

Programmanr. 20
 18-11-2017 - 15:10

Heren, 400m vrije slag

 Junioren 1 en ouder
 Resultaten

rang	naam	vereniging	intijd			tijd			RT
Junioren 1									
1.	Luka Geraerds	Hellas-Glana	5:14.30			200502077			5:00.69 +0,64 392
	50m: 33.79	33.79 150m: 1:50.17	38.71	250m: 3:07.59	38.32	350m: 4:24.51	37.28		
	100m: 1:11.46	37.67 200m: 2:29.27	39.10	300m: 3:47.23	39.64	400m: 5:00.69	36.18		
2.	Tijn van Kuijk	HZPC	5:22.68			200501087			5:14.41 +0,69 343
	50m: 34.84	34.84 150m: 1:54.79	40.93	250m: 3:16.20	40.75	350m: 4:37.59	40.73		
	100m: 1:13.86	39.02 200m: 2:35.45	40.66	300m: 3:56.86	40.66	400m: 5:14.41	36.82		
3.	Stan Kepers	Hellas-Glana	5:37.12			200501063			5:33.19 +0,63 288
	50m: 36.93	36.93 150m: 2:01.53	42.89	250m: 3:26.61	42.25	350m: 4:52.46	42.97		
	100m: 1:18.64	41.71 200m: 2:44.36	42.83	300m: 4:09.49	42.88	400m: 5:33.19	40.73		
Junioren 2									
1.	Luca Janssen	Mosa-Regio	4:48.48			200403237			4:33.98 +0,64 518
	50m: 30.47	30.47 150m: 1:40.91	35.89	250m: 2:51.26	35.39	350m: 4:01.59	34.55		
	100m: 1:05.02	34.55 200m: 2:15.87	34.96	300m: 3:27.04	35.78	400m: 4:33.98	32.39		
2.	Joost Schuurmans	Hellas-Glana	4:50.77			200400543			4:48.17 +0,74 445
	50m: 31.71	31.71 150m: 1:44.21	36.36	250m: 2:58.03	37.56	350m: 4:12.70	37.64		
	100m: 1:07.85	36.14 200m: 2:20.47	36.26	300m: 3:35.06	37.03	400m: 4:48.17	35.47		
3.	Jelle Kockx	Mosa-Regio	5:16.77			200401697			4:54.92 +0,71 415
	50m: 33.28	33.28 150m: 1:48.19	37.93	250m: 3:03.30	37.99	350m: 4:19.28	37.94		
	100m: 1:10.26	36.98 200m: 2:25.31	37.12	300m: 3:41.34	38.04	400m: 4:54.92	35.64		
4.	Kjell Reumkens	Hellas-Glana	5:15.79			200401385			5:03.16 +0,77 383
	50m: 35.10	35.10 150m: 1:52.22	39.65	250m: 3:10.44	39.09	350m: 4:27.72	39.13		
	100m: 1:12.57	37.47 200m: 2:31.35	39.13	300m: 3:48.59	38.15	400m: 5:03.16	35.44		
5.	Sven van Eeghem	Hellas-Glana	5:28.45			200400541			5:07.17 368
	50m: 35.34	35.34 150m: 1:54.50	39.77	250m: 3:14.54	39.67	350m: 4:33.00	39.03		
	100m: 1:14.73	39.39 200m: 2:34.87	40.37	300m: 3:53.97	39.43	400m: 5:07.17	34.17		
6.	Luca Bourdjanadze	Zv Kimbria	4:55.86			200400787			5:07.88 +0,62 365
	50m: 33.63	33.63 150m: 1:50.79	39.25	250m: 3:10.19	39.73	350m: 4:29.25	39.60		
	100m: 1:11.54	37.91 200m: 2:30.46	39.67	300m: 3:49.65	39.46	400m: 5:07.88	38.63		
7.	Nick Hendrickx	ReSet (SG)	5:19.82			200401025			5:07.98 +0,81 365
	50m: 33.75	33.75 150m: 1:50.85	39.32	250m: 3:10.53	40.03	350m: 4:30.85	40.26		
	100m: 1:11.53	37.78 200m: 2:30.50	39.65	300m: 3:50.59	40.06	400m: 5:07.98	37.13		
8.	Luca van den Berg	Mosa-Regio	5:24.72			200401087			5:20.73 +0,85 323
	50m: 35.06	35.06 150m: 1:57.16	41.36	250m: 3:21.01	41.11	350m: 4:42.00	40.10		
	100m: 1:15.80	40.74 200m: 2:39.90	42.74	300m: 4:01.90	40.89	400m: 5:20.73	38.73		
9.	Jurre Veldhuijsen	Hellas-Glana	5:26.72			200400603			5:26.58 +0,58 306
	50m: 36.79	36.79 150m: 1:59.65	41.13	250m: 3:22.96	41.51	350m: 4:46.71	42.53		
	100m: 1:18.52	41.73 200m: 2:41.45	41.80	300m: 4:04.18	41.22	400m: 5:26.58	39.87		
10.	Siem van der Sterren	Mosa-Regio	5:23.35			200402171			5:29.49 +0,70 298
	50m: 37.21	37.21 150m: 1:59.58	41.29	250m: 3:25.28	42.93	350m: 4:50.46	42.45		
	100m: 1:18.29	41.08 200m: 2:42.35	42.77	300m: 4:08.01	42.73	400m: 5:29.49	39.03		
Junioren 3									
1.	Esper Schreurs	ZEPS	4:34.25			200300433			4:24.13 +0,77 578
	50m: 29.95	29.95 150m: 1:34.36	32.69	250m: 2:40.90	33.75	350m: 3:49.47	34.49		
	100m: 1:01.67	31.72 200m: 2:07.15	32.79	300m: 3:14.98	34.08	400m: 4:24.13	34.66		
2.	Raphaël Krichel	Zwemsport Parkstad	4:56.25			200300411			4:49.14 +0,62 441
	50m: 31.96	31.96 150m: 1:44.71	37.29	250m: 2:59.02	37.18	350m: 4:13.15	37.04		
	100m: 1:07.42	35.46 200m: 2:21.84	37.13	300m: 3:36.11	37.09	400m: 4:49.14	35.99		
3.	Jonathan Vervenne	Zwemclub Eijsden	5:01.81			200304569			4:54.39 +0,77 418
	50m: 33.42	33.42 150m: 1:48.41	38.16	250m: 3:04.84	38.42	350m: 4:20.21	37.70		
	100m: 1:10.25	36.83 200m: 2:26.42	38.01	300m: 3:42.51	37.67	400m: 4:54.39	34.18		
4.	Luuk Kresin	sgpatrick-deroersoppers	5:07.63			200303275			4:58.37 +0,72 401
	50m: 32.33	32.33 150m: 1:47.54	38.68	250m: 3:05.86	39.34	350m: 4:24.87	39.09		
	100m: 1:08.86	36.53 200m: 2:26.52	38.98	300m: 3:45.78	39.92	400m: 4:58.37	33.50		
5.	Guus van Wanroij	Zwemclub Eijsden	5:21.43			200301309			5:15.19 +0,67 340
	50m: 35.48	35.48 150m: 1:55.68	40.54	250m: 3:17.78	40.92	350m: 4:38.77	40.06		
	100m: 1:15.14	39.66 200m: 2:36.86	41.18	300m: 3:58.71	40.93	400m: 5:15.19	36.42		

Programmanr. 20, Heren, 400m vrije slag

Junioren 4

1. Nino van Beek	ZEPS	4:31.61	200202153	4:23.94	+0,71	580
50m: 29.24	29.24 150m: 1:35.10	33.19	250m: 2:42.54	33.63	350m: 3:50.49	34.30
100m: 1:01.91	32.67 200m: 2:08.91	33.81	300m: 3:16.19	33.65	400m: 4:23.94	33.45
2. Jasper Thomas	Zwemsport Parkstad	4:37.53	200200427	4:36.18	+0,60	506
50m: 26.40	26.40 150m: 1:30.37	33.24	250m: 2:43.08	37.40	350m: 4:00.05	38.57
100m: 57.13	30.73 200m: 2:05.68	35.31	300m: 3:21.48	38.40	400m: 4:36.18	36.13
3. Daan Wijnands	sgpatrick-deroersoppers	4:51.35	200200127	4:44.37	+0,70	463
50m: 30.33	30.33 150m: 1:38.48	34.87	250m: 2:52.82	37.49	350m: 4:08.38	38.05
100m: 1:03.61	33.28 200m: 2:15.33	36.85	300m: 3:30.33	37.51	400m: 4:44.37	35.99
4. Niels van Avesaath	Zv Kimbria	4:58.34	200202005	4:45.99	+0,69	456
50m: 31.15	31.15 150m: 1:44.19	37.39	250m: 2:57.87	36.27	350m: 4:11.25	36.56
100m: 1:06.80	35.65 200m: 2:21.60	37.41	300m: 3:34.69	36.82	400m: 4:45.99	34.74

Jeugd 1 en 2

1. Raf Hendriks	Hellas-Glana	4:15.43	200100879	4:10.99	+0,80	674
50m: 27.88	27.88 150m: 1:31.29	32.37	250m: 2:35.99	32.50	350m: 3:40.22	32.16
100m: 58.92	31.04 200m: 2:03.49	32.20	300m: 3:08.06	32.07	400m: 4:10.99	30.77
2. Luuk Roosen	Zwemclub Eijsden	4:32.89	200100577	4:24.02	+0,71	579
50m: 28.61	28.61 150m: 1:34.63	33.58	250m: 2:42.60	34.17	350m: 3:51.65	34.47
100m: 1:01.05	32.44 200m: 2:08.43	33.80	300m: 3:17.18	34.58	400m: 4:24.02	32.37
3. Maikel van der Linden	Zv Kimbria	4:22.70	200003797	4:24.17	+0,71	578
50m: 28.94	28.94 150m: 1:34.34	33.42	250m: 2:42.24	34.19	350m: 3:50.77	33.87
100m: 1:00.92	31.98 200m: 2:08.05	33.71	300m: 3:16.90	34.66	400m: 4:24.17	33.40
4. Daniël Vlijt	HZPC	4:46.20	200100183	4:41.06	+0,85	480
50m: 31.34	31.34 150m: 1:41.62	35.07	250m: 2:52.60	35.96	350m: 4:05.24	35.90
100m: 1:06.55	35.21 200m: 2:16.64	35.02	300m: 3:29.34	36.74	400m: 4:41.06	35.82

Senioren 1 en ouder

1. Dario van Hulst	Zwemsport Parkstad	4:03.93	199903169	4:11.37	+0,77	671
50m: 27.15	27.15 150m: 1:28.36	31.37	250m: 2:32.70	32.27	350m: 3:39.17	33.46
100m: 56.99	29.84 200m: 2:00.43	32.07	300m: 3:05.71	33.01	400m: 4:11.37	32.20
2. Björn Piket	HZPC	4:18.39	199602133	4:16.25	+0,66	633
50m: 28.11	28.11 150m: 1:32.29	32.71	250m: 2:37.79	32.66	350m: 3:43.69	33.01
100m: 59.58	31.47 200m: 2:05.13	32.84	300m: 3:10.68	32.89	400m: 4:16.25	32.56
3. Alan Smeets	Hellas-Glana	4:19.65	198402089	4:39.49	+0,67	488
50m: 29.67	29.67 150m: 1:37.33	34.09	250m: 2:48.64	36.12	350m: 4:02.80	37.54
100m: 1:03.24	33.57 200m: 2:12.52	35.19	300m: 3:25.26	36.62	400m: 4:39.49	36.69