



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



Programmanr. 3
21.04.2012 - 11:15

Jongens, 1500m vrije slag

Juniores 3
Resultaten

Nederlands Record Junioren	16:02.56	Pieter van den Hoogenband	Nanterre (FRA)	15.05.1994
Nederlands Record 15 jaar	16:18.40	Pieter van den Hoogenband	Den Bosch	14.05.1993
Kamp. Record Junioren 3	16:40.81	Maarten van der Weijden	Amersfoort	05.07.1996

rang	naam		vereniging		inschrijftijd		startnr.		tijd			
1.	Casper Zwier		De Zeeuwse Kust (SG)		17:42.07		199701355		17:28.27			
	200m*,400m*,800m*											
	100m:	1:03.66	1:03.66	500m:	5:44.92	1:10.35	900m:	10:26.67	1:11.44	1300m:	15:10.64	1:11.54
	200m:	2:13.57	1:09.91	600m:	6:54.82	1:09.90	1000m:	11:37.48	1:10.81	1400m:	16:21.42	1:10.78
	300m:	3:24.89	1:11.32	700m:	8:04.89	1:10.07	1100m:	12:48.16	1:10.68	1500m:	17:28.27	1:06.85
	400m:	4:34.57	1:09.68	800m:	9:15.23	1:10.34	1200m:	13:59.10	1:10.94			
2.	Stijn Avezaat		One Team Swimming		18:19.09		199700729		17:51.25		*	
	100m*,200m*,400m*,800m*											
	100m:	1:06.36	1:06.36	500m:	5:55.53	1:12.20	900m:	10:44.68	1:11.83	1300m:	15:32.89	1:12.47
	200m:	2:18.81	1:12.45	600m:	7:08.00	1:12.47	1000m:	11:56.62	1:11.94	1400m:	16:43.77	1:10.88
	300m:	3:30.84	1:12.03	700m:	8:20.23	1:12.23	1100m:	13:09.09	1:12.47	1500m:	17:51.25	1:07.48
	400m:	4:43.33	1:12.49	800m:	9:32.85	1:12.62	1200m:	14:20.42	1:11.33			
3.	Jorn Steenberghe		DZ&PC		18:30.20		199700039		17:56.61			
	100m:	1:05.38	1:05.38	500m:	5:51.78	1:12.39	900m:	10:43.10	1:12.88	1300m:	15:33.15	1:12.31
	200m:	2:16.33	1:10.95	600m:	7:04.60	1:12.82	1000m:	11:55.60	1:12.50	1400m:	16:46.00	1:12.85
	300m:	3:27.45	1:11.12	700m:	8:17.12	1:12.52	1100m:	13:07.89	1:12.29	1500m:	17:56.61	1:10.61
	400m:	4:39.39	1:11.94	800m:	9:30.22	1:13.10	1200m:	14:20.84	1:12.95			
4.	Maurice van der Ploeg		De Kikker		18:00.53		199700305		18:01.10			
	800m*											
	100m:	1:06.57	1:06.57	500m:	5:55.42	1:12.25	900m:	10:46.10	1:12.65	1300m:	15:37.03	1:12.67
	200m:	2:19.11	1:12.54	600m:	7:08.52	1:13.10	1000m:	11:59.13	1:13.03	1400m:	16:49.76	1:12.73
	300m:	3:31.12	1:12.01	700m:	8:20.99	1:12.47	1100m:	13:11.69	1:12.56	1500m:	18:01.10	1:11.34
	400m:	4:43.17	1:12.05	800m:	9:33.45	1:12.46	1200m:	14:24.36	1:12.67			
5.	Martijn Kornet		One Team Swimming		18:30.51		199700231		18:32.98			
	100m:	1:06.81	1:06.81	500m:	5:57.26	1:13.46	900m:	10:59.06	1:16.73	1300m:	16:06.35	1:16.62
	200m:	2:19.47	1:12.66	600m:	7:11.86	1:14.60	1000m:	12:15.09	1:16.03	1400m:	17:21.94	1:15.59
	300m:	3:31.18	1:11.71	700m:	8:26.84	1:14.98	1100m:	13:32.88	1:17.79	1500m:	18:32.98	1:11.04
	400m:	4:43.80	1:12.62	800m:	9:42.33	1:15.49	1200m:	14:49.73	1:16.85			
6.	Kars Veldkamp		ZPC De Hof		18:44.26		199700747		18:42.58			
	100m:	1:07.09	1:07.09	500m:	6:04.45	1:14.56	900m:	11:07.39	1:15.78	1300m:	16:12.02	1:16.24
	200m:	2:20.42	1:13.33	600m:	7:19.40	1:14.95	1000m:	12:24.04	1:16.65	1400m:	17:27.69	1:15.67
	300m:	3:34.78	1:14.36	700m:	8:35.37	1:15.97	1100m:	13:40.56	1:16.52	1500m:	18:42.58	1:14.89
	400m:	4:49.89	1:15.11	800m:	9:51.61	1:16.24	1200m:	14:55.78	1:15.22			
7.	Krijn de Kievit		Racing Club		18:18.37		199700277		18:49.84			
	100m:	1:06.50	1:06.50	500m:	6:05.71	1:16.09	900m:	11:11.57	1:16.41	1300m:	16:18.08	1:16.45
	200m:	2:20.10	1:13.60	600m:	7:21.98	1:16.27	1000m:	12:28.30	1:16.73	1400m:	17:34.52	1:16.44
	300m:	3:33.85	1:13.75	700m:	8:38.60	1:16.62	1100m:	13:44.90	1:16.60	1500m:	18:49.84	1:15.32
	400m:	4:49.62	1:15.77	800m:	9:55.16	1:16.56	1200m:	15:01.63	1:16.73			
8.	Thomas Zielhorst		De Biesboschzwemmers		18:47.30		199702135		19:16.94			
	400m*											
	100m:	1:07.88	1:07.88	500m:	6:15.00	1:19.33	900m:	11:30.50	1:19.13	1300m:	16:43.37	1:18.94
	200m:	2:22.18	1:14.30	600m:	7:34.22	1:19.22	1000m:	12:47.99	1:17.49	1400m:	18:00.93	1:17.56
	300m:	3:38.37	1:16.19	700m:	8:52.70	1:18.48	1100m:	14:06.37	1:18.38	1500m:	19:16.94	1:16.01
	400m:	4:55.67	1:17.30	800m:	10:11.37	1:18.67	1200m:	15:24.43	1:18.06			