

LAC
Sommelsdijk, 10-1-2026

Programmanr. 4
10-1-26 - 13:45

400m schoolslag

12 jaar en ouder
Resultaten

rang	naam	vereniging		intijd		tijd		RT
Senioren Open, Heren								
1.	Jens Kooijman	z.c De Schotejil		NT 200200633		5:47.47		
	50m: 37.22	37.22	150m: 2:02.46	43.31	250m: 3:30.95	44.50	350m: 5:02.09	45.58
	100m: 1:19.15	41.93	200m: 2:46.45	43.99	300m: 4:16.51	45.56	400m: 5:47.47	45.38
2.	Syb Boerema	z.c De Schotejil		NT 201000359		5:54.93		
	50m: 36.93	36.93	150m: 2:04.84	44.62	250m: 3:36.34	46.15	350m: 5:08.32	46.31
	100m: 1:20.22	43.29	200m: 2:50.19	45.35	300m: 4:22.01	45.67	400m: 5:54.93	46.61
3.	Christian Kalle	z.c De Schotejil		NT 200400687		6:16.94		
	50m: 38.02	38.02	150m: 2:08.73	46.77	250m: 3:47.17	48.79	350m: 5:27.81	50.20
	100m: 1:21.96	43.94	200m: 2:58.38	49.65	300m: 4:37.61	50.44	400m: 6:16.94	49.13
4.	Jules Boerema	z.c De Schotejil		NT 201300249		8:00.36		
	50m: 48.95	48.95	150m: 2:51.62	1:03.03	250m: 4:54.80	1:02.14	350m: 6:59.56	1:02.48
	100m: 1:48.59	59.64	200m: 3:52.66	1:01.04	300m: 5:57.08	1:02.28	400m: 8:00.36	1:00.80
5.	Stefan Koster	De Gooye		NT 201202323		8:06.74		
	50m: 52.60	52.60	150m: 3:00.23	1:03.86	250m: 5:06.76	1:02.51	350m: 7:09.09	59.27
	100m: 1:56.37	1:03.77	200m: 4:04.25	1:04.02	300m: 6:09.82	1:03.06	400m: 8:06.74	57.65
Senioren Open, Dames								
1.	Fiene Buth	z.c De Schotejil		NT 201302142		7:20.65		
	50m: 46.64	46.64	150m: 2:35.96	56.65	250m: 4:28.65	56.49	350m: 6:25.62	58.92
	100m: 1:39.31	52.67	200m: 3:32.16	56.20	300m: 5:26.70	58.05	400m: 7:20.65	55.03
2.	Nola van der Wel	z.c De Schotejil		NT 201301006		7:23.06		
	50m: 45.94	45.94	150m: 2:37.19	56.43	250m: 4:33.44	58.31	350m: 6:29.31	57.55
	100m: 1:40.76	54.82	200m: 3:35.13	57.94	300m: 5:31.76	58.32	400m: 7:23.06	53.75
3.	Iris van Oostenbrugge	De Stelle		NT 201203004		8:51.45		
	50m: 54.35	54.35	150m: 3:04.74	1:07.39	250m: 5:23.31	1:09.71	350m: 7:43.67	1:09.28
	100m: 1:57.35	1:03.00	200m: 4:13.60	1:08.86	300m: 6:34.39	1:11.08	400m: 8:51.45	1:07.78