

Programmanr. 22
23-11-2019 - 13:00

Heren, 400m vrije slag

Senioren Open
Resultaten

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

rang	naam	vereniging	intijd	tijd	RT
Junioren 1 en 2					
1.	Lars Bulman	AquaDream	4:57.36	200600125	4:34.25 +0,79
	50m: 30.59	150m: 1:39.81	250m: 2:50.09	350m: 4:00.84	
	100m: 1:05.10	200m: 2:14.65	300m: 3:26.15	400m: 4:34.25	
2.	Joe van den Hooff	PSV	4:50.82	200600559	4:48.28 +0,71
	50m: 31.61	150m: 1:44.31	250m: 2:58.72	350m: 4:13.43	
	100m: 1:07.38	200m: 2:21.47	300m: 3:36.06	400m: 4:48.28	
3.	Daniel Simons	PSV	5:02.34	200602017	4:48.48 +0,64
	50m: 32.72	150m: 1:46.08	250m: 2:59.79	350m: 4:14.04	
	100m: 1:09.30	200m: 2:23.18	300m: 3:36.97	400m: 4:48.48	
4.	Lars Servaas	PSV	5:03.03	200600377	4:53.36 +0,71
	50m: 32.79	150m: 1:47.00	250m: 3:01.32	350m: 4:16.35	
	100m: 1:09.70	200m: 2:24.51	300m: 3:38.82	400m: 4:53.36	
5.	Maikel Blijlevens	Waalwijkse Zwem Vereniging	5:19.14	200701051	4:56.66 +0,65
	50m: 32.92	150m: 1:48.25	250m: 3:04.56	350m: 4:20.46	
	100m: 1:09.84	200m: 2:26.23	300m: 3:42.22	400m: 4:56.66	
6.	Ingmar Mulder	Trb/Res	5:11.90	200700103	5:00.58 +0,63
	50m: 32.84	150m: 1:48.48	250m: 3:05.36	350m: 4:23.50	
	100m: 1:10.18	200m: 2:26.64	300m: 3:44.52	400m: 5:00.58	
7.	Cas Krijger	Trb/Res	5:12.29	200601389	5:03.72 +0,81
	50m: 32.77	150m: 1:48.77	250m: 3:07.16	350m: 4:26.39	
	100m: 1:10.25	200m: 2:28.08	300m: 3:47.19	400m: 5:03.72	
8.	Siem van den Bogaert	O.Z. & P.C. De Warande	5:18.32	200601393	5:04.35 +0,78
	50m: 32.89	150m: 1:48.03	250m: 3:06.16	350m: 4:26.89	
	100m: 1:09.57	200m: 2:26.80	300m: 3:46.43	400m: 5:04.35	
9.	Zenno Timmermans	Dommelbaarzen	5:36.67	200700329	5:20.58 +0,74
	50m: 34.37	150m: 1:54.95	250m: 3:17.47	350m: 4:41.79	
	100m: 1:14.00	200m: 2:36.10	300m: 4:01.49	400m: 5:20.58	
10.	Milco Matla	PSV	5:34.64	200600555	5:20.60 +0,79
	50m: 35.32	150m: 1:56.33	250m: 3:19.91	350m: 4:41.14	
	100m: 1:15.76	200m: 2:38.14	300m: 4:01.24	400m: 5:20.60	
11.	Sander Groos	Dommelbaarzen	5:20.61	200601013	5:22.19 +0,78
	50m: 33.78	150m: 1:51.92	250m: 3:14.14	350m: 4:40.67	
	100m: 1:11.52	200m: 2:32.70	300m: 3:57.47	400m: 5:22.19	
12.	Finn Rust	Arethusa	5:44.33	200700469	5:27.52 +0,78
	50m: 35.96	150m: 1:57.75	250m: 3:23.55	350m: 4:50.03	
	100m: 1:15.64	200m: 2:40.52	300m: 4:06.85	400m: 5:27.52	
13.	Tim van Rooij	PSV	5:39.60	200700129	5:28.96 +0,74
	50m: 35.97	150m: 1:58.40	250m: 3:22.91	350m: 4:47.13	
	100m: 1:16.71	200m: 2:40.09	300m: 4:05.03	400m: 5:28.96	
14.	Dion Potters	Hieronymus	5:21.59	200601981	5:28.97 +0,73
	50m: 35.31	150m: 1:57.50	250m: 3:22.23	350m: 4:48.08	
	100m: 1:15.64	200m: 2:40.04	300m: 4:05.71	400m: 5:28.97	
15.	Chris Geers	Waalwijkse Zwem Vereniging	5:44.64	200600131	5:31.20 +0,79
	50m: 36.39	150m: 1:59.41	250m: 3:24.05	350m: 4:50.52	
	100m: 1:17.29	200m: 2:41.43	300m: 4:07.07	400m: 5:31.20	
16.	Thom Keukens	V.Z.V. Njord	5:42.15	200700415	5:33.50 +0,72
	50m: 36.52	150m: 2:00.81	250m: 3:26.33	350m: 4:52.97	
	100m: 1:18.54	200m: 2:43.63	300m: 4:09.73	400m: 5:33.50	
17.	Berend van der Schrier	Hieronymus	5:35.74	200601915	5:42.54 +0,85
	50m: 37.47	150m: 2:02.83	250m: 3:32.18	350m: 5:00.07	
	100m: 1:19.71	200m: 2:46.87	300m: 4:16.00	400m: 5:42.54	
AFGEM	Rinz van der Staal	AquaDream	5:22.41	200700279	

Junioren 3 en 4

1.	David Groenewegen	PSV	4:12.33	200400469	4:12.04 +0,77
	50m: 29.04	150m: 1:33.67	250m: 2:38.13	350m: 3:42.30	
	100m: 1:01.29	200m: 2:06.10	300m: 3:10.24	400m: 4:12.04	
2.	Luuk van Rooij	PSV	4:12.70	200400581	4:12.16 +0,76
	50m: 28.92	150m: 1:33.74	250m: 2:38.48	350m: 3:42.52	
	100m: 1:01.31	200m: 2:06.35	300m: 3:10.38	400m: 4:12.16	
3.	Koen Vissers	PSV	4:20.76	200401429	4:15.67 +0,82
	50m: 29.43	150m: 1:34.04	250m: 2:38.98	350m: 3:44.17	
	100m: 1:01.57	200m: 2:06.53	300m: 3:11.36	400m: 4:15.67	

Programmanr. 22, Jongens, 400m vrije slag, Junioren 3 en 4

rang	naam	vereniging	intijd	tijd	RT
4.	Floris Sonneveld	Z&PV Nuenen	4:32.38	200402953	4:23.01 +0,74
	50m: 30.04	150m: 1:36.86	250m: 2:43.62	350m: 3:50.43	
	100m: 1:03.19	200m: 2:10.46	300m: 3:17.45	400m: 4:23.01	
5.	Steijn Louter	Hieronymus	4:31.92	200500793	4:26.68 +0,78
	50m: 29.71	150m: 1:36.53	250m: 2:45.35	350m: 3:53.62	
	100m: 1:02.65	200m: 2:10.75	300m: 3:19.82	400m: 4:26.68	
6.	Teun van der Schrier	Hieronymus	4:29.40	200403627	4:28.31 +0,72
	50m: 30.05	150m: 1:37.14	250m: 2:47.24	350m: 3:55.64	
	100m: 1:03.27	200m: 2:11.82	300m: 3:22.02	400m: 4:28.31	
7.	Sven ten Hove	De Krabben	4:39.55	200500273	4:33.39 +0,67
	50m: 30.18	150m: 1:38.63	250m: 2:49.28	350m: 4:00.20	
	100m: 1:03.93	200m: 2:14.23	300m: 3:24.78	400m: 4:33.39	
8.	Damian Waas	O.Z. & P.C. De Warande	4:26.71	200402285	4:33.66 +0,75
	50m: 29.16	150m: 1:35.56	250m: 2:45.80	350m: 3:58.43	
	100m: 1:01.86	200m: 2:10.30	300m: 3:21.67	400m: 4:33.66	
9.	Diederik Colombijn	AquaDream	4:45.63	200403025	4:33.97 +0,69
	50m: 29.69	150m: 1:36.83	250m: 2:47.46	350m: 3:59.10	
	100m: 1:02.34	200m: 2:11.67	300m: 3:23.35	400m: 4:33.97	
10.	Cas Hungens	Tempo Valkenswaard	4:55.35	200400017	4:43.34 +0,73
	50m: 30.23	150m: 1:39.85	250m: 2:52.68	350m: 4:08.85	
	100m: 1:04.31	200m: 2:15.99	300m: 3:30.29	400m: 4:43.34	
11.	Justin Steenkamp	PSV	4:52.01	200404133	4:46.81 +0,65
	50m: 31.52	150m: 1:44.02	250m: 2:57.42	350m: 4:11.52	
	100m: 1:06.95	200m: 2:20.64	300m: 3:34.20	400m: 4:46.81	
12.	Tijs Sauren	HZV Lutra	5:01.73	200402759	4:56.20
	50m: 32.33	150m: 1:46.92	250m: 3:02.86	350m: 4:19.23	
	100m: 1:08.50	200m: 2:25.49	300m: 3:40.70	400m: 4:56.20	
13.	Lars Keukens	V.Z.V. Njord	5:18.54	200501135	4:58.76 +0,79
	50m: 33.96	150m: 1:50.06	250m: 3:07.46	350m: 4:23.09	
	100m: 1:11.43	200m: 2:28.48	300m: 3:45.95	400m: 4:58.76	
14.	Jaap Gabriels	Trb/Res	5:15.30	200500961	5:00.11 +0,68
	50m: 34.81	150m: 1:53.00	250m: 3:08.65	350m: 4:24.08	
	100m: 1:13.17	200m: 2:31.15	300m: 3:46.52	400m: 5:00.11	
15.	Max van Zeijl	Hieronymus	5:29.82	200402075	5:17.57 +0,76
	50m: 33.92	150m: 1:51.94	250m: 3:14.08	350m: 4:37.62	
	100m: 1:12.55	200m: 2:32.05	300m: 3:55.92	400m: 5:17.57	

Junioren 3 en 4

1.	Nick Selten	ZWK Merlet	5:35.55	200403275	S9	5:26.56	+0,73	448
	50m: 38.14	150m: 2:00.54	250m: 3:24.26	350m: 4:46.35				
	100m: 1:19.09	200m: 2:42.60	300m: 4:06.19	400m: 5:26.56				
2.	Wesley Snijders	ZV Hydra	5:35.23	200403877	S10	5:28.98	+0,75	377
	50m: 34.66	150m: 1:54.96	250m: 3:18.81	350m: 4:47.55				
	100m: 1:13.47	200m: 2:35.23	300m: 4:02.87	400m: 5:28.98				

Jeugd 1 en 2

1.	Lucas Peters	Nextline Swimming	4:05.95	200301325		4:02.11	+0,72
	50m: 28.55	150m: 1:29.83	250m: 2:31.40	350m: 3:32.78			
	100m: 59.20	200m: 2:00.53	300m: 3:02.13	400m: 4:02.11			
2.	Stan De Swart	Nextline Swimming	4:11.74	200300535		4:09.85	+0,70
	50m: 28.39	150m: 1:30.60	250m: 2:33.78	350m: 3:38.18			
	100m: 59.41	200m: 2:02.09	300m: 3:05.91	400m: 4:09.85			
3.	Luc van Eijndhoven	PSV	4:11.71	200200139		4:09.97	+0,78
	50m: 27.98	150m: 1:31.27	250m: 2:34.48	350m: 3:38.86			
	100m: 59.53	200m: 2:02.98	300m: 3:06.75	400m: 4:09.97			
4.	Yorick Visser	PSV	4:14.91	200301957		4:14.50	+0,73
	50m: 28.67	150m: 1:32.32	250m: 2:37.32	350m: 3:42.68			
	100m: 1:00.27	200m: 2:04.81	300m: 3:10.08	400m: 4:14.50			
5.	Thijn Damen	Trb/Res	4:17.94	200300973		4:19.78	+0,76
	50m: 28.48	150m: 1:32.63	250m: 2:39.42	350m: 3:47.16			
	100m: 1:00.11	200m: 2:05.93	300m: 3:13.38	400m: 4:19.78			
6.	Freek Gabriels	Trb/Res	4:29.19	200301407		4:33.19	+0,73
	50m: 29.69	150m: 1:37.59	250m: 2:48.55	350m: 4:00.38			
	100m: 1:02.99	200m: 2:12.89	300m: 3:24.43	400m: 4:33.19			
7.	Yuri Wasser	PSV	4:39.25	200301327		4:33.26	+0,69
	50m: 30.40	150m: 1:38.43	250m: 2:49.31	350m: 3:59.85			
	100m: 1:04.01	200m: 2:13.91	300m: 3:24.77	400m: 4:33.26			

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rang	naam	vereniging	intijd		tijd	RT
8.	Zenn Doreleijers	Tempo Valkenswaard	4:36.37	200204243	4:43.08	+0,75
	50m: 29.42	150m: 1:37.24	250m: 2:49.50	350m: 4:04.80		
	100m: 1:02.57	200m: 2:13.64	300m: 3:26.98	400m: 4:43.08		

Senioren

1.	Chad Michau	PSV	3:55.65	200005653	3:55.78	+0,72
	50m: 27.66	150m: 1:26.32	250m: 2:25.93	350m: 3:26.03		
	100m: 57.00	200m: 1:55.98	300m: 2:55.91	400m: 3:55.78		
2.	Nicko Kamphuis	Trb/Res	4:14.24	199900887	4:09.48	+0,58
	50m: 28.31	150m: 1:31.72	250m: 2:35.99	350m: 3:40.03		
	100m: 59.91	200m: 2:03.99	300m: 3:08.16	400m: 4:09.48		
3.	Rick Hamond van	Z&PC Zegenwerp	4:13.03	199205873	4:15.13	+0,73
	50m: 28.13	150m: 1:30.82	250m: 2:36.10	350m: 3:42.83		
	100m: 59.19	200m: 2:03.46	300m: 3:09.41	400m: 4:15.13		
4.	Janne Englebert	Hieronymus	4:16.16	200101561	4:19.08	+0,71
	50m: 28.59	150m: 1:32.97	250m: 2:39.09	350m: 3:46.07		
	100m: 1:00.30	200m: 2:05.95	300m: 3:12.51	400m: 4:19.08		
5.	Thijs Manders	PSV	4:18.15	200002731	4:20.04	+0,73
	50m: 28.30	150m: 1:32.06	250m: 2:38.61	350m: 3:46.48		
	100m: 59.67	200m: 2:05.24	300m: 3:12.46	400m: 4:20.04		
6.	Alexander Nijst	Z&PV Nuenen	4:23.78	200104869	4:24.43	+0,68
	50m: 29.21	150m: 1:34.37	250m: 2:41.93	350m: 3:49.51		
	100m: 1:01.26	200m: 2:08.73	300m: 3:15.56	400m: 4:24.43		
7.	Wouter Sijmons	Z&PV Nuenen	4:20.44	199302695	4:24.92	+0,81
	50m: 28.61	150m: 1:33.05	250m: 2:39.95	350m: 3:49.91		
	100m: 1:00.36	200m: 2:06.13	300m: 3:14.71	400m: 4:24.92		
8.	Casper Bolkenbaas	O.Z. & P.C. De Warande	4:26.81	200002591	4:25.22	+0,77
	50m: 29.26	150m: 1:34.62	250m: 2:41.85	350m: 3:50.98		
	100m: 1:01.51	200m: 2:08.08	300m: 3:16.11	400m: 4:25.22		