

Programmanr. 11  
9-11-2024 - 15:00

Heren, 400m vrije slag

2012 en eerder  
Resultaten

Baanrecords Sportstad Heerenveen	3:55.89	Erik Nijholt	02-004	Heerenveen	18-11-2018
Friese records alg.	3:52.71	Erik Nijholt	02-004	Tilburg	23-12-2018
Friese records 19	3:53.65	Arjen van der Meulen	02-004	Drachten	15-12-2006
Friese records 18	3:59.64	Arjen van der Meulen	02-004	Dordrecht	5-11-2005
Friese records 17	3:59.97	Tieme Marten Wiersma	02-004	Drachten	19-10-2024
Friese records 16	4:01.40	Tieme Marten Wiersma	02-004	Den Haag	17-12-2023
Friese records 15	4:06.29	David Kuipers	02-013	Leeuwarden	19-12-2015
Friese records 14	4:14.59	Tieme Marten Wiersma	02-004	Eindhoven	12-12-2021
Friese records 13	4:20.08	Senna Hof	02-004	Eindhoven	5-12-2019
Friese records 12	4:47.77	Senna Hof	02-004	Eindhoven	15-12-2018
Friese records - 23	3:53.65	Arjen van der Meulen	02-004	Drachten	15-12-2006
Friese records - 18	3:59.64	Arjen van der Meulen	02-004	Dordrecht	5-11-2005

rang naam vereniging intijd tijd RT

o14

1. Kasper Lubbers	Orca Leeuwarden	4:50.02	201100025	<b>4:43.76</b>	
50m: 32.47	32.47 150m: 1:44.63	36.33	250m: 2:56.95	36.15	350m: 4:09.19
100m: 1:08.30	35.83 200m: 2:20.80	36.17	300m: 3:33.07	36.12	400m: 4:43.76
34.57					
2. Luca Karsten Schöler	HZ&PC Heerenveen	5:54.41	201101451	<b>5:11.18</b>	+0,71
50m: 33.67	33.67 150m: 1:52.00	39.77	250m: 3:12.73	40.77	350m: 4:33.33
100m: 1:12.23	38.56 200m: 2:31.96	39.96	300m: 3:52.59	39.86	400m: 5:11.18
40.74					37.85
3. Timo van de Pavoordt	Orca Leeuwarden	5:16.46	201100205	<b>5:13.94</b>	+0,78
50m: 35.45	35.45 150m: 1:55.87	40.48	250m: 3:16.71	40.91	350m: 4:36.73
100m: 1:15.39	39.94 200m: 2:35.80	39.93	300m: 3:56.77	40.06	400m: 5:13.94
39.96					37.21
4. Nanne Woldring	De Vikings	6:24.50	201102035	<b>5:21.44</b>	+0,79
50m: 35.30	35.30 150m: 1:58.28	42.23	250m: 3:20.91	41.11	350m: 4:42.12
100m: 1:16.05	40.75 200m: 2:39.80	41.52	300m: 4:02.73	41.82	400m: 5:21.44
39.39					39.32
5. Tim Koonstra	De Vikings	5:43.44	201200231	<b>5:33.11</b>	+0,81
50m: 37.18	37.18 150m: 2:03.30	42.61	250m: 3:28.05	42.59	350m: 4:52.68
100m: 1:20.69	43.51 200m: 2:45.46	42.16	300m: 4:10.56	42.51	400m: 5:33.11
42.12					40.43
6. Quinten van Zanten	De Vikings	5:57.57	201102249	<b>5:45.12</b>	
50m: 39.28	39.28 150m: 2:06.52	43.70	250m: 3:34.22	43.96	350m: 5:02.33
100m: 1:22.82	43.54 200m: 2:50.26	43.74	300m: 4:18.44	44.22	400m: 5:45.12
43.89					42.79
7. Roan Krikke	HZ&PC Heerenveen	6:53.76	201200501	<b>6:29.27</b>	
50m: 41.97	41.97 150m: 2:20.42	49.30	250m: 4:01.80	51.30	350m: 5:42.36
100m: 1:31.12	49.15 200m: 3:10.50	50.08	300m: 4:53.23	51.43	400m: 6:29.27
49.13					46.91

o16

1. Finn Eghuizen	HZ&PC Heerenveen	4:31.97	200900431	<b>4:23.15</b>	+0,72
50m: 28.33	28.33 150m: 1:33.86	33.33	250m: 2:41.43	33.51	350m: 3:49.55
100m: 1:00.53	32.20 200m: 2:07.92	34.06	300m: 3:15.13	33.70	400m: 4:23.15
33.60					
2. Mattias Stolk	HZ&PC Heerenveen	4:33.62	201000525	<b>4:26.90</b>	+0,78
50m: 29.90	29.90 150m: 1:36.87	33.69	250m: 2:44.69	33.86	350m: 3:53.42
100m: 1:03.18	33.28 200m: 2:10.83	33.96	300m: 3:19.32	34.63	400m: 4:26.90
34.10					33.48
3. Tycho Wienbelt	De Vikings	4:34.61	201001397	<b>4:31.86</b>	+0,75
50m: 30.81	30.81 150m: 1:39.08	34.51	250m: 2:48.21	34.65	350m: 3:58.23
100m: 1:04.57	33.76 200m: 2:13.56	34.48	300m: 3:23.29	35.08	400m: 4:31.86
34.94					33.63
4. Juan Cruz Slappendel *400	Orca Leeuwarden	5:23.14	200903053	<b>4:35.07</b>	+0,81
50m: 30.12	30.12 150m: 1:39.53	35.19	250m: 2:50.69	35.36	350m: 4:02.11
100m: 1:04.34	34.22 200m: 2:15.33	35.80	300m: 3:26.28	35.59	400m: 4:35.07
35.83					32.96
5. Stijn Dijkstra	Dz&Pc	4:55.21	201000279	<b>4:45.39</b>	+0,76
50m: 31.34	31.34 150m: 1:42.52	36.13	250m: 2:56.08	36.92	350m: 4:10.25
100m: 1:06.39	35.05 200m: 2:19.16	36.64	300m: 3:33.28	37.20	400m: 4:45.39
36.97					35.14
6. Victor de Haan	HZ&PC Heerenveen	4:49.86	201001921	<b>4:45.80</b>	+0,73
50m: 32.28	32.28 150m: 1:45.25	36.55	250m: 2:57.74	35.87	350m: 4:10.45
100m: 1:08.70	36.42 200m: 2:21.87	36.62	300m: 3:33.90	36.16	400m: 4:45.80
36.55					35.35
7. Jelte Ruitenber	HZ&PC Heerenveen	4:57.10	200900013	<b>5:00.65</b>	
50m: 34.79	34.79 150m: 1:51.14	38.67	250m: 3:08.64	38.93	350m: 4:25.69
100m: 1:12.47	37.68 200m: 2:29.71	38.57	300m: 3:47.16	38.52	400m: 5:00.65
38.53					34.96

## Programmanr. 11, Heren, 400m vrije slag

## o18

1. Tieme Wiersma	Dz&Pc	3:59.97	200701031	<b>4:01.83</b>	+0,71		
50m: 27.64	27.64	150m: 1:28.29	30.70	250m: 2:29.94	30.87	350m: 3:32.13	31.27
100m: 57.59	29.95	200m: 1:59.07	30.78	300m: 3:00.86	30.92	400m: 4:01.83	29.70
2. Wytse Broekstra	De Vikings	4:09.12	200800121	<b>4:09.11</b>	+0,79		
50m: 27.97	27.97	150m: 1:29.81	31.25	250m: 2:33.44	31.81	350m: 3:37.68	32.32
100m: 58.56	30.59	200m: 2:01.63	31.82	300m: 3:05.36	31.92	400m: 4:09.11	31.43
3. Diede Veld	HZ&PC Heerenveen	4:09.98	200800011	<b>4:12.66</b>	+0,76		
50m: 27.60	27.60	150m: 1:30.76	31.90	250m: 2:35.39	32.19	350m: 3:40.57	32.64
100m: 58.86	31.26	200m: 2:03.20	32.44	300m: 3:07.93	32.54	400m: 4:12.66	32.09
4. Tim van Erven	Dz&Pc	4:12.02	200700175	<b>4:18.48</b>			
50m: 29.02	29.02	150m: 1:32.99	32.51	250m: 2:39.23	33.30	350m: 3:46.41	33.72
100m: 1:00.48	31.46	200m: 2:05.93	32.94	300m: 3:12.69	33.46	400m: 4:18.48	32.07
5. Niek Issard	Dz&Pc	4:24.17	200700037	<b>4:20.69</b>	+0,84		
50m: 28.45	28.45	150m: 1:33.34	32.80	250m: 2:39.19	33.16	350m: 3:47.42	34.24
100m: 1:00.54	32.09	200m: 2:06.03	32.69	300m: 3:13.18	33.99	400m: 4:20.69	33.27
6. Yannick Dijks	Orca Leeuwarden	5:16.41	200700923	<b>5:09.25</b>	+0,76		
50m: 34.40	34.40	150m: 1:53.29	39.71	250m: 3:12.72	39.97	350m: 4:31.69	38.93
100m: 1:13.58	39.18	200m: 2:32.75	39.46	300m: 3:52.76	40.04	400m: 5:09.25	37.56

## o20

1. Storm Tolsma	Dz&Pc	4:13.44	200600277	<b>4:14.90</b>	+0,77		
50m: 28.41	28.41	150m: 1:32.26	32.72	250m: 2:37.68	32.72	350m: 3:43.29	32.92
100m: 59.54	31.13	200m: 2:04.96	32.70	300m: 3:10.37	32.69	400m: 4:14.90	31.61
2. Colin Bes	Dz&Pc	4:17.99	200500201	<b>4:14.92</b>			
50m: 26.87	26.87	150m: 1:28.20	31.26	250m: 2:33.33	33.01	350m: 3:41.13	33.76
100m: 56.94	30.07	200m: 2:00.32	32.12	300m: 3:07.37	34.04	400m: 4:14.92	33.79

## o21 en ouder

1. Wouter Zijlstra	HZ&PC Heerenveen	4:01.34	200401545	<b>4:02.32</b>	+0,63		
50m: 27.15	27.15	150m: 1:28.88	31.15	250m: 2:30.27	30.69	350m: 3:32.03	30.73
100m: 57.73	30.58	200m: 1:59.58	30.70	300m: 3:01.30	31.03	400m: 4:02.32	30.29