

Nederlandse Junioren Kampioenschappen Zwemmen Korte Baan 2009
Dordrecht, 30.1. - 1.2.2009

Programmanr. 19
30.01.2009

Jongens, 400m vrije slag

Junioren 4
Resultaten

| rang | naam | vereniging | inschrijftijd | tijd | niveau |
|------|---------------------|---------------------|---------------------|----------------|--------|
| 1. | Dion Dreesens | Noord Limburg(SG) | 4:00.91 9302189 | 4:01.11 | A+ |
| | 50m: 26.54 26.54 | 150m: 1:26.28 30.23 | 250m: 2:27.49 30.84 | 350m: 3:30.58 | 31.63 |
| | 100m: 56.05 29.51 | 200m: 1:56.65 30.37 | 300m: 2:58.95 31.46 | 400m: 4:01.11 | 30.53 |
| 2. | Nils Mollema | Oceanus | 4:12.70 9306283 | 4:09.47 | C |
| | 50m: 28.32 28.32 | 150m: 1:31.18 31.37 | 250m: 2:34.19 31.38 | 350m: 3:38.20 | 32.19 |
| | 100m: 59.81 31.49 | 200m: 2:02.81 31.63 | 300m: 3:06.01 31.82 | 400m: 4:09.47 | 31.27 |
| 3. | Bart Dunweg | Vlaardingen | 4:24.80 9301763 | 4:11.33 | C |
| | 50m: 28.66 28.66 | 150m: 1:33.67 32.55 | 250m: 2:38.34 31.91 | 350m: 3:41.65 | 31.31 |
| | 100m: 1:01.12 32.46 | 200m: 2:06.43 32.76 | 300m: 3:10.34 32.00 | 400m: 4:11.33 | 29.68 |
| 4. | Bernd Kobesen | Stadskanaal | 4:14.20 9300981 | 4:14.30 | D |
| | 50m: 27.66 27.66 | 150m: 1:31.54 32.44 | 250m: 2:38.10 33.27 | 350m: 3:44.01 | 32.78 |
| | 100m: 59.10 31.44 | 200m: 2:04.83 33.29 | 300m: 3:11.23 33.13 | 400m: 4:14.30 | 30.29 |
| 5. | Jorke Willemse | Orca | 4:15.90 9301977 | 4:15.64 | D |
| | 50m: 28.23 28.23 | 150m: 1:31.96 32.15 | 250m: 2:37.00 32.70 | 350m: 3:43.10 | 33.29 |
| | 100m: 59.81 31.58 | 200m: 2:04.30 32.34 | 300m: 3:09.81 32.81 | 400m: 4:15.64 | 32.54 |
| 6. | Sonny Corré | Luctor et Emergo | 4:24.37 9303615 | 4:15.97 | D |
| | 50m: 29.30 29.30 | 150m: 1:33.22 32.14 | 250m: 2:37.82 32.21 | 350m: 3:43.47 | 32.97 |
| | 100m: 1:01.08 31.78 | 200m: 2:05.61 32.39 | 300m: 3:10.50 32.68 | 400m: 4:15.97 | 32.50 |
| 7. | Daniel Langerveld | De Fuut | 4:23.83 9302989 | 4:16.96 | D |
| | 50m: 28.56 28.56 | 150m: 1:34.07 33.17 | 250m: 2:39.22 31.53 | 350m: 3:45.33 | 33.08 |
| | 100m: 1:00.90 32.34 | 200m: 2:07.69 33.62 | 300m: 3:12.25 33.03 | 400m: 4:16.96 | 31.63 |
| 8. | Bastiaan Waanders | Oceanus | 4:22.16 9301225 | 4:17.82 | D |
| | 50m: 28.99 28.99 | 150m: 1:34.45 33.00 | 250m: 2:40.31 32.81 | 350m: 3:46.01 | 32.69 |
| | 100m: 1:01.45 32.46 | 200m: 2:07.50 33.05 | 300m: 3:13.32 33.01 | 400m: 4:17.82 | 31.81 |
| 9. | Paul Koster | DIO | 4:22.77 9304465 | 4:18.56 | D |
| | 50m: 29.35 29.35 | 150m: 1:34.21 32.73 | 250m: 2:40.55 33.11 | 350m: 3:46.89 | 33.45 |
| | 100m: 1:01.48 32.13 | 200m: 2:07.44 33.23 | 300m: 3:13.44 32.89 | 400m: 4:18.56 | 31.67 |
| 10. | Pim Kienhuis | De Dinkel | 4:25.48 9300263 | 4:22.48 | E |
| | 50m: 29.32 29.32 | 150m: 1:36.02 33.57 | 250m: 2:42.89 33.30 | 350m: 3:50.58 | 33.79 |
| | 100m: 1:02.45 33.13 | 200m: 2:09.59 33.57 | 300m: 3:16.79 33.90 | 400m: 4:22.48 | 31.90 |
| 11. | Sebastian de Been | De Warande | 4:24.58 9302233 | 4:22.95 | E |
| | 50m: 28.44 28.44 | 150m: 1:33.75 33.09 | 250m: 2:40.84 33.76 | 350m: 3:49.92 | 34.33 |
| | 100m: 1:00.66 32.22 | 200m: 2:07.08 33.33 | 300m: 3:15.59 34.75 | 400m: 4:22.95 | 33.03 |
| 12. | Lars Sieval | LZ 1886 | 4:23.23 9300723 | 4:23.49 | E |
| | 50m: 28.87 28.87 | 150m: 1:35.25 33.50 | 250m: 2:42.81 33.62 | 350m: 3:49.47 | 33.40 |
| | 100m: 1:01.75 32.88 | 200m: 2:09.19 33.94 | 300m: 3:16.07 33.26 | 400m: 4:23.49 | 34.02 |
| 13. | Huub Scholing | Het Ravijn | 4:25.16 9301179 | 4:24.09 | E |
| | 50m: 29.27 29.27 | 150m: 1:35.24 33.87 | 250m: 2:43.35 33.98 | 350m: 3:51.04 | 33.65 |
| | 100m: 1:01.37 32.10 | 200m: 2:09.37 34.13 | 300m: 3:17.39 34.04 | 400m: 4:24.09 | 33.05 |
| 14. | Marcel Schouten | Rapido '82 | 4:24.19 9300653 | 4:24.22 | E |
| | 50m: 28.76 28.76 | 150m: 1:33.74 32.89 | 250m: 2:41.48 33.90 | 350m: 3:50.16 | 34.29 |
| | 100m: 1:00.85 32.09 | 200m: 2:07.58 33.84 | 300m: 3:15.87 34.39 | 400m: 4:24.22 | 34.06 |
| 15. | Kasper Leeuw | EZC | 4:24.18 9304435 | 4:26.38 | E |
| | 50m: 29.35 29.35 | 150m: 1:35.62 33.51 | 250m: 2:44.00 34.52 | 350m: 3:52.52 | 34.28 |
| | 100m: 1:02.11 32.76 | 200m: 2:09.48 33.86 | 300m: 3:18.24 34.24 | 400m: 4:26.38 | 33.86 |
| 16. | Thomas van Mierlo | Budel | 4:24.07 9300353 | 4:31.44 | E |
| | 50m: 29.18 29.18 | 150m: 1:36.18 34.03 | 250m: 2:45.95 34.83 | 350m: 3:57.03 | 35.58 |
| | 100m: 1:02.15 32.97 | 200m: 2:11.12 34.94 | 300m: 3:21.45 35.50 | 400m: 4:31.44 | 34.41 |