



NK 5000 meter en NJK 800/1500 meter 2012
Amersfoort, 21.4.2012



Programmanr. 1
21.04.2012 - 10:00

Jongens, 1500m vrije slag

Juniores 1
Resultaten

Nederlands Record Junioren	16:02.56	Pieter van den Hoogenband	Nanterre (FRA)	15.05.1994
Nederlands Record 13 jaar	17:11.40	Pieter van den Hoogenband	Amersfoort	28.06.1991
Kamp. Record Junioren 1	18:00.48	Evert Roobeek	Amersfoort	19.06.1999

rang	naam		vereniging		inschrijftijd	startnr.	tijd	
1.	Ruben Griffioen		De Columbiaan		18:31.76	199900771	18:25.07	
	100m:	1:06.86	500m:	6:02.20	1:14.72	900m:	11:01.10	1:15.11
	200m:	2:20.10	600m:	7:17.05	1:14.85	1000m:	12:16.11	1:15.01
	300m:	3:34.29	700m:	8:31.51	1:14.46	1100m:	13:30.67	1:14.56
	400m:	4:47.48	800m:	9:45.99	1:14.48	1200m:	14:45.57	1:14.90
		1:13.24						1300m:
		1:14.19						1400m:
		1:16.73						1500m:
		1:16.48						
2.	Adam Juhasz		Racing Club		19:02.85	199903567	18:51.97	
	100m:	1:09.38	500m:	6:14.08	1:16.14	900m:	11:17.94	1:16.85
	200m:	2:24.73	600m:	7:29.08	1:15.00	1000m:	12:33.97	1:16.03
	300m:	3:41.46	700m:	8:45.19	1:16.11	1100m:	13:49.72	1:15.75
	400m:	4:57.94	800m:	10:01.09	1:15.90	1200m:	15:06.22	1:16.50
		1:15.35						1300m:
		1:16.28						1400m:
		1:16.04						1500m:
3.	Jan-Arnoud Melse		DZ&PC		19:20.88	199900785	18:58.48	
	100m:	1:09.64	500m:	6:13.35	1:15.92	900m:	11:19.86	1:17.14
	200m:	2:25.11	600m:	7:29.89	1:16.54	1000m:	12:37.51	1:17.65
	300m:	3:41.39	700m:	8:46.17	1:16.28	1100m:	13:55.51	1:18.00
	400m:	4:57.43	800m:	10:02.72	1:16.55	1200m:	15:11.94	1:16.43
		1:15.47						1300m:
		1:16.28						1400m:
		1:16.04						1500m:
4.	Luuk Veldman		Neptunia'24		19:18.90	199900981	19:05.06	
	100m:	1:10.64	500m:	6:19.33	1:18.51	900m:	11:30.15	1:17.67
	200m:	2:27.40	600m:	7:37.68	1:18.35	1000m:	12:47.63	1:17.48
	300m:	3:44.18	700m:	8:54.70	1:17.02	1100m:	14:04.55	1:16.92
	400m:	5:00.82	800m:	10:12.48	1:17.78	1200m:	15:21.47	1:16.92
		1:10.64						1300m:
		1:16.76						1400m:
		1:16.78						1500m:
		1:16.64						
5.	Stef Poolman		WS Twente		20:14.16	199900803	19:05.45	
	100m:	1:09.42	500m:	6:13.36	1:16.20	900m:	11:22.62	1:18.06
	200m:	2:24.99	600m:	7:30.53	1:17.17	1000m:	12:41.00	1:18.38
	300m:	3:41.01	700m:	8:47.52	1:16.99	1100m:	13:58.55	1:17.55
	400m:	4:57.16	800m:	10:04.56	1:17.04	1200m:	15:15.20	1:16.65
		1:09.42						1300m:
		1:15.57						1400m:
		1:16.02						1500m:
		1:16.15						
6.	Joko Vievermanns		EIFFELswimmersPSV		19:41.85	199901915	20:01.85	
	100m:	1:12.83	500m:	6:34.05	1:20.68	900m:	11:56.43	1:20.44
	200m:	2:32.63	600m:	7:54.59	1:20.54	1000m:	13:17.33	1:20.90
	300m:	3:53.29	700m:	9:15.16	1:20.57	1100m:	14:39.89	1:22.56
	400m:	5:13.37	800m:	10:35.99	1:20.83	1200m:	16:01.37	1:21.48
		1:12.83						1300m:
		1:19.80						1400m:
		1:20.66						1500m:
		1:20.08						