

Programmanr. 15  
19-10-2024 - 17:42

Heren, 400m vrije slag

Senioren  
Resultaten Finale

Punten: FINA 2023

rang	naam		vereniging			tijd	RT	FINA
<b>Onder 18</b>								
1.	Mattias Stolk		HZ&PC Heerenveen	201000525		<b>4:33.62</b>		466
	50m: 30.62	30.62	150m: 1:38.84	34.37	250m: 2:49.85	35.98	350m: 3:59.41	34.18
	100m: 1:04.47	33.85	200m: 2:13.87	35.03	300m: 3:25.23	35.38	400m: 4:33.62	34.21
2.	Mathijs Boersma		ZPC Hoogeveen	201000313		<b>4:51.40</b>		386
	50m: 31.70	31.70	150m: 1:45.00	37.20	250m: 3:00.44	38.19	350m: 4:16.36	37.41
	100m: 1:07.80	36.10	200m: 2:22.25	37.25	300m: 3:38.95	38.51	400m: 4:51.40	35.04
3.	Kasper Lubbers		Orca	201100025		<b>4:51.57</b>		385
	50m: 33.49	33.49	150m: 1:48.86	38.47	250m: 3:03.75	37.15	350m: 4:17.10	36.40
	100m: 1:10.39	36.90	200m: 2:26.60	37.74	300m: 3:40.70	36.95	400m: 4:51.57	34.47
<b>Senioren</b>								
1.	Koen Marsman		Team NL - ZPC AMERSFOORT	200502763		<b>3:52.83</b>		757
	50m: 26.43	26.43	150m: 1:25.16	29.72	250m: 2:25.35	30.16	350m: 3:25.04	29.52
	100m: 55.44	29.01	200m: 1:55.19	30.03	300m: 2:55.52	30.17	400m: 3:52.83	27.79
2.	Tieme Wiersma		DZ&PC	200701031		<b>4:00.21</b>		689
	50m: 27.21	27.21	150m: 1:26.91	29.99	250m: 2:27.70	30.61	350m: 3:30.22	31.25
	100m: 56.92	29.71	200m: 1:57.09	30.18	300m: 2:58.97	31.27	400m: 4:00.21	29.99
3.	Olivier Wilbers		ZPC Hoogeveen	200600181		<b>4:05.05</b>		649
	50m: 28.79	28.79	150m: 1:30.69	31.14	250m: 2:32.94	30.96	350m: 3:34.81	31.01
	100m: 59.55	30.76	200m: 2:01.98	31.29	300m: 3:03.80	30.86	400m: 4:05.05	30.24
4.	Tim van Erven		DZ&PC	200700175		<b>4:14.55</b>		579
	50m: 29.31	29.31	150m: 1:33.63	32.49	250m: 2:39.22	32.58	350m: 3:44.25	32.31
	100m: 1:01.14	31.83	200m: 2:06.64	33.01	300m: 3:11.94	32.72	400m: 4:14.55	30.30
5.	Tiamo van der Veen		Dedemsvaart-AC	200600033		<b>4:20.61</b>		540
	50m: 29.73	29.73	150m: 1:35.22	33.05	250m: 2:41.41	33.21	350m: 3:47.99	33.09
	100m: 1:02.17	32.44	200m: 2:08.20	32.98	300m: 3:14.90	33.49	400m: 4:20.61	32.62
6.	Jere Wiersma		DZ&PC	200701037		<b>4:21.38</b>		535
	50m: 29.24	29.24	150m: 1:35.10	33.26	250m: 2:41.68	33.43	350m: 3:48.71	33.41
	100m: 1:01.84	32.60	200m: 2:08.25	33.15	300m: 3:15.30	33.62	400m: 4:21.38	32.67
7.	Ramon Vos		ZPC Hoogeveen	201100051		<b>4:27.12</b>		501
	50m: 30.41	30.41	150m: 1:37.25	33.65	250m: 2:45.37	33.93	350m: 3:53.90	34.17
	100m: 1:03.60	33.19	200m: 2:11.44	34.19	300m: 3:19.73	34.36	400m: 4:27.12	33.22
NG	Merlin Belmon		Team NL - PSV	200403191				