

PGZK-2010
Delfzijl, 14. - 30.5.2010

Programmanr. 4, Heren, 400m vrije slag

Jongens Junioren 3

1. Rick Veldman	ZPC Stadskanaal	4:57.52	9503705	4:44.22
50m: 31.45	150m: 1:40.87	250m: 2:52.64	350m: 4:06.85	
100m: 1:05.50	200m: 2:16.43	300m: 3:29.53	400m: 4:44.22	
2. Wolter v.d Veen	Z.C. Haren	4:51.29	9505099	4:47.88
50m: 31.49	150m: 1:44.35	250m: 2:59.05	350m: 4:13.30	
100m: 1:07.99	200m: 2:22.73	300m: 3:37.14	400m: 4:47.88	
3. Dennis Baalman	De Aquaflippers	4:52.11	9500887	4:48.50
50m: 31.04	150m: 1:42.28	250m: 2:57.72	350m: 4:13.30	
100m: 1:06.41	200m: 2:19.82	300m: 3:35.62	400m: 4:48.50	
4. Tom Porte	TriVia	4:58.08	9502017	4:51.86
50m: 29.90	150m: 1:40.91	250m: 2:59.37	350m: 4:15.08	
100m: 1:04.00	200m: 2:20.20	300m: 3:37.89	400m: 4:51.86	
5. Matthijs Sijbring	De Pinquin	4:54.63	9500177	4:53.59
50m: 32.10	150m: 1:45.29	250m: 3:01.17	350m: 4:17.55	
100m: 1:08.26	200m: 2:23.23	300m: 3:39.37	400m: 4:53.59	
6. Tim Zijlstra	De Pinquin	5:15.70	9500641	5:14.27
50m: 35.17	150m: 1:55.44	250m: 3:15.88	350m: 4:36.31	
100m: 1:15.31	200m: 2:35.57	300m: 3:56.26	400m: 5:14.27	
7. David Scheffer	De Pinquin	5:13.86	9500175	5:16.70
50m: 35.52	150m: 1:55.01	250m: 3:16.68	350m: 4:38.43	
100m: 1:14.99	200m: 2:35.85	300m: 3:57.58	400m: 5:16.70	

Jongens Junioren 4

1. Stefan Petersen	TriVia	4:47.26	9403067	4:37.04
50m: 29.86	150m: 1:39.22	250m: 2:51.11	350m: 4:03.41	
100m: 1:04.17	200m: 2:14.79	300m: 3:27.30	400m: 4:37.04	
2. Mark Schouten	Eemsrobben	4:50.00	9405171	4:44.16
50m: 30.71	150m: 1:41.39	250m: 2:56.00	350m: 4:09.58	
100m: 1:05.25	200m: 2:18.54	300m: 3:33.69	400m: 4:44.16	
3. Maarten Moorman	De Pinquin	4:49.45	9401161	4:57.71
50m: 32.14	150m: 1:45.65	250m: 3:01.81	350m: 4:19.67	
100m: 1:08.51	200m: 2:23.48	300m: 3:40.55	400m: 4:57.71	
4. Tim van der Meulen	GZVW	5:08.45	9401583	5:06.67
50m: 32.70	150m: 1:48.69	250m: 3:08.10	350m: 4:27.54	
100m: 1:10.02	200m: 2:28.34	300m: 3:48.00	400m: 5:06.67	

Heren Jeugd 1-2

1. Bernd Kobesen	ZPC Stadskanaal	4:10.30	9300981	4:08.46
50m: 28.19	150m: 1:30.54	250m: 2:34.42	350m: 3:38.51	
100m: 58.99	200m: 2:02.37	300m: 3:06.52	400m: 4:08.46	
2. Dennis Cramer	ZPCA	4:12.72	9200199	4:15.11
50m: 27.96	150m: 1:30.95	250m: 2:36.31	350m: 3:42.34	
100m: 58.81	200m: 2:03.42	300m: 3:09.34	400m: 4:15.11	
3. Roy Smeenge	TriVia	4:10.26	9305557	4:17.21
50m: 28.07	150m: 1:32.05	250m: 2:37.91	350m: 3:44.50	
100m: 59.96	200m: 2:04.50	300m: 3:11.19	400m: 4:17.21	
4. Tim Blauw	ZPC Stadskanaal	4:31.61	9301345	4:31.40
50m: 30.49	150m: 1:38.16	250m: 2:47.97	350m: 3:57.92	
100m: 1:03.55	200m: 2:12.96	300m: 3:23.01	400m: 4:31.40	

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Heren Senioren H 1 en ouder

1.	Erik Schröder			TriVia				4:03.03	8402025	4:08.74
	50m:	28.47	150m:	1:30.58	250m:	2:34.35	350m:	3:38.62		
	100m:	59.40	200m:	2:02.40	300m:	3:06.61	400m:	4:08.74		
2.	Michel Popken			ZPC Stadskanaal				4:27.92	9002321	4:27.86
	50m:	28.86	150m:	1:34.14	250m:	2:43.94	350m:	3:54.20		
	100m:	1:00.65	200m:	2:08.44	300m:	3:18.95	400m:	4:27.86		
3.	Herman Hofman			ZPC Stadskanaal				4:37.61	9001229	4:31.40
	50m:	30.15	150m:	1:37.43	250m:	2:48.02	350m:	3:58.27		
	100m:	1:02.96	200m:	2:12.56	300m:	3:23.53	400m:	4:31.40		
4.	Dennis Wijbenga			ZPC Stadskanaal				4:18.57	9003283	4:32.05
	50m:	28.84	150m:	1:34.89	250m:	2:46.86	350m:	3:57.39		
	100m:	1:01.07	200m:	2:09.91	300m:	3:22.95	400m:	4:32.05		
5.	Fabian Buiringe			TriVia				4:44.63	9006209	4:54.84
	50m:	32.58	150m:	1:47.06	250m:	3:02.57	350m:	4:18.14		
	100m:	1:09.19	200m:	2:24.85	300m:	3:40.36	400m:	4:54.84		