

Programmanr. 4  
8-6-2023 - 9:45

Heren, 400m wisselslag

Senioren Open  
Resultaten Voorrunde

Punten: FINA 2023

rang	naam	vereniging	tijd	RT	FINA	para
<b>Jeugd 1 en 2</b>						
1.	Yanieck Weijland	HPC - Blue Marlins	200500329	<b>4:30.58</b>	+0,70	A 731
	50m: 28.94	28.94 150m: 1:37.07	35.66 250m: 2:49.75	37.15 350m: 3:59.54	32.30	
	100m: 1:01.41	32.47 200m: 2:12.60	35.53 300m: 3:27.24	37.49 400m: 4:30.58	31.04	
2.	Domingo Kuipers	DZ&PC	200501787	<b>4:36.15</b>	+0,60	A 688
	50m: 28.68	28.68 150m: 1:37.38	35.17 250m: 2:50.85	38.49 350m: 4:03.12	33.05	
	100m: 1:02.21	33.53 200m: 2:12.36	34.98 300m: 3:30.07	39.22 400m: 4:36.15	33.03	
3.	Sven Klink	SWOL 1894	200500349	<b>4:36.94</b>	+0,74	A 682
	50m: 28.15	28.15 150m: 1:36.62	35.61 250m: 2:53.10	40.98 350m: 4:06.71	32.41	
	100m: 1:01.01	32.86 200m: 2:12.12	35.50 300m: 3:34.30	41.20 400m: 4:36.94	30.23	
4.	Luc Kerpels	ZPC Hoogeveen	200503015	<b>4:55.67</b>	+0,73	B 560
	50m: 31.83	31.83 150m: 1:46.43	37.27 250m: 3:06.76	43.39 350m: 4:23.23	32.97	
	100m: 1:09.16	37.33 200m: 2:23.37	36.94 300m: 3:50.26	43.50 400m: 4:55.67	32.44	
5.	Olivier Wilbers	ZPC Hoogeveen	200600181	<b>4:56.64</b>	+0,76	B 555
	50m: 31.86	31.86 150m: 1:45.68	36.71 250m: 3:06.89	43.93 350m: 4:23.66	32.82	
	100m: 1:08.97	37.11 200m: 2:22.96	37.28 300m: 3:50.84	43.95 400m: 4:56.64	32.98	
6.	Lasse Schrieken	VZC	200503145	<b>5:00.36</b>	+0,65	B 535
	50m: 30.86	30.86 150m: 1:49.37	40.82 250m: 3:09.53	41.15 350m: 4:27.13	35.06	
	100m: 1:08.55	37.69 200m: 2:28.38	39.01 300m: 3:52.07	42.54 400m: 5:00.36	33.23	
7.	Louis Dubbeldam	Durham City ASC	200503145	<b>5:20.27</b>	+0,71	B 441
	50m: 32.27	32.27 150m: 1:54.29	43.01 250m: 3:19.28	43.17 350m: 4:43.14	39.66	
	100m: 1:11.28	39.01 200m: 2:36.11	41.82 300m: 4:03.48	44.20 400m: 5:20.27	37.13	

Senioren 1 en 2

1.	Wouter Zijlstra	HZ&PC Heerenveen	200401545	<b>4:38.59</b>	+0,45	A 670
	50m: 28.78	28.78 150m: 1:39.34	36.87 250m: 2:54.75	39.36 350m: 4:06.74	32.14	
	100m: 1:02.47	33.69 200m: 2:15.39	36.05 300m: 3:34.60	39.85 400m: 4:38.59	31.85	
2.	Ronis van Everdingen	DWK	200300043	<b>4:46.88</b>	+0,78	A 614
	50m: 28.20	28.20 150m: 1:39.79	37.29 250m: 2:57.49	42.03 350m: 4:14.98	34.77	
	100m: 1:02.50	34.30 200m: 2:15.46	35.67 300m: 3:40.21	42.72 400m: 4:46.88	31.90	
3.	Joris Janssen	PSV	200301311	<b>4:46.99</b>	+0,75	A 613
	50m: 29.12	29.12 150m: 1:40.26	37.67 250m: 2:58.79	41.56 350m: 4:14.43	33.14	
	100m: 1:02.59	33.47 200m: 2:17.23	36.97 300m: 3:41.29	42.50 400m: 4:46.99	32.56	
4.	Abel te Riele	WVZ	200402317	<b>4:49.94</b>	+0,60	A 594
	50m: 28.69	28.69 150m: 1:40.28	37.68 250m: 2:58.55	40.60 350m: 4:15.46	34.98	
	100m: 1:02.60	33.91 200m: 2:17.95	37.67 300m: 3:40.48	41.93 400m: 4:49.94	34.48	

Senioren Open

1.	Thomas Jansen	HPC - WVZ	200100143	<b>4:20.57</b>	+0,73	A 819
	50m: 27.16	27.16 150m: 1:32.55	33.88 250m: 2:42.57	36.87 350m: 3:50.59	30.74	
	100m: 58.67	31.51 200m: 2:05.70	33.15 300m: 3:19.85	37.28 400m: 4:20.57	29.98	
2.	Yanieck Weijland	HPC - Blue Marlins	200500329	<b>4:30.58</b>	+0,70	A 731
	50m: 28.94	28.94 150m: 1:37.07	35.66 250m: 2:49.75	37.15 350m: 3:59.54	32.30	
	100m: 1:01.41	32.47 200m: 2:12.60	35.53 300m: 3:27.24	37.49 400m: 4:30.58	31.04	
3.	Domingo Kuipers	DZ&PC	200501787	<b>4:36.15</b>	+0,60	A 688
	50m: 28.68	28.68 150m: 1:37.38	35.17 250m: 2:50.85	38.49 350m: 4:03.12	33.05	
	100m: 1:02.21	33.53 200m: 2:12.36	34.98 300m: 3:30.07	39.22 400m: 4:36.15	33.03	
4.	Sven Klink	SWOL 1894	200500349	<b>4:36.94</b>	+0,74	A 682
	50m: 28.15	28.15 150m: 1:36.62	35.61 250m: 2:53.10	40.98 350m: 4:06.71	32.41	
	100m: 1:01.01	32.86 200m: 2:12.12	35.50 300m: 3:34.30	41.20 400m: 4:36.94	30.23	
5.	Wouter Zijlstra	HZ&PC Heerenveen	200401545	<b>4:38.59</b>	+0,45	A 670
	50m: 28.78	28.78 150m: 1:39.34	36.87 250m: 2:54.75	39.36 350m: 4:06.74	32.14	
	100m: 1:02.47	33.69 200m: 2:15.39	36.05 300m: 3:34.60	39.85 400m: 4:38.59	31.85	
6.	Ronis van Everdingen	DWK	200300043	<b>4:46.88</b>	+0,78	A 614
	50m: 28.20	28.20 150m: 1:39.79	37.29 250m: 2:57.49	42.03 350m: 4:14.98	34.77	
	100m: 1:02.50	34.30 200m: 2:15.46	35.67 300m: 3:40.21	42.72 400m: 4:46.88	31.90	
7.	Joris Janssen	PSV	200301311	<b>4:46.99</b>	+0,75	A 613
	50m: 29.12	29.12 150m: 1:40.26	37.67 250m: 2:58.79	41.56 350m: 4:14.43	33.14	
	100m: 1:02.59	33.47 200m: 2:17.23	36.97 300m: 3:41.29	42.50 400m: 4:46.99	32.56	

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rang	naam	vereniging				tijd				RT	FINA	para	
8.	Abel te Riele	WVZ				200402317				<b>4:49.94</b>	+0,60	A	594
	50m: 28.69	28.69	150m: 1:40.28	37.68	250m: 2:58.55	40.60	350m: 4:15.46	41.93	400m: 4:49.94	4:15.46		34.98	
	100m: 1:02.60	33.91	200m: 2:17.95	37.67	300m: 3:40.48							34.48	
9.	Guus Hoogduin	ZVL-1886 Center				200201069				<b>4:54.62</b>	+0,70	B	566
	50m: 29.57	29.57	150m: 1:43.32	39.73	250m: 3:03.35	41.29	350m: 4:21.85	43.06	400m: 4:54.62	4:21.85		35.44	
	100m: 1:03.59	34.02	200m: 2:22.06	38.74	300m: 3:46.41							32.77	
10.	Luc Kerpels	ZPC Hoogeveen				200503015				<b>4:55.67</b>	+0,73	B	560
	50m: 31.83	31.83	150m: 1:46.43	37.27	250m: 3:06.76	43.39	350m: 4:23.23	43.50	400m: 4:55.67	4:23.23		32.97	
	100m: 1:09.16	37.33	200m: 2:23.37	36.94	300m: 3:50.26							32.44	
11.	Olivier Wilbers	ZPC Hoogeveen				200600181				<b>4:56.64</b>	+0,76	B	555
	50m: 31.86	31.86	150m: 1:45.68	36.71	250m: 3:06.89	43.93	350m: 4:23.66	43.95	400m: 4:56.64	4:23.66		32.82	
	100m: 1:08.97	37.11	200m: 2:22.96	37.28	300m: 3:50.84							32.98	
12.	Nicko Kamphuis	De Warande				199900887				<b>4:59.90</b>	+0,58	B	537
	50m: 29.71	29.71	150m: 1:44.68	39.73	250m: 3:06.81	42.32	350m: 4:27.33	43.72	400m: 4:59.90	4:27.33		36.80	
	100m: 1:04.95	35.24	200m: 2:24.49	39.81	300m: 3:50.53							32.57	
13.	Yarno van Dam	ACZ				200800115				<b>5:00.26</b>	+0,70	B	535
	50m: 30.52	30.52	150m: 1:44.79	38.12	250m: 3:06.97	43.85	350m: 4:26.00	44.44	400m: 5:00.26	4:26.00		34.59	
	100m: 1:06.67	36.15	200m: 2:23.12	38.33	300m: 3:51.41							34.26	
14.	Lasse Schrieken	VZC				200503145				<b>5:00.36</b>	+0,65	B	535
	50m: 30.86	30.86	150m: 1:49.37	40.82	250m: 3:09.53	41.15	350m: 4:27.13	42.54	400m: 5:00.36	4:27.13		35.06	
	100m: 1:08.55	37.69	200m: 2:28.38	39.01	300m: 3:52.07							33.23	
15.	Louis Dubbeldam	Durham City ASC								<b>5:20.27</b>	+0,71	B	441
	50m: 32.27	32.27	150m: 1:54.29	43.01	250m: 3:19.28	43.17	350m: 4:43.14	44.20	400m: 5:20.27	4:43.14		39.66	
	100m: 1:11.28	39.01	200m: 2:36.11	41.82	300m: 4:03.48							37.13	