

Nederlandse Junioren Kampioenschappen 2009
Amsterdam, 19. - 21.6.2009

Programmanr. 19
19.06.2009

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

Junioren 4
Resultaten

| rang | naam | vereniging | inschrijftijd | startnr. | tijd | RT | niveau |
|-------|---|-----------------------|---------------------|---------------------|----------------|-------|--------|
| 1. | Dion Dreesens <i>Kamp. Record Junioren 4</i> | Noord-Limburg (SG) | 4:08.82 | 9302189 | 4:02.12 | +0,81 | A+ |
| | 50m: 27.56 27.56 | 150m: 1:28.16 30.51 | 250m: 2:29.55 30.91 | 350m: 3:31.66 31.18 | | | |
| | 100m: 57.65 30.09 | 200m: 1:58.64 30.48 | 300m: 3:00.48 30.93 | 400m: 4:02.12 30.46 | | | |
| 2. | Niek Pereboom | WVZ | 4:15.41 | 9305395 | 4:12.24 | +0,90 | C |
| | 50m: 27.78 27.78 | 150m: 1:30.97 31.94 | 250m: 2:36.26 32.65 | 350m: 3:41.78 32.79 | | | |
| | 100m: 59.03 31.25 | 200m: 2:03.61 32.64 | 300m: 3:08.99 32.73 | 400m: 4:12.24 30.46 | | | |
| 3. | Bart Dunweg | Vlaardingen | 4:21.45 | 9301763 | 4:19.44 | +0,77 | D |
| | 50m: 28.47 28.47 | 150m: 1:33.60 33.53 | 250m: 2:41.06 33.98 | 350m: 3:48.34 33.42 | | | |
| | 100m: 1:00.07 31.60 | 200m: 2:07.08 33.48 | 300m: 3:14.92 33.86 | 400m: 4:19.44 31.10 | | | |
| 4. | Daniel Langerveld | De Fuut | 4:28.07 | 9302989 | 4:19.89 | +0,83 | D |
| | 50m: 28.20 28.20 | 150m: 1:32.80 33.19 | 250m: 2:39.83 33.86 | 350m: 3:47.93 33.97 | | | |
| | 100m: 59.61 31.41 | 200m: 2:05.97 33.17 | 300m: 3:13.96 34.13 | 400m: 4:19.89 31.96 | | | |
| 5. | Bernd Kobesen | Stadskanaal | 4:22.55 | 9300981 | 4:21.98 | +0,87 | E |
| | 50m: 28.42 28.42 | 150m: 1:33.66 33.22 | 250m: 2:41.66 34.10 | 350m: 3:50.24 34.30 | | | |
| | 100m: 1:00.44 32.02 | 200m: 2:07.56 33.90 | 300m: 3:15.94 34.28 | 400m: 4:21.98 31.74 | | | |
| 6. | Giovanni den Ouden | De Devel | 4:14.78 | 9300877 | 4:22.62 | +0,76 | E |
| | 50m: 28.77 28.77 | 150m: 1:34.08 33.15 | 250m: 2:41.51 34.08 | 350m: 3:49.98 34.60 | | | |
| | 100m: 1:00.93 32.16 | 200m: 2:07.43 33.35 | 300m: 3:15.38 33.87 | 400m: 4:22.62 32.64 | | | |
| 7. | Bastiaan Waanders | Oceanus | 4:24.02 | 9301225 | 4:23.12 | +0,76 | E |
| | 50m: 29.26 29.26 | 150m: 1:35.31 33.51 | 250m: 2:43.13 33.66 | 350m: 3:51.17 33.43 | | | |
| | 100m: 1:01.80 32.54 | 200m: 2:09.47 34.16 | 300m: 3:17.74 34.61 | 400m: 4:23.12 31.95 | | | |
| 8. | Ruben Dekker | De Dolfijn | 4:31.17 | 9300627 | 4:24.41 | +0,93 | E |
| | 50m: 29.87 29.87 | 150m: 1:35.79 33.61 | 250m: 2:43.16 33.94 | 350m: 3:51.79 34.47 | | | |
| | 100m: 1:02.18 32.31 | 200m: 2:09.22 33.43 | 300m: 3:17.32 34.16 | 400m: 4:24.41 32.62 | | | |
| 9. | Marcel Schouten | Rapido'82 | 4:23.19 | 9300653 | 4:24.73 | | E |
| | 50m: 28.77 28.77 | 150m: 1:34.50 33.56 | 250m: 2:42.90 34.31 | 350m: 3:51.66 34.47 | | | |
| | 100m: 1:00.94 32.17 | 200m: 2:08.59 34.09 | 300m: 3:17.19 34.29 | 400m: 4:24.73 33.07 | | | |
| 10. | Pim Kienhuis | De Dinkel | 4:22.48 | 9300263 | 4:25.34 | +0,96 | E |
| | 50m: 29.33 29.33 | 150m: 1:35.24 33.40 | 250m: 2:42.88 33.95 | 350m: 3:51.82 34.46 | | | |
| | 100m: 1:01.84 32.51 | 200m: 2:08.93 33.69 | 300m: 3:17.36 34.48 | 400m: 4:25.34 33.52 | | | |
| 11. | Thomas van Mierlo | Eiffel Swimmers PSV | 4:29.73 | 9300353 | 4:30.05 | +0,80 | E |
| | 50m: 29.14 29.14 | 150m: 1:37.34 34.90 | 250m: 2:47.82 35.19 | 350m: 3:57.19 34.70 | | | |
| | 100m: 1:02.44 33.30 | 200m: 2:12.63 35.29 | 300m: 3:22.49 34.67 | 400m: 4:30.05 32.86 | | | |
| 12. | Sonny Corré | Luctor et Emergo | 4:26.56 | 9303615 | 4:31.21 | +0,77 | E |
| | 50m: 30.40 30.40 | 150m: 1:36.91 33.68 | 250m: 2:45.62 34.83 | 350m: 3:56.41 35.84 | | | |
| | 100m: 1:03.23 32.83 | 200m: 2:10.79 33.88 | 300m: 3:20.57 34.95 | 400m: 4:31.21 34.80 | | | |
| 13. | Sebastian de Been | De Warande | 4:29.19 | 9302233 | 4:32.43 | +0,81 | E |
| | 50m: 29.65 29.65 | 150m: 1:37.24 34.75 | 250m: 2:47.79 35.43 | 350m: 3:58.39 35.13 | | | |
| | 100m: 1:02.49 32.84 | 200m: 2:12.36 35.12 | 300m: 3:23.26 35.47 | 400m: 4:32.43 34.04 | | | |
| 14. | Sander Ariaansz | Zwemlust/Utrecht (SG) | 4:33.43 | 9302053 | 4:33.96 | | F |
| | 50m: 29.20 29.20 | 150m: 1:36.00 34.27 | 250m: 2:46.72 35.80 | 350m: 3:59.17 36.64 | | | |
| | 100m: 1:01.73 32.53 | 200m: 2:10.92 34.92 | 300m: 3:22.53 35.81 | 400m: 4:33.96 34.79 | | | |
| 15. | Nick Duivenvoorden | Noordwijkerhout | 4:31.87 | 9300731 | 4:35.83 | +0,90 | F |
| | 50m: 29.64 29.64 | 150m: 1:37.67 34.90 | 250m: 2:49.23 35.80 | 350m: 4:01.41 36.33 | | | |
| | 100m: 1:02.77 33.13 | 200m: 2:13.43 35.76 | 300m: 3:25.08 35.85 | 400m: 4:35.83 34.42 | | | |
| 16. | Huib Scholing | Het Ravijn | 4:24.09 | 9301179 | 4:38.55 | +0,88 | F |
| | 50m: 29.57 29.57 | 150m: 1:38.41 35.10 | 250m: 2:50.55 36.33 | 350m: 4:03.23 36.08 | | | |
| | 100m: 1:03.31 33.74 | 200m: 2:14.22 35.81 | 300m: 3:27.15 36.60 | 400m: 4:38.55 35.32 | | | |
| NG.ZA | Kasper Leeuw | EZC | 4:24.18 | 9304435 | | | |