



NK 5000 meter en NJK 800/1500 meter 2013
Amersfoort, 20-4-2013



Programmanr. 2
20-04-2013 - 10:45

Jongens, 1500m vrije slag

Juniores 2
Resultaten

Nederlands Record Junioren	16:02.56	Pieter van den Hoogenband	Nanterre (FRA)	15-05-1994
Nederlands Record 14 jaar	16:43.43	Maarten van der Weijden	Buffalo (USA)	12-08-1995

rang	naam	vereniging	inschrijftijd	startnr.	tijd
1.	Luuk Veldman	Orca	19:05.06	199900981	17:54.95
	100m: 1:03.63 1:03.63	500m: 5:51.38 1:12.99	900m: 10:42.49 1:12.53	1300m: 15:32.37 1:12.49	
	200m: 2:14.29 1:10.66	600m: 7:04.43 1:13.05	1000m: 11:54.77 1:12.28	1400m: 16:44.69 1:12.32	
	300m: 3:25.26 1:10.97	700m: 8:17.15 1:12.72	1100m: 13:07.45 1:12.68	1500m: 17:54.95 1:10.26	
	400m: 4:38.39 1:13.13	800m: 9:29.96 1:12.81	1200m: 14:19.88 1:12.43		
2.	Ruben Griffioen	De Columbiaan	18:10.76	199900771	18:09.54
	100m: 1:04.57 1:04.57	500m: 5:52.87 1:12.53	900m: 10:45.73 1:13.81	1300m: 15:44.21 1:14.68	
	200m: 2:16.06 1:11.49	600m: 7:05.48 1:12.61	1000m: 11:59.63 1:13.90	1400m: 16:58.75 1:14.54	
	300m: 3:28.44 1:12.38	700m: 8:18.89 1:13.41	1100m: 13:14.31 1:14.68	1500m: 18:09.54 1:10.79	
	400m: 4:40.34 1:11.90	800m: 9:31.92 1:13.03	1200m: 14:29.53 1:15.22		
3.	Adam Juhasz	Racing Club	18:03.69	199904747	18:16.73
	100m: 1:04.63 1:04.63	500m: 5:58.80 1:14.05	900m: 10:55.50 1:14.22	1300m: 15:51.79 1:14.58	
	200m: 2:16.84 1:12.21	600m: 7:13.07 1:14.27	1000m: 12:09.61 1:14.11	1400m: 17:05.72 1:13.93	
	300m: 3:30.73 1:13.89	700m: 8:27.05 1:13.98	1100m: 13:23.72 1:14.11	1500m: 18:16.73 1:11.01	
	400m: 4:44.75 1:14.02	800m: 9:41.28 1:14.23	1200m: 14:37.21 1:13.49		
4.	Dario van Hulst <i>alle tijden zijn handtijden</i>	ZC Valkenburg	18:08.41	199903169	18:37.39
	100m: 1:12.07 1:12.07	500m: 6:12.03 1:14.84	900m: 11:09.56 1:13.60	1300m: 16:09.18 1:15.00	
	200m: 2:27.34 1:15.27	600m: 7:28.88 1:16.85	1000m: 12:24.25 1:14.69	1400m: 17:25.40 1:16.22	
	300m: 3:41.90 1:14.56	700m: 8:41.42 1:12.54	1100m: 13:38.90 1:14.65	1500m: 18:37.39 1:11.99	
	400m: 4:57.19 1:15.29	800m: 9:55.96 1:14.54	1200m: 14:54.18 1:15.28		
5.	Stef Poolman <i>alle tussentijden zijn handtijden</i>	WS Twente	18:58.02	199900803	18:38.93
	100m: 1:05.51 1:05.51	500m: 6:04.13 1:16.12	900m: 11:07.26 1:15.24	1300m: 16:11.49 1:16.48	
	200m: 2:18.04 1:12.53	600m: 7:20.19 1:16.06	1000m: 12:22.92 1:15.66	1400m: 17:26.71 1:15.22	
	300m: 3:32.56 1:14.52	700m: 8:36.67 1:16.48	1100m: 13:38.68 1:15.76	1500m: 18:38.93 1:12.22	
	400m: 4:48.01 1:15.45	800m: 9:52.02 1:15.35	1200m: 14:55.01 1:16.33		
6.	Bonk Stout	De Dolfijn	18:18.06	199902181	18:42.76
	100m: 1:07.30 1:07.30	500m: 6:06.76 1:15.33	900m: 11:09.52 1:15.97	1300m: 16:13.58 1:16.22	
	200m: 2:20.62 1:13.32	600m: 7:22.36 1:15.60	1000m: 12:25.02 1:15.50	1400m: 17:29.45 1:15.87	
	300m: 3:36.00 1:15.38	700m: 8:38.03 1:15.67	1100m: 13:41.34 1:16.32	1500m: 18:42.76 1:13.31	
	400m: 4:51.43 1:15.43	800m: 9:53.55 1:15.52	1200m: 14:57.36 1:16.02		
7.	Jan-Arnoold Melse <i>800m handtijd</i>	DZ&PC	18:35.59	199900785	18:58.64
	100m: 1:05.13 1:05.13	500m: 5:59.77 1:15.48	900m: 11:09.46 1:18.23	1300m: 16:25.78 1:17.66	
	200m: 2:17.43 1:12.30	600m: 7:16.55 1:16.78	1000m: 12:29.18 1:19.72	1400m: 17:43.48 1:17.70	
	300m: 3:30.08 1:12.65	700m: 8:33.62 1:17.07	1100m: 13:48.98 1:19.80	1500m: 18:58.64 1:15.16	
	400m: 4:44.29 1:14.21	800m: 9:51.23 1:17.61	1200m: 15:08.12 1:19.14		
8.	Nick van Nijburg	De Otters Het Gooi	19:47.88	199902169	18:59.53
	100m: 1:11.99 1:11.99	500m: 6:20.74 1:16.90	900m: 11:25.17 1:16.66	1300m: 16:32.61 1:17.12	
	200m: 2:29.74 1:17.75	600m: 7:36.89 1:16.15	1000m: 12:41.20 1:16.03	1400m: 17:48.22 1:15.61	
	300m: 3:47.31 1:17.57	700m: 8:52.63 1:15.74	1100m: 13:58.51 1:17.31	1500m: 18:59.53 1:11.31	
	400m: 5:03.84 1:16.53	800m: 10:08.51 1:15.88	1200m: 15:15.49 1:16.98		
9.	Lars van Tuijl	Arethusa	19:15.57	199900425	19:21.81
	100m: 1:10.71 1:10.71	500m: 6:21.04 1:17.25	900m: 11:32.07 1:18.27	1300m: 16:48.65 1:17.36	
	200m: 2:27.70 1:16.99	600m: 7:38.62 1:17.58	1000m: 12:52.09 1:20.02	1400m: 18:06.39 1:17.74	
	300m: 3:45.96 1:18.26	700m: 8:55.64 1:17.02	1100m: 14:11.45 1:19.36	1500m: 19:21.81 1:15.42	
	400m: 5:03.79 1:17.83	800m: 10:13.80 1:18.16	1200m: 15:31.29 1:19.84		
10.	Thomas van Ekert	Nuenen	19:18.83	199901917	19:44.32
	100m: 1:11.49 1:11.49	500m: 6:27.73 1:19.24	900m: 11:54.64 1:20.59	1300m: 17:14.53 1:17.93	
	200m: 2:30.59 1:19.10	600m: 7:50.17 1:22.44	1000m: 13:14.08 1:19.44	1400m: 18:33.41 1:18.88	
	300m: 3:49.88 1:19.29	700m: 9:12.28 1:22.11	1100m: 14:34.87 1:20.79	1500m: 19:44.32 1:10.91	
	400m: 5:08.49 1:18.61	800m: 10:34.05 1:21.77	1200m: 15:56.60 1:21.73		
11.	Floris Boendermaker	LZ 1886	19:39.36	199902619	19:45.01
	100m: 1:11.40 1:11.40	500m: 6:28.66 1:19.64	900m: 11:51.33 1:20.75	1300m: 17:11.16 1:19.59	
	200m: 2:29.99 1:18.59	600m: 7:48.94 1:20.28	1000m: 13:11.37 1:20.04	1400m: 18:30.27 1:19.11	
	300m: 3:49.18 1:19.19	700m: 9:09.68 1:20.74	1100m: 14:31.70 1:20.33	1500m: 19:45.01 1:14.74	
	400m: 5:09.02 1:19.84	800m: 10:30.58 1:20.90	1200m: 15:51.57 1:19.87		