

Competitie deel 4
Zwolle, 8-3-2025

Programmanr. 26
8-3-2025 - 14:46

Jongens, 400m vrije slag

Onder 14
Resultaten

rang	naam	vereniging	intijd	tijd	RT
1.	Amor van der Veen	Dedemsvaart-AC	4:36.48	201100197	4:39.69
	50m: 30.67	30.67 150m: 1:41.19	35.65	250m: 2:52.98	35.88
	100m: 1:05.54	34.87 200m: 2:17.10	35.91	300m: 3:29.32	36.34
				350m: 4:04.93	35.61
				400m: 4:39.69	34.76
2.	Luca Karsten Schöler	HZ&PC Heerenveen	5:11.18	201101451	4:58.93
	50m: 31.87	31.87 150m: 1:47.36	38.29	250m: 3:04.57	38.85
	100m: 1:09.07	37.20 200m: 2:25.72	38.36	300m: 3:43.94	39.37
				350m: 4:22.90	38.96
				400m: 4:58.93	36.03
3.	Joep Barwegen	HZ&PC Heerenveen	5:10.36	201201823	4:59.33
	50m: 32.43	32.43 150m: 1:48.00	38.43	250m: 3:05.25	38.76
	100m: 1:09.57	37.14 200m: 2:26.49	38.49	300m: 3:44.44	39.19
				350m: 4:23.30	38.86
				400m: 4:59.33	36.03
4.	Guust Heijne	Dwk 1	5:24.93	201202139	5:07.06
	50m: 33.82	33.82 150m: 1:50.88	39.33	250m: 3:09.97	39.68
	100m: 1:11.55	37.73 200m: 2:30.29	39.41	300m: 3:49.39	39.42
				350m: 4:29.06	39.67
				400m: 5:07.06	38.00
5.	Gijs Leeneman	HZ&PC Heerenveen	5:36.51	201200479	5:19.65
	50m: 35.41	35.41 150m: 1:55.63	39.77	250m: 3:17.97	40.51
	100m: 1:15.86	40.45 200m: 2:37.46	41.83	300m: 4:00.13	42.16
				350m: 4:40.50	40.37
				400m: 5:19.65	39.15
6.	Stef van de Wal	Dwk 1	5:31.65	201200803	5:23.21
	50m: 34.20	34.20 150m: 1:54.99	41.35	250m: 3:19.07	41.79
	100m: 1:13.64	39.44 200m: 2:37.28	42.29	300m: 4:00.97	41.90
				350m: 4:43.49	42.52
				400m: 5:23.21	39.72
7.	David van de Wetering	Dwk 1	6:56.08	201201973	5:58.63
	50m: 39.02	39.02 150m: 2:10.79	46.12	250m: 3:43.70	46.16
	100m: 1:24.67	45.65 200m: 2:57.54	46.75	300m: 4:29.92	46.22
				350m: 5:15.63	45.71
				400m: 5:58.63	43.00
8.	Ties Tempelman	Dedemsvaart-AC	6:36.74	201100621	6:01.09
	50m: 38.01	38.01 150m: 2:08.89	46.01	250m: 3:43.07	46.73
	100m: 1:22.88	44.87 200m: 2:56.34	47.45	300m: 4:30.52	47.45
				350m: 5:17.42	46.90
				400m: 6:01.09	43.67
9.	Roan Krikke	HZ&PC Heerenveen	6:29.27	201200501	6:16.30
	50m: 41.84	41.84 150m: 2:17.66	48.21	250m: 3:55.62	49.87
	100m: 1:29.45	47.61 200m: 3:05.75	48.09	300m: 4:43.67	48.05
				350m: 5:33.50	49.83
				400m: 6:16.30	42.80