

Programmanr. 18
16-12-2012 - 14:00

Heren, 400m vrije slag

Jun/Jeu/Sen
Resultaten

Nederlands Record Senioren	3:42.91	Arjen v/d Meulen	Stavanger (NOR)	14-11-2009
Nederlands Record Jeugd	3:50.31	Maarten Brzoskowski	Amsterdam	26-10-2012
Nederlands Record 18 jaar	3:49.86	Alex Schelvis	Dordrecht	05-11-2005
Nederlands Record 17 jaar	3:50.31	Maarten Brzoskowski	Amsterdam	26-10-2012
Nederlands Record 16 jaar	3:51.21	Pieter van den Hoogenband	Amersfoort	17-12-1994

rang	naam	vereniging	tijd	RT	pnt	niv		
1.	Marcel Schouten	EIFFELswimmersPSV	199300653	4:00.37	+0,76	C		
	50m: 28.18	28.18	150m: 1:29.62	30.52	250m: 2:30.74	30.54	350m: 3:31.52	30.11
	100m: 59.10	30.92	200m: 2:00.20	30.58	300m: 3:01.41	30.67	400m: 4:00.37	28.85
2.	Erik Nijholt	DZ&PC	199401349	4:07.83	+0,79	E		
	50m: 28.06	28.06	150m: 1:31.33	31.96	250m: 2:33.96	31.21	350m: 3:37.04	31.68
	100m: 59.37	31.31	200m: 2:02.75	31.42	300m: 3:05.36	31.40	400m: 4:07.83	30.79
3.	Bernd Kobesen	Trivia	199300981	4:12.36	+0,71	E		
	50m: 28.42	28.42	150m: 1:32.46	32.44	250m: 2:37.33	32.42	350m: 3:41.92	32.16
	100m: 1:00.02	31.60	200m: 2:04.91	32.45	300m: 3:09.76	32.43	400m: 4:12.36	30.44
4.	Jurian Beukers	WVZ	199501327	4:13.45	+0,71	E		
	50m: 29.15	29.15	150m: 1:33.64	32.31	250m: 2:38.15	32.12	350m: 3:42.27	31.95
	100m: 1:01.33	32.18	200m: 2:06.03	32.39	300m: 3:10.32	32.17	400m: 4:13.45	31.18
5.	Koen Lems	ZPC Bikkel Hoogeveen	199603709	4:17.94	+0,95	E		
	50m: 29.13	29.13	150m: 1:33.16	32.34	250m: 2:38.67	32.94	350m: 3:45.34	33.64
	100m: 1:00.82	31.69	200m: 2:05.73	32.57	300m: 3:11.70	33.03	400m: 4:17.94	32.60
6.	Peter Rothengatter	DWK	199701189	4:18.13	+0,88	E		
	50m: 29.19	29.19	150m: 1:33.52	32.75	250m: 2:39.69	33.30	350m: 3:46.52	33.33
	100m: 1:00.77	31.58	200m: 2:06.39	32.87	300m: 3:13.19	33.50	400m: 4:18.13	31.61
7.	Stijn Avezaat	One Team Swimming	199700729	4:18.33	+0,88	E		
	50m: 28.56	28.56	150m: 1:33.15	32.73	250m: 2:39.76	33.59	350m: 3:47.18	33.72
	100m: 1:00.42	31.86	200m: 2:06.17	33.02	300m: 3:13.46	33.70	400m: 4:18.33	31.15
8.	Jorn Steenbergen	DZ&PC	199700039	4:21.26	+0,72	E		
	50m: 28.66	28.66	150m: 1:34.76	33.56	250m: 2:40.99	32.96	350m: 3:48.33	33.62
	100m: 1:01.20	32.54	200m: 2:08.03	33.27	300m: 3:14.71	33.72	400m: 4:21.26	32.93
9.	Auke Koops	De Zwoer	199502455	4:24.43	+0,85	F		
	50m: 29.39	29.39	150m: 1:35.94	33.67	250m: 2:43.31	33.64	350m: 3:51.38	34.18
	100m: 1:02.27	32.88	200m: 2:09.67	33.73	300m: 3:17.20	33.89	400m: 4:24.43	33.05
10.	Thom Paardekooper	WVZ	199604259	4:24.83	+0,72	F		
	50m: 29.21	29.21	150m: 1:36.00	33.86	250m: 2:43.55	33.58	350m: 3:51.99	34.31
	100m: 1:02.14	32.93	200m: 2:09.97	33.97	300m: 3:17.68	34.13	400m: 4:24.83	32.84
11.	Marciano Lynch	WVZ	199401893	4:25.03	+0,79	F		
	50m: 29.36	29.36	150m: 1:36.03	33.66	250m: 2:43.06	33.22	350m: 3:50.88	34.05
	100m: 1:02.37	33.01	200m: 2:09.84	33.81	300m: 3:16.83	33.77	400m: 4:25.03	34.15
12.	Max Hermans	EIFFELswimmersPSV	199700879	4:25.66	+0,71	E		
	50m: 28.87	28.87	150m: 1:33.97	33.16	250m: 2:42.03	34.31	350m: 3:51.41	34.82
	100m: 1:00.81	31.94	200m: 2:07.72	33.75	300m: 3:16.59	34.56	400m: 4:25.66	34.25
13.	Timo van der Ende	WVZ	199601979	4:27.57	+0,84	F		
	50m: 29.34	29.34	150m: 1:36.90	34.11	250m: 2:45.07	34.23	350m: 3:54.76	35.17
	100m: 1:02.79	33.45	200m: 2:10.84	33.94	300m: 3:19.59	34.52	400m: 4:27.57	32.81
14.	Andy van Akkeren	Hieronymus	199505381	4:28.42	+0,75	F		
	50m: 30.95	30.95	150m: 1:36.79	33.64	250m: 2:44.50	33.79	350m: 3:54.03	34.63
	100m: 1:03.15	32.20	200m: 2:10.71	33.92	300m: 3:19.40	34.90	400m: 4:28.42	34.39
15.	Jeljer Aldershof	ZV Haerlem	199800719	4:28.49	+0,82	E		
	50m: 30.08	30.08	150m: 1:37.23	33.40	250m: 2:45.46	34.17	350m: 3:54.64	34.93
	100m: 1:03.83	33.75	200m: 2:11.29	34.06	300m: 3:19.71	34.25	400m: 4:28.49	33.85
16.	Jan-Arnoold Melse	DZ&PC	199900785	4:31.42	+0,71	E		
	50m: 29.89	29.89	150m: 1:37.73	34.65	250m: 2:47.37	34.93	350m: 3:57.53	35.10
	100m: 1:03.08	33.19	200m: 2:12.44	34.71	300m: 3:22.43	35.06	400m: 4:31.42	33.89
17.	Roy van der Woude	ZV Haerlem	199700579	4:42.02	+0,75	F		
	50m: 30.07	30.07	150m: 1:40.49	35.88	250m: 2:53.61	36.62	350m: 4:07.34	36.84
	100m: 1:04.61	34.54	200m: 2:16.99	36.50	300m: 3:30.50	36.89	400m: 4:42.02	34.68
18.	Simon Koopen	Zaanstad (SG)	199802127	4:43.04	+0,69	F		
	50m: 29.21	29.21	150m: 1:38.92	35.89	250m: 2:52.74	37.15	350m: 4:07.71	36.57
	100m: 1:03.03	33.82	200m: 2:15.59	36.67	300m: 3:31.14	38.40	400m: 4:43.04	35.33
19.	Arjan Bijl	DWK	199800117	4:45.71	+0,80	F		
	50m: 31.43	31.43	150m: 1:42.74	36.08	250m: 2:56.60	37.20	350m: 4:11.00	37.10
	100m: 1:06.66	35.23	200m: 2:19.40	36.66	300m: 3:33.90	37.30	400m: 4:45.71	34.71

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rang	naam	vereniging		tijd		RT	pnt	niv
20.	Rense Ruig	Zaanstad (SG)		199901627		4:46.65	+0,92	F
	50m: 30.63	30.63	150m: 1:41.98	36.61	250m: 2:56.48	37.59	350m: 4:10.81	36.79
	100m: 1:05.37	34.74	200m: 2:18.89	36.91	300m: 3:34.02	37.54	400m: 4:46.65	35.84
21.	Justus Ykema	DWK		199900029		5:00.35	+0,68	F
	50m: 31.64	31.64	150m: 1:46.08	38.10	250m: 3:04.08	39.30	350m: 4:22.72	39.60
	100m: 1:07.98	36.34	200m: 2:24.78	38.70	300m: 3:43.12	39.04	400m: 5:00.35	37.63
NG.ZA	Joris Diepeveen	De Dolfijn		199700941				
AFGEM	Nick van der Krogt	De Zijl/LGB		199501313				
AFGEM	Timos Skotadis	Racing Club		199804615				