

Nederlandse Junioren Kampioenschappen 2009  
Amsterdam, 19. - 21.6.2009

Programmanr. 16  
19.06.2009

Jongens, 400m vrije slag

Junioren 1  
Resultaten

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT	niveau	
1.	Mike van Herk	Eiffel Swimmers PSV	4:38.62	9601007	<b>4:38.20</b>	+0,88	B	
	50m: 31.41	31.41	150m: 1:39.88	34.72	250m: 2:51.01	35.23	350m: 4:02.73	35.26
	100m: 1:05.16	33.75	200m: 2:15.78	35.90	300m: 3:27.47	36.46	400m: 4:38.20	35.47
2.	Niels Kemperink	OZ&PC	4:48.73	9600005	<b>4:40.88</b>	+0,79	C	
	50m: 30.09	30.09	150m: 1:39.12	35.19	250m: 2:51.38	36.45	350m: 4:05.27	36.67
	100m: 1:03.93	33.84	200m: 2:14.93	35.81	300m: 3:28.60	37.22	400m: 4:40.88	35.61
3.	Lars Haarsma	Zwemvereniging Hoorn	4:50.54	9600745	<b>4:45.67</b>		D	
	50m: 30.42	30.42	150m: 1:41.97	36.14	250m: 2:56.24	37.46	350m: 4:10.95	37.32
	100m: 1:05.83	35.41	200m: 2:18.78	36.81	300m: 3:33.63	37.39	400m: 4:45.67	34.72
4.	Bart Klok	One Team Swimming	4:49.43	9600351	<b>4:46.43</b>	+0,92	D	
	50m: 31.08	31.08	150m: 1:41.16	35.45	250m: 2:55.44	36.67	350m: 4:09.92	36.60
	100m: 1:05.71	34.63	200m: 2:18.77	37.61	300m: 3:33.32	37.88	400m: 4:46.43	36.51
5.	Yannick Vijver	Zwemvereniging Hoorn	5:00.88	9600469	<b>4:47.40</b>	+0,89	D	
	50m: 32.26	32.26	150m: 1:44.48	36.65	250m: 2:58.59	36.53	350m: 4:12.01	36.72
	100m: 1:07.83	35.57	200m: 2:22.06	37.58	300m: 3:35.29	36.70	400m: 4:47.40	35.39
6.	Tim Furer	Aqua-Novio'94	5:02.12	9600087	<b>4:49.83</b>		D	
	50m: 31.62	31.62	150m: 1:44.04	36.63	250m: 2:58.68	37.55	350m: 4:14.00	37.91
	100m: 1:07.41	35.79	200m: 2:21.13	37.09	300m: 3:36.09	37.41	400m: 4:49.83	35.83
7.	Valentijn Stolk	De Fuut	4:43.34	9601563	<b>4:51.89</b>	+0,57	E	
	50m: 30.91	30.91	150m: 1:42.70	36.95	250m: 2:58.35	37.78	350m: 4:15.19	38.34
	100m: 1:05.75	34.84	200m: 2:20.57	37.87	300m: 3:36.85	38.50	400m: 4:51.89	36.70
8.	Nelson Branquinho	De Dolfijn	5:01.70	9600727	<b>4:53.26</b>	+0,80	E	
	50m: 32.29	32.29	150m: 1:46.22	37.57	250m: 3:01.83	38.05	350m: 4:17.61	37.47
	100m: 1:08.65	36.36	200m: 2:23.78	37.56	300m: 3:40.14	38.31	400m: 4:53.26	35.65
9.	Yoran Klos	De Dinkel	5:08.02	9600481	<b>4:54.84</b>	+0,91	E	
	50m: 32.65	32.65	150m: 1:49.26	38.42	250m: 3:06.19	38.01	350m: 4:19.72	36.07
	100m: 1:10.84	38.19	200m: 2:28.18	38.92	300m: 3:43.65	37.46	400m: 4:54.84	35.12
10.	Pepijn Smits	Eiffel Swimmers PSV	5:06.85	9600691	<b>4:57.24</b>	+0,95	E	
	50m: 33.31	33.31	150m: 1:48.72	38.28	250m: 3:04.59	37.43	350m: 4:20.80	37.59
	100m: 1:10.44	37.13	200m: 2:27.16	38.44	300m: 3:43.21	38.62	400m: 4:57.24	36.44
11.	Mitchell van Baarle	De Kempvis	4:58.54	9600355	<b>4:57.63</b>	+0,78	E	
	50m: 32.93	32.93	150m: 1:47.34	37.94	250m: 3:04.32	38.74	350m: 4:22.38	39.24
	100m: 1:09.40	36.47	200m: 2:25.58	38.24	300m: 3:43.14	38.82	400m: 4:57.63	35.25
12.	Twan Boot	AZ&PC	4:55.82	9601201	<b>4:58.08</b>	+0,87	E	
	50m: 31.54	31.54	150m: 1:44.58	37.18	250m: 3:00.29	37.83	350m: 4:18.95	39.06
	100m: 1:07.40	35.86	200m: 2:22.46	37.88	300m: 3:39.89	39.60	400m: 4:58.08	39.13
13.	Karst Boersma	De Dinkel	5:00.52	9600849	<b>4:58.87</b>	+0,93	E	
	50m: 32.67	32.67	150m: 1:46.09	37.74	250m: 3:03.49	39.00	350m: 4:22.28	39.54
	100m: 1:08.35	35.68	200m: 2:24.49	38.40	300m: 3:42.74	39.25	400m: 4:58.87	36.59
14.	Timo van der Ende	WVZ	5:05.93	9601979	<b>4:58.90</b>	+0,94	E	
	50m: 33.23	33.23	150m: 1:49.02	38.08	250m: 3:05.71	37.98	350m: 4:22.39	38.24
	100m: 1:10.94	37.71	200m: 2:27.73	38.71	300m: 3:44.15	38.44	400m: 4:58.90	36.51
15.	Floyd van Duyvenbode	De Kempvis	4:59.93	9600357	<b>4:59.23</b>		E	
	50m: 33.44	33.44	150m: 1:48.49	38.35	250m: 3:05.45	38.53	350m: 4:22.98	38.76
	100m: 1:10.14	36.70	200m: 2:26.92	38.43	300m: 3:44.22	38.77	400m: 4:59.23	36.25
16.	Peter Rietveld	TRB-RES	5:03.84	9601081	<b>4:59.25</b>	+0,74	E	
	50m: 32.61	32.61	150m: 1:48.43	38.67	250m: 3:06.09	38.88	350m: 4:23.65	37.96
	100m: 1:09.76	37.15	200m: 2:27.21	38.78	300m: 3:45.69	39.60	400m: 4:59.25	35.60
17.	Ramon Verhulst	Hieronymus	5:05.55	9601751	<b>4:59.60</b>	+0,93	E	
	50m: 32.63	32.63	150m: 1:49.65	39.27	250m: 3:07.99	39.49	350m: 4:25.93	39.07
	100m: 1:10.38	37.75	200m: 2:28.50	38.85	300m: 3:46.86	38.87	400m: 4:59.60	33.67
18.	Daniël Buijs	AZ&PC	5:01.02	9600183	<b>5:00.72</b>	+0,78	E	
	50m: 32.90	32.90	150m: 1:49.79	38.83	250m: 3:08.32	39.74	350m: 4:25.94	39.48
	100m: 1:10.96	38.06	200m: 2:28.58	38.79	300m: 3:46.46	38.14	400m: 5:00.72	34.78
19.	Philip Bams	Zwemclub Eijsden	5:08.05	9600195	<b>5:00.89</b>	+0,72	E	
	50m: 33.93	33.93	150m: 1:49.90	38.22	250m: 3:07.19	38.82	350m: 4:24.38	38.46
	100m: 1:11.68	37.75	200m: 2:28.37	38.47	300m: 3:45.92	38.73	400m: 5:00.89	36.51
20.	Stan Pijnenburg	Eiffel Swimmers PSV	4:49.91	9600427	<b>5:01.14</b>	+0,72	E	
	50m: 34.00	34.00	150m: 1:51.13	38.45	250m: 3:07.99	37.98	350m: 4:24.64	38.10
	100m: 1:12.68	38.68	200m: 2:30.01	38.88	300m: 3:46.54	38.55	400m: 5:01.14	36.50
21.	Jesse de Win	De Geul	5:05.04	9600191	<b>5:05.23</b>	* +0,90	F	
	50m: 33.14	33.14	150m: 1:49.48	38.69	250m: 3:08.30	39.57	350m: 4:27.52	39.71
	100m: 1:10.79	37.65	200m: 2:28.73	39.25	300m: 3:47.81	39.51	400m: 5:05.23	37.71
22.	Ardi Knol	ZPC Bikkel Hoogeveen	4:54.40	9603447	<b>5:05.74</b>		F	
	50m: 33.95	33.95	150m: 1:53.83	40.80	250m: 3:13.20	39.72	350m: 4:30.52	37.73
	100m: 1:13.03	39.08	200m: 2:33.48	39.65	300m: 3:52.79	39.59	400m: 5:05.74	35.22

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rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT	niveau	
23.	Lorenzo Peperkamp	De Dinkel	5:00.43	9600847	<b>5:06.63</b>		F	
	50m: 33.24	33.24	150m: 1:51.86	41.00	250m: 3:10.89	38.44	350m: 4:30.38	37.82
	100m: 1:10.86	37.62	200m: 2:32.45	40.59	300m: 3:52.56	41.67	400m: 5:06.63	36.25
24.	Sem Hermans	HZPC	5:08.14	9601259	<b>5:07.02</b>		F	
	50m: 34.00	34.00	150m: 1:51.69	39.19	250m: 3:10.52	39.30	350m: 4:29.68	39.38
	100m: 1:12.50	38.50	200m: 2:31.22	39.53	300m: 3:50.30	39.78	400m: 5:07.02	37.34
25.	Danny Berlemon	Zwemvereniging Hoorn	5:00.17	9600527	<b>5:17.16</b>		F	
	50m: 35.15	35.15	150m: 1:55.94	40.82	250m: 3:16.93	40.35	350m: 4:38.09	40.62
	100m: 1:15.12	39.97	200m: 2:36.58	40.64	300m: 3:57.47	40.54	400m: 5:17.16	39.07
NG.ZA	Greg l' Ami	De Columbiaan	5:07.12	9600101				