

Limietwedstrijd Lange baan 2025 deel 1
Eindhoven, 16-2-2025

Programmanr. 2
16-2-2025

Heren, 400m vrije slag

Senioren Open
Resultaten

rang	naam	vereniging		intijd		tijd		RT
1.	Martijn Nies	PSV		4:07.35		200902095		4:15.06 +0,75
	50m: 29.44	29.44	150m: 1:35.92	33.20	250m: 2:40.70	32.51	350m: 3:44.31	31.76
	100m: 1:02.72	33.28	200m: 2:08.19	32.27	300m: 3:12.55	31.85	400m: 4:15.06	30.75
2.	Siem de Zeeuw	O Z & P C		4:10.36		200800013		4:30.51 +0,75
	50m: 30.46	30.46	150m: 1:39.37	34.56	250m: 2:48.97	34.80	350m: 3:58.28	34.70
	100m: 1:04.81	34.35	200m: 2:14.17	34.80	300m: 3:23.58	34.61	400m: 4:30.51	32.23
3.	Jort Siebelt	O Z & P C		4:29.95		200700083		4:31.20 +0,75
	50m: 30.89	30.89	150m: 1:40.72	34.58	250m: 2:50.48	34.62	350m: 3:59.77	34.34
	100m: 1:06.14	35.25	200m: 2:15.86	35.14	300m: 3:25.43	34.95	400m: 4:31.20	31.43
4.	Jason van der Beek	SG Patrick - De Roersoppers		4:41.91		200403933		4:38.00 +0,73
	50m: 30.98	30.98	150m: 1:41.47	35.37	250m: 2:53.21	35.93	350m: 4:03.88	35.46
	100m: 1:06.10	35.12	200m: 2:17.28	35.81	300m: 3:28.42	35.21	400m: 4:38.00	34.12
5.	Bart Cooymans	Z&PV Nuenen		4:37.26		199705553		4:42.14 +0,70
	50m: 31.00	31.00	150m: 1:41.91	35.66	250m: 2:54.24	36.01	350m: 4:07.14	36.20
	100m: 1:06.25	35.25	200m: 2:18.23	36.32	300m: 3:30.94	36.70	400m: 4:42.14	35.00
6.	Bill De Maerschalck	Racing Swimming Club Mechel		4:58.56		RSCM/11360/09		4:45.38 +0,65
	50m: 30.26	30.26	150m: 1:40.09	35.90	250m: 2:53.48	36.92	350m: 4:08.76	37.84
	100m: 1:04.19	33.93	200m: 2:16.56	36.47	300m: 3:30.92	37.44	400m: 4:45.38	36.62
7.	Tijl Theuwis	Zdkb		4:55.13		ZDKB/11106/10		4:58.09 +0,84
	50m: 31.51	31.51	150m: 1:46.24	38.08	250m: 3:03.47	38.03	350m: 4:21.34	38.73
	100m: 1:08.16	36.65	200m: 2:25.44	39.20	300m: 3:42.61	39.14	400m: 4:58.09	36.75
8.	Fred Couvreur	Hoogstratens Zwem Team vz		4:54.79		HOZT/11060/12		4:58.10 +0,88
	50m: 33.77	33.77	150m: 1:50.52	38.16	250m: 3:07.35	38.08	350m: 4:21.87	36.78
	100m: 1:12.36	38.59	200m: 2:29.27	38.75	300m: 3:45.09	37.74	400m: 4:58.10	36.23
9.	Gerco van Dijk	Olympia		4:51.51		201000997		5:00.48 +0,91
	50m: 32.73	32.73	150m: 1:47.40	37.85	250m: 3:04.80	38.93	350m: 4:22.82	38.56
	100m: 1:09.55	36.82	200m: 2:25.87	38.47	300m: 3:44.26	39.46	400m: 5:00.48	37.66
10.	Jens van Gils	De Zilvermeeuw		5:07.04		200703127		5:00.64 +0,66
	50m: 32.32	32.32	150m: 1:48.89	39.82	250m: 3:08.02	39.98	350m: 4:25.99	37.85
	100m: 1:09.07	36.75	200m: 2:28.04	39.15	300m: 3:48.14	40.12	400m: 5:00.64	34.65
11.	Peter Janssen	VZV Njord		5:07.59		200602783		5:01.12 +0,78
	50m: 31.64	31.64	150m: 1:44.37	37.18	250m: 3:01.94	39.03	350m: 4:22.11	40.22
	100m: 1:07.19	35.55	200m: 2:22.91	38.54	300m: 3:41.89	39.95	400m: 5:01.12	39.01
12.	Luca Denkers	ZV New Wave Almere		4:53.45		201202399		5:02.92 +0,67
	50m: 34.16	34.16	150m: 1:50.94	38.43	250m: 3:09.09	39.10	350m: 4:26.57	39.51
	100m: 1:12.51	38.35	200m: 2:29.99	39.05	300m: 3:47.06	37.97	400m: 5:02.92	36.35
13.	Lowie Van Gorp	Racing Swimming Club Mechel		5:01.59		RSCM/11082/06		5:05.85 +0,71
	50m: 31.87	31.87	150m: 1:47.06	38.54	250m: 3:06.36	39.96	350m: 4:27.11	40.22
	100m: 1:08.52	36.65	200m: 2:26.40	39.34	300m: 3:46.89	40.53	400m: 5:05.85	38.74
14.	Joep Dewulf	Racing Swimming Club Mechel		5:00.92		RSCM/11309/11		5:07.28 +0,81
	50m: 34.54	34.54	150m: 1:52.33	39.33	250m: 3:11.50	38.82	350m: 4:30.30	39.36
	100m: 1:13.00	38.46	200m: 2:32.68	40.35	300m: 3:50.94	39.44	400m: 5:07.28	36.98
15.	Kobe Verhaegen	De Zilvermeeuw		5:35.89		200802609		5:13.33 +0,71
	50m: 32.75	32.75	150m: 1:49.08	39.22	250m: 3:10.73	40.75	350m: 4:32.39	40.50
	100m: 1:09.86	37.11	200m: 2:29.98	40.90	300m: 3:51.89	41.16	400m: 5:13.33	40.94
16.	Pol De Maerschalck	Racing Swimming Club Mechel		6:01.65		RSCM/11354/12		5:16.31 +0,67
	50m: 34.08	34.08	150m: 1:52.72	39.59	250m: 3:14.78	41.82	350m: 4:36.71	40.66
	100m: 1:13.13	39.05	200m: 2:32.96	40.24	300m: 3:56.05	41.27	400m: 5:16.31	39.60
17.	Martijn Clarijs	De Zilvermeeuw		5:57.50		200104669		5:19.17 +0,69
	50m: 34.85	34.85	150m: 1:53.60	39.75	250m: 3:16.62	42.21	350m: 4:40.01	41.19
	100m: 1:13.85	39.00	200m: 2:34.41	40.81	300m: 3:58.82	42.20	400m: 5:19.17	39.16
18.	Damian de Nijs	De Zilvermeeuw		5:42.59		200903525		5:20.73 +0,73
	50m: 32.62	32.62	150m: 1:49.87	40.26	250m: 3:15.74	42.42	350m: 4:44.47	43.51
	100m: 1:09.61	36.99	200m: 2:33.32	43.45	300m: 4:00.96	45.22	400m: 5:20.73	36.26
19.	Tibo Janssen	De Rog		5:22.86		201101591		5:21.58 +0,81
	50m: 34.23	34.23	150m: 1:53.67	40.49	250m: 3:17.86	42.36	350m: 4:41.62	41.78
	100m: 1:13.18	38.95	200m: 2:35.50	41.83	300m: 3:59.84	41.98	400m: 5:21.58	39.96
20.	Jaro Hermans	PSV		5:51.02		201200173		5:21.61 +0,69
	50m: 35.99	35.99	150m: 1:56.58	40.32	250m: 3:19.22	41.86	350m: 4:41.64	40.86
	100m: 1:16.26	40.27	200m: 2:37.36	40.78	300m: 4:00.78	41.56	400m: 5:21.61	39.97
21.	Fedde Bijma	Vivalo		6:32.48		201103053		5:21.99 +0,73
	50m: 34.55	34.55	150m: 1:55.30	41.21	250m: 3:18.25	41.26	350m: 4:41.63	41.02
	100m: 1:14.09	39.54	200m: 2:36.99	41.69	300m: 4:00.61	42.36	400m: 5:21.99	40.36
22.	Gido van Dijk	SG Patrick - De Roersoppers		5:23.84		201100341		5:27.47 +0,67
	50m: 34.20	34.20	150m: 1:57.13	42.15	250m: 3:23.11	42.80	350m: 4:48.70	42.03
	100m: 1:14.98	40.78	200m: 2:40.31	43.18	300m: 4:06.67	43.56	400m: 5:27.47	38.77

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Eindhoven, 16-2-2025

Programmanr. 2, Heren, 400m vrije slag, Senioren Open

rang	naam	vereniging		intijd		tijd		RT
23.	Michael Simons	PSV		6:01.82		201200025		5:35.15 +0,60
	50m: 37.21	37.21	150m: 2:02.41	42.54	250m: 3:28.71	43.59	350m: 4:55.30	42.86
	100m: 1:19.87	42.66	200m: 2:45.12	42.71	300m: 4:12.44	43.73	400m: 5:35.15	39.85
24.	H. Kuzey Kudat	Hellas-Glana		5:19.01		201201917		5:39.57 +0,74
	50m: 36.93	36.93	150m: 2:03.76	43.95	250m: 3:30.72	43.39	350m: 4:57.29	42.74
	100m: 1:19.81	42.88	200m: 2:47.33	43.57	300m: 4:14.55	43.83	400m: 5:39.57	42.28
25.	Yari Van de Port	De Rog		NT		201201803		5:45.07 +0,64
	50m: 38.95	38.95	150m: 2:05.12	43.57	250m: 3:34.35	44.30	350m: 5:03.38	44.12
	100m: 1:21.55	42.60	200m: 2:50.05	44.93	300m: 4:19.26	44.91	400m: 5:45.07	41.69
26.	Quirijn Bettenhausen * eindtijd	MZ&PC Maastricht		5:51.85		201003337		5:53.31 +0,68
	50m: 37.59	37.59	150m: 2:05.97	45.41	250m: 3:37.33	46.12	350m: 5:10.00	46.54
	100m: 1:20.56	42.97	200m: 2:51.21	45.24	300m: 4:23.46	46.13	400m: 5:53.31	43.31
27.	Yaro de Vries	ZWK Merlet		6:39.82		201200115		6:07.61 +0,82
	50m: 39.41	39.41	150m: 2:12.16	47.65	250m: 3:44.98	47.94	350m: 5:20.87	48.41
	100m: 1:24.51	45.10	200m: 2:57.04	44.88	300m: 4:32.46	47.48	400m: 6:07.61	46.74
28.	Jesse van Dijk	Olympia		6:30.43		201300001		6:10.84 +0,77
	50m: 41.57	41.57	150m: 2:15.69	47.61	250m: 3:51.21	47.91	350m: 5:24.94	46.25
	100m: 1:28.08	46.51	200m: 3:03.30	47.61	300m: 4:38.69	47.48	400m: 6:10.84	45.90
NG.ZA	Vic Casteels	Racing Swimming Club Mechel		5:14.85		RSCM/11323/10		
AFGEM	Bjorn Scholten	O Z & P C		4:21.53		200801143		
AFGEM	Max Martens	SG Patrick - De Roersoppers		5:15.53		200004499		