



Nederlandse Junioren Kampioenschappen 2012
Drachten, 15 t/m 17-6-2012



Programmanr. 81
17-06-2012 - 17:22

Jongens, 400m wisselslag

Junioren 1
Resultaten

Nederlands Record Junioren	4:29.79	Sam van de Schootbrugge	Sheffield (GBR)	02-08-2009
Nederlands Record 13 jaar	4:58.05	Jorgos Skotadis	Sheffield (GBR)	25-07-2011
Kamp. Record Junioren 1	5:02.44	Jorgos Skotadis	Dordrecht	19-06-2011

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT	niveau
1.	Ruben Griffioen	De Columbiaan	5:23.94	199900771	5:19.06	+0,76	C
	50m: 35.84	150m: 1:58.51	250m: 3:21.94	44.69	350m: 4:43.42	36.81	
	100m: 1:18.44	200m: 2:37.25	300m: 4:06.61	44.67	400m: 5:19.06	35.64	
2.	Jacob de Roos	DZ&PC	5:24.60	199900553	5:25.86	+0,81	D
	50m: 33.42	150m: 1:57.57	250m: 3:24.03	44.56	350m: 4:49.03	38.94	
	100m: 1:14.07	200m: 2:39.47	300m: 4:10.09	46.06	400m: 5:25.86	36.83	
3.	Torben Lammerdink	De Berkelduikers	5:23.34	199900745	5:29.25	+0,77	E
	50m: 34.52	150m: 2:00.48	250m: 3:30.01	47.06	350m: 4:56.47	38.09	
	100m: 1:17.72	200m: 2:42.95	300m: 4:18.38	48.37	400m: 5:29.25	32.78	
4.	Adam Juhasz	Racing Club	5:19.66	199903567	5:29.32	+0,78	E
	50m: 35.21	150m: 2:01.55	250m: 3:32.24	48.78	350m: 4:56.54	36.23	
	100m: 1:17.91	200m: 2:43.46	300m: 4:20.31	48.07	400m: 5:29.32	32.78	
5.	Stef Poolman	WS Twente	5:38.73	199900803	5:33.92	+0,90	E
	50m: 35.65	150m: 2:00.73	250m: 3:32.07	48.99	350m: 4:58.58	37.11	
	100m: 1:16.83	200m: 2:43.08	300m: 4:21.47	49.40	400m: 5:33.92	35.34	
6.	Koen Koster	HZPC	5:40.24	199900517	5:35.92		E
	50m: 35.19	150m: 2:01.01	250m: 3:31.57	48.32	350m: 4:58.23	37.49	
	100m: 1:17.60	200m: 2:43.25	300m: 4:20.74	49.17	400m: 5:35.92	37.69	
7.	Lars van Tuyl	De Treffers	5:48.72	199900425	5:51.03	+0,77	F
	50m: 35.90	150m: 2:06.37	250m: 3:41.95	52.48	350m: 5:13.24	38.14	
	100m: 1:22.12	200m: 2:49.47	300m: 4:35.10	53.15	400m: 5:51.03	37.79	
8.	Nicko Kamphuis	De Warande	5:45.00	199900887	5:51.78	+0,71	F
	50m: 37.73	150m: 2:07.20	250m: 3:40.18	48.95	350m: 5:11.25	41.84	
	100m: 1:21.95	200m: 2:51.23	300m: 4:29.41	49.23	400m: 5:51.78	40.53	
9.	Lars van der Haijden	HGN (SG)	6:01.35	199900225	6:03.60	+0,70	F
	50m: 37.32	150m: 2:12.29	250m: 3:50.35	50.94	350m: 5:26.21	41.52	
	100m: 1:24.53	200m: 2:59.41	300m: 4:44.69	54.34	400m: 6:03.60	37.39	
10.	Floris Boendermaker	LZ 1886	6:03.59	199902619	6:03.83	+0,62	F
	50m: 36.16	150m: 2:07.91	250m: 3:47.49	53.00	350m: 5:24.23	42.46	
	100m: 1:20.91	200m: 2:54.49	300m: 4:41.77	54.28	400m: 6:03.83	39.60	
11.	Marcoen Smits	EIFFELswimmersPSV	5:58.74	199900815	6:12.21	+0,67	
	50m: 37.29	150m: 2:09.23	250m: 3:53.53	58.40	350m: 5:30.98	42.92	
	100m: 1:21.13	200m: 2:55.13	300m: 4:48.06	54.53	400m: 6:12.21	41.23	
DIS	Sjors Verweij	Avéna	6:03.51	199900559		AA	