

Programmanr. 13  
30-9-2023

Jongens, 400m vrije slag  
V.v.t. A-klasse: 5:45,70 B-klasse: 6:24,90

Junioren 4 en jonger  
Resultaten

rang	naam	vereniging	intijd				tijd	RT
1.	Yarno van Dam	ACZ	4:23.21				200800115	<b>4:14.46</b>
	50m: 28.08	150m: 32.41	250m: 33.02	350m: 32.18				
	100m: 31.98	200m: 32.84	300m: 32.88	400m: 31.07				
2.	Lars de Kooter	De Biesboschzwemmers	4:35.81				200800185	<b>4:34.52</b>
	50m: 30.40	150m: 34.38	250m: 35.06	350m: 35.43				
	100m: 34.10	200m: 34.77	300m: 35.38	400m: 35.00				
3.	Ivo Bot	Wiekslag	4:43.60				200900509	<b>4:37.30</b>
	50m: 31.10	100m: 34.94	200m: 1:12.02	400m: 2:19.24				
4.	Luka Arkesteijn	ACZ	5:44.30				200903023	<b>5:07.48</b>
	50m: 33.92	150m: 39.55	250m: 39.79	350m: 39.10				
	100m: 38.39	200m: 39.69	300m: 39.83	400m: 37.21				
5.	Milán Biró	ACZ	5:34.94				200803169	<b>5:09.78</b>
	50m: 34.93	150m: 39.03	250m: 40.00	350m: 39.66				
	100m: 37.83	200m: 40.49	300m: 40.41	400m: 37.43				
6.	Avery Arrindell	ACZ	5:22.35				200902655	<b>5:23.13</b>
	50m: 35.33	150m: 41.15	250m: 42.78	350m: 43.13				
	100m: 39.25	200m: 41.19	300m: 41.97	400m: 38.33				
7.	Sem Jongejan	De Schotejil	7:18.07				200901269	<b>5:48.31</b>
	50m: 35.97	100m: 41.62	200m: 1:29.88	400m: 3:00.84				
8.	Thijmen Wesdorp	Wiekslag	6:32.49				200901543	<b>6:10.87</b>
	50m: 41.62	150m: 47.83	250m: 48.01	350m: 47.64				
	100m: 45.95	200m: 48.23	300m: 47.55	400m: 44.04				