

Programmanr. 21
27-10-2012

Heren, 400m wisselslag

Jeugd/Senioren
Resultaten

rang	naam	vereniging	intijd	tijd	RT	niv.
Jeugd 1 en 2						
1.	Lucas Greven	EIFFELswimmersPSV	4:28.68	199501941	4:20.20	+0,70 A+
	<i>Nederlands Record Jeugd, NR 17 jaar</i>					
	50m: 28.12	28.12	150m: 1:35.47	34.65	250m: 2:45.29	35.91
	100m: 1:00.82	32.70	200m: 2:09.38	33.91	300m: 3:21.43	36.14
					350m: 3:51.43	30.00
					400m: 4:20.20	28.77
2.	Sem Hermans	EIFFELswimmersPSV	4:44.73	199601259	4:45.42	+0,64 E
	50m: 29.49	29.49	150m: 1:41.44	37.38	250m: 2:59.20	41.56
	100m: 1:04.06	34.57	200m: 2:17.64	36.20	300m: 3:40.02	40.82
					350m: 4:13.25	33.23
					400m: 4:45.42	32.17
3.	Loek van Houtert	De Dommelbaarzen	4:53.52	199504515	5:02.71	+0,88
	50m: 30.25	30.25	150m: 1:44.13	39.10	250m: 3:07.58	44.67
	100m: 1:05.03	34.78	200m: 2:22.91	38.78	300m: 3:52.96	45.38
					350m: 4:28.44	35.48
					400m: 5:02.71	34.27
DIS	Teun Strijbosch	Zeester-Meerval	4:54.13	199603041		
	SK					
	50m:	150m:	250m:	350m:		
	100m:	200m:	300m:	400m:		

all-in

1.	Lucas Greven	EIFFELswimmersPSV	4:28.68	199501941	4:20.20	+0,70 A+
	<i>Nederlands Record Jeugd, NR 17 jaar</i>					
	50m: 28.12	28.12	150m: 1:35.47	34.65	250m: 2:45.29	35.91
	100m: 1:00.82	32.70	200m: 2:09.38	33.91	300m: 3:21.43	36.14
					350m: 3:51.43	30.00
					400m: 4:20.20	28.77
2.	Sebas van Lith	RTC Drachten	4:23.66	199001841	4:26.35	+0,83 C
	50m: 28.76	28.76	150m: 1:35.41	33.83	250m: 2:45.99	36.55
	100m: 1:01.58	32.82	200m: 2:09.44	34.03	300m: 3:22.96	36.97
					350m: 3:53.61	30.65
					400m: 4:26.35	32.74
3.	Ruben Klinkers	EIFFELswimmersPSV	4:37.61	199403511	4:27.17	+0,65 C
	50m: 28.97	28.97	150m: 1:38.17	35.42	250m: 2:50.06	38.24
	100m: 1:02.75	33.78	200m: 2:11.82	33.65	300m: 3:27.15	37.09
					350m: 3:57.97	30.82
					400m: 4:27.17	29.20
4.	Kevin Eltink	DWK	4:34.64	199100589	4:36.36	+0,91 E
	50m: 29.09	29.09	150m: 1:38.29	35.58	250m: 2:53.39	40.09
	100m: 1:02.71	33.62	200m: 2:13.30	35.01	300m: 3:33.42	40.03
					350m: 4:05.54	32.12
					400m: 4:36.36	30.82
5.	Arjan Knipping	EIFFELswimmersPSV	4:48.39	199401667	4:43.60 *	+0,74 E
	50m: 31.57	31.57	150m: 1:42.29	36.32	250m: 2:57.44	38.74
	100m: 1:05.97	34.40	200m: 2:18.70	36.41	300m: 3:36.77	39.33
					350m: 4:10.91	34.14
					400m: 4:43.60	32.69
6.	Sem Hermans	EIFFELswimmersPSV	4:44.73	199601259	4:45.42	+0,64 E
	50m: 29.49	29.49	150m: 1:41.44	37.38	250m: 2:59.20	41.56
	100m: 1:04.06	34.57	200m: 2:17.64	36.20	300m: 3:40.02	40.82
					350m: 4:13.25	33.23
					400m: 4:45.42	32.17
7.	Vincent Moolhuijsen	Oceanus	4:46.26	199401215	4:47.75 *	+0,79 E
	50m: 30.49	30.49	150m: 1:43.42	37.81	250m: 3:01.03	41.26
	100m: 1:05.61	35.12	200m: 2:19.77	36.35	300m: 3:43.07	42.04
					350m: 4:14.78	31.71
					400m: 4:47.75	32.97
8.	Loek van Houtert	De Dommelbaarzen	4:53.52	199504515	5:02.71	+0,88
	50m: 30.25	30.25	150m: 1:44.13	39.10	250m: 3:07.58	44.67
	100m: 1:05.03	34.78	200m: 2:22.91	38.78	300m: 3:52.96	45.38
					350m: 4:28.44	35.48
					400m: 5:02.71	34.27
DIS	Teun Strijbosch	Zeester-Meerval	4:54.13	199603041		
	SK					
	50m:	150m:	250m:	350m:		
	100m:	200m:	300m:	400m:		
NG.ZA	Ramon Fredrik	Orca	4:43.34	199403933		