

Pinkstertoernooi 2011
Purmerend, 11- - 13-6-2011

Programmanr. 12
11-6-2011 - 17:20

Herren, 400m vrije slag

Senioren Open
Resultaten

Rang							In.tijd	Tijd				
11 - 12 jaar												
1.	Ruben Griffioen		De Columbiaan				4:52.67	9900771	4:53.07			
	50m:	32.10	32.10	150m:	1:44.57	36.96	250m:	2:59.99	37.86	350m:	4:15.97	37.87
	100m:	1:07.61	35.51	200m:	2:22.13	37.56	300m:	3:38.10	38.11	400m:	4:53.07	37.10
2.	Simon Koopen		WZ&PC Purmerend				5:18.09	9802127	5:06.29			
	50m:	35.04	35.04	150m:	1:52.88	38.95	250m:	3:12.35	39.64	350m:	4:30.88	39.19
	100m:	1:13.93	38.89	200m:	2:32.71	39.83	300m:	3:51.69	39.34	400m:	5:06.29	35.41
3.	Adam Juhasz		Racing Club				5:10.14	9903567	5:07.15			
	50m:	33.61	33.61	150m:	1:49.31	38.84	250m:	3:07.45	39.21	350m:	4:27.92	40.58
	100m:	1:10.47	36.86	200m:	2:28.24	38.93	300m:	3:47.34	39.89	400m:	5:07.15	39.23
4.	Bonk Stout		De Dolfijn				5:24.17	9902181	5:27.51			
	50m:	37.35	37.35	150m:	1:59.81	41.15	250m:	3:24.68	42.98	350m:	4:48.43	41.39
	100m:	1:18.66	41.31	200m:	2:41.70	41.89	300m:	4:07.04	42.36	400m:	5:27.51	39.08
5.	Koen Gaal		Oeza				5:42.00	9901113	5:35.91			
	50m:	39.09	39.09	150m:	2:04.94	43.16	250m:	3:31.90	43.39	350m:	4:56.28	41.49
	100m:	1:21.78	42.69	200m:	2:48.51	43.57	300m:	4:14.79	42.89	400m:	5:35.91	39.63
6.	Sybe de Waard		de Devel				5:42.36	9900139	5:39.08			
	50m:	38.20	38.20	150m:	2:04.25	43.39	250m:	3:30.65	43.09	350m:	4:57.19	43.37
	100m:	1:20.86	42.66	200m:	2:47.56	43.31	300m:	4:13.82	43.17	400m:	5:39.08	41.89
7.	Gideon Heij		Torpedo				5:44.72	9800655	5:51.71			
	50m:	39.93	39.93	150m:	2:08.38	44.90	250m:	3:38.64	44.82	350m:	5:08.99	44.69
	100m:	1:23.48	43.55	200m:	2:53.82	45.44	300m:	4:24.30	45.66	400m:	5:51.71	42.72
8.	Matthew Dullemond		Racing Club				6:29.82	9805005	6:00.52			
	50m:	40.68	40.68	150m:	2:12.92	47.07	250m:	3:47.25	46.42	350m:	5:21.38	46.39
	100m:	1:25.85	45.17	200m:	3:00.83	47.91	300m:	4:34.99	47.74	400m:	6:00.52	39.14
9.	Brend Schaafsma		Racing Club				6:38.80	9901157	6:27.14			
	50m:	43.39	43.39	150m:	2:21.53	49.62	250m:	4:01.02	49.34	350m:	5:41.90	50.42
	100m:	1:31.91	48.52	200m:	3:11.68	50.15	300m:	4:51.48	50.46	400m:	6:27.14	45.24
10.	Daniel Broekkamp		De Dolfijn				6:34.51	9903545	6:34.69			
	50m:	41.54	41.54	150m:	2:19.91	49.84	250m:	4:04.33	51.61	350m:	5:46.75	50.87
	100m:	1:30.07	48.53	200m:	3:12.72	52.81	300m:	4:55.88	51.55	400m:	6:34.69	47.94
11.	Sven Martens		Kzc				7:04.00	9801445	6:34.81			
	50m:	44.63	44.63	150m:	2:26.35	50.75	250m:	4:07.09	50.06	350m:	5:47.42	49.13
	100m:	1:35.60	50.97	200m:	3:17.03	50.68	300m:	4:58.29	51.20	400m:	6:34.81	47.39

13 - 14 jaar

1.	Martijn Falk		Daw				5:13.03	9601457	4:59.64			
	50m:	32.84	32.84	150m:	1:46.32	36.89	250m:	3:02.85	38.67	350m:	4:21.57	39.95
	100m:	1:09.43	36.59	200m:	2:24.18	37.86	300m:	3:41.62	38.77	400m:	4:59.64	38.07
2.	Danny Fabian Groen		WZ&PC Purmerend				5:30.40	9703033	5:05.07			
	50m:	33.26	33.26	150m:	1:50.70	39.31	250m:	3:10.51	40.33	350m:	4:29.71	39.37
	100m:	1:11.39	38.13	200m:	2:30.18	39.48	300m:	3:50.34	39.83	400m:	5:05.07	35.36
3.	Sjors de Bruin		WZ&PC Purmerend				5:16.22	9703609	5:07.92			
	50m:	34.19	34.19	150m:	1:52.69	39.70	250m:	3:12.56	39.86	350m:	4:31.56	38.65
	100m:	1:12.99	38.80	200m:	2:32.70	40.01	300m:	3:52.91	40.35	400m:	5:07.92	36.36
4.	Selim Barraho		Lac				5:00.90	9604249	5:13.12			
	50m:	30.84	30.84	150m:	1:47.46	39.92	250m:	3:09.76	41.05	350m:	4:32.49	40.67
	100m:	1:07.54	36.70	200m:	2:28.71	41.25	300m:	3:51.82	42.06	400m:	5:13.12	40.63
5.	Roy Potze		Gzww				5:16.37	9702457	5:19.32			
	50m:	33.35	33.35	150m:	1:51.00	39.22	250m:	3:11.89	40.65	350m:	4:35.01	41.95
	100m:	1:11.78	38.43	200m:	2:31.24	40.24	300m:	3:53.06	41.17	400m:	5:19.32	44.31

Pinkstertoernooi 2011
Purmerend, 11- - 13-6-2011

Programmanr. 12, Heren, 400m vrije slag

15 - 16 jaar

1. Felix Geenen			Daw			4:46.87	9501085	4:35.74			
50m:	29.74	29.74	150m:	1:39.54	35.53	250m:	2:51.31	36.11	350m:	4:03.19	35.40
100m:	1:04.01	34.27	200m:	2:15.20	35.66	300m:	3:27.79	36.48	400m:	4:35.74	32.55
2. Rowdy Spaltman			Daw			4:40.33	9501747	4:35.97			
50m:	30.29	30.29	150m:	1:38.89	35.13	250m:	2:51.24	36.63	350m:	4:03.03	34.72
100m:	1:03.76	33.47	200m:	2:14.61	35.72	300m:	3:28.31	37.07	400m:	4:35.97	32.94
3. Tom Huydts			Torpedo			5:05.67	9402375	4:59.72			
50m:	32.33	32.33	150m:	1:44.22	37.05	250m:	3:00.86	38.65	350m:	4:20.75	40.48
100m:	1:07.17	34.84	200m:	2:22.21	37.99	300m:	3:40.27	39.41	400m:	4:59.72	38.97

Jeugd 2 en ouder

1. Rian Visser			Daw			4:37.61	9007141	4:35.31			
50m:	31.04	31.04	150m:	1:41.25	35.66	250m:	2:53.28	36.09	350m:	4:02.50	33.43
100m:	1:05.59	34.55	200m:	2:17.19	35.94	300m:	3:29.07	35.79	400m:	4:35.31	32.81