

Provinciale kampioenschappen lange baan
Den Haag, 20- - 21-5-2023

Programmanr. 14
21-5-2023 - 10:45

Heren, 400m vrije slag

Juniores 1 en ouder
Resultaten

rang	naam	vereniging	intijd	tijd	RT
Juniores 1 en 2					
1.	Sverre van der Zwaan	WVZ	4:37.18	200900737	4:41.24
	50m: 32.22	32.22 150m: 1:42.29	35.18 250m: 2:53.47	35.75 350m: 4:06.31	36.17
	100m: 1:07.11	34.89 200m: 2:17.72	35.43 300m: 3:30.14	36.67 400m: 4:41.24	34.93
2.	Ivo Bot	Wiekslag	4:43.60	200900509	4:46.57
	50m: 30.86	30.86 150m: 1:43.55	36.67 250m: 2:59.10	38.10 350m: 4:12.87	36.01
	100m: 1:06.88	36.02 200m: 2:21.00	37.45 300m: 3:36.86	37.76 400m: 4:46.57	33.70
3.	Aidan van der Stelt	De Geul	4:44.93	200900901	4:46.80
	50m: 32.22	32.22 150m: 1:46.49	37.33 250m: 2:59.62	36.55 350m: 4:12.99	36.32
	100m: 1:09.16	36.94 200m: 2:23.07	36.58 300m: 3:36.67	37.05 400m: 4:46.80	33.81
4.	Adriaan Coppelmans	AZC	4:38.15	200903243	4:49.88
	50m: 30.66	30.66 150m: 1:42.05	36.24 250m: 2:56.78	37.79 350m: 4:12.96	38.28
	100m: 1:05.81	36.15 200m: 2:18.99	36.94 300m: 3:34.68	37.90 400m: 4:49.88	36.92
5.	Paul Ruitenbergh	De Geul	4:56.19	200900979	4:59.83
	50m: 32.47	32.47 150m: 1:48.58	38.60 250m: 3:05.97	38.42 350m: 4:24.68	39.13
	100m: 1:09.98	37.51 200m: 2:27.55	38.97 300m: 3:45.55	39.58 400m: 4:59.83	35.15
6.	Owen Houdé	De Geul	5:01.62	200900903	5:00.08
	50m: 32.63	32.63 150m: 1:47.69	38.31 250m: 3:05.99	39.82 350m: 4:26.03	39.73
	100m: 1:09.38	36.75 200m: 2:26.17	38.48 300m: 3:46.30	40.31 400m: 5:00.08	34.05
7.	Luca Boorsma	De Columbiaan	4:41.07	200902031	5:01.47
	50m: 32.31	32.31 150m: 1:46.39	37.33 250m: 3:02.90	38.34 350m: 4:22.57	40.21
	100m: 1:09.06	36.75 200m: 2:24.56	38.17 300m: 3:42.36	39.46 400m: 5:01.47	38.90
8.	Sven Mulder	Zoetermeer	5:12.73	200901655	5:07.94
	50m: 33.68	33.68 150m: 1:52.35	39.91 250m: 3:12.20	39.70 350m: 4:31.07	39.97
	100m: 1:12.44	38.76 200m: 2:32.50	40.15 300m: 3:51.10	38.90 400m: 5:07.94	36.87
9.	Dax van den Nouland	Blue Marlins	5:01.58	201000071	5:08.83
	50m: 34.96	34.96 150m: 1:54.20	39.84 250m: 3:13.47	39.45 350m: 4:31.28	38.42
	100m: 1:14.36	39.40 200m: 2:34.02	39.82 300m: 3:52.86	39.39 400m: 5:08.83	37.55
10.	Bink de Vries	AZC	5:15.27	200901887	5:09.37
	50m: 33.52	33.52 150m: 1:52.66	40.24 250m: 3:13.74	40.62 350m: 4:33.57	39.32
	100m: 1:12.42	38.90 200m: 2:33.12	40.46 300m: 3:54.25	40.51 400m: 5:09.37	35.80
11.	Myron Artemenko	Niemo Barracuda	5:06.83	201003021	5:11.46
	50m: 35.15	35.15 150m: 1:54.48	40.32 250m: 3:14.40	38.92 350m: 4:34.12	39.69
	100m: 1:14.16	39.01 200m: 2:35.48	41.00 300m: 3:54.43	40.03 400m: 5:11.46	37.34
12.	Eli Shields	Niemo Barracuda	5:05.49	201000407	5:11.96
	50m: 34.11	34.11 150m: 1:52.97	39.85 250m: 3:13.74	40.56 350m: 4:33.94	39.98
	100m: 1:13.12	39.01 200m: 2:33.18	40.21 300m: 3:53.96	40.22 400m: 5:11.96	38.02
13.	Jan Schouten	ZVL-1886 Center	5:11.78	200902305	5:14.69
	50m: 33.47	33.47 150m: 1:53.22	40.68 250m: 3:16.16	41.62 350m: 4:37.58	40.83
	100m: 1:12.54	39.07 200m: 2:34.54	41.32 300m: 3:56.75	40.59 400m: 5:14.69	37.11
14.	Sascha Timmer	AZC	5:04.78	200902987	5:15.52
	50m: 31.77	31.77 150m: 1:49.23	40.00 250m: 3:12.64	42.19 350m: 4:35.77	42.68
	100m: 1:09.23	37.46 200m: 2:30.45	41.22 300m: 3:53.09	40.45 400m: 5:15.52	39.75
15.	Vince van Dam	ACZ	5:20.04	201000405	5:21.89
	50m: 35.24	35.24 150m: 1:56.30	40.95 250m: 3:18.94	41.73 350m: 4:41.82	41.44
	100m: 1:15.35	40.11 200m: 2:37.21	40.91 300m: 4:00.38	41.44 400m: 5:21.89	40.07
16.	Finn de Heij	BZ en PC	5:38.03	200900411	5:26.03
	50m: 35.28	35.28 150m: 1:56.05	41.19 250m: 3:20.74	42.28 350m: 4:46.13	42.71
	100m: 1:14.86	39.58 200m: 2:38.46	42.41 300m: 4:03.42	42.68 400m: 5:26.03	39.90
17.	Girish Nolden	Blue Marlins	5:37.35	201000087	5:26.30
	50m: 36.74	36.74 150m: 1:59.22	41.84 250m: 3:23.71	42.29 350m: 4:48.25	42.24
	100m: 1:17.38	40.64 200m: 2:41.42	42.20 300m: 4:06.01	42.30 400m: 5:26.30	38.05
18.	Luka Arkesteijn	ACZ	5:40.65	200903023	5:26.70
	50m: 34.00	34.00 150m: 1:56.98	43.18 250m: 3:22.20	42.18 350m: 4:47.32	42.81
	100m: 1:13.80	39.80 200m: 2:40.02	43.04 300m: 4:04.51	42.31 400m: 5:26.70	39.38
19.	Joëll van der Meiden	ZV Vlaardingen-Schiedam	5:47.41	200903439	5:30.35
	50m: 36.08	36.08 150m: 2:00.82	42.67 250m: 3:26.30	42.51 350m: 4:51.28	45.39
	100m: 1:18.15	42.07 200m: 2:43.79	42.97 300m: 4:05.89	39.59 400m: 5:30.35	39.07
20.	Arda Naci	WZK	5:33.86	200901599	5:30.59
	50m: 34.33	34.33 150m: 1:54.67	41.49 250m: 3:20.87	43.97 350m: 4:48.42	43.54
	100m: 1:13.18	38.85 200m: 2:36.90	42.23 300m: 4:04.88	44.01 400m: 5:30.59	42.17
21.	Jochem Evers	ZVL-1886 Center	5:44.09	200903423	5:30.72
	50m: 36.49	36.49 150m: 2:00.36	42.46 250m: 3:26.17	42.68 350m: 4:51.00	42.37
	100m: 1:17.90	41.41 200m: 2:43.49	43.13 300m: 4:08.63	42.46 400m: 5:30.72	39.72

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Programmanr. 14, Jongens, 400m vrije slag, Junioren 1 en 2

rang	naam	vereniging	intijd	tijd	RT
22.	Duco de Gelder	Blue Marlins	5:13.60	201000217	5:30.88 +0.65
	50m: 34.40	34.40 150m: 1:56.43	41.54 250m: 3:22.75	43.44 350m: 4:49.39	43.31
	100m: 1:14.89	40.49 200m: 2:39.31	42.88 300m: 4:06.08	43.33 400m: 5:30.88	41.49
23.	Duncan Hoogendijk	Blue Marlins	5:38.12	200901815	5:50.09 +0.83
	50m: 37.50	37.50 150m: 2:06.25	45.02 250m: 3:36.98	45.82 350m: 5:07.78	45.08
	100m: 1:21.23	43.73 200m: 2:51.16	44.91 300m: 4:22.70	45.72 400m: 5:50.09	42.31
24.	Tygo van Berkel	De Geul	6:01.91	201000327	5:57.03 +0.77
	50m: 38.24	38.24 150m: 2:08.75	46.09 250m: 3:42.81	47.44 350m: 5:14.87	46.03
	100m: 1:22.66	44.42 200m: 2:55.37	46.62 300m: 4:28.84	46.03 400m: 5:57.03	42.16

Junioren 3 en 4

1.	Denzel Barthen	WVZ	4:20.75	200700147	4:22.26 +0.77
	50m: 28.88	28.88 150m: 1:34.36	33.33 250m: 2:42.34	34.23 350m: 3:50.81	34.18
	100m: 1:01.03	32.15 200m: 2:08.11	33.75 300m: 3:16.63	34.29 400m: 4:22.26	31.45
2.	Boele Böhm	Blue Marlins	4:24.85	200700739	4:27.88 +0.70
	50m: 28.52	28.52 150m: 1:36.27	34.66 250m: 2:46.01	34.59 350m: 3:55.02	34.12
	100m: 1:01.61	33.09 200m: 2:11.42	35.15 300m: 3:20.90	34.89 400m: 4:27.88	32.86
3.	Yarno van Dam	ACZ	4:28.24	200800115	4:29.16 +0.79
	50m: 29.35	29.35 150m: 1:36.79	34.38 250m: 2:46.47	35.20 350m: 3:56.79	35.16
	100m: 1:02.41	33.06 200m: 2:11.27	34.48 300m: 3:21.63	35.16 400m: 4:29.16	32.37
4.	Tim Boerefijn	WVZ	4:42.17	200802815	4:33.67 +0.87
	50m: 30.13	30.13 150m: 1:39.90	35.24 250m: 2:50.55	35.50 350m: 4:01.25	35.10
	100m: 1:04.66	34.53 200m: 2:15.05	35.15 300m: 3:26.15	35.60 400m: 4:33.67	32.42
5.	Gijs Hartwijk	ZVL-1886 Center	4:33.03	200800573	4:38.32 +0.66
	50m: 30.95	30.95 150m: 1:41.08	35.48 250m: 2:52.24	35.54 350m: 4:03.66	35.70
	100m: 1:05.60	34.65 200m: 2:16.70	35.62 300m: 3:27.96	35.72 400m: 4:38.32	34.66
6.	Gaëtan Spicq	Blue Marlins	4:28.44	200701807	4:41.49 +0.79
	50m: 30.26	30.26 150m: 1:41.71	36.46 250m: 2:54.05	35.12 350m: 4:06.02	35.71
	100m: 1:05.25	34.99 200m: 2:18.93	37.22 300m: 3:30.31	36.26 400m: 4:41.49	35.47
7.	Rein Stoel	ZVL-1886 Center	4:40.00	200800463	4:43.24 +0.78
	50m: 31.55	31.55 150m: 1:42.71	36.47 250m: 2:55.43	36.29 350m: 4:08.43	36.65
	100m: 1:06.24	34.69 200m: 2:19.14	36.43 300m: 3:31.78	36.35 400m: 4:43.24	34.81
8.	Sebastian Lopes Cardozo	WZK	4:39.72	200800187	4:44.26 +0.69
	50m: 31.41	31.41 150m: 1:44.04	36.49 250m: 2:57.50	36.37 350m: 4:10.02	36.06
	100m: 1:07.55	36.14 200m: 2:21.13	37.09 300m: 3:33.96	36.46 400m: 4:44.26	34.24
9.	Twan Hoogervorst	De Columbiaan	4:50.80	200700741	4:50.79 +0.72
	50m: 31.92	31.92 150m: 1:44.15	36.86 250m: 2:58.31	37.33 350m: 4:14.30	38.00
	100m: 1:07.29	35.37 200m: 2:20.98	36.83 300m: 3:36.30	37.99 400m: 4:50.79	36.49
10.	Joey Pop	ZV Vlaardingen-Schiedam	4:42.01	200800277	4:51.59 +0.87
	50m: 33.14	33.14 150m: 1:46.49	36.86 250m: 3:01.54	37.64 350m: 4:15.67	36.83
	100m: 1:09.63	36.49 200m: 2:23.90	37.41 300m: 3:38.84	37.30 400m: 4:51.59	35.92
11.	Fabian Riedijk	Blue Marlins	4:51.18	200800603	5:14.45 +0.76
	50m: 32.91	32.91 150m: 1:52.41	40.87 250m: 3:13.89	39.70 350m: 4:36.32	41.04
	100m: 1:11.54	38.63 200m: 2:34.19	41.78 300m: 3:55.28	41.39 400m: 5:14.45	38.13
12.	Lucas Bongers	ZOB'66	5:23.22	200800903	5:23.72 +0.76
	50m: 35.13	35.13 150m: 1:56.00	41.81 250m: 3:19.51	41.83 350m: 4:45.22	43.16
	100m: 1:14.19	39.06 200m: 2:37.68	41.68 300m: 4:02.06	42.55 400m: 5:23.72	38.50
13.	Thomas Braat	AZC	5:38.03	200802269	5:41.15 +0.91 404
	50m: 34.82	34.82 150m: 1:59.20	42.93 250m: 3:29.28	46.13 350m: 4:57.27	43.96
	100m: 1:16.27	41.45 200m: 2:43.15	43.95 300m: 4:13.31	44.03 400m: 5:41.15	43.88

Jeugd 1 en 2

1.	Efe Öngören	Blue Marlins	3:55.68	200504459	4:04.31
	50m: 27.97	27.97 150m: 1:30.24	31.22 250m: 2:32.39	30.88 350m: 3:34.41	30.91
	100m: 59.02	31.05 200m: 2:01.51	31.27 300m: 3:03.50	31.11 400m: 4:04.31	29.90
2.	Émile Fouzaï	Blue Marlins	3:57.78	200500263	4:05.35 +0.75
	50m: 28.13	28.13 150m: 1:31.28	31.83 250m: 2:34.28	31.12 350m: 3:35.27	30.71
	100m: 59.45	31.32 200m: 2:03.16	31.88 300m: 3:04.56	30.28 400m: 4:05.35	30.08
3.	Borys Rudman	Blue Marlins	4:00.88	200504479	4:11.50 +0.75
	50m: 28.14	28.14 150m: 1:29.62	30.82 250m: 2:33.08	31.67 350m: 3:39.55	33.48
	100m: 58.80	30.66 200m: 2:01.41	31.79 300m: 3:06.07	32.99 400m: 4:11.50	31.95
4.	Lars Bulman	Blue Marlins	4:15.66	200600125	4:21.53 +0.70
	50m: 28.53	28.53 150m: 1:33.20	32.82 250m: 2:40.23	33.45 350m: 3:48.02	33.81
	100m: 1:00.38	31.85 200m: 2:06.78	33.58 300m: 3:14.21	33.98 400m: 4:21.53	33.51
5.	Bas Blanker	SG SCOM/de Zeehond'73	4:16.20	200601497	4:22.47 +0.72
	50m: 29.56	29.56 150m: 1:35.76	33.67 250m: 2:43.99	34.04 350m: 3:51.41	33.70
	100m: 1:02.09	32.53 200m: 2:09.95	34.19 300m: 3:17.71	33.72 400m: 4:22.47	31.06

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rang	naam	vereniging		intijd		tijd		RT
6.	Bo Merkestein	WVZ		4:40.40	200602451	4:40.56		+0.73
	50m: 29.55	29.55	150m: 1:37.29	34.75	250m: 2:49.81	36.40	350m: 4:04.51	37.48
	100m: 1:02.54	32.99	200m: 2:13.41	36.12	300m: 3:27.03	37.22	400m: 4:40.56	36.05
7.	Björn Mulder	Zoetermeer		4:35.99	200601517	4:44.87		+0.77
	50m: 30.62	30.62	150m: 1:40.58	35.80	250m: 2:54.03	36.65	350m: 4:08.33	37.59
	100m: 1:04.78	34.16	200m: 2:17.38	36.80	300m: 3:30.74	36.71	400m: 4:44.87	36.54

Senioren 1 en ouder

1.	Robin van Beek	ZVL-1886 Center		4:26.04	199704023	4:28.92		+0.74
	50m: 30.62	30.62	150m: 1:38.45	34.01	250m: 2:47.20	34.29	350m: 3:55.80	34.22
	100m: 1:04.44	33.82	200m: 2:12.91	34.46	300m: 3:21.58	34.38	400m: 4:28.92	33.12
2.	Guus Hoogduin	ZVL-1886 Center		4:19.26	200201069	4:28.94		
	50m: 29.77	29.77	150m: 1:37.18	34.15	250m: 2:46.65	34.79	350m: 3:56.48	34.49
	100m: 1:03.03	33.26	200m: 2:11.86	34.68	300m: 3:21.99	35.34	400m: 4:28.94	32.46
3.	Nathan Janssen	De Geul		4:27.38	200401565	4:29.04		+0.72
	50m: 29.21	29.21	150m: 1:36.16	33.90	250m: 2:46.11	35.22	350m: 3:56.75	35.12
	100m: 1:02.26	33.05	200m: 2:10.89	34.73	300m: 3:21.63	35.52	400m: 4:29.04	32.29
4.	Jordy van Oel	WVZ		4:30.81	199802003	4:46.42		+0.75
	50m: 31.44	31.44	150m: 1:42.99	36.40	250m: 2:57.07	36.87	350m: 4:10.89	36.72
	100m: 1:06.59	35.15	200m: 2:20.20	37.21	300m: 3:34.17	37.10	400m: 4:46.42	35.53