

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

Programmanr. 28
10-11-2024 - 14:45

Heren, 400m vrije slag

2012 en eerder
Resultaten

rang	naam	vereniging	intijd	tijd	RT
Gebjr 2011 - 2012					
1.	Thijs van Kints	BZ&PC	4:48.26	201101059	4:52.57
	50m: 33.03	33.03 150m: 1:46.83	37.19	250m: 3:02.24	38.18 350m: 4:14.87
	100m: 1:09.64	36.61 200m: 2:24.06	37.23	300m: 3:38.77	36.53 400m: 4:52.57
2.	Lev Rudman	Blue Marlins	4:56.08	201102343	4:52.62 +0,56
	50m: 33.33	33.33 150m: 1:47.99	37.97	250m: 3:02.47	35.70 350m: 4:18.19
	100m: 1:10.02	36.69 200m: 2:26.77	38.78	300m: 3:40.09	37.62 400m: 4:52.62
3.	David van der Valk	Wiekslag	5:34.49	201100519	4:58.12 +0,67
	50m: 33.18	33.18 150m: 1:48.61	38.35	250m: 3:05.87	38.57 350m: 4:21.83
	100m: 1:10.26	37.08 200m: 2:27.30	38.69	300m: 3:43.64	37.77 400m: 4:58.12
4.	Joep Lindhout	NieMo Barracuda	5:17.87	201100873	5:03.94 +0,63
	50m: 34.64	34.64 150m: 1:51.13	38.42	250m: 3:07.96	38.61 350m: 4:25.44
	100m: 1:12.71	38.07 200m: 2:29.35	38.22	300m: 3:46.15	38.19 400m: 5:03.94
5.	Wanja Chepenko	ACZ	5:48.07	201102065	5:11.65 +0,53
	50m: 34.75	34.75 150m: 1:52.35	39.11	250m: 3:16.22	42.19 350m: 4:33.35
	100m: 1:13.24	38.49 200m: 2:34.03	41.68	300m: 3:55.93	39.71 400m: 5:11.65
6.	Sander de Bruin	ZZ&PC De Devel	5:25.86	201100617	5:13.73 +0,46
	50m: 34.11	34.11 150m: 1:52.22	39.11	250m: 3:12.38	40.13 350m: 4:34.50
	100m: 1:13.11	39.00 200m: 2:32.25	40.03	300m: 3:53.39	41.01 400m: 5:13.73
7.	Kris Stoyanov	Blue Marlins	5:19.58	201201505	5:16.23
	50m: 33.82	33.82 150m: 1:54.15	40.29	250m: 3:16.70	41.13 350m: 4:38.50
	100m: 1:13.86	40.04 200m: 2:35.57	41.42	300m: 3:57.33	40.63 400m: 5:16.23
8.	Koen van Merrienboer	ZV Vlaardingen-Schiedam	5:44.72	201101623	5:40.67
	50m: 35.77	35.77 150m: 2:03.22	44.61	250m: 3:33.93	45.46 350m: 5:02.28
	100m: 1:18.61	42.84 200m: 2:48.47	45.25	300m: 4:18.07	44.14 400m: 5:40.67
9.	Niek de Grave	Z&PC Alkemade	5:55.21	201200403	5:45.97
	50m: 39.07	39.07 150m: 2:09.48	45.88	250m: 3:39.14	43.52 350m: 5:05.71
	100m: 1:23.60	44.53 200m: 2:55.62	46.14	300m: 4:22.84	43.70 400m: 5:45.97
10.	Henk de Mooij	SG LinK-ZV Zoetermeer	5:57.94	201200681	5:54.61
	50m: 38.92	38.92 150m: 2:10.29	46.69	250m: 3:41.50	45.35 350m: 5:11.67
	100m: 1:23.60	44.68 200m: 2:56.15	45.86	300m: 4:28.23	46.73 400m: 5:54.61
Gebjr 2009 - 2010					
1.	Sverre van der Zwaan	WVZ	4:22.88	200900737	4:21.26 +0,57
	50m: 28.71	28.71 150m: 1:34.58	33.36	250m: 2:40.48	32.90 350m: 3:47.81
	100m: 1:01.22	32.51 200m: 2:07.58	33.00	300m: 3:14.27	33.79 400m: 4:21.26
2.	Aidan van der Stelt	Blue Marlins	4:34.63	200900901	4:25.33 +0,69
	50m: 28.92	28.92 150m: 1:35.72	33.66	250m: 2:42.47	33.57 350m: 3:50.47
	100m: 1:02.06	33.14 200m: 2:08.90	33.18	300m: 3:15.76	33.29 400m: 4:25.33
3.	Ivo Bot	Wiekslag	4:28.75	200900509	4:30.03 +0,63
	50m: 29.75	29.75 150m: 1:38.81	34.83	250m: 2:48.54	34.70 350m: 3:57.69
	100m: 1:03.98	34.23 200m: 2:13.84	35.03	300m: 3:23.79	35.25 400m: 4:30.03
4.	Dax van den Noulad	Blue Marlins	4:37.08	201000071	4:32.75
	50m: 30.63	30.63 150m: 1:39.51	34.86	250m: 2:49.19	34.95 350m: 3:59.15
	100m: 1:04.65	34.02 200m: 2:14.24	34.73	300m: 3:24.43	35.24 400m: 4:32.75
5.	Eli Shields	NieMo Barracuda	4:47.98	201000407	4:34.59
	50m: 30.07	30.07 150m: 1:40.40	35.62	250m: 2:50.45	34.69 350m: 4:00.99
	100m: 1:04.78	34.71 200m: 2:15.76	35.36	300m: 3:25.73	35.28 400m: 4:34.59
6.	Eli Fieret	GZC DONK	5:03.19	200903463	4:56.23 +0,69
	50m: 30.76	30.76 150m: 1:44.23	37.67	250m: 3:01.87	39.30 350m: 4:19.63
	100m: 1:06.56	35.80 200m: 2:22.57	38.34	300m: 3:40.92	39.05 400m: 4:56.23
7.	Avery Arrindell	ACZ	5:10.81	200902655	4:56.78 +0,83
	50m: 32.77	32.77 150m: 1:47.12	37.50	250m: 3:03.42	38.12 350m: 4:20.63
	100m: 1:09.62	36.85 200m: 2:25.30	38.18	300m: 3:42.06	38.64 400m: 4:56.78
8.	Jochem Evers	ZVL-1886	5:04.14	200903423	5:00.22 +0,74
	50m: 33.89	33.89 150m: 1:51.13	39.43	250m: 3:08.09	37.74 350m: 4:24.05
	100m: 1:11.70	37.81 200m: 2:30.35	39.22	300m: 3:46.39	38.30 400m: 5:00.22
9.	Thijs Bijman	NieMo Barracuda	5:20.42	200901111	5:11.23 +0,73
	50m: 34.03	34.03 150m: 1:52.45	39.61	250m: 3:13.95	40.50 350m: 4:35.06
	100m: 1:12.84	38.81 200m: 2:33.45	41.00	300m: 3:54.89	40.94 400m: 5:11.23
10.	Luca Kamps	AZL	5:05.94	200900891	5:13.95
	50m: 32.49	32.49 150m: 1:49.39	39.31	250m: 3:12.04	41.50 350m: 4:35.30
	100m: 1:10.08	37.59 200m: 2:30.54	41.15	300m: 3:53.72	41.68 400m: 5:13.95

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

Programmanr. 28, Jongens, 400m vrije slag, Gebjr 2009 - 2010

rang	naam	vereniging	intijd	tijd	RT
11.	Rufus Zorge	De Gooye	5:43.02	201000443	5:20.23
	50m: 35.49	35.49 150m: 1:56.56	40.71	250m: 3:19.27	41.69
	100m: 1:15.85	40.36 200m: 2:37.58	41.02	300m: 4:00.95	41.68
				350m: 4:41.72	40.77
				400m: 5:20.23	38.51
12.	Dj Nobel	De Gooye	5:51.56	200901539	5:32.09 +0,81
	50m: 35.74	35.74 150m: 2:00.04	43.35	250m: 3:26.52	42.96
	100m: 1:16.69	40.95 200m: 2:43.56	43.52	300m: 4:09.93	43.41
				350m: 4:52.58	42.65
				400m: 5:32.09	39.51

Gebjr 2007 - 2008

1.	Boele Böhm	Blue Marlins	4:04.64	200700739	4:01.22	+0,65
	50m: 26.91	26.91 150m: 1:27.73	30.94	250m: 2:29.66	30.90	350m: 3:32.04
	100m: 56.79	29.88 200m: 1:58.76	31.03	300m: 3:00.67	31.01	400m: 4:01.22
						31.37
						29.18
2.	Yarno van Dam	ACZ	4:04.27	200800115	4:01.57	+0,69
	50m: 26.80	26.80 150m: 1:27.64	30.87	250m: 2:29.99	31.27	350m: 3:32.10
	100m: 56.77	29.97 200m: 1:58.72	31.08	300m: 3:01.32	31.33	400m: 4:01.57
						30.78
						29.47
3.	Denzel Barthen	WVZ	4:07.49	200700147	4:13.07	+0,73
	50m: 26.76	26.76 150m: 1:28.17	31.38	250m: 2:32.65	32.56	350m: 3:39.29
	100m: 56.79	30.03 200m: 2:00.09	31.92	300m: 3:06.04	33.39	400m: 4:13.07
						33.25
						33.78
4.	Joey Pop	ZV Vlaardingen-Schiedam	4:25.21	200800277	4:21.56	+0,56
	50m: 28.49	28.49 150m: 1:33.54	33.08	250m: 2:40.90	33.68	350m: 3:48.81
	100m: 1:00.46	31.97 200m: 2:07.22	33.68	300m: 3:14.72	33.82	400m: 4:21.56
						34.09
						32.75
5.	Gijs Hartwijk	ZVL-1886	4:25.26	200800573	4:28.34	
	50m: 29.16	29.16 150m: 1:35.02	33.57	250m: 2:44.30	34.81	350m: 3:54.39
	100m: 1:01.45	32.29 200m: 2:09.49	34.47	300m: 3:19.52	35.22	400m: 4:28.34
						34.87
						33.95
6.	Isaak van der Eijk	WZK Zwemmen	4:30.85	200703689	4:33.37	
	50m: 29.47	29.47 150m: 1:37.98	34.77	250m: 2:48.26	35.51	350m: 3:59.16
	100m: 1:03.21	33.74 200m: 2:12.75	34.77	300m: 3:23.78	35.52	400m: 4:33.37
						35.38
						34.21
7.	Fabian Riedijk	Blue Marlins	4:41.70	200800603	4:43.25	+0,60
	50m: 31.21	31.21 150m: 1:42.17	36.19	250m: 2:54.96	36.52	350m: 4:09.01
	100m: 1:05.98	34.77 200m: 2:18.44	36.27	300m: 3:31.82	36.86	400m: 4:43.25
						37.19
						34.24
8.	Thomas Braat	AZC	5:04.62	200802269	4:55.09	+0,83
	50m: 32.49	32.49 150m: 1:46.39	37.84	250m: 3:02.44	38.37	350m: 4:18.15
	100m: 1:08.55	36.06 200m: 2:24.07	37.68	300m: 3:40.34	37.90	400m: 4:55.09
						37.81
						36.94

2006 en eerder

1.	Ivo Stolk	Feijenoord Albion Zwemclub	4:13.16	200100615	4:01.51	+0,67
	50m: 25.40	25.40 150m: 1:23.88	30.18	250m: 2:27.53	32.31	350m: 3:30.65
	100m: 53.70	28.30 200m: 1:55.22	31.34	300m: 2:59.20	31.67	400m: 4:01.51
						31.45
						30.86
2.	Borys Rudman	Blue Marlins	3:57.03	200504479	4:05.76	+0,66
	50m: 27.17	27.17 150m: 1:28.58	31.18	250m: 2:31.63	31.26	350m: 3:34.66
	100m: 57.40	30.23 200m: 2:00.37	31.79	300m: 3:03.31	31.68	400m: 4:05.76
						31.35
						31.10
3.	Bas Blanker	ACZ	4:08.73	200601497	4:08.52	+0,67
	<i>* backuptijd 400m</i>					
	50m: 28.13	28.13 150m: 1:31.04	31.83	250m: 2:35.08	32.16	350m: 3:38.77
	100m: 59.21	31.08 200m: 2:02.92	31.88	300m: 3:07.24	32.16	400m: 4:08.52
						31.53
						29.75
4.	Jorian Tanis	Feijenoord Albion Zwemclub	4:19.56	199900327	4:13.26	
	50m: 28.24	28.24 150m: 1:31.41	32.24	250m: 2:36.46	32.28	350m: 3:41.79
	100m: 59.17	30.93 200m: 2:04.18	32.77	300m: 3:08.89	32.43	400m: 4:13.26
						32.90
						31.47
5.	Guus Hoogduin	ZVL-1886	4:16.79	200201069	4:26.50	+0,71
	50m: 29.64	29.64 150m: 1:35.82	33.48	250m: 2:44.12	34.39	350m: 3:53.13
	100m: 1:02.34	32.70 200m: 2:09.73	33.91	300m: 3:18.45	34.33	400m: 4:26.50
						34.68
						33.37
6.	Sander Iuga	Feijenoord Albion Zwemclub	4:37.21	200101389	4:29.69	+0,56
	50m: 29.85	29.85 150m: 1:37.51	34.13	250m: 2:47.28	35.08	350m: 3:56.58
	100m: 1:03.38	33.53 200m: 2:12.20	34.69	300m: 3:22.81	35.53	400m: 4:29.69
						33.77
						33.11
7.	Niels Albrechts	z.c De Schotejil	4:36.83	198800039	4:47.55	+0,80
	50m: 32.31	32.31 150m: 1:44.22	36.62	250m: 2:58.39	37.14	350m: 4:12.16
	100m: 1:07.60	35.29 200m: 2:21.25	37.03	300m: 3:35.44	37.05	400m: 4:47.55
						36.72
						35.39