

Event 21
09-06-2012

Men, 400m Medley

Jeugd/Senioren
Results

Wereld Record	4:03.84	Michael Phelps	Beijing (CHN)	10-08-2008
Europees Record	4:06.16	Laszlo Cseh	Beijing (CHN)	10-08-2008
Nederlands Record Senioren	4:15.38	Marcel Wouda	Sevilla (ESP)	20-08-1997
Nederlands Record Jeugd	4:26.60	Sam van de Schootbrugge	Helsinki (FIN)	18-07-2010

rang	naam	vereniging	tijd	RT
Jeugd 1 en 2				
1.	Lucas Greven	Zeester-Meerval	199501941	4:35.33 +0,74 A
	50m: 29.02 29.02	150m: 1:39.62 36.59	250m: 2:53.82 38.32	350m: 4:05.16 32.46
	100m: 1:03.03 34.01	200m: 2:15.50 35.88	300m: 3:32.70 38.88	400m: 4:35.33 30.17
2.	Ruben Klinkers	HGN (SG)	199403511	4:43.25 +0,74 D
	50m: 29.31 29.31	150m: 1:41.41 36.75	250m: 2:58.88 41.21	350m: 4:11.76 32.56
	100m: 1:04.66 35.35	200m: 2:17.67 36.26	300m: 3:39.20 40.32	400m: 4:43.25 31.49
3.	Vincent Moolhuijsen	Oceanus	199401215	4:46.78 +0,80 D
	50m: 29.75 29.75	150m: 1:42.32 37.78	250m: 3:00.34 41.61	350m: 4:15.08 32.95
	100m: 1:04.54 34.79	200m: 2:18.73 36.41	300m: 3:42.13 41.79	400m: 4:46.78 31.70
4.	Sem van Lith	Aqua-Novio'94	199501851	4:51.71 +0,74 D
	50m: 28.47 28.47	150m: 1:41.50 38.53	250m: 3:00.67 41.84	350m: 4:17.07 35.03
	100m: 1:02.97 34.50	200m: 2:18.83 37.33	300m: 3:42.04 41.37	400m: 4:51.71 34.64
5.	Diego De Meyer	De Bruinvis	199500467	4:55.01 +0,76 E
	50m: 29.14 29.14	150m: 1:40.77 38.11	250m: 3:01.74 41.51	350m: 4:17.65 33.50
	100m: 1:02.66 33.52	200m: 2:20.23 39.46	300m: 3:44.15 42.41	400m: 4:55.01 37.36
6.	Kevin Wolters	HGN (SG)	199501965	4:58.14 +0,68 E
	50m: 31.46 31.46	150m: 1:50.52 42.64	250m: 3:10.47 38.31	350m: 4:25.04 34.73
	100m: 1:07.88 36.42	200m: 2:32.16 41.64	300m: 3:50.31 39.84	400m: 4:58.14 33.10
7.	Arjan Knipping	Livo	199401667	4:59.67 +0,76 E
	50m: 30.54 30.54	150m: 1:45.50 38.11	250m: 3:06.30 42.80	350m: 4:25.70 36.29
	100m: 1:07.39 36.85	200m: 2:23.50 38.00	300m: 3:49.41 43.11	400m: 4:59.67 33.97
DNS	Ensgar Kotterink	Albion	199403391	

all-in

1.	Sebas van Lith	RTC Drachten	199001841	4:25.04 +0,83 A
	50m: 28.89 28.89	150m: 1:37.44 35.36	250m: 2:47.13 35.17	350m: 3:54.69 31.19
	100m: 1:02.08 33.19	200m: 2:11.96 34.52	300m: 3:23.50 36.37	400m: 4:25.04 30.35
2.	Jens Bakker	E.ON-NZA	199300021	4:32.00 +0,73 B
	50m: 29.02 29.02	150m: 1:38.97 36.88	250m: 2:51.50 36.40	350m: 4:00.97 32.27
	100m: 1:02.09 33.07	200m: 2:15.10 36.13	300m: 3:28.70 37.20	400m: 4:32.00 31.03
3.	Davy Verreussel	HGN (SG)	198903341	4:34.72 +0,72 C
	50m: 29.19 29.19	150m: 1:39.12 36.07	250m: 2:52.61 37.67	350m: 4:03.25 31.63
	100m: 1:03.05 33.86	200m: 2:14.94 35.82	300m: 3:31.62 39.01	400m: 4:34.72 31.47
4.	Lucas Greven	Zeester-Meerval	199501941	4:35.33 +0,74 A
	50m: 29.02 29.02	150m: 1:39.62 36.59	250m: 2:53.82 38.32	350m: 4:05.16 32.46
	100m: 1:03.03 34.01	200m: 2:15.50 35.88	300m: 3:32.70 38.88	400m: 4:35.33 30.17
5.	Sven Kardol	Nuenen	199302135	4:39.40 +0,71 D
	50m: 28.99 28.99	150m: 1:38.92 35.82	250m: 2:55.55 41.76	350m: 4:09.09 32.27
	100m: 1:03.10 34.11	200m: 2:13.79 34.87	300m: 3:36.82 41.27	400m: 4:39.40 30.31
6.	Ruben Klinkers	HGN (SG)	199403511	4:43.25 +0,74 D
	50m: 29.31 29.31	150m: 1:41.41 36.75	250m: 2:58.88 41.21	350m: 4:11.76 32.56
	100m: 1:04.66 35.35	200m: 2:17.67 36.26	300m: 3:39.20 40.32	400m: 4:43.25 31.49
7.	Vincent Moolhuijsen	Oceanus	199401215	4:46.78 +0,80 D
	50m: 29.75 29.75	150m: 1:42.32 37.78	250m: 3:00.34 41.61	350m: 4:15.08 32.95
	100m: 1:04.54 34.79	200m: 2:18.73 36.41	300m: 3:42.13 41.79	400m: 4:46.78 31.70
8.	Sem van Lith	Aqua-Novio'94	199501851	4:51.71 +0,74 D
	50m: 28.47 28.47	150m: 1:41.50 38.53	250m: 3:00.67 41.84	350m: 4:17.07 35.03
	100m: 1:02.97 34.50	200m: 2:18.83 37.33	300m: 3:42.04 41.37	400m: 4:51.71 34.64
9.	Diego De Meyer	De Bruinvis	199500467	4:55.01 +0,76 E
	50m: 29.14 29.14	150m: 1:40.77 38.11	250m: 3:01.74 41.51	350m: 4:17.65 33.50
	100m: 1:02.66 33.52	200m: 2:20.23 39.46	300m: 3:44.15 42.41	400m: 4:55.01 37.36
10.	Kevin Wolters	HGN (SG)	199501965	4:58.14 +0,68 E
	50m: 31.46 31.46	150m: 1:50.52 42.64	250m: 3:10.47 38.31	350m: 4:25.04 34.73
	100m: 1:07.88 36.42	200m: 2:32.16 41.64	300m: 3:50.31 39.84	400m: 4:58.14 33.10

Event 21, Men, 400m Medley, all-in

rang	naam		vereniging						tijd	RT		
11.	Arjan Knipping		Livo						4:59.67	+0,76	E	
	50m:	30.54	30.54	150m:	1:45.50	38.11	250m:	3:06.30	42.80	350m:	4:25.70	36.29
	100m:	1:07.39	36.85	200m:	2:23.50	38.00	300m:	3:49.41	43.11	400m:	4:59.67	33.97
DNS	Ensger Kotterink		Albion									
									199403391			