

Provinciale Kampioenschappen korte baan  
Rotterdam, 9- - 10-11-2024

Programmanr. 12  
9-11-2024 - 14:10

Heren, 400m wisselslag

2012 en eerder  
Resultaten

rang	naam	vereniging	intijd	tijd	RT	
<b>Gebjr 2011 - 2012</b>						
1.	Joep Lindhout	NieMo Barracuda	5:51.99	201100873	<b>5:38.11</b> +0,60	
	50m: 39.61	39.61 150m: 2:05.84	42.75	250m: 3:34.53	47.16 350m: 5:01.02	39.26
	100m: 1:23.09	43.48 200m: 2:47.37	41.53	300m: 4:21.76	47.23 400m: 5:38.11	37.09
2.	Thijs van Kints	BZ&PC	5:45.00	201101059	<b>5:39.80</b>	
	50m: 36.26	36.26 150m: 2:07.74	44.76	250m: 3:39.38	47.69 350m: 5:04.57	37.63
	100m: 1:22.98	46.72 200m: 2:51.69	43.95	300m: 4:26.94	47.56 400m: 5:39.80	35.23
3.	Izayah Castillo	Blue Marlins	6:13.56	201100311	<b>5:41.08</b>	
	50m: 34.75	34.75 150m: 2:01.20	42.29	250m: 3:30.97	47.47 350m: 5:00.79	41.41
	100m: 1:18.91	44.16 200m: 2:43.50	42.30	300m: 4:19.38	48.41 400m: 5:41.08	40.29
4.	Sander de Bruin	ZZ&PC De Devel	6:16.09	201100617	<b>5:50.93</b> +0,56	
	50m: 37.33	37.33 150m: 2:10.20	44.76	250m: 3:42.16	47.84 350m: 5:13.03	41.95
	100m: 1:25.44	48.11 200m: 2:54.32	44.12	300m: 4:31.08	48.92 400m: 5:50.93	37.90
5.	Loek van Lith	ZVL-1886	6:33.23	201200683	<b>6:31.52</b>	
	50m: 43.33	43.33 150m: 2:25.50	47.87	250m: 4:06.77	54.30 350m: 5:47.48	44.80
	100m: 1:37.63	54.30 200m: 3:12.47	46.97	300m: 5:02.68	55.91 400m: 6:31.52	44.04
6.	Henk de Mooij	SG LinK-ZV Zoetermeer	6:49.15	201200681	<b>6:57.50</b> +0,41	
	50m: 46.82	46.82 150m: 2:44.73	53.93	250m: 4:30.91	54.95 350m: 6:13.14	47.66
	100m: 1:50.80	1:03.98 200m: 3:35.96	51.23	300m: 5:25.48	54.57 400m: 6:57.50	44.36
<b>Gebjr 2009 - 2010</b>						
1.	Adriaan Coppelmans	AZC	4:53.49	200903243	<b>4:50.06</b> +0,65	
	50m: 31.40	31.40 150m: 1:44.81	36.73	250m: 3:03.09	41.88 350m: 4:18.43	34.16
	100m: 1:08.08	36.68 200m: 2:21.21	36.40	300m: 3:44.27	41.18 400m: 4:50.06	31.63
2.	Sverre van der Zwaan	WVZ	5:03.76	200900737	<b>4:56.33</b> +0,57	
	50m: 30.89	30.89 150m: 1:44.50	36.73	250m: 3:03.39	42.25 350m: 4:22.79	34.52
	100m: 1:07.77	36.88 200m: 2:21.14	36.64	300m: 3:48.27	44.88 400m: 4:56.33	33.54
3.	Aidan van der Stelt	Blue Marlins	5:13.80	200900901	<b>5:03.52</b> +0,69	
	50m: 29.98	29.98 150m: 1:45.02	38.78	250m: 3:07.87	43.60 350m: 4:29.03	35.31
	100m: 1:06.24	36.26 200m: 2:24.27	39.25	300m: 3:53.72	45.85 400m: 5:03.52	34.49
4.	Eli Shields	NieMo Barracuda	5:28.24	201000407	<b>5:06.55</b> +0,55	
	50m: 32.03	32.03 150m: 1:50.35	40.22	250m: 3:14.73	44.65 350m: 4:33.35	34.70
	100m: 1:10.13	38.10 200m: 2:30.08	39.73	300m: 3:58.65	43.92 400m: 5:06.55	33.20
5.	Jake van Duivendijk	Blue Marlins	6:13.93	201000945	<b>5:34.80</b> +0,59	
	50m: 36.55	36.55 150m: 2:01.56	42.45	250m: 3:30.81	47.85 350m: 4:57.85	39.19
	100m: 1:19.11	42.56 200m: 2:42.96	41.40	300m: 4:18.66	47.85 400m: 5:34.80	36.95
6.	Vince van Dam	ACZ	5:50.51	201000405	<b>5:38.37</b>	
	50m: 36.11	36.11 150m: 2:00.61	42.40	250m: 3:31.39	49.44 350m: 5:00.78	39.97
	100m: 1:18.21	42.10 200m: 2:41.95	41.34	300m: 4:20.81	49.42 400m: 5:38.37	37.59
7.	Luca Kamps	AZL	5:53.78	200900891	<b>5:50.89</b> +0,65	
	50m: 36.73	36.73 150m: 2:05.17	43.84	250m: 3:38.48	49.88 350m: 5:12.44	41.46
	100m: 1:21.33	44.60 200m: 2:48.60	43.43	300m: 4:30.98	52.50 400m: 5:50.89	38.45
8.	Jochem Evers	ZVL-1886	6:18.76	200903423	<b>5:57.01</b> +0,77	
	50m: 40.57	40.57 150m: 2:14.62	49.31	250m: 3:52.21	49.09 350m: 5:20.87	38.18
	100m: 1:25.31	44.74 200m: 3:03.12	48.50	300m: 4:42.69	50.48 400m: 5:57.01	36.14
9.	Rufus Zorge	De Gooye	6:19.51	201000443	<b>5:59.00</b>	
	50m: 39.65	39.65 150m: 2:11.99	45.41	250m: 3:49.87	53.60 350m: 5:22.92	40.30
	100m: 1:26.58	46.93 200m: 2:56.27	44.28	300m: 4:42.62	52.75 400m: 5:59.00	36.08
10.	Noah Abdulsada	ZZ&PC De Devel	6:18.18	201002411	<b>5:59.88</b>	
	50m: 38.26	38.26 150m: 2:10.75	45.04	250m: 3:47.59	52.28 350m: 5:20.74	40.75
	100m: 1:25.71	47.45 200m: 2:55.31	44.56	300m: 4:39.99	52.40 400m: 5:59.88	39.14
DIS	Ghalil Lodder	Wiekslag	6:13.74	201000711		
	<i>SK - Het keer- en/of eindpunt niet gelijktijdig met twee handen aangetikt.</i>					
NG	Dax van den Nouland	Blue Marlins	5:18.27	201000071		
<b>Gebjr 2007 - 2008</b>						
1.	Yarno van Dam	ACZ	4:35.01	200800115	<b>4:28.67</b> +0,68	
	50m: 27.88	27.88 150m: 1:33.05	33.17	250m: 2:45.43	38.96 350m: 3:57.86	32.21
	100m: 59.88	32.00 200m: 2:06.47	33.42	300m: 3:25.65	40.22 400m: 4:28.67	30.81
2.	Denzel Barthen	WVZ	4:36.69	200700147	<b>4:43.99</b> +0,74	
	50m: 29.45	29.45 150m: 1:43.26	37.43	250m: 2:59.95	40.37 350m: 4:12.61	31.27
	100m: 1:05.83	36.38 200m: 2:19.58	36.32	300m: 3:41.34	41.39 400m: 4:43.99	31.38

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Programmanr. 12, Jongens, 400m wisselslag, Gebjr 2007 - 2008

rang	naam	vereniging		intijd			tijd			RT	
3.	Tim Boerefijn	WVZ		4:51.21			200802815			<b>4:48.18</b>	+0,56
	50m: 30.59	30.59	150m: 1:44.61	37.76	250m: 3:04.66	42.63	350m: 4:18.82	31.27			
	100m: 1:06.85	36.26	200m: 2:22.03	37.42	300m: 3:47.55	42.89	400m: 4:48.18	29.36			
4.	Gijs Hartwijk	ZVL-1886		5:00.96			200800573			<b>4:54.19</b>	+0,31
	50m: 32.02	32.02	150m: 1:45.85	37.48	250m: 3:06.55	42.66	350m: 4:22.43	33.09			
	100m: 1:08.37	36.35	200m: 2:23.89	38.04	300m: 3:49.34	42.79	400m: 4:54.19	31.76			
5.	Esh Nolden	Blue Marlins		5:48.64			200800145			<b>5:26.09</b>	+0,54
	50m: 33.67	33.67	150m: 1:58.18	43.84	250m: 3:25.27	45.54	350m: 4:48.89	38.06			
	100m: 1:14.34	40.67	200m: 2:39.73	41.55	300m: 4:10.83	45.56	400m: 5:26.09	37.20			
6.	Mitchell van Dijk	NieMo Barracuda		5:48.31			200800577			<b>5:28.71</b>	+0,71
	50m: 32.85	32.85	150m: 1:57.54	43.22	250m: 3:25.13	45.40	350m: 4:51.44	39.87			
	100m: 1:14.32	41.47	200m: 2:39.73	42.19	300m: 4:11.57	46.44	400m: 5:28.71	37.27			
7.	Kees Wassenaar	Wiekslag		5:50.99			200702917			<b>5:46.82</b>	+0,56
	50m: 34.25	34.25	150m: 2:00.73	43.38	250m: 3:34.81	51.30	350m: 5:08.82	40.59			
	100m: 1:17.35	43.10	200m: 2:43.51	42.78	300m: 4:28.23	53.42	400m: 5:46.82	38.00			

2006 en eerder

1.	Laurens Kalle	z.c De Schotejil		4:47.62			200600161			<b>4:47.52</b>	+0,75
	50m: 29.81	29.81	150m: 1:43.22	38.24	250m: 3:03.21	42.65	350m: 4:18.65	32.89			
	100m: 1:04.98	35.17	200m: 2:20.56	37.34	300m: 3:45.76	42.55	400m: 4:47.52	28.87			
2.	Bas Blanker	ACZ		5:00.01			200601497			<b>4:48.13</b>	
	50m: 30.09	30.09	150m: 1:45.67	39.80	250m: 3:05.26	39.63	350m: 4:19.05	32.37			
	100m: 1:05.87	35.78	200m: 2:25.63	39.96	300m: 3:46.68	41.42	400m: 4:48.13	29.08			
3.	Guus Hoogduin	ZVL-1886		4:41.92			200201069			<b>4:55.20</b>	+0,75
	50m: 29.08	29.08	150m: 1:41.33	38.50	250m: 3:02.09	42.84	350m: 4:21.07	35.71			
	100m: 1:02.83	33.75	200m: 2:19.25	37.92	300m: 3:45.36	43.27	400m: 4:55.20	34.13			
4.	Jasper Groen	ACZ		5:30.78			200602325			<b>5:03.21</b>	+0,72
	50m: 30.13	30.13	150m: 1:46.67	40.09	250m: 3:08.41	42.29	350m: 4:28.03	35.89			
	100m: 1:06.58	36.45	200m: 2:26.12	39.45	300m: 3:52.14	43.73	400m: 5:03.21	35.18			