

RWK Limburg  
Maastricht, 16- - 24-11-2019

Programmanr. 22  
23-11-2019

Heren, 400m vrije slag

Junioren 1 en ouder  
Resultaten

rang	naam	vereniging	intijd				tijd				RT	
<b>Junioren 1</b>												
1.	Mats Reumkens	Hellas-Glana	5:08.36				200700533				<b>5:08.08</b>	+0,70
	50m: 34.03	34.03	150m: 1:51.27	38.82	250m: 3:10.21	39.86	350m: 4:29.30	39.76	400m: 5:08.08	38.78		
	100m: 1:12.45	38.42	200m: 2:30.35	39.08	300m: 3:49.54	39.33						
2.	Jesse Jacobs	Hzpc	5:35.26				200700407				<b>5:26.24</b>	+0,89
	50m: 35.94	35.94	150m: 1:58.02	41.15	250m: 3:21.79	41.99	350m: 4:46.19	41.23	400m: 5:26.24	40.05		
	100m: 1:16.87	40.93	200m: 2:39.80	41.78	300m: 4:04.96	43.17						
3.	Yasin Hijr	Zwemsport Parkstad	5:34.21				200701883				<b>5:34.53</b>	
	50m: 37.19	37.19	150m: 2:00.47	42.20	250m: 3:25.97	42.73	350m: 4:52.50	43.15	400m: 5:34.53	42.03		
	100m: 1:18.27	41.08	200m: 2:43.24	42.77	300m: 4:09.35	43.38						
4.	Stijn Saelmans	ReSet (SG)	5:47.73				200700373				<b>5:37.70</b>	
	50m: 34.46	34.46	150m: 1:57.20	42.59	250m: 3:24.53	44.13	350m: 4:54.23	45.00	400m: 5:37.70	43.47		
	100m: 1:14.61	40.15	200m: 2:40.40	43.20	300m: 4:09.23	44.70						
5.	Gillian Sanders	ReSet (SG)	5:53.43				200700115				<b>5:55.64</b>	+0,78
	50m: 37.78	37.78	150m: 2:05.69	44.84	250m: 3:38.38	46.41	350m: 5:11.82	46.73	400m: 5:55.64	43.82		
	100m: 1:20.85	43.07	200m: 2:51.97	46.28	300m: 4:25.09	46.71						
<b>Junioren 2</b>												
1.	Maxime Koops	Zwemsport Parkstad	5:07.77				200600831				<b>4:48.94</b>	+0,79
	50m: 32.64	32.64	150m: 1:45.12	36.72	250m: 2:59.96	37.57	350m: 4:14.58	36.95	400m: 4:48.94	34.36		
	100m: 1:08.40	35.76	200m: 2:22.39	37.27	300m: 3:37.63	37.67						
2.	Argento Isselt	Rz	5:32.84				200600527				<b>5:18.70</b>	+0,43
	50m: 35.10	35.10	150m: 1:55.58	40.98	250m: 3:17.87	41.95	350m: 4:40.66	41.25	400m: 5:18.70	38.04		
	100m: 1:14.60	39.50	200m: 2:35.92	40.34	300m: 3:59.41	41.54						
3.	Ruben de Vries	Hellas-Glana	5:38.51				200600497				<b>5:21.20</b>	+0,65
	50m: 35.73	35.73	150m: 1:56.41	40.72	250m: 3:18.82	41.18	350m: 4:42.33	42.05	400m: 5:21.20	38.87		
	100m: 1:15.69	39.96	200m: 2:37.64	41.23	300m: 4:00.28	41.46						
DIS	Matthew Finney	Hzpc	5:01.96				200602167					+0,48
	<i>AA - Gestart voor het startsignaal (en wel gezwommen).</i>											
DIS	Lars Hagens	Hzpc	5:23.10				200600349					+0,76
	<i>VRA - Het keer- en/of eindpunt niet aangeraakt met enig lichaamsdeel.</i>											
<b>Junioren 3 en 4</b>												
1.	Kjell Reumkens	Hellas-Glana	4:35.72				200401385				<b>4:27.46</b>	+0,76
	50m: 30.63	30.63	150m: 1:38.77	34.35	250m: 2:46.98	33.57	350m: 3:54.01	33.57	400m: 4:27.46	33.45		
	100m: 1:04.42	33.79	200m: 2:13.41	34.64	300m: 3:20.44	33.46						
2.	Tijn van Kuijk	Hzpc	4:33.32				200501087				<b>4:32.76</b>	+0,66
	50m: 29.72	29.72	150m: 1:37.80	34.48	250m: 2:47.97	34.92	350m: 3:57.83	34.79	400m: 4:32.76	34.93		
	100m: 1:03.32	33.60	200m: 2:13.05	35.25	300m: 3:23.04	35.07						
3.	Joost Schuurmans	Hellas-Glana	4:40.80				200400543				<b>4:35.29</b>	+0,75
	50m: 30.11	30.11	150m: 1:38.42	34.39	250m: 2:48.93	35.41	350m: 4:00.52	36.08	400m: 4:35.29	34.77		
	100m: 1:04.03	33.92	200m: 2:13.52	35.10	300m: 3:24.44	35.51						
4.	Nick Hendrickx	Hellas-Glana	4:57.92				200401025				<b>4:37.01</b>	+0,71
	50m: 30.61	30.61	150m: 1:40.48	34.85	250m: 2:50.90	35.20	350m: 4:02.39	35.71	400m: 4:37.01	34.62		
	100m: 1:05.63	35.02	200m: 2:15.70	35.22	300m: 3:26.68	35.78						
5.	Jurre Veldhuijsen	Hellas-Glana	4:52.58				200400603				<b>4:52.89</b>	+0,74
	50m: 31.48	31.48	150m: 1:44.14	36.87	250m: 2:59.53	37.78	350m: 4:15.92	38.06	400m: 4:52.89	36.97		
	100m: 1:07.27	35.79	200m: 2:21.75	37.61	300m: 3:37.86	38.33						
6.	Stan Houtvast	Hellas-Glana	4:53.30				200500883				<b>4:54.64</b>	+0,77
	50m: 31.81	31.81	150m: 1:46.41	38.07	250m: 3:03.42	38.39	350m: 4:20.13	38.17	400m: 4:54.64	34.51		
	100m: 1:08.34	36.53	200m: 2:25.03	38.62	300m: 3:41.96	38.54						
7.	Jason van der Beek	sgpatrick-deroersoppers	5:21.49				200403933				<b>5:01.69</b>	+0,78
	50m: 33.07	33.07	150m: 1:47.28	38.45	250m: 3:06.15	39.28	350m: 4:23.68	38.76	400m: 5:01.69	38.01		
	100m: 1:08.83	35.76	200m: 2:26.87	39.59	300m: 3:44.92	38.77						
8.	Luca van den Berg	Mosa-Regio	4:58.12				200401087				<b>5:08.79</b>	+0,77
	50m: 33.08	33.08	150m: 1:49.27	39.13	250m: 3:08.99	39.78	350m: 4:30.05	40.29	400m: 5:08.79	38.74		
	100m: 1:10.14	37.06	200m: 2:29.21	39.94	300m: 3:49.76	40.77						
9.	Benjamin Lubbinge	ZPC Nederweert	5:15.91				200403617				<b>5:18.55</b>	+0,83
	50m: 34.52	34.52	150m: 1:56.19	41.78	250m: 3:20.25	41.65	350m: 4:42.90	40.40	400m: 5:18.55	36.65		
	100m: 1:14.41	39.89	200m: 2:38.60	42.41	300m: 4:02.50	42.25						
DIS	Stan Kopers	Hellas-Glana	5:03.01				200501063				<b>4:49.77</b>	+0,51
	50m: 32.92	32.92	150m: 1:45.93	36.95	250m: 2:59.07	36.56	350m: 4:14.09	37.80	400m: 4:49.77	35.68		
	100m: 1:08.98	36.06	200m: 2:22.51	36.58	300m: 3:36.29	37.22						

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Maastricht, 16- - 24-11-2019

Programmanr. 22, Jongens, 400m vrije slag, Junioren 3 en 4

rang	naam	vereniging	intijd	tijd	RT
AFGEM	Luka Geraerds	Hellas-Glana	4:31.26	200502077	

Jeugd 1 en 2

1.	Esper Schreurs	Zeps	4:05.30	200300433	<b>4:08.10</b>	+0,76	
	50m: 27.34	27.34 150m: 1:28.22	30.72	250m: 2:31.24	31.67	350m: 3:36.13	32.53
	100m: 57.50	30.16 200m: 1:59.57	31.35	300m: 3:03.60	32.36	400m: 4:08.10	31.97
2.	Nino van Beek	Zeps	4:16.59	200202153	<b>4:29.34</b>	+0,67	
	50m: 28.86	28.86 150m: 1:37.31	34.83	250m: 2:45.96	34.77	350m: 3:55.15	34.59
	100m: 1:02.48	33.62 200m: 2:11.19	33.88	300m: 3:20.56	34.60	400m: 4:29.34	34.19
3.	Raphaël Krichel	Zwemsport Parkstad	4:40.76	200300411	<b>4:38.94</b>	+0,67	
	50m: 30.88	30.88 150m: 1:41.00	35.51	250m: 2:53.14	35.82	350m: 4:04.08	35.49
	100m: 1:05.49	34.61 200m: 2:17.32	36.32	300m: 3:28.59	35.45	400m: 4:38.94	34.86
4.	Daan Wijnands	sgpatrick-deroersoppers	4:47.27	200200127	<b>4:45.56</b>	+0,60	
	50m: 30.51	30.51 150m: 1:40.68	36.32	250m: 2:54.62	36.88	350m: 4:08.20	36.99
	100m: 1:04.36	33.85 200m: 2:17.74	37.06	300m: 3:31.21	36.59	400m: 4:45.56	37.36
5.	Luuk Kresin	sgpatrick-deroersoppers	4:46.02	200303275	<b>4:57.70</b>	+0,77	
	50m: 31.82	31.82 150m: 1:44.52	37.08	250m: 3:00.87	38.57	350m: 4:18.69	38.85
	100m: 1:07.44	35.62 200m: 2:22.30	37.78	300m: 3:39.84	38.97	400m: 4:57.70	39.01

Senioren 1 en ouder

1.	Raf Hendriks	Hellas-Glana	4:00.07	200100879	<b>3:59.37</b>	+0,74	
	50m: 27.04	27.04 150m: 1:26.98	30.12	250m: 2:27.54	30.06	350m: 3:29.39	30.93
	100m: 56.86	29.82 200m: 1:57.48	30.50	300m: 2:58.46	30.92	400m: 3:59.37	29.98
2.	Maikel van der Linden	Zwemsport Parkstad	4:17.76	200003797	<b>4:23.29</b>	+0,72	
	50m: 28.91	28.91 150m: 1:34.83	33.43	250m: 2:42.46	33.63	350m: 3:50.18	33.94
	100m: 1:01.40	32.49 200m: 2:08.83	34.00	300m: 3:16.24	33.78	400m: 4:23.29	33.11