

Programmanr. 101
 12-4-2025

400m vrije slag

 2012 en ouder
 Resultaten

rang	naam	vereniging	intijd	tijd	RT	
Gebjr 2011 - 2012, Jongens						
1.	Oscar Merkx	De Warande	NT	201201251	6:08.74	
	50m: 40.80	40.80	150m: 2:12.73	46.73	250m: 3:47.98	47.66
	100m: 1:26.00	45.20	200m: 3:00.32	47.59	300m: 4:37.98	50.00
					350m: 5:26.36	48.38
					400m: 6:08.74	42.38
2006 en ouder, Heren						
1.	Michael Verschoor	De Biesboschwemmers	5:45.29	200600901	5:24.70	
	50m: 36.33	36.33	150m: 1:56.65	40.56	250m: 3:19.50	42.10
	100m: 1:16.09	39.76	200m: 2:37.40	40.75	300m: 4:01.57	42.07
					350m: 4:43.99	42.42
					400m: 5:24.70	40.71
2.	Thomas Verschoor	De Biesboschwemmers	5:40.05	200600903	5:43.40	
	50m: 35.97	35.97	150m: 2:00.34	43.24	250m: 3:31.38	46.19
	100m: 1:17.10	41.13	200m: 2:45.19	44.85	300m: 4:15.32	43.94
					350m: 5:01.55	46.23
					400m: 5:43.40	41.85
Gebjr 2011 - 2012, Meisjes						
1.	Amy de Kooter	De Biesboschwemmers	5:50.93	201100128	5:47.94	
	50m: 37.03	37.03	150m: 2:04.31	44.78	250m: 4:19.22	1:30.85
	100m: 1:19.53	42.50	200m: 2:48.37	44.06	300m: 5:05.40	46.18
					350m: 5:47.94	42.54
					400m: 5:47.94	42.54
2.	Shanya Muilenburg	De Biesboschwemmers	6:23.91	201200220	6:16.13	
	50m: 41.03	41.03	150m: 2:17.06	48.64	250m: 3:53.05	48.32
	100m: 1:28.42	47.39	200m: 3:04.73	47.67	300m: 4:41.04	47.99
					350m: 5:31.15	50.11
					400m: 6:16.13	44.98
Gebjr 2007 - 2008, Meisjes						
1.	Jansje de Ridder	De Biesboschwemmers	5:01.23	200800194	4:58.83	
	50m: 32.56	32.56	150m: 1:46.66	37.53	250m: 3:03.23	38.13
	100m: 1:09.13	36.57	200m: 2:25.10	38.44	300m: 3:41.67	38.44
					350m: 4:20.59	38.92
					400m: 4:58.83	38.24