



SPORTBEDRIJF  
DRACHTEN

DZ&PC Spring Swim 2020  
Drachten, 1-3-2020

Programmanr. 15  
1-3-2020 - 12:13

Heren, 400m vrije slag  
Winnaar 2019: Erik Nijholt 4:05.30

12 jaar en ouder  
Resultaten

Punten: FINA 2020

Rang							In.tijd	Tijd	Fina	RT	Finale
1.	Erik Nijholt	Dz&Pc	199401349				3:52.71	<b>4:04.13</b>	732	+0,78	
	50m: 28.22	28.22	150m: 1:30.48	31.43	250m: 2:32.71	31.05	350m: 3:34.37	30.68			
	100m: 59.05	30.83	200m: 2:01.66	31.18	300m: 3:03.69	30.98	400m: 4:04.13	29.76			
2.	Robin van den Berg	Zv 44	200400699				4:09.57	<b>4:21.06</b>	599	+0,80	
	50m: 29.28	29.28	150m: 1:34.53	32.93	250m: 2:41.25	33.70	350m: 3:49.30	34.12			
	100m: 1:01.60	32.32	200m: 2:07.55	33.02	300m: 3:15.18	33.93	400m: 4:21.06	31.76			
3.	Wouter Zijlstra	HZ&PC Heerenveen	200401545				4:17.93	<b>4:24.91</b>	573		
	50m: 29.60	29.60	150m: 1:36.63	34.23	250m: 2:44.39	33.88	350m: 3:52.32	33.67			
	100m: 1:02.40	32.80	200m: 2:10.51	33.88	300m: 3:18.65	34.26	400m: 4:24.91	32.59			
4.	Meindert Dekkinga	HZ&PC Heerenveen	200400377				4:22.43	<b>4:42.92</b>	470	+0,90	
	50m: 31.12	31.12	150m: 1:41.57	35.13	250m: 2:54.77	36.47	350m: 4:07.51	35.91			
	100m: 1:06.44	35.32	200m: 2:18.30	36.73	300m: 3:31.60	36.83	400m: 4:42.92	35.41			
5.	Olivier Wilbers	ZPC Hoogeveen	200600181				4:48.74	<b>4:45.58</b>	457		
	50m: 33.33	33.33	150m: 1:45.89	36.26	250m: 2:59.18	36.38	350m: 4:11.50	35.69			
	100m: 1:09.63	36.30	200m: 2:22.80	36.91	300m: 3:35.81	36.63	400m: 4:45.58	34.08			
6.	Mathijs Baarda	Orca 1	200300633				4:51.26	<b>4:53.06</b>	423		
	50m: 30.86	30.86	150m: 1:44.49	38.35	250m: 3:01.33	38.82	350m: 4:17.94	38.18			
	100m: 1:06.14	35.28	200m: 2:22.51	38.02	300m: 3:39.76	38.43	400m: 4:53.06	35.12			
7.	Wout Koops	WS Twente 1	200601543				5:01.01	<b>4:53.71</b>	420	+0,89	
	50m: 34.41	34.41	150m: 1:49.66	37.36	250m: 3:04.79	37.26	350m: 4:18.98	37.44			
	100m: 1:12.30	37.89	200m: 2:27.53	37.87	300m: 3:41.54	36.75	400m: 4:53.71	34.73			
8.	Rowan Turkstra	Ksn (Sg)	200301045				4:48.05	<b>4:55.16</b>	414	+0,79	
	50m: 31.08	31.08	150m: 1:44.55	37.78	250m: 3:01.99	39.06	350m: 4:19.56	39.25			
	100m: 1:06.77	35.69	200m: 2:22.93	38.38	300m: 3:40.31	38.32	400m: 4:55.16	35.60			
9.	Tieme Wiersma	Dz&Pc	200701031				5:07.59	<b>4:57.41</b>	405	+0,78	
	50m: 33.98	33.98	150m: 1:50.34	38.77	250m: 3:07.19	38.38	350m: 4:22.75	38.05			
	100m: 1:11.57	37.59	200m: 2:28.81	38.47	300m: 3:44.70	37.51	400m: 4:57.41	34.66			
10.	Luc Kerpels	ZPC Hoogeveen	200503015				5:05.34	<b>5:00.83</b>	391	+0,83	
	50m: 33.25	33.25	150m: 1:49.54	38.39	250m: 3:07.75	39.11	350m: 4:25.16	38.75			
	100m: 1:11.15	37.90	200m: 2:28.64	39.10	300m: 3:46.41	38.66	400m: 5:00.83	35.67			
11.	William Kragt	Zv 44	200503133				4:51.71	<b>5:03.93</b>	379	+0,84	
	50m: 34.00	34.00	150m: 1:49.56	38.05	250m: 3:08.71	39.48	350m: 4:27.31	38.49			
	100m: 1:11.51	37.51	200m: 2:29.23	39.67	300m: 3:48.82	40.11	400m: 5:03.93	36.62			
12.	Taco Hengstman	De Grunte	200304601				4:58.36	<b>5:04.90</b>	376	+0,91	
	50m: 31.60	31.60	150m: 1:45.95	38.34	250m: 3:02.11	37.22	350m: 4:24.52	44.30			
	100m: 1:07.61	36.01	200m: 2:24.89	38.94	300m: 3:40.22	38.11	400m: 5:04.90	40.38			
13.	Dennis Mosterman	Dedemsvaart-AC	200501283				5:04.34	<b>5:10.74</b>	355		
	50m: 33.89	33.89	150m: 1:51.13	39.33	250m: 3:11.28	40.19	350m: 4:32.64	40.83			
	100m: 1:11.80	37.91	200m: 2:31.09	39.96	300m: 3:51.81	40.53	400m: 5:10.74	38.10			
14.	Sam Derck	SG FZC54-De Vikings	1200601917				5:24.97	<b>5:17.69</b>	332		
	50m: 34.96	34.96	150m: 1:56.26	41.90	250m: 3:19.17	41.73	350m: 4:40.81	40.25			
	100m: 1:14.36	39.40	200m: 2:37.44	41.18	300m: 4:00.56	41.39	400m: 5:17.69	36.88			
15.	Jetze de Vries	SG FZC54-De Vikings	1200602589				5:25.22	<b>5:23.03</b>	316	+0,85	
	50m: 36.91	36.91	150m: 1:59.40	41.19	250m: 3:22.67	41.44	350m: 4:45.10	39.95			
	100m: 1:18.21	41.30	200m: 2:41.23	41.83	300m: 4:05.15	42.48	400m: 5:23.03	37.93			

Uitslag

DZ&PC Spring Swim 2020

Splash Meet Manager, 11.63017

Registered to Dz&Pc

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Programmanr. 15, Heren, 400m vrije slag, 12 jaar en ouder

Rang								In.tijd	Tijd	Fina	RT	Finale
16.	Ruben Trompetter	Dz&Pc	200500997					5:14.87	<b>5:25.22</b>	309		
	50m:	36.06	36.06	150m:	1:58.84	41.26	250m:	3:21.88	41.18	350m:	4:44.94	40.86
	100m:	1:17.58	41.52	200m:	2:40.70	41.86	300m:	4:04.08	42.20	400m:	5:25.22	40.28

