



NK 5000 meter en NJK 800/1500 meter 2013  
Amersfoort, 20-4-2013



Programmanr. 1  
20-04-2013 - 10:00

Jongens, 1500m vrije slag

Junioren 1  
Resultaten

Nederlands Record Junioren	16:02.56	Pieter van den Hoogenband	Nanterre (FRA)	15-05-1994
Nederlands Record 13 jaar	17:11.40	Pieter van den Hoogenband	Amersfoort	28-06-1991

rang	naam		vereniging	inschrijftijd	startnr.	tijd		
1.	Martin Ruiter		De Houtrib	20:20.94	200001309	18:47.50		
	100m:	1:07.19	500m:	6:09.25	1:16.14	900m:	11:13.41	1:16.66
	200m:	2:21.50	600m:	7:24.10	1:14.85	1000m:	12:30.73	1:17.32
	300m:	3:36.56	700m:	8:40.66	1:16.56	1100m:	13:48.01	1:17.28
	400m:	4:53.11	800m:	9:56.75	1:16.09	1200m:	15:04.73	1:16.72
2.	Max Reinders		Racing Club	19:55.18	200004225	19:18.47		
	100m:	1:09.31	500m:	6:20.93	1:18.18	900m:	11:33.33	1:18.41
	200m:	2:26.26	600m:	7:39.20	1:18.27	1000m:	12:50.87	1:17.54
	300m:	3:44.24	700m:	8:56.95	1:17.75	1100m:	14:09.03	1:18.16
	400m:	5:02.75	800m:	10:14.92	1:17.97	1200m:	15:27.49	1:18.46
3.	Dennis Kamps		OZ&PC	20:09.10	200000191	19:40.04		
	<i>100m,200m,800m zijn handtijden</i>							
	100m:	1:11.83	500m:	6:29.32	1:18.53	900m:	11:42.43	1:18.85
	200m:	2:31.11	600m:	7:46.75	1:17.43	1000m:	13:02.62	1:20.19
	300m:	3:51.37	700m:	9:04.54	1:17.79	1100m:	14:24.30	1:21.68
	400m:	5:10.79	800m:	10:23.58	1:19.04	1200m:	15:45.42	1:21.12
4.	Anne Schuurmans		WVZ	19:07.89	200003919	19:50.06		
	100m:	1:13.52	500m:	6:36.12	1:20.79	900m:	11:58.36	1:20.05
	200m:	2:34.09	600m:	7:57.50	1:21.38	1000m:	13:18.27	1:19.91
	300m:	3:54.06	700m:	9:18.30	1:20.80	1100m:	14:37.62	1:19.35
	400m:	5:15.33	800m:	10:38.31	1:20.01	1200m:	15:57.14	1:19.52
5.	Niels Hofmeijer		WS Twente	18:57.54	200000699	19:59.41	*	
	100m:	1:15.20	500m:	6:35.67	1:20.45	900m:	11:58.07	1:20.78
	200m:	2:35.50	600m:	7:55.95	1:20.28	1000m:	13:18.68	1:20.61
	300m:	3:54.79	700m:	9:16.80	1:20.85	1100m:	14:39.35	1:20.67
	400m:	5:15.22	800m:	10:37.29	1:20.49	1200m:	15:59.08	1:19.73
6.	Bernard Rivard		WVZ	20:25.12	200000045	20:08.84		
	100m:	1:16.00	500m:	6:40.35	1:20.90	900m:	12:05.46	1:20.90
	200m:	2:37.04	600m:	8:02.01	1:21.66	1000m:	13:26.04	1:20.58
	300m:	3:58.28	700m:	9:22.57	1:20.56	1100m:	14:47.16	1:21.12
	400m:	5:19.45	800m:	10:44.56	1:21.99	1200m:	16:08.94	1:21.78
7.	Thom Delno		VZC E&P	20:10.65	200000013	20:25.23		
	100m:	1:10.15	500m:	6:30.01	1:20.08	900m:	12:00.04	1:27.36
	200m:	2:28.07	600m:	7:48.83	1:18.82	1000m:	13:24.80	1:24.76
	300m:	3:48.41	700m:	9:09.20	1:20.37	1100m:	14:48.72	1:23.92
	400m:	5:09.93	800m:	10:32.68	1:23.48	1200m:	16:15.53	1:26.81
8.	Olivier Jans		De Fuut	20:24.17	200001815	20:25.33		
	100m:	1:15.37	500m:	6:47.54	1:24.38	900m:	12:19.87	1:22.34
	200m:	2:37.28	600m:	8:09.79	1:22.25	1000m:	13:43.48	1:23.61
	300m:	4:00.11	700m:	9:33.56	1:23.77	1100m:	15:04.80	1:21.32
	400m:	5:23.16	800m:	10:57.53	1:23.97	1200m:	16:26.43	1:21.63
9.	Jasper Breugem		WVZ	20:43.84	200000303	21:14.20		
	100m:	1:19.36	500m:	7:01.41	1:26.17	900m:	12:49.14	1:26.68
	200m:	2:44.37	600m:	8:28.56	1:27.15	1000m:	14:15.22	1:26.08
	300m:	4:09.97	700m:	9:55.84	1:27.28	1100m:	15:40.20	1:24.98
	400m:	5:35.24	800m:	11:22.46	1:26.62	1200m:	17:05.06	1:24.86
10.	Joost de Roy van Zuydewijn		WVZ	20:43.81	200000255	21:23.23		
	100m:	1:22.51	500m:	7:04.79	1:26.21	900m:	12:49.83	1:26.26
	200m:	2:47.49	600m:	8:29.98	1:25.19	1000m:	14:17.40	1:27.57
	300m:	4:12.42	700m:	9:55.99	1:26.01	1100m:	15:42.94	1:25.54
	400m:	5:38.58	800m:	11:23.57	1:27.58	1200m:	17:09.02	1:26.08
11.	Dylan Kalden		De Duck	21:03.15	200003283	21:42.82		
	<i>400m handtijd</i>							
	100m:	1:19.35	500m:	7:08.01	1:28.55	900m:	13:02.65	1:29.20
	200m:	2:45.39	600m:	8:36.80	1:28.79	1000m:	14:30.91	1:28.26
	300m:	4:12.60	700m:	10:04.66	1:27.86	1100m:	16:00.96	1:30.05
	400m:	5:39.46	800m:	11:33.45	1:28.79	1200m:	17:29.94	1:28.98
NG	Niels de Boer		Eurode KZC	20:27.58	200001977			