

Nederlandse Junioren Kampioenschappen 2009
Amsterdam, 19. - 21.6.2009

Programmanr. 17
19.06.2009

Jongens, 400m vrije slag

Junioren 2
Resultaten

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT	niveau	
1.	Ruben Tol	Ed-Vo	4:36.65	9501119	4:28.64		C	
	50m: 29.72	29.72	150m: 1:36.78	34.07	250m: 2:46.99	35.18	350m: 3:56.32	34.05
	100m: 1:02.71	32.99	200m: 2:11.81	35.03	300m: 3:22.27	35.28	400m: 4:28.64	32.32
2.	Jeffrey Reijnders	Oceanus	4:35.29	9500877	4:29.60	+0,84	C	
	50m: 30.03	30.03	150m: 1:38.46	34.87	250m: 2:47.32	33.97	350m: 3:55.67	34.29
	100m: 1:03.59	33.56	200m: 2:13.35	34.89	300m: 3:21.38	34.06	400m: 4:29.60	33.93
3.	Damon Peperkamp	De Dinkel	4:34.07	9501101	4:29.66	+0,89	C	
	50m: 29.13	29.13	150m: 1:37.64	35.50	250m: 2:47.87	35.37	350m: 3:56.80	33.64
	100m: 1:02.14	33.01	200m: 2:12.50	34.86	300m: 3:23.16	35.29	400m: 4:29.66	32.86
4.	Jakub Foytl	DES	4:46.41	9504687	4:29.76	+0,81	C	
	50m: 29.17	29.17	150m: 1:36.92	34.38	250m: 2:46.23	34.99	350m: 3:55.72	34.54
	100m: 1:02.54	33.37	200m: 2:11.24	34.32	300m: 3:21.18	34.95	400m: 4:29.76	34.04
5.	Jeffrey Buddenberg	De Zeehond'73	4:37.19	9502289	4:31.60	+0,75	D	
	50m: 30.11	30.11	150m: 1:37.88	34.41	250m: 2:47.51	34.86	350m: 3:57.88	35.06
	100m: 1:03.47	33.36	200m: 2:12.65	34.77	300m: 3:22.82	35.31	400m: 4:31.60	33.72
6.	Max de Voogt	One Team Swimming	4:34.89	9502325	4:33.08	+0,96	D	
	50m: 30.79	30.79	150m: 1:39.19	34.49	250m: 2:49.40	34.61	350m: 3:59.57	34.85
	100m: 1:04.70	33.91	200m: 2:14.79	35.60	300m: 3:24.72	35.32	400m: 4:33.08	33.51
7.	Lucas Greven	ZC Valkenburg	4:37.00	9501941	4:33.46	+0,77	D	
	50m: 31.30	31.30	150m: 1:38.80	34.07	250m: 2:48.53	34.78	350m: 3:58.92	35.28
	100m: 1:04.73	33.43	200m: 2:13.75	34.95	300m: 3:23.64	35.11	400m: 4:33.46	34.54
8.	Luc van der Wolde	Stadskanaal	4:37.51	9500281	4:34.42	+1,01	D	
	50m: 29.92	29.92	150m: 1:39.40	35.24	250m: 2:49.49	34.99	350m: 4:00.12	35.60
	100m: 1:04.16	34.24	200m: 2:14.50	35.10	300m: 3:24.52	35.03	400m: 4:34.42	34.30
9.	Yassine Maniani	Zwemlust/Utrecht (SG)	4:33.32	9501755	4:34.83	+0,96	D	
	50m: 29.86	29.86	150m: 1:37.47	34.56	250m: 2:47.89	35.46	350m: 3:59.54	35.84
	100m: 1:02.91	33.05	200m: 2:12.43	34.96	300m: 3:23.70	35.81	400m: 4:34.83	35.29
10.	Mart Theunissen	ZC Valkenburg	4:51.10	9500843	4:39.28	+0,86	E	
	50m: 30.12	30.12	150m: 1:40.94	35.83	250m: 2:52.75	36.00	350m: 4:05.06	35.86
	100m: 1:05.11	34.99	200m: 2:16.75	35.81	300m: 3:29.20	36.45	400m: 4:39.28	34.22
11.	Maarten Brzoskowski	Eiffel Swimmers PSV	4:37.15	9500769	4:39.49	+0,76	E	
	50m: 30.12	30.12	150m: 1:39.17	35.32	250m: 2:49.96	35.22	350m: 4:03.15	36.83
	100m: 1:03.85	33.73	200m: 2:14.74	35.57	300m: 3:26.32	36.36	400m: 4:39.49	36.34
12.	Ties Elzerman	De Dolfijn	4:48.82	9502163	4:44.20	+0,84	E	
	50m: 31.30	31.30	150m: 1:43.29	36.10	250m: 2:55.92	36.20	350m: 4:09.25	36.18
	100m: 1:07.19	35.89	200m: 2:19.72	36.43	300m: 3:33.07	37.15	400m: 4:44.20	34.95
13.	Jeffry van Zetten	Octopus	4:40.07	9500755	4:45.39	+0,72	E	
	50m: 30.00	30.00	150m: 1:41.37	36.69	250m: 2:55.53	36.63	350m: 4:10.44	37.24
	100m: 1:04.68	34.68	200m: 2:18.90	37.53	300m: 3:33.20	37.67	400m: 4:45.39	34.95
14.	Duane Wemmers	MNC Dordrecht	4:45.63	9501397	4:45.80	+0,78	E	
	50m: 31.52	31.52	150m: 1:41.89	35.85	250m: 2:55.40	37.03	350m: 4:11.44	38.02
	100m: 1:06.04	34.52	200m: 2:18.37	36.48	300m: 3:33.42	38.02	400m: 4:45.80	34.36
15.	Oscar van den Heuvel	Noordwijkerhout	4:45.80	9500803	4:45.91	+0,80	E	
	50m: 31.72	31.72	150m: 1:43.09	36.17	250m: 2:56.44	36.84	350m: 4:10.12	36.65
	100m: 1:06.92	35.20	200m: 2:19.60	36.51	300m: 3:33.47	37.03	400m: 4:45.91	35.79
16.	Andy Onderstal	De Dolfijn	4:40.51	9504889	4:47.09	+0,82	E	
	50m: 31.42	31.42	150m: 1:44.20	37.28	250m: 2:59.40	37.67	350m: 4:14.26	37.12
	100m: 1:06.92	35.50	200m: 2:21.73	37.53	300m: 3:37.14	37.74	400m: 4:47.09	32.83
17.	Marco Barkhuis	Stadskanaal	4:39.23	9500279	4:47.39	+0,95	E	
	50m: 30.82	30.82	150m: 1:43.87	37.23	250m: 2:58.56	37.40	350m: 4:13.42	37.28
	100m: 1:06.64	35.82	200m: 2:21.16	37.29	300m: 3:36.14	37.58	400m: 4:47.39	33.97
18.	Rowan Keen	Borger	4:42.59	9500727	4:49.93	+1,15	F	
	50m: 31.90	31.90	150m: 1:44.31	37.07	250m: 2:59.47	37.78	350m: 4:14.35	36.83
	100m: 1:07.24	35.34	200m: 2:21.69	37.38	300m: 3:37.52	38.05	400m: 4:49.93	35.58
19.	Sjors Lieverst	DAW-FINENZO	4:53.14	9501389	4:50.27	+0,95	F	
	50m: 30.79	30.79	150m: 1:43.04	36.61	250m: 2:58.23	37.63	350m: 4:13.23	37.48
	100m: 1:06.43	35.64	200m: 2:20.60	37.56	300m: 3:35.75	37.52	400m: 4:50.27	37.04
20.	Marco Uppelschoten	De Houtrib	4:50.16	9500375	4:51.86	+0,58	F	
	50m: 31.79	31.79	150m: 1:44.61	37.05	250m: 2:58.82	37.27	350m: 4:15.27	38.33
	100m: 1:07.56	35.77	200m: 2:21.55	36.94	300m: 3:36.94	38.12	400m: 4:51.86	36.59
21.	Felix Geenen	DAW-FINENZO	4:52.68	9501085	4:52.53	+0,88	F	
	50m: 31.52	31.52	150m: 1:45.14	37.29	250m: 3:00.30	37.59	350m: 4:16.28	37.78
	100m: 1:07.85	36.33	200m: 2:22.71	37.57	300m: 3:38.50	38.20	400m: 4:52.53	36.25
22.	Maikel Mierop	NDD	4:38.31	9503991	4:53.51	+0,81	F	
	50m: 30.95	30.95	150m: 1:46.52	38.73	250m: 3:03.08	39.67	350m: 4:19.46	37.55
	100m: 1:07.79	36.84	200m: 2:23.41	36.89	300m: 3:41.91	38.83	400m: 4:53.51	34.05

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rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT	niveau	
23.	Jurian Beukers	WVZ	4:41.03	9501327	4:54.11	+0,78	F	
	50m: 32.92	32.92	150m: 1:47.11	37.52	250m: 3:03.63	38.54	350m: 4:19.39	37.67
	100m: 1:09.59	36.67	200m: 2:25.09	37.98	300m: 3:41.72	38.09	400m: 4:54.11	34.72
24.	Nick van der Krogt	De Zijl/LGB	4:48.95	9501313	4:58.72	+0,87	F	
	50m: 31.99	31.99	150m: 1:45.79	37.34	250m: 3:03.06	38.85	350m: 4:21.29	39.30
	100m: 1:08.45	36.46	200m: 2:24.21	38.42	300m: 3:41.99	38.93	400m: 4:58.72	37.43