

6 - NJK 2012 sessie 6

17-06-2012 - 16:00

Programmanr. 82
17-06-2012 - 17:35

Jongens, 400m wisselslag

Junioren 2
Resultaten

Nederlands Record Junioren	4:29.79	Sam van de Schootbrugge	Sheffield (GBR)	02-08-2009
Nederlands Record 14 jaar	4:49.66	Sam van de Schootbrugge	Crawley (GBR)	03-11-2007
Kamp. Record Junioren 2	4:50.70	Sam van de Schootbrugge	Eindhoven	17-06-2007

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT	niveau
1.	Jorgos Skotadis <i>Kamp. Record Junioren 2</i>	Racing Club	5:02.44	199803317	4:48.04 *	+0,79	A+
	50m: 29.36 29.36	150m: 1:41.11 36.11	250m: 3:00.26 42.67	350m: 4:15.42 32.07			
	100m: 1:05.00 35.64	200m: 2:17.59 36.48	300m: 3:43.35 43.09	400m: 4:48.04 32.62			
2.	Tom Laarhuis	De Dinkel	4:58.42	199800309	4:54.08	+0,86	A
	50m: 30.57 30.57	150m: 1:44.20 37.36	250m: 3:05.06 43.85	350m: 4:21.78 33.08			
	100m: 1:06.84 36.27	200m: 2:21.21 37.01	300m: 3:48.70 43.64	400m: 4:54.08 32.30			
3.	Frank Roovers	De Houtrib	5:15.12	199800219	5:02.99	+0,77	C
	50m: 31.62 31.62	150m: 1:49.36 39.56	250m: 3:10.98 42.77	350m: 4:29.73 35.36			
	100m: 1:09.80 38.18	200m: 2:28.21 38.85	300m: 3:54.37 43.39	400m: 5:02.99 33.26			
4.	Gauke Eilander	ZPC Bikkel Hoozeveen	5:16.48	199800603	5:10.03	+0,73	D
	50m: 32.43 32.43	150m: 1:51.98 40.94	250m: 3:15.05 44.05	350m: 4:36.11 36.84			
	100m: 1:11.04 38.61	200m: 2:31.00 39.02	300m: 3:59.27 44.22	400m: 5:10.03 33.92			
5.	Timos Skotadis	Racing Club	5:11.78	199804615	5:14.64	+0,71	E
	50m: 32.21 32.21	150m: 1:52.22 40.38	250m: 3:18.32 47.07	350m: 4:40.59 35.66			
	100m: 1:11.84 39.63	200m: 2:31.25 39.03	300m: 4:04.93 46.61	400m: 5:14.64 34.05			
6.	Jonne Schaafsma	Racing Club	5:10.99	199800745	5:15.14	+0,80	E
	50m: 31.95 31.95	150m: 1:52.40 40.58	250m: 3:16.68 43.37	350m: 4:39.40 38.03			
	100m: 1:11.82 39.87	200m: 2:33.31 40.91	300m: 4:01.37 44.69	400m: 5:15.14 35.74			
7.	Lars van der Velden	DAW	5:13.19	199800175	5:19.85	+0,64	E
	50m: 32.34 32.34	150m: 1:53.81 41.80	250m: 3:19.82 46.87	350m: 4:44.20 37.59			
	100m: 1:12.01 39.67	200m: 2:32.95 39.14	300m: 4:06.61 46.79	400m: 5:19.85 35.65			
8.	Stan Zwinkels	WVZ	5:23.30	199800239	5:21.22	+0,87	E
	50m: 32.92 32.92	150m: 1:55.00 43.48	250m: 3:25.06 47.15	350m: 4:48.17 36.48			
	100m: 1:11.52 38.60	200m: 2:37.91 42.91	300m: 4:11.69 46.63	400m: 5:21.22 33.05			
9.	Robin van Grol	De Kikker	5:45.84	199800129	5:22.42	+0,90	E
	50m: 36.14 36.14	150m: 1:58.87 40.74	250m: 3:24.66 46.87	350m: 4:47.84 36.41			
	100m: 1:18.13 41.99	200m: 2:37.79 38.92	300m: 4:11.43 46.77	400m: 5:22.42 34.58			
10.	Bas Verdoes	LZ 1886	5:36.00	199801487	5:22.94	+0,84	E
	50m: 33.23 33.23	150m: 1:54.92 40.73	250m: 3:22.53 45.41	350m: 4:46.32 36.77			
	100m: 1:14.19 40.96	200m: 2:37.12 42.20	300m: 4:09.55 47.02	400m: 5:22.94 36.62			
11.	Jeljer Aldershof	ZV Haerlem	5:35.37	199800719	5:23.16	+0,76	E
	50m: 33.46 33.46	150m: 1:54.83 40.76	250m: 3:22.92 47.18	350m: 4:47.79 36.16			
	100m: 1:14.07 40.61	200m: 2:35.74 40.91	300m: 4:11.63 48.71	400m: 5:23.16 35.37			
12.	Lars Ruessink	Octopus	5:18.85	199800271	5:26.55	+0,76	E
	50m: 34.03 34.03	150m: 1:57.86 43.24	250m: 3:28.45 48.95	350m: 4:51.82 34.92			
	100m: 1:14.62 40.59	200m: 2:39.50 41.64	300m: 4:16.90 48.45	400m: 5:26.55 34.73			
13.	Tobias Geurts	Nuenen	5:36.66	199801185	5:27.02	+0,84	E
	50m: 36.50 36.50	150m: 1:59.68 43.90	250m: 3:29.37 48.96	350m: 4:52.38 37.50			
	100m: 1:15.78 39.28	200m: 2:40.41 40.73	300m: 4:14.88 45.51	400m: 5:27.02 34.64			
14.	Sander Kirillova	Racing Club	5:32.91	199800121	5:28.68	+0,56	F
	50m: 34.30 34.30	150m: 1:56.15 41.97	250m: 3:26.48 47.70	350m: 4:52.53 37.74			
	100m: 1:14.18 39.88	200m: 2:38.78 42.63	300m: 4:14.79 48.31	400m: 5:28.68 36.15			
15.	Wietse Waninge	Nunspeet	5:49.16	199800023	5:31.16	+0,71	F
	50m: 35.71 35.71	150m: 2:03.96 43.02	250m: 3:31.16 44.06	350m: 4:53.94 37.32			
	100m: 1:20.94 45.23	200m: 2:47.10 43.14	300m: 4:16.62 45.46	400m: 5:31.16 37.22			
16.	Bart Sommeling	Oceanus	5:44.91	199800765	5:31.42	+0,81	F
	50m: 35.14 35.14	150m: 2:00.19 42.61	250m: 3:29.73 47.17	350m: 4:55.73 36.69			
	100m: 1:17.58 42.44	200m: 2:42.56 42.37	300m: 4:19.04 49.31	400m: 5:31.42 35.69			
17.	Bart Köhlen	HGN (SG)	5:42.03	199802453	5:37.92	+0,76	F
	50m: 34.59 34.59	150m: 2:02.00 46.09	250m: 3:35.47 49.72	350m: 5:03.42 37.09			
	100m: 1:15.91 41.32	200m: 2:45.75 43.75	300m: 4:26.33 50.86	400m: 5:37.92 34.50			
18.	Elliot Falces	DES	5:44.10	199802713	5:38.01	+0,76	F
	50m: 34.75 34.75	150m: 2:01.99 45.34	250m: 3:34.63 47.95	350m: 5:02.13 39.91			
	100m: 1:16.65 41.90	200m: 2:46.68 44.69	300m: 4:22.22 47.59	400m: 5:38.01 35.88			

Programmanr. 82, Jongens, 400m wisselslag, Junioren 2

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT	niveau
19.	Linquendo van der Klooster	ZPB H&L Productions	5:22.92	199801361	5:38.23	+0,76	F
	50m: 35.79 35.79	150m: 2:05.81 42.80	250m: 3:33.69 45.23	350m: 5:00.34 39.04			
	100m: 1:23.01 47.22	200m: 2:48.46 42.65	300m: 4:21.30 47.61	400m: 5:38.23 37.89			
20.	Bas Neef	OZ&PC	5:34.58	199800019	5:39.22	+0,71	F
	50m: 35.72 35.72	150m: 2:02.77 43.31	250m: 3:34.69 50.02	350m: 5:02.46 38.08			
	100m: 1:19.46 43.74	200m: 2:44.67 41.90	300m: 4:24.38 49.69	400m: 5:39.22 36.76			
21.	Joost Hinnen	De Veene	5:38.60	199804211	5:39.95	+0,81	F
	50m: 36.07 36.07	150m: 2:05.41 44.41	250m: 3:36.36 49.04	350m: 5:04.61 38.31			
	100m: 1:21.00 44.93	200m: 2:47.32 41.91	300m: 4:26.30 49.94	400m: 5:39.95 35.34			
22.	Mirko van Ligtenberg	Wetterwille	5:37.24	199800735	5:40.09	+0,71	F
	50m: 33.17 33.17	150m: 2:01.59 44.13	250m: 3:32.94 47.55	350m: 5:02.54 40.10			
	100m: 1:17.46 44.29	200m: 2:45.39 43.80	300m: 4:22.44 49.50	400m: 5:40.09 37.55			
23.	Cristhian van Schijndel	DZT'62	5:46.48	199800131	5:47.63	+0,76	F
	50m: 33.85 33.85	150m: 1:59.41 44.21	250m: 3:33.56 50.02	350m: 5:06.51 39.88			
	100m: 1:15.20 41.35	200m: 2:43.54 44.13	300m: 4:26.63 53.07	400m: 5:47.63 41.12			
24.	Dylan Wolters	HGN (SG)	5:49.44	199800287	5:47.73	+1,04	F
	50m: 34.82 34.82	150m: 2:07.53 49.50	250m: 3:41.93 47.75	350m: 5:09.42 40.01			
	100m: 1:18.03 43.21	200m: 2:54.18 46.65	300m: 4:29.41 47.48	400m: 5:47.73 38.31			
25.	Ben Muller	De Geul	5:48.10	199801281	5:51.16	+0,82	F
	50m: 35.36 35.36	150m: 2:03.60 43.29	250m: 3:40.78 52.32	350m: 5:11.65 37.86			
	100m: 1:20.31 44.95	200m: 2:48.46 44.86	300m: 4:33.79 53.01	400m: 5:51.16 39.51			
26.	Gideon Teeuw	De Veene	5:42.60	199801237	5:54.59	+0,80	
	50m: 37.51 37.51	150m: 2:11.69 48.41	250m: 3:45.36 48.33	350m: 5:14.78 40.64			
	100m: 1:23.28 45.77	200m: 2:57.03 45.34	300m: 4:34.14 48.78	400m: 5:54.59 39.81			
27.	Koen Wijnands	De Roersoppers	5:51.00	199800247	6:03.83	+0,70	
	50m: 37.38 37.38	150m: 2:13.68 47.57	250m: 3:52.96 51.37	350m: 5:24.84 41.45			
	100m: 1:26.11 48.73	200m: 3:01.59 47.91	300m: 4:43.39 50.43	400m: 6:03.83 38.99			
DIS	Floris Kotterink	Albion	5:03.72	199800199	4:59.96	SJ +0,65	B
	50m: 30.94 30.94	150m: 1:47.48 39.26	250m: 3:09.47 43.82	350m: 4:27.93 34.19			
	100m: 1:08.22 37.28	200m: 2:25.65 38.17	300m: 3:53.74 44.27	400m: 4:59.96 32.03			
DIS	Cooper van der Laan	WZ010	5:35.43	199805131	5:34.33	SR +0,76	F
	50m: 34.91 34.91	150m: 2:02.89 44.85	250m: 3:32.43 45.68	350m: 4:57.96 40.15			
	100m: 1:18.04 43.13	200m: 2:46.75 43.86	300m: 4:17.81 45.38	400m: 5:34.33 36.37			
DIS	Enrico Strik	LZ 1886	5:42.81	199800747	5:39.92	SA +0,81	F
	50m: 36.19 36.19	150m: 2:05.14 43.71	250m: 3:35.97 48.52	350m: 5:03.19 38.03			
	100m: 1:21.43 45.24	200m: 2:47.45 42.31	300m: 4:25.16 49.19	400m: 5:39.92 36.73			