

Programmanr. 21
08-06-2013

Heren, 400m wisselslag

Jeugd/Senioren
Resultaten

Wereld Record	4:03.84	Michael Phelps	Beijing (CHN)	10-08-2008
Europees Record	4:06.16	Laszlo Cseh	Beijing (CHN)	10-08-2008
Nederlands Record Senioren	4:15.38	Marcel Wouda	Sevilla (ESP)	20-08-1997
Nederlands Record Jeugd	4:26.60	Sam van de Schootbrugge	Helsinki (FIN)	18-07-2010

rang	naam	vereniging	tijd	RT
Jeugd 1 en 2				
1.	Rowan Keen	Borger	199500727	4:45.03 +0,85 D
	50m: 30.78 30.78	150m: 1:43.99 36.95	250m: 3:01.07 40.67	350m: 4:14.79 32.51
	100m: 1:07.04 36.26	200m: 2:20.40 36.41	300m: 3:42.28 41.21	400m: 4:45.03 30.24
2.	Yannick Vijver	De Dolfijn	199600469	4:48.98 +0,72 D
	50m: 29.93 29.93	150m: 1:42.05 35.97	250m: 2:59.59 41.21	350m: 4:15.93 33.08
	100m: 1:06.08 36.15	200m: 2:18.38 36.33	300m: 3:42.85 43.26	400m: 4:48.98 33.05
3.	Koen Lems	ZPC Bikkel Hoogeveen	199603709	4:55.84 +0,83 E
	50m: 30.23 30.23	150m: 1:46.01 38.65	250m: 3:03.17 39.60	350m: 4:21.08 35.91
	100m: 1:07.36 37.13	200m: 2:23.57 37.56	300m: 3:45.17 42.00	400m: 4:55.84 34.76
4.	Mike van Herk	PSV	199601007	5:01.30 +0,80 E
	50m: 30.10 30.10	150m: 1:46.07 38.12	250m: 3:07.05 44.36	350m: 4:27.03 35.06
	100m: 1:07.95 37.85	200m: 2:22.69 36.62	300m: 3:51.97 44.92	400m: 5:01.30 34.27
5.	Casper Muselaers	Octopus	199600399	5:03.44 +0,68
	50m: 29.67 29.67	150m: 1:45.07 38.85	250m: 3:07.08 44.70	350m: 4:28.85 36.30
	100m: 1:06.22 36.55	200m: 2:22.38 37.31	300m: 3:52.55 45.47	400m: 5:03.44 34.59

all-in

1.	Sébas van Lith	KNZB-NTC	199001841	4:27.88 +0,76 C
	50m: 28.28 28.28	150m: 1:36.86 35.40	250m: 2:47.92 36.28	350m: 3:56.82 31.84
	100m: 1:01.46 33.18	200m: 2:11.64 34.78	300m: 3:24.98 37.06	400m: 4:27.88 31.06
2.	Jens Bakker	De Dolfijn	199300021	4:33.52 +0,73 C
	50m: 28.09 28.09	150m: 1:37.55 36.52	250m: 2:50.21 37.00	350m: 4:01.68 33.62
	100m: 1:01.03 32.94	200m: 2:13.21 35.66	300m: 3:28.06 37.85	400m: 4:33.52 31.84
3.	Sven Kardol	Nuenen	199302135	4:35.01 +0,71 D
	50m: 28.38 28.38	150m: 1:37.08 35.63	250m: 2:52.78 40.09	350m: 4:05.19 32.12
	100m: 1:01.45 33.07	200m: 2:12.69 35.61	300m: 3:33.07 40.29	400m: 4:35.01 29.82
4.	Arjan Knipping	PSV	199401667	4:39.92 +0,68 D
	50m: 30.07 30.07	150m: 1:41.44 36.54	250m: 2:55.97 39.13	350m: 4:08.03 33.10
	100m: 1:04.90 34.83	200m: 2:16.84 35.40	300m: 3:34.93 38.96	400m: 4:39.92 31.89
5.	Rowan Keen	Borger	199500727	4:45.03 +0,85 D
	50m: 30.78 30.78	150m: 1:43.99 36.95	250m: 3:01.07 40.67	350m: 4:14.79 32.51
	100m: 1:07.04 36.26	200m: 2:20.40 36.41	300m: 3:42.28 41.21	400m: 4:45.03 30.24
6.	Yannick Vijver	De Dolfijn	199600469	4:48.98 +0,72 D
	50m: 29.93 29.93	150m: 1:42.05 35.97	250m: 2:59.59 41.21	350m: 4:15.93 33.08
	100m: 1:06.08 36.15	200m: 2:18.38 36.33	300m: 3:42.85 43.26	400m: 4:48.98 33.05
7.	Koen Lems	ZPC Bikkel Hoogeveen	199603709	4:55.84 +0,83 E
	50m: 30.23 30.23	150m: 1:46.01 38.65	250m: 3:03.17 39.60	350m: 4:21.08 35.91
	100m: 1:07.36 37.13	200m: 2:23.57 37.56	300m: 3:45.17 42.00	400m: 4:55.84 34.76
8.	Vincent Moolhuijsen	Oceanus	199401215	4:56.23 +0,80
	50m: 29.48 29.48	150m: 1:44.88 38.81	250m: 3:05.70 42.36	350m: 4:22.79 33.26
	100m: 1:06.07 36.59	200m: 2:23.34 38.46	300m: 3:49.53 43.83	400m: 4:56.23 33.44
9.	Mike van Herk	PSV	199601007	5:01.30 +0,80 E
	50m: 30.10 30.10	150m: 1:46.07 38.12	250m: 3:07.05 44.36	350m: 4:27.03 35.06
	100m: 1:07.95 37.85	200m: 2:22.69 36.62	300m: 3:51.97 44.92	400m: 5:01.30 34.27
10.	Casper Muselaers	Octopus	199600399	5:03.44 +0,68
	50m: 29.67 29.67	150m: 1:45.07 38.85	250m: 3:07.08 44.70	350m: 4:28.85 36.30
	100m: 1:06.22 36.55	200m: 2:22.38 37.31	300m: 3:52.55 45.47	400m: 5:03.44 34.59