

Nederlandse Junioren Kampioenschappen 2013  
Utrecht, 21 - 23 juni 2013



Programmanr. 18  
21-06-2013 - 17:02

Jongens, 400m vrije slag  
Richttijd EYOF Utrecht 2013: 04:07,50

Junioren 3  
Resultaten

Nederlands Record Junioren	3:56.45	Pieter van den Hoogenband	Pardubice (CEC)	04-08-1994
Nederlands Record 15 jaar	4:03.59	Vincent Elgersma	Amersfoort	29-07-1988
Kamp. Record Junioren 3	4:12.72	Sam van de Schootbrugge	Drachten	13-06-2008

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT	niveau
1.	Jorgos Skotadis	Racing Club	4:12.65	199803317	<b>4:16.07</b>	+0,70	C
	50m: 28.35	28.35	150m: 1:31.07	31.91	250m: 2:36.39	32.82	33.38
	100m: 59.16	30.81	200m: 2:03.57	32.50	300m: 3:09.86	33.47	32.83
2.	Timos Skotadis	Racing Club	4:25.44	199804615	<b>4:23.64</b>	+0,77	D
	50m: 28.78	28.78	150m: 1:33.72	32.90	250m: 2:41.12	33.72	34.01
	100m: 1:00.82	32.04	200m: 2:07.40	33.68	300m: 3:15.45	34.33	34.18
3.	Jorie Seubers	De Valken	4:37.27	199804371	<b>4:28.24</b>	+0,74	E
	50m: 29.91	29.91	150m: 1:36.01	33.63	250m: 2:45.72	35.12	35.01
	100m: 1:02.38	32.47	200m: 2:10.60	34.59	300m: 3:20.42	34.70	32.81
4.	Friso van der Meulen	TriVia	4:37.45	199800617	<b>4:30.94</b>	+0,71	E
	50m: 29.92	29.92	150m: 1:37.78	33.93	250m: 2:46.94	34.71	34.92
	100m: 1:03.85	33.93	200m: 2:12.23	34.45	300m: 3:22.34	35.40	33.68
5.	Bart Sommeling	Oceanus	4:31.36	199800765	<b>4:32.36</b>	+0,71	E
	50m: 28.42	28.42	150m: 1:36.18	34.44	250m: 2:47.42	36.09	36.09
	100m: 1:01.74	33.32	200m: 2:11.33	35.15	300m: 3:23.17	35.75	33.10
6.	Bart Köhler	HGN (SG)	4:32.82	199802453	<b>4:32.47</b>	+0,64	E
	50m: 29.16	29.16	150m: 1:36.06	33.86	250m: 2:47.04	35.44	35.53
	100m: 1:02.20	33.04	200m: 2:11.60	35.54	300m: 3:23.51	36.47	33.43
7.	Jordy Severins	Eurode KZC	4:32.49	199800559	<b>4:34.07</b>	+0,79	E
	50m: 29.62	29.62	150m: 1:36.92	34.47	250m: 2:47.93	36.08	35.90
	100m: 1:02.45	32.83	200m: 2:11.85	34.93	300m: 3:23.60	35.67	34.17
8.	Lars van der Velden	DAW	4:31.05	199800175	<b>4:35.58</b>	+0,65	E
	50m: 28.87	28.87	150m: 1:37.60	35.47	250m: 2:48.92	36.05	36.84
	100m: 1:02.13	33.26	200m: 2:12.87	35.27	300m: 3:23.36	34.44	35.38
9.	Niels Post	De Otters Het Gooi	4:37.73	199801327	<b>4:35.93</b>	+0,73	E
	50m: 30.69	30.69	150m: 1:40.10	35.21	250m: 2:50.52	35.07	35.05
	100m: 1:04.89	34.20	200m: 2:15.45	35.35	300m: 3:26.19	35.67	34.69
10.	Mart Kortman	De Dinkel	4:37.36	199800357	<b>4:40.29</b>	+0,74	F
	50m: 29.97	29.97	150m: 1:38.95	34.91	250m: 2:50.52	36.04	37.19
	100m: 1:04.04	34.07	200m: 2:14.48	35.53	300m: 3:27.11	36.59	35.99

