

Orca's Christmas Swim 2023  
Leeuwarden, 28- - 29-12-2023

Programmanr. 1  
28-12-2023 - 9:16

Heren, 400m wisselslag  
Toernooirecord: 4.23.14 (Jari Groenhart 2018)

Junioren 1 en ouder  
Resultaten

Punten: FINA 2023

rangnaam	vereniging	intijd	tijd	Pnt						
1.Yanieck Weijland	Blue Marlins	4:16.50200500329	<b>4:26.00</b>	687						
50m: 28.80	28.80	150m: 1:37.59	35.00	250m: 2:47.83	34.94	350m: 3:55.35	31.52			
100m: 1:02.59	33.79	200m: 2:12.89	35.30	300m: 3:23.83	36.00	400m: 4:26.00	30.65			
2.Wouter Zijlstra	HZ&PC Heerenveen	4:28.68200401545	<b>4:31.44</b>	647						
50m: 29.38	29.38	150m: 1:38.62	35.18	250m: 2:51.05	37.44	350m: 4:00.29	30.84			
100m: 1:03.44	34.06	200m: 2:13.61	34.99	300m: 3:29.45	38.40	400m: 4:31.44	31.15			
3.Sven Klink	Swol 1894	4:23.37200500349	<b>4:36.06</b>	615						
50m: 28.86	28.86	150m: 1:37.91	35.40	250m: 2:51.72	38.50	350m: 4:04.27	32.57			
100m: 1:02.51	33.65	200m: 2:13.22	35.31	300m: 3:31.70	39.98	400m: 4:36.06	31.79			
4.Olivier Wilbers	ZPC Hoogeveen	4:41.28200600181	<b>4:41.43</b>	580						
50m: 31.24	31.24	150m: 1:41.28	34.55	250m: 2:57.86	42.13	350m: 4:10.55	30.61			
100m: 1:06.73	35.49	200m: 2:15.73	34.45	300m: 3:39.94	42.08	400m: 4:41.43	30.88			
5.Tieme Wiersma	Dz&Pc	4:36.27200701031	<b>4:43.07</b>	570						
50m: 31.21	31.21	150m: 1:43.43	34.17	250m: 2:55.95	38.67	350m: 4:09.71	32.69			
100m: 1:09.26	38.05	200m: 2:17.28	33.85	300m: 3:37.02	41.07	400m: 4:43.07	33.36			
6.Storm Tolsma	Zignea	4:51.06200600277	<b>4:45.63</b>	555						
50m: 29.12	29.12	150m: 1:41.39	38.07	250m: 2:57.44	40.02	350m: 4:12.40	34.57			
100m: 1:03.32	34.20	200m: 2:17.42	36.03	300m: 3:37.83	40.39	400m: 4:45.63	33.23			
7.Collard Jungeling	Zv 44	4:52.03200701831	<b>4:57.00</b>	494						
50m: 30.32	30.32	150m: 1:45.22	39.11	250m: 3:06.48	42.34	350m: 4:23.68	34.10			
100m: 1:06.11	35.79	200m: 2:24.14	38.92	300m: 3:49.58	43.10	400m: 4:57.00	33.32			
8.Ivor Feunekes	ZC Borger	NT200300265	<b>5:03.70</b>	462						
50m: 30.60	30.60	150m: 1:47.22	39.31	250m: 3:08.43	43.57	350m: 4:29.33	36.34			
100m: 1:07.91	37.31	200m: 2:24.86	37.64	300m: 3:52.99	44.56	400m: 5:03.70	34.37			
9.Jelte de Boer	De Vikings	5:35.28200700345	<b>5:14.43</b>	416						
50m: 31.03	31.03	150m: 1:48.99	39.66	250m: 3:11.65	42.82	350m: 4:36.30	38.35			
100m: 1:09.33	38.30	200m: 2:28.83	39.84	300m: 3:57.95	46.30	400m: 5:14.43	38.13			
10.Mathijs de Wit	Ksn (Sg)	5:56.44201001215	<b>5:21.03</b>	391						
50m: 35.64	35.64	150m: 1:59.55	41.74	250m: 3:25.86	45.91	350m: 4:47.42	35.99			
100m: 1:17.81	42.17	200m: 2:39.95	40.40	300m: 4:11.43	45.57	400m: 5:21.03	33.61			
11.Twan Wielage	Ksn (Sg)	5:55.02200902671	<b>5:42.27</b>	322						
50m: 32.21	32.21	150m: 1:56.39	44.40	250m: 3:30.40	50.60	350m: 5:04.54	41.02			
100m: 1:11.99	39.78	200m: 2:39.80	43.41	300m: 4:23.52	53.12	400m: 5:42.27	37.73			
12.Sven Mulder	Wvz	6:02.86200901655	<b>5:49.24</b>	303						
50m: 36.07	36.07	150m: 2:05.69	42.29	250m: 3:39.09	51.72	350m: 5:10.84	39.08			
100m: 1:23.40	47.33	200m: 2:47.37	41.68	300m: 4:31.76	52.67	400m: 5:49.24	38.40			
13.Hielke van der Zwaag	Wetterwille	6:00.38200701197	<b>6:03.84</b>	268						
50m: 37.99	37.99	150m: 2:10.88	46.01	250m: 3:48.06	51.73	350m: 5:23.86	43.99			
100m: 1:24.87	46.88	200m: 2:56.33	45.45	300m: 4:39.87	51.81	400m: 6:03.84	39.98			