

Programmanr. 15
04-03-2012 - 11:27

Jongens, 400m wisselslag

Juniores en Jeugd
Resultaten

rang	naam	vereniging	intijd	startnr.	tijd	RT	niv.
1.	Mike van Herk	EIFFELswimmers PSV	4:46.97	199601007	5:02.91	+0,56	E
	50m: 31.17	31.17 150m: 1:47.87	37.82 250m: 3:09.39	44.19	350m: 4:28.98	34.24	
	100m: 1:10.05	38.88 200m: 2:25.20	37.33 300m: 3:54.74	45.35	400m: 5:02.91	33.93	
2.	Michel van Nieuwkerk	De Dolfijn	5:02.70	199702413	5:16.32	+0,52	E
	50m: 33.98	33.98 150m: 1:56.03	42.26 250m: 3:20.13	43.51	350m: 4:41.96	37.49	
	100m: 1:13.77	39.79 200m: 2:36.62	40.59 300m: 4:04.47	44.34	400m: 5:16.32	34.36	
3.	Gauke Eilander	ZPC Bikkel Hoogeveen	4:59.60	199800603	5:16.48	+0,71	E
	50m: 33.33	33.33 150m: 1:53.18	41.06 250m: 3:20.28	46.31	350m: 4:42.51	36.94	
	100m: 1:12.12	38.79 200m: 2:33.97	40.79 300m: 4:05.57	45.29	400m: 5:16.48	33.97	
4.	Melvin van den Born	ESCA Zwemmen	5:03.40	199601029	5:17.47	+0,77	F
	50m: 33.12	33.12 150m: 1:51.65	38.69 250m: 3:14.83	44.42	350m: 4:39.46	39.93	
	100m: 1:12.96	39.84 200m: 2:30.41	38.76 300m: 3:59.53	44.70	400m: 5:17.47	38.01	
5.	Josha van den Elzen	Aquapoldro	5:04.25	199602423	5:18.24	+0,80	F
	50m: 32.81	32.81 150m: 1:53.69	42.26 250m: 3:22.40	45.41	350m: 4:43.96	34.84	
	100m: 1:11.43	38.62 200m: 2:36.99	43.30 300m: 4:09.12	46.72	400m: 5:18.24	34.28	
6.	Ruben Griffioen	De Columbiaan	5:15.82	199900771	5:28.24	+0,76	E
	50m: 37.38	37.38 150m: 2:02.55	41.01 250m: 3:28.30	44.74	350m: 4:53.08	38.12	
	100m: 1:21.54	44.16 200m: 2:43.56	41.01 300m: 4:14.96	46.66	400m: 5:28.24	35.16	
7.	Mathijs Mulder	HZ&PC Heerenveen	5:24.82	199700071	5:36.10	+0,76	F
	50m: 33.87	33.87 150m: 1:57.09	43.41 250m: 3:30.81	51.75	350m: 4:59.36	37.92	
	100m: 1:13.68	39.81 200m: 2:39.06	41.97 300m: 4:21.44	50.63	400m: 5:36.10	36.74	
DIS	Beau Kneppers	Zwemvereniging Hoorn	5:23.91	199703157	A A		
	50m:	150m:	250m:		350m:		
	100m:	200m:	300m:		400m:		