

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

Programmanr. 11
28-12-2023 - 11:56

Heren, 400m vrije slag
Toernooirecord: 3.52.31 (Stan Pijnenburg 2016)

Junioren 1 en ouder
Resultaten

Punten: FINA 2023

rangnaam	vereniging	intijd	tijd	Pnt							
1.Wouter Zijlstra	HZ&PC Heerenveen	4:00.73200401545	4:05.78	644							
50m:	28.19	28.19	150m:	1:31.11	31.73	250m:	2:33.63	30.57	350m:	3:34.98	30.63
100m:	59.38	31.19	200m:	2:03.06	31.95	300m:	3:04.35	30.72	400m:	4:05.78	30.80
2.Tieme Wiersma	Dz&Pc	4:07.40200701031	4:09.94	612							
50m:	27.98	27.98	150m:	1:28.84	31.02	250m:	2:32.22	31.44	350m:	3:37.20	32.87
100m:	57.82	29.84	200m:	2:00.78	31.94	300m:	3:04.33	32.11	400m:	4:09.94	32.74
3.Melle van Veen	Dedemsvaart-AC	4:23.90200700661	4:22.49	528							
50m:	29.52	29.52	150m:	1:35.36	33.30	250m:	2:43.73	34.14	350m:	3:50.78	33.53
100m:	1:02.06	32.54	200m:	2:09.59	34.23	300m:	3:17.25	33.52	400m:	4:22.49	31.71
4.Emiel de Bruijn	Dedemsvaart-AC	4:57.84200700953	4:38.11	444							
50m:	30.42	30.42	150m:	1:40.62	35.64	250m:	2:52.46	35.84	350m:	4:04.32	36.09
100m:	1:04.98	34.56	200m:	2:16.62	36.00	300m:	3:28.23	35.77	400m:	4:38.11	33.79
5.Steven Knol	De Otters Het Gooi	4:48.30200900543	4:45.86	409							
50m:	32.04	32.04	150m:	1:43.77	36.19	250m:	2:57.05	37.00	350m:	4:10.44	36.59
100m:	1:07.58	35.54	200m:	2:20.05	36.28	300m:	3:33.85	36.80	400m:	4:45.86	35.42
6.Twan Wielage	Ksn (Sg)	4:47.02200902671	4:54.78	373							
50m:	31.16	31.16	150m:	1:42.49	36.64	250m:	2:59.12	38.44	350m:	4:18.42	39.75
100m:	1:05.85	34.69	200m:	2:20.68	38.19	300m:	3:38.67	39.55	400m:	4:54.78	36.36
7.Lars Vos	Ksn (Sg)	4:54.50200501327	5:02.40	345							
50m:	33.16	33.16	150m:	1:48.16	37.97	250m:	3:05.47	38.90	350m:	4:24.61	39.59
100m:	1:10.19	37.03	200m:	2:26.57	38.41	300m:	3:45.02	39.55	400m:	5:02.40	37.79
8.Hielke van der Zwaag	Wetterwille	5:26.39200701197	5:07.04	330							
50m:	33.20	33.20	150m:	1:50.92	39.98	250m:	3:09.90	39.06	350m:	4:28.98	39.43
100m:	1:10.94	37.74	200m:	2:30.84	39.92	300m:	3:49.55	39.65	400m:	5:07.04	38.06
9.Daniël Scheppink	Swol 1894	5:24.66200902769	5:22.05	286							
50m:	34.10	34.10	150m:	1:55.85	41.72	250m:	3:20.15	42.19	350m:	4:44.11	42.80
100m:	1:14.13	40.03	200m:	2:37.96	42.11	300m:	4:01.31	41.16	400m:	5:22.05	37.94
10.Yannick Dijks	Orca Leeuwarden	5:19.39200700923	5:26.25	275							
50m:	35.84	35.84	150m:	2:00.26	42.75	250m:	3:23.56	41.53	350m:	4:46.89	41.68
100m:	1:17.51	41.67	200m:	2:42.03	41.77	300m:	4:05.21	41.65	400m:	5:26.25	39.36
11.Tinco Stam	De Vikings	5:30.34200800615	5:26.66	274							
50m:	35.46	35.46	150m:	1:57.24	41.34	250m:	3:21.70	42.22	350m:	4:46.67	41.88
100m:	1:15.90	40.44	200m:	2:39.48	42.24	300m:	4:04.79	43.09	400m:	5:26.66	39.99
12.Jurgen Jansen	Zignea	NT201101035	7:03.48	125							
50m:	46.38	46.38	150m:	2:35.80	54.88	250m:	4:25.19	55.10	350m:	6:13.58	53.49
100m:	1:40.92	54.54	200m:	3:30.09	54.29	300m:	5:20.09	54.90	400m:	7:03.48	49.90