1 en 2

rang	naam	vereniging	intijd		tijd	RT
6.	Alexander Nijst	Z&PV Nuenen	4:30.00	200104869	4:30.67	+0,76
	50m: 30.00	30.00 150m: 1:37.44	34.44	250m: 2:46.99	35.15	350m: 3:56.62
	100m: 1:03.00	33.00 200m: 2:11.84	34.40	300m: 3:21.51	34.52	400m: 4:30.67
7.	Ivar Koevoet	V.Z.V. Njord	4:37.07	200200185	4:30.78	+0,73
	50m: 30.35	30.35 150m: 1:37.83	34.14	250m: 2:47.21	34.59	350m: 3:57.70
	100m: 1:03.69	33.34 200m: 2:12.62	34.79	300m: 3:22.43	35.22	400m: 4:30.78
8.	Zenn Doreleijers	Tempo Valkenswaard	4:42.14	200204243	4:36.85	+0,73
	50m: 30.02	30.02 150m: 1:38.80	35.13	250m: 2:49.55	35.41	350m: 4:01.10
	100m: 1:03.67	33.65 200m: 2:14.14	35.34	300m: 3:25.04	35.49	400m: 4:36.85
9.	Levi Brouwers	Hieronymus	4:42.70	200203171	4:42.43	+0,68
	50m: 30.81	30.81 150m: 1:40.74	35.88	250m: 2:54.10	37.43	350m: 4:08.30
	100m: 1:04.86	34.05 200m: 2:16.67	35.93	300m: 3:30.36	36.26	400m: 4:42.43
10.	Marijn van Keulen	De Treffers	4:40.30	200101855	4:45.17	+0,77
	50m: 31.73	31.73 150m: 1:42.80	35.73	250m: 2:55.40	36.25	350m: 4:08.80
	100m: 1:07.07	35.34 200m: 2:19.15	36.35	300m: 3:31.91	36.51	400m: 4:45.17
AFGEM	Rens Martens	ZV Hydra	4:34.32	200202877		
AFGEM	Guy Hungens	Tempo Valkenswaard	4:45.06	200101697		

Senioren 1 en ouder

1.	Stijn Simons	PSV	4:06.74	199900813	4:03.65	+0,72
	50m: 27.20	27.20 150m: 1:27.28	30.56	250m: 2:29.00	30.98	350m: 3:31.95
	100m: 56.72	29.52 200m: 1:58.02	30.74	300m: 3:00.26	31.26	400m: 4:03.65
2.	Rick van Hamond	Dommelbaarzen	4:13.17	199205873	4:13.03	+0,75
	50m: 27.63	27.63 150m: 1:30.91	32.24	250m: 2:36.04	32.31	350m: 3:40.81
	100m: 58.67	31.04 200m: 2:03.73	32.82	300m: 3:07.97	31.93	400m: 4:13.03
3.	Tom Balsen Versteeg	O.Z. & P.C. De Warande	4:14.88	200005673	4:17.53	+0,64
	50m: 28.88	28.88 150m: 1:33.03	32.57	250m: 2:39.80	33.29	350m: 3:46.20
	100m: 1:00.46	31.58 200m: 2:06.51	33.48	300m: 3:12.88	33.08	400m: 4:17.53
4.	Thom Delno	PSV	4:20.71	200000013	4:18.06	+0,75
	50m: 28.74	28.74 150m: 1:33.51	32.80	250m: 2:39.63	33.03	350m: 3:46.06
	100m: 1:00.71	31.97 200m: 2:06.60	33.09	300m: 3:12.56	32.93	400m: 4:18.06
5.	Thijs Manders	PSV	4:25.74	200002731	4:18.15	+0,69
	50m: 28.33	28.33 150m: 1:33.02	32.56	250m: 2:38.80	32.87	350m: 3:46.08
	100m: 1:00.46	32.13 200m: 2:05.93	32.91	300m: 3:12.31	33.51	400m: 4:18.15
6.	Wouter Sijmons	Z&PV Nuenen	4:20.36	199302695	4:20.76	+0,73
	50m: 28.13	28.13 150m: 1:30.74	31.89	250m: 2:35.97	32.82	350m: 3:45.89
	100m: 58.85	30.72 200m: 2:03.15	32.41	300m: 3:10.20	34.23	400m: 4:20.76
7.	Casper Bolkenbaas	O.Z. & P.C. De Warande	4:25.36	200002591	4:26.81	+0,79
	50m: 28.77	28.77 150m: 1:32.38	32.29	250m: 2:40.13	34.20	350m: 3:51.44
	100m: 1:00.09	31.32 200m: 2:05.93	33.55	300m: 3:15.57	35.44	400m: 4:26.81

Senioren 1 en ouder

1.	Sebastian Broere	Hieronymus	4:29.24	199803687	S14	4:27.49	+0,80	800
	50m: 30.83	30.83 150m: 1:37.46	33.54	250m: 2:45.29	34.04	350m: 3:53.82	34.38	
	100m: 1:03.92	33.09 200m: 2:11.25	33.79	300m: 3:19.44	34.15	400m: 4:27.49	33.67	