

Brabantse Winter Kampioenschappen - Weekend 1  
Tilburg, 9 - 10/11/2024



Programmanr. 8  
09/11/2024 - 15:45

Heren, 400m vrije slag

2012 en eerder  
Resultaten

rang	naam	vereniging	intijd	tijd	RT			
<b>Onder 14 (2011-2012)</b>								
1.	Adrian Janse van Rensburg	De Treffers	5:11.32	201202261	<b>5:09.97</b> +0,73			
	50m: 34.06	34.06	150m: 1:50.18	38.98	250m: 3:11.66	40.60	350m: 4:33.64	43.35
	100m: 1:11.20	37.14	200m: 2:31.06	40.88	300m: 3:50.29	38.63	400m: 5:09.97	36.33
2.	Sjoerd van Zwielen	O.Z. & P.C. De Warande	5:19.61	201102195	<b>5:12.40</b> +0,81			
	<i>*200 mtr</i>							
	50m: 34.52	34.52	150m: 1:53.52	40.88	250m: 3:15.60	41.16	350m: 4:36.43	39.98
	100m: 1:12.64	38.12	200m: 2:34.44	40.92	300m: 3:56.45	40.85	400m: 5:12.40	35.97
3.	Jaro Hermans	Psv	5:19.35	201200173	<b>5:12.41</b> +0,73			
	50m: 34.55	34.55	150m: 1:53.34	40.41	250m: 3:15.13	40.69	350m: 4:36.29	40.68
	100m: 1:12.93	38.38	200m: 2:34.44	41.10	300m: 3:55.61	40.48	400m: 5:12.41	36.12
4.	Michael Simons	Psv	5:19.58	201200025	<b>5:19.90</b> +0,69			
	50m: 35.04	35.04	150m: 1:57.13	41.79	250m: 3:20.81	42.11	350m: 4:42.51	40.13
	100m: 1:15.34	40.30	200m: 2:38.70	41.57	300m: 4:02.38	41.57	400m: 5:19.90	37.39
5.	Pepijn van Rijn	Psv	5:30.94	201100331	<b>5:19.94</b>			
	50m: 35.43	35.43	150m: 1:56.28	41.47	250m: 3:20.64	41.91	350m: 4:43.09	41.18
	100m: 1:14.81	39.38	200m: 2:38.73	42.45	300m: 4:01.91	41.27	400m: 5:19.94	36.85
6.	Wessel Vis	De Treffers	5:35.17	201201273	<b>5:39.90</b>			
	50m: 37.50	37.50	150m: 2:03.50	44.24	250m: 3:32.03	44.28	350m: 5:00.60	44.40
	100m: 1:19.26	41.76	200m: 2:47.75	44.25	300m: 4:16.20	44.17	400m: 5:39.90	39.30
7.	Elliot van Ruth	Psv	5:40.45	201102347	<b>5:41.04</b>			
	50m: 39.17	39.17	150m: 2:05.84	43.67	250m: 3:33.22	43.29	350m: 5:00.41	43.51
	100m: 1:22.17	43.00	200m: 2:49.93	44.09	300m: 4:16.90	43.68	400m: 5:41.04	40.63
8.	Jelle Stevens	ZWK Merlet	5:44.28	201200393	<b>5:41.12</b>			
	50m: 39.04	39.04	150m: 2:05.99	43.42	250m: 3:33.87	43.86	350m: 5:02.47	43.66
	100m: 1:22.57	43.53	200m: 2:50.01	44.02	300m: 4:18.81	44.94	400m: 5:41.12	38.65
9.	Celestin van der Beek	Psv	5:33.94	201201183	<b>5:45.82</b> +0,70			
	50m: 38.21	38.21	150m: 2:07.85	45.73	250m: 3:37.49	44.20	350m: 5:04.02	42.56
	100m: 1:22.12	43.91	200m: 2:53.29	45.44	300m: 4:21.46	43.97	400m: 5:45.82	41.80
<b>Onder 16 (2009-2010)</b>								
1.	Martijn Nies	Psv	4:05.17	200902095	<b>4:02.89</b> +0,75			
	50m: 27.31	27.31	150m: 1:28.85	31.17	250m: 2:30.04	30.22	350m: 3:32.21	30.81
	100m: 57.68	30.37	200m: 1:59.82	30.97	300m: 3:01.40	31.36	400m: 4:02.89	30.68
2.	Theodore Allan	Psv	4:15.00	200902925	<b>4:24.25</b> +0,62			
	50m: 29.12	29.12	150m: 1:34.97	33.59	250m: 2:42.77	33.92	350m: 3:50.71	33.46
	100m: 1:01.38	32.26	200m: 2:08.85	33.88	300m: 3:17.25	34.48	400m: 4:24.25	33.54
3.	Tim van de Moosdijk	Psv	4:18.77	200900187	<b>4:27.57</b> +0,70			
	50m: 28.61	28.61	150m: 1:34.81	34.06	250m: 2:44.61	34.98	350m: 3:54.18	34.56
	100m: 1:00.75	32.14	200m: 2:09.63	34.82	300m: 3:19.62	35.01	400m: 4:27.57	33.39
4.	Thijmen Puijssers	Hieronymus	4:30.33	201000129	<b>4:28.38</b>			
	50m: 29.77	29.77	150m: 1:37.28	34.18	250m: 2:46.53	34.70	350m: 3:55.74	34.51
	100m: 1:03.10	33.33	200m: 2:11.83	34.55	300m: 3:21.23	34.70	400m: 4:28.38	32.64
5.	Max van der Spank	Psv	4:27.63	201000275	<b>4:31.05</b> +0,72			
	50m: 30.36	30.36	150m: 1:39.46	34.46	250m: 2:47.38	33.62	350m: 3:56.76	34.50
	100m: 1:05.00	34.64	200m: 2:13.76	34.30	300m: 3:22.26	34.88	400m: 4:31.05	34.29
6.	Thomas Nauta	Arethusa	4:35.25	200900339	<b>4:40.79</b> +0,74			
	50m: 30.55	30.55	150m: 1:40.88	35.70	250m: 2:52.93	36.08	350m: 4:05.77	36.28
	100m: 1:05.18	34.63	200m: 2:16.85	35.97	300m: 3:29.49	36.56	400m: 4:40.79	35.02
7.	Thijn Runia	Dzt'62	4:54.14	201000895	<b>4:45.17</b> +0,65			
	50m: 31.43	31.43	150m: 1:44.01	36.81	250m: 2:57.79	36.97	350m: 4:10.37	36.27
	100m: 1:07.20	35.77	200m: 2:20.82	36.81	300m: 3:34.10	36.31	400m: 4:45.17	34.80
8.	Berat Baykal	Psv	5:17.47	201003507	<b>4:55.20</b> +0,64			
	50m: 32.16	32.16	150m: 1:47.16	37.80	250m: 3:03.18	37.60	350m: 4:19.27	37.52
	100m: 1:09.36	37.20	200m: 2:25.58	38.42	300m: 3:41.75	38.57	400m: 4:55.20	35.93
9.	Sven Buijs	Hieronymus	4:48.73	200902853	<b>4:56.50</b> +0,77			
	50m: 32.58	32.58	150m: 1:45.50	36.57	250m: 3:01.47	38.00	350m: 4:19.07	38.92
	100m: 1:08.93	36.35	200m: 2:23.47	37.97	300m: 3:40.15	38.68	400m: 4:56.50	37.43

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Programmanr. 8, Jongens, 400m vrije slag, Onder 16 (2009-2010)

rang	naam	vereniging	intijd	tijd	RT	
10.	Nicolai Matla	Psv	4:57.16	200901031	<b>4:58.04</b>	
	50m: 33.32	33.32	150m: 1:47.94	37.20	250m: 3:03.23	37.69
	100m: 1:10.74	37.42	200m: 2:25.54	37.60	300m: 3:41.71	38.48
					350m: 4:20.64	38.93
					400m: 4:58.04	37.40
11.	Fin Horrocks * 50 mtr	Z&PV Nuenen	4:59.89	201002417	<b>5:06.42</b>	+0,75
	50m: 34.82	34.82	150m: 1:51.24	38.72	250m: 3:09.17	39.65
	100m: 1:12.52	37.70	200m: 2:29.52	38.28	300m: 3:49.22	40.05
					350m: 4:28.97	39.75
					400m: 5:06.42	37.45
12.	Senn van Tongeren	Tempo Valkenswaard	5:25.03	201001137	<b>5:09.41</b>	+0,69
	50m: 33.92	33.92	150m: 1:50.95	38.64	250m: 3:10.45	40.04
	100m: 1:12.31	38.39	200m: 2:30.41	39.46	300m: 3:50.67	40.22
					350m: 4:31.24	40.57
					400m: 5:09.41	38.17
13.	Collin van der Ham	Waalwijkse Zwem Vereniging	5:17.66	201000877	<b>5:23.12</b>	
	50m: 34.53	34.53	150m: 1:56.09	41.55	250m: 3:19.57	42.12
	100m: 1:14.54	40.01	200m: 2:37.45	41.36	300m: 4:02.95	43.38
					350m: 4:45.34	42.39
					400m: 5:23.12	37.78

Onder 18 (2007-2008)

1.	Nout Folkersma	Psv	4:16.62	200800595	<b>4:16.71</b>	+0,74
	50m: 28.27	28.27	150m: 1:31.59	32.13	250m: 2:37.06	32.38
	100m: 59.46	31.19	200m: 2:04.68	33.09	300m: 3:10.71	33.65
					350m: 3:43.95	33.24
					400m: 4:16.71	32.76
2.	Frits Hoeflaken	Psv	4:33.75	200804101	<b>4:29.05</b>	+0,74
	50m: 29.69	29.69	150m: 1:36.71	34.11	250m: 2:45.67	34.93
	100m: 1:02.60	32.91	200m: 2:10.74	34.03	300m: 3:20.97	35.30
					350m: 3:55.81	34.84
					400m: 4:29.05	33.24
3.	Jeroen van de Haar	V.Z.V. Njord	4:43.79	200701451	<b>4:34.70</b>	+0,75
	50m: 30.75	30.75	150m: 1:40.20	35.12	250m: 2:51.76	35.92
	100m: 1:05.08	34.33	200m: 2:15.84	35.64	300m: 3:27.18	35.42
					350m: 4:02.11	34.93
					400m: 4:34.70	32.59
4.	Lars de Kooter	De Biesboschzwemmers	4:34.52	200800185	<b>4:35.40</b>	+0,68
	50m: 30.32	30.32	150m: 1:39.42	35.30	250m: 2:50.32	35.57
	100m: 1:04.12	33.80	200m: 2:14.75	35.33	300m: 3:26.17	35.85
					350m: 4:01.37	35.20
					400m: 4:35.40	34.03
5.	Joris van Keulen	De Treffers	4:39.09	200700159	<b>4:39.48</b>	+0,71
	50m: 29.89	29.89	150m: 1:39.75	35.23	250m: 2:52.53	36.64
	100m: 1:04.52	34.63	200m: 2:15.89	36.14	300m: 3:28.87	36.34
					350m: 4:05.61	36.74
					400m: 4:39.48	33.87
6.	Ondrej Sevcik	V.Z.V. Njord	4:37.84	200702971	<b>4:44.89</b>	+0,74
	50m: 30.37	30.37	150m: 1:40.12	35.53	250m: 2:53.37	36.60
	100m: 1:04.59	34.22	200m: 2:16.77	36.65	300m: 3:30.44	37.07
					350m: 4:08.11	37.67
					400m: 4:44.89	36.78

18 en ouder (2006 e.e.)

1.	Luca Janssen	Psv	3:56.81	200403237	<b>3:59.89</b>	+0,81
	50m: 27.69	27.69	150m: 1:29.36	31.21	250m: 2:30.64	29.89
	100m: 58.15	30.46	200m: 2:00.75	31.39	300m: 3:00.04	29.40
					350m: 3:30.00	29.96
					400m: 3:59.89	29.89
2.	Lars Verhalle	Psv	4:02.54	200200019	<b>4:04.45</b>	+0,73
	50m: 27.25	27.25	150m: 1:28.51	30.96	250m: 2:31.07	31.21
	100m: 57.55	30.30	200m: 1:59.86	31.35	300m: 3:02.02	30.95
					350m: 3:33.71	31.69
					400m: 4:04.45	30.74
3.	Lucas van Rooij	Psv	4:00.64	200603943	<b>4:07.56</b>	+0,66
	50m: 27.94	27.94	150m: 1:29.87	31.41	250m: 2:32.93	31.25
	100m: 58.46	30.52	200m: 2:01.68	31.81	300m: 3:04.43	31.50
					350m: 3:36.30	31.87
					400m: 4:07.56	31.26
4.	Cas Verstegen	Psv	4:09.42	200500891	<b>4:10.91</b>	+0,70
	50m: 28.20	28.20	150m: 1:30.28	31.24	250m: 2:33.58	31.60
	100m: 59.04	30.84	200m: 2:01.98	31.70	300m: 3:05.76	32.18
					350m: 3:38.89	33.13
					400m: 4:10.91	32.02
5.	Alexander Nijst	Z&PV Nuenen	4:22.43	200104869	<b>4:17.89</b>	+0,69
	50m: 28.78	28.78	150m: 1:34.02	32.88	250m: 2:40.67	33.07
	100m: 1:01.14	32.36	200m: 2:07.60	33.58	300m: 3:13.72	33.05
					350m: 3:46.16	32.44
					400m: 4:17.89	31.73
6.	Paolo del Villar	Psv	4:21.76	200504559	<b>4:19.61</b>	
	50m: 28.54	28.54	150m: 1:32.87	32.58	250m: 2:39.25	33.05
	100m: 1:00.29	31.75	200m: 2:06.20	33.33	300m: 3:12.74	33.49
					350m: 3:46.26	33.52
					400m: 4:19.61	33.35
7.	Milco Matla	Psv	4:27.95	200600555	<b>4:29.73</b>	+0,78
	50m: 29.59	29.59	150m: 1:37.54	34.16	250m: 2:46.53	34.51
	100m: 1:03.38	33.79	200m: 2:12.02	34.48	300m: 3:21.24	34.71
					350m: 3:56.11	34.87
					400m: 4:29.73	33.62
8.	Aly Ibrahim	Psv	4:33.59	200604479	<b>4:30.14</b>	+0,64
	50m: 31.69	31.69	150m: 1:39.80	34.37	250m: 2:49.41	34.75
	100m: 1:05.43	33.74	200m: 2:14.66	34.86	300m: 3:23.78	34.37
					350m: 3:58.22	34.44
					400m: 4:30.14	31.92

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Programmanr. 8, Heren, 400m vrije slag, 18 en ouder (2006 e.e.)

rang	naam	vereniging	intijd	tijd	RT			
9.	Tim Versteegen	Dbd	4:39.60	200200085	<b>4:31.45</b> +0,75			
	50m: 30.49	30.49	150m: 1:38.03	34.20	250m: 2:48.56	35.19	350m: 3:59.20	35.61
	100m: 1:03.83	33.34	200m: 2:13.37	35.34	300m: 3:23.59	35.03	400m: 4:31.45	32.25
10.	Brian van Gennip	ZV Hydra	4:28.44	200003573	<b>4:31.58</b>			
	50m: 29.52	29.52	150m: 1:36.22	33.80	250m: 2:46.03	35.12	350m: 3:56.52	35.43
	100m: 1:02.42	32.90	200m: 2:10.91	34.69	300m: 3:21.09	35.06	400m: 4:31.58	35.06
11.	Chris Geers	Waalwijkse Zwem Vereniging	4:41.28	200600131	<b>4:42.96</b> +0,76			
	50m: 31.03	31.03	150m: 1:42.03	36.28	250m: 2:55.50	36.67	350m: 4:09.00	36.61
	100m: 1:05.75	34.72	200m: 2:18.83	36.80	300m: 3:32.39	36.89	400m: 4:42.96	33.96
12.	Tim Delissen	Arethusa	4:36.35	200602671	<b>4:49.54</b> +0,72			
	50m: 31.44	31.44	150m: 1:41.74	35.56	250m: 2:56.75	37.27	350m: 4:12.49	38.03
	100m: 1:06.18	34.74	200m: 2:19.48	37.74	300m: 3:34.46	37.71	400m: 4:49.54	37.05