

Nederlandse Junioren Kampioenschappen 2013
Utrecht, 21 - 23 juni 2013



Programmanr. 82
23-06-2013 - 17:45

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	4:48.04	Jorgos Skotadis	Drachten	17-06-2012

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT	niveau
1.	Luuk Veldman	Orca	5:08.32	199900981	5:02.08	+0,60	C
	50m: 30.47	150m: 1:47.06	250m: 3:08.34	350m: 4:27.95			
	100m: 1:06.94	200m: 2:25.07	300m: 3:52.45	400m: 5:02.08			35.50
2.	Jacob de Roos	DZ&PC	5:09.87	199900553	5:03.95	+0,76	C
	50m: 31.70	150m: 1:52.75	250m: 3:14.18	350m: 4:32.51			35.33
	100m: 1:10.67	200m: 2:33.13	300m: 3:57.18	400m: 5:03.95			31.44
3.	Jesse van Dijk	De Houtrib	5:16.28	199903259	5:07.37	+0,73	D
	50m: 31.21	150m: 1:50.77	250m: 3:15.73	350m: 4:34.80			34.01
	100m: 1:09.42	200m: 2:30.99	300m: 4:00.79	400m: 5:07.37			32.57
4.	Ruben Griffioen	De Columbiaaan	5:15.75	199900771	5:10.58	+0,71	D
	50m: 33.90	150m: 1:54.25	250m: 3:15.17	350m: 4:36.13			36.21
	100m: 1:15.54	200m: 2:31.66	300m: 3:59.92	400m: 5:10.58			34.45
5.	Koen Koster	HZPC	5:29.39	199900517	5:16.46	+0,73	E
	50m: 32.35	150m: 1:52.56	250m: 3:18.84	350m: 4:40.05			36.64
	100m: 1:11.55	200m: 2:34.09	300m: 4:03.41	400m: 5:16.46			36.41
6.	Stijn Simons	PSV	5:18.54	199900813	5:17.28	+0,68	E
	50m: 32.71	150m: 1:53.97	250m: 3:20.59	350m: 4:41.96			35.64
	100m: 1:12.92	200m: 2:34.63	300m: 4:06.32	400m: 5:17.28			35.32
7.	Noa Eversdijk	ZPC De Zeeuwse Kust	5:18.47	199903595	5:17.37	+0,72	E
	50m: 31.50	150m: 1:50.82	250m: 3:16.77	350m: 4:42.70			37.11
	100m: 1:09.46	200m: 2:29.75	300m: 4:05.59	400m: 5:17.37			34.67
8.	Wesley Bos	De Columbiaaan	5:25.63	199901241	5:21.26	+0,80	E
	50m: 32.63	150m: 1:53.10	250m: 3:20.77	350m: 4:46.50			36.70
	100m: 1:12.52	200m: 2:32.73	300m: 4:09.80	400m: 5:21.26			34.76
9.	Riku Wakabayashi	Kimbria	5:20.86	199904633	5:21.70	+0,73	E
	50m: 32.08	150m: 1:53.53	250m: 3:20.93	350m: 4:46.01			36.20
	100m: 1:12.17	200m: 2:33.22	300m: 4:09.81	400m: 5:21.70			35.69
10.	Adam Juhasz	Racing Club	5:25.16	199904747	5:22.17	+0,60	E
	50m: 32.97	150m: 1:57.55	250m: 3:26.40	350m: 4:49.04			34.80
	100m: 1:13.91	200m: 2:38.15	300m: 4:14.24	400m: 5:22.17			33.13
11.	Nicko Kamphuis	De Warande	5:25.92	199900887	5:22.37	+0,64	E
	50m: 34.49	150m: 1:56.20	250m: 3:21.57	350m: 4:47.35			39.35
	100m: 1:15.07	200m: 2:36.56	300m: 4:08.00	400m: 5:22.37			35.02
12.	Thijs Molendijk	VZC E&P	5:37.22	199900477	5:24.16	+0,63	E
	50m: 33.90	150m: 1:53.84	250m: 3:22.66	350m: 4:49.15			37.36
	100m: 1:11.90	200m: 2:33.70	300m: 4:11.79	400m: 5:24.16			35.01
13.	Bonk Stout	De Dolfijn	5:35.36	199902181	5:24.69	+0,68	F
	50m: 33.78	150m: 1:58.62	250m: 3:25.30	350m: 4:49.07			38.40
	100m: 1:15.43	200m: 2:41.31	300m: 4:10.67	400m: 5:24.69			35.62
14.	Stef Poolman	WS Twente	5:19.65	199900803	5:24.83	+0,79	F
	50m: 32.53	150m: 1:55.07	250m: 3:23.68	350m: 4:49.82			37.98
	100m: 1:11.98	200m: 2:36.05	300m: 4:11.84	400m: 5:24.83			35.01
15.	Harm-Jan Wijnhoud	ZVV	5:10.45	199901469	5:26.62	+0,67	F
	50m: 32.57	150m: 1:53.42	250m: 3:21.84	350m: 4:49.47			37.63
	100m: 1:12.61	200m: 2:33.36	300m: 4:11.84	400m: 5:26.62			37.15
16.	Ebel van Geemen	NDD	5:36.70	199901095	5:30.19	+0,74	F
	50m: 31.82	150m: 1:53.72	250m: 3:24.54	350m: 4:52.57			38.87
	100m: 1:09.70	200m: 2:37.42	300m: 4:13.70	400m: 5:30.19			37.62
17.	Nick van Nijburg	De Otters Het Gooi	5:41.74	199902169	5:30.36	+0,79	F
	50m: 33.55	150m: 2:00.89	250m: 3:29.55	350m: 4:56.44			36.68
	100m: 1:16.47	200m: 2:42.35	300m: 4:19.76	400m: 5:30.36			33.92
18.	Jaap van Trijp	Racing Club	5:39.72	199903225	5:32.12	+0,67	F
	50m: 33.18	150m: 1:58.48	250m: 3:28.79	350m: 4:55.35			38.14
	100m: 1:12.82	200m: 2:42.07	300m: 4:17.21	400m: 5:32.12			36.77
19.	Floris Boendermaker	LZ 1886	5:38.25	199902619	5:33.64	+0,74	F
	50m: 34.20	150m: 1:57.80	250m: 3:29.83	350m: 4:57.26			38.04
	100m: 1:14.90	200m: 2:40.23	300m: 4:19.22	400m: 5:33.64			36.38

Onjuistheden?

mail naar: njkinschrijvingen@knzb.nl

Splash Meet Manager 11, Build 26655

Registered to KNZB

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

rang	naam	vereniging			inschrijftijd		startnr.	tijd		RT	niveau
20.	Daan Zwertbroek	HZ&PC Heerenveen			5:30.52		199900463	5:35.22		+0,69	F
	50m: 32.62	32.62	150m: 2:06.82	47.85	250m: 3:35.10	43.73	350m: 4:59.83	38.38			
	100m: 1:18.97	46.35	200m: 2:51.37	44.55	300m: 4:21.45	46.35	400m: 5:35.22	35.39			
21.	Ian Rodriguez	Aqua-Novio'94			5:44.61		199904217	5:37.49		+0,69	F
	50m: 35.52	35.52	150m: 2:04.60	44.49	250m: 3:33.04	44.73	350m: 4:59.10	39.81			
	100m: 1:20.11	44.59	200m: 2:48.31	43.71	300m: 4:19.29	46.25	400m: 5:37.49	38.39			
22.	Bram van Kessel	Tempo			5:44.67		199901979	5:47.83		+0,78	
	50m: 34.24	34.24	150m: 2:03.58	45.02	250m: 3:36.54	49.75	350m: 5:08.91	41.21			
	100m: 1:18.56	44.32	200m: 2:46.79	43.21	300m: 4:27.70	51.16	400m: 5:47.83	38.92			

