

Nederlandse Junioren Kampioenschappen 2009  
Amsterdam, 19. - 21.6.2009

Programmanr. 18  
19.06.2009

Jongens, 400m vrije slag  
Limiet EJOF Tampère (FIN) 4.07.50

Junioren 3  
Resultaten

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT	niveau	
1.	Lester Snackers	ZC Valkenburg	4:21.06	9400947	<b>4:18.31</b>	+0,87	B	
	50m: 29.48	29.48	150m: 1:35.30	33.73	250m: 2:40.86	33.07	350m: 3:47.26	33.19
	100m: 1:01.57	32.09	200m: 2:07.79	32.49	300m: 3:14.07	33.21	400m: 4:18.31	31.05
2.	Date v.d. Zaag	Eiffel Swimmers PSV	4:23.43	9403919	<b>4:21.35</b>	+0,85	C	
	50m: 29.07	29.07	150m: 1:34.71	33.28	250m: 2:41.10	33.14	350m: 3:48.91	34.00
	100m: 1:01.43	32.36	200m: 2:07.96	33.25	300m: 3:14.91	33.81	400m: 4:21.35	32.44
3.	Willem Kees Roos	Orca	4:25.60	9402693	<b>4:21.57</b>	+0,97	C	
	50m: 29.49	29.49	150m: 1:36.31	34.19	250m: 2:43.62	33.72	350m: 3:50.49	33.29
	100m: 1:02.12	32.63	200m: 2:09.90	33.59	300m: 3:17.20	33.58	400m: 4:21.57	31.08
4.	Jacco Doest	DWK	4:35.57	9400711	<b>4:27.65</b>	+0,92	D	
	50m: 30.32	30.32	150m: 1:36.83	33.55	250m: 2:45.65	34.34	350m: 3:55.18	34.64
	100m: 1:03.28	32.96	200m: 2:11.31	34.48	300m: 3:20.54	34.89	400m: 4:27.65	32.47
5.	Vincent Moolhuijsen	Oceanus	4:27.00	9401215	<b>4:28.53</b>	+0,87	D	
	50m: 29.62	29.62	150m: 1:36.16	33.90	250m: 2:45.19	34.46	350m: 3:54.51	34.79
	100m: 1:02.26	32.64	200m: 2:10.73	34.57	300m: 3:19.72	34.53	400m: 4:28.53	34.02
6.	Huub van Houweligen	AZ&PC	4:35.37	9406019	<b>4:33.02</b>		E	
	50m: 30.06	30.06	150m: 1:39.43	34.97	250m: 2:49.56	35.03	350m: 3:59.57	34.76
	100m: 1:04.46	34.40	200m: 2:14.53	35.10	300m: 3:24.81	35.25	400m: 4:33.02	33.45
7.	Ivar van Ginkel	DWK	4:29.25	9400025	<b>4:34.71</b>	+0,53	E	
	50m: 30.68	30.68	150m: 1:40.06	35.31	250m: 2:51.17	35.70	350m: 4:01.57	35.02
	100m: 1:04.75	34.07	200m: 2:15.47	35.41	300m: 3:26.55	35.38	400m: 4:34.71	33.14
8.	Erik Nijholt	DZ&PC	4:40.17	9401349	<b>4:36.15</b>	+0,94	E	
	50m: 30.34	30.34	150m: 1:40.58	35.62	250m: 2:52.47	35.90	350m: 4:04.50	35.80
	100m: 1:04.96	34.62	200m: 2:16.57	35.99	300m: 3:28.70	36.23	400m: 4:36.15	31.65
9.	Joey ten Doeschot	OZ&PC	4:40.54	9400145	<b>4:36.39</b>		E	
	50m: 30.08	30.08	150m: 1:39.40	35.76	250m: 2:50.54	35.92	350m: 4:02.49	36.37
	100m: 1:03.64	33.56	200m: 2:14.62	35.22	300m: 3:26.12	35.58	400m: 4:36.39	33.90
10.	Jacques Journée	De Dinkel	4:41.26	9400513	<b>4:36.99</b>	+0,88	E	
	50m: 30.31	30.31	150m: 1:39.59	35.51	250m: 2:51.35	36.12	350m: 4:03.39	36.25
	100m: 1:04.08	33.77	200m: 2:15.23	35.64	300m: 3:27.14	35.79	400m: 4:36.99	33.60
11.	Michael van Dam	HPC	4:37.98	9401501	<b>4:37.02</b>	+0,97	E	
	50m: 30.93	30.93	150m: 1:40.38	35.55	250m: 2:52.96	36.34	350m: 4:04.77	35.45
	100m: 1:04.83	33.90	200m: 2:16.62	36.24	300m: 3:29.32	36.36	400m: 4:37.02	32.25
12.	Simon Stouten	De Zijl/LGB	4:38.06	9400943	<b>4:37.20</b>	+0,87	E	
	50m: 30.55	30.55	150m: 1:40.19	35.08	250m: 2:52.43	36.36	350m: 4:04.28	35.50
	100m: 1:05.11	34.56	200m: 2:16.07	35.88	300m: 3:28.78	36.35	400m: 4:37.20	32.92
13.	Olivier Nass	WVZ	4:41.02	9402933	<b>4:37.76</b>	+0,80	E	
	50m: 30.58	30.58	150m: 1:40.57	35.83	250m: 2:52.51	36.25	350m: 4:04.51	35.87
	100m: 1:04.74	34.16	200m: 2:16.26	35.69	300m: 3:28.64	36.13	400m: 4:37.76	33.25
14.	Mike ter Horst	NVA/HHC	4:36.92	9402785	<b>4:41.14</b>	+0,89	E	
	50m: 29.53	29.53	150m: 1:37.57	34.97	250m: 2:50.76	37.05	350m: 4:05.03	37.14
	100m: 1:02.60	33.07	200m: 2:13.71	36.14	300m: 3:27.89	37.13	400m: 4:41.14	36.11
15.	Silvan Viehmann	Brunssum	4:42.40	9403763	<b>4:41.28</b>	+0,85	E	
	50m: 30.45	30.45	150m: 1:40.16	35.83	250m: 2:52.89	37.04	350m: 4:06.30	37.29
	100m: 1:04.33	33.88	200m: 2:15.85	35.69	300m: 3:29.01	36.12	400m: 4:41.28	34.98
16.	Thomas Rietveld	TRB-RES	4:39.37	9401803	<b>4:41.83</b>	+0,94	E	
	50m: 30.81	30.81	150m: 1:41.55	36.21	250m: 2:53.58	35.36	350m: 4:06.93	36.68
	100m: 1:05.34	34.53	200m: 2:18.22	36.67	300m: 3:30.25	36.67	400m: 4:41.83	34.90
17.	Jorden Theijink	Maarkel	4:34.46	9400323	<b>4:44.66</b>	+0,85	F	
	50m: 31.40	31.40	150m: 1:42.16	36.22	250m: 2:56.56	37.12	350m: 4:09.83	36.09
	100m: 1:05.94	34.54	200m: 2:19.44	37.28	300m: 3:33.74	37.18	400m: 4:44.66	34.83
18.	Jeroen Staakman	Aquapoldro	4:43.19	9404989	<b>4:44.83</b>	+1,01	F	
	50m: 30.17	30.17	150m: 1:42.10	36.79	250m: 2:56.18	36.99	350m: 4:10.66	36.75
	100m: 1:05.31	35.14	200m: 2:19.19	37.09	300m: 3:33.91	37.73	400m: 4:44.83	34.17
19.	Ruben Klinkers	Hellas-Glana	4:39.27	9403511	<b>4:53.56</b>	+0,61	F	
	50m: 31.90	31.90	150m: 1:46.83	37.70	250m: 3:00.52	36.23	350m: 4:16.31	38.00
	100m: 1:09.13	37.23	200m: 2:24.29	37.46	300m: 3:38.31	37.79	400m: 4:53.56	37.25
20.	Niels Bent	WS Twente	4:35.80	9400465	<b>4:56.82</b>	+1,02	F	
	50m: 31.15	31.15	150m: 1:43.79	37.10	250m: 3:00.97	38.94	350m: 4:18.59	38.68
	100m: 1:06.69	35.54	200m: 2:22.03	38.24	300m: 3:39.91	38.94	400m: 4:56.82	38.23