



Nederlandse Junioren Kampioenschappen korte baan 2012
Amsterdam, 3. - 5.2.2012

Programmanr. 84
05.02.2012 - 17:52

Jongens, 400m wisselslag

Junioren 4
Resultaten

Nederlands Record Junioren	4:32.48	Lucas Greven	Terneuzen	30.01.2011
Nederlands Record 16 jaar	4:28.68	Lucas Greven	Wachtebeke (BEL)	19.11.2011
Kamp. Record Junioren 4	4:32.48	Lucas Greven	Terneuzen	30.01.2011

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT	niveau	
1.	Bjorn Scherbeijn	RTC Dordrecht	4:39.18	199600349	4:38.42	+0,70	C	
	50m: 28.98	28.98	150m: 1:39.95	36.34	250m: 2:55.52	40.23	350m: 4:07.18	33.50
	100m: 1:03.61	34.63	200m: 2:15.29	35.34	300m: 3:33.68	38.16	400m: 4:38.42	31.24
2.	Oliver Brache	De Dolfijn	4:52.29	199605317	4:41.65	+0,72	C	
	50m: 28.74	28.74	150m: 1:39.05	36.48	250m: 2:56.53	40.85	350m: 4:11.03	32.79
	100m: 1:02.57	33.83	200m: 2:15.68	36.63	300m: 3:38.24	41.71	400m: 4:41.65	30.62
3.	Sem Hermans	HZPC	4:58.31	199601259	4:44.73	+0,70	D	
	50m: 30.22	30.22	150m: 1:41.45	35.82	250m: 2:57.61	40.92	350m: 4:12.93	34.08
	100m: 1:05.63	35.41	200m: 2:16.69	35.24	300m: 3:38.85	41.24	400m: 4:44.73	31.80
4.	Mike van Herk	EIFFELswimmersPSV	4:55.39	199601007	4:46.97	+0,53	D	
	50m: 30.86	30.86	150m: 1:43.36	35.82	250m: 3:00.29	41.63	350m: 4:15.44	32.75
	100m: 1:07.54	36.68	200m: 2:18.66	35.30	300m: 3:42.69	42.40	400m: 4:46.97	31.53
5.	Yannick Vijver	Zwemvereniging Hoorn	4:57.48	199600469	4:47.51	+0,80	D	
	50m: 30.11	30.11	150m: 1:42.49	35.77	250m: 3:00.05	41.41	350m: 4:14.91	31.79
	100m: 1:06.72	36.61	200m: 2:18.64	36.15	300m: 3:43.12	43.07	400m: 4:47.51	32.60
6.	Niels Kemperink	OZ&PC	4:56.83	199600005	4:48.74	+0,71	E	
	50m: 30.30	30.30	150m: 1:42.31	36.36	250m: 3:01.60	42.46	350m: 4:17.29	32.39
	100m: 1:05.95	35.65	200m: 2:19.14	36.83	300m: 3:44.90	43.30	400m: 4:48.74	31.45
7.	Lars Haarsma	De Dolfijn	4:55.06	199600745	4:52.67	+0,75	E	
	50m: 30.03	30.03	150m: 1:44.56	38.67	250m: 3:05.30	43.08	350m: 4:22.05	33.44
	100m: 1:05.89	35.86	200m: 2:22.22	37.66	300m: 3:48.61	43.31	400m: 4:52.67	30.62
8.	Frank de Graaf	DWK	4:54.76	199602671	4:53.23	+0,80	E	
	50m: 30.11	30.11	150m: 1:42.61	37.12	250m: 3:03.67	45.26	350m: 4:22.45	33.20
	100m: 1:05.49	35.38	200m: 2:18.41	35.80	300m: 3:49.25	45.58	400m: 4:53.23	30.78
9.	Daniël Buijs	AZ&PC	4:57.27	199600183	4:54.02	+0,84	E	
	50m: 30.42	30.42	150m: 1:45.13	38.02	250m: 3:05.35	44.57	350m: 4:23.37	32.84
	100m: 1:07.11	36.69	200m: 2:20.78	35.65	300m: 3:50.53	45.18	400m: 4:54.02	30.65
10.	Timo van der Ende	WVZ	4:58.78	199601979	5:02.11	+0,94	F	
	50m: 31.82	31.82	150m: 1:47.83	39.03	250m: 3:09.65	43.25	350m: 4:29.39	34.95
	100m: 1:08.80	36.98	200m: 2:26.40	38.57	300m: 3:54.44	44.79	400m: 5:02.11	32.72