



Nederlandse Junioren Kampioenschappen korte baan 2012
Amsterdam, 3. - 5.2.2012

Programmanr. 17
03.02.2012 - 16:18

Jongens, 400m vrije slag

Junioren 2
Resultaten

Nederlands Record Junioren	3:56.23	Pieter van den Hoogenband	Uden	26.02.1994
Nederlands Record 14 jaar	4:08.09	Pieter van den Hoogenband	Drachten	22.02.1992
Kamp. Record Junioren 2	4:18.15	Sam van de Schootbrugge	Emmen	26.01.2007

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT	niveau
1.	Jorgos Skotadis <i>Nederlands Record 14 jaar</i>	Racing Club	4:16.87	199803317	4:06.56	+0,81	A+
	50m: 27.53 27.53	150m: 1:29.01 31.17	250m: 2:31.95 31.71	350m: 3:35.47 31.99			
	100m: 57.84 30.31	200m: 2:00.24 31.23	300m: 3:03.48 31.53	400m: 4:06.56 31.09			
2.	Tom Laarhuis	De Dinkel	4:22.52	199800309	4:18.27	+0,82	B
	50m: 28.72 28.72	150m: 1:34.64 33.48	250m: 2:41.35 33.25	350m: 3:46.82 33.17			
	100m: 1:01.16 32.44	200m: 2:08.10 33.46	300m: 3:13.65 32.30	400m: 4:18.27 31.45			
3.	Frank Roovers	De Houtrib	4:30.86	199800219	4:22.16	+0,79	C
	50m: 29.40 29.40	150m: 1:34.33 32.86	250m: 2:41.30 33.57	350m: 3:49.46 34.33			
	100m: 1:01.47 32.07	200m: 2:07.73 33.40	300m: 3:15.13 33.83	400m: 4:22.16 32.70			
4.	Floris Kotterink	De Veene	4:31.30	199800199	4:23.63	+0,67	D
	50m: 28.82 28.82	150m: 1:35.05 33.48	250m: 2:43.02 34.41	350m: 3:51.06 33.80			
	100m: 1:01.57 32.75	200m: 2:08.61 33.56	300m: 3:17.26 34.24	400m: 4:23.63 32.57			
5.	Jonne Schaafsma	Racing Club	4:30.41	199800745	4:26.42	+0,79	D
	50m: 30.02 30.02	150m: 1:36.50 33.52	250m: 2:45.05 34.48	350m: 3:53.41 34.06			
	100m: 1:02.98 32.96	200m: 2:10.57 34.07	300m: 3:19.35 34.30	400m: 4:26.42 33.01			
6.	Timos Skotadis	Racing Club	4:32.18	199804615	4:28.99	+0,75	D
	50m: 29.69 29.69	150m: 1:36.20 33.63	250m: 2:44.83 34.51	350m: 3:54.66 35.33			
	100m: 1:02.57 32.88	200m: 2:10.32 34.12	300m: 3:19.33 34.50	400m: 4:28.99 34.33			
7.	Lars van der Velden	DAW	4:33.35	199800175	4:29.69		D
	50m: 28.37 28.37	150m: 1:35.91 34.04	250m: 2:45.41 34.98	350m: 3:55.34 35.08			
	100m: 1:01.87 33.50	200m: 2:10.43 34.52	300m: 3:20.26 34.85	400m: 4:29.69 34.35			
8.	Jeljer Aldershof	ZV Haerlem	4:39.34	199800719	4:30.62	+0,79	E
	50m: 29.76 29.76	150m: 1:36.81 33.94	250m: 2:45.55 34.30	350m: 3:55.48 35.07			
	100m: 1:02.87 33.11	200m: 2:11.25 34.44	300m: 3:20.41 34.86	400m: 4:30.62 35.14			
9.	Jordy Severins	Eurode KZC	4:37.95	199800559	4:33.01		E
	50m: 30.06 30.06	150m: 1:37.13 34.15	250m: 2:47.88 35.49	350m: 3:59.11 35.64			
	100m: 1:02.98 32.92	200m: 2:12.39 35.26	300m: 3:23.47 35.59	400m: 4:33.01 33.90			
10.	Berjen Mellema	Nova	4:51.36	199800615	4:37.15	+0,79	E
	50m: 29.16 29.16	150m: 1:38.68 35.90	250m: 2:52.25 36.95	350m: 4:04.74 35.45			
	100m: 1:02.78 33.62	200m: 2:15.30 36.62	300m: 3:29.29 37.04	400m: 4:37.15 32.41			
11.	Robin van Grol	De Kikker	4:55.68	199800129	4:37.40	+0,89	E
	50m: 31.56 31.56	150m: 1:41.90 35.54	250m: 2:52.60 35.42	350m: 4:04.04 35.61			
	100m: 1:06.36 34.80	200m: 2:17.18 35.28	300m: 3:28.43 35.83	400m: 4:37.40 33.36			
12.	Albert Jan van Slooten	Zignea	4:58.89	199800049	4:37.65	+0,84	E
	50m: 30.35 30.35	150m: 1:40.62 36.03	250m: 2:52.82 36.38	350m: 4:04.68 35.80			
	100m: 1:04.59 34.24	200m: 2:16.44 35.82	300m: 3:28.88 36.06	400m: 4:37.65 32.97			
13.	Lars Ruessink	Octopus	4:46.76	199800271	4:38.13	+0,65	E
	50m: 31.55 31.55	150m: 1:42.18 35.24	250m: 2:53.54 35.58	350m: 4:04.90 35.55			
	100m: 1:06.94 35.39	200m: 2:17.96 35.78	300m: 3:29.35 35.81	400m: 4:38.13 33.23			
14.	Sezer Yas	Zwemlust-den Hommel	4:48.70	199800909	4:39.34	+0,84	E
	50m: 30.96 30.96	150m: 1:40.69 35.40	250m: 2:52.91 36.38	350m: 4:04.49 35.59			
	100m: 1:05.29 34.33	200m: 2:16.53 35.84	300m: 3:28.90 35.99	400m: 4:39.34 34.85			
15.	Sook Willemsen	DWK	5:00.09	199800917	4:40.47	+0,72	E
	50m: 30.99 30.99	150m: 1:41.00 35.43	250m: 2:53.30 36.29	350m: 4:05.42 35.74			
	100m: 1:05.57 34.58	200m: 2:17.01 36.01	300m: 3:29.68 36.38	400m: 4:40.47 35.05			
16.	Friso van der Meulen	Aqua'68	4:45.01	199800617	4:41.35	+0,88	F
	50m: 30.26 30.26	150m: 1:40.64 35.67	250m: 2:52.87 36.22	350m: 4:06.22 36.83			
	100m: 1:04.97 34.71	200m: 2:16.65 36.01	300m: 3:29.39 36.52	400m: 4:41.35 35.13			
17.	Tobias Geurts	Nuenen	4:43.57	199801185	4:41.73	+0,91	F
	50m: 32.40 32.40	150m: 1:44.22 35.98	250m: 2:55.78 35.08	350m: 4:07.83 36.39			
	100m: 1:08.24 35.84	200m: 2:20.70 36.48	300m: 3:31.44 35.66	400m: 4:41.73 33.90			
18.	Leroy van Ooijk	VZC E&P	5:01.14	199800361	4:42.39	+0,82	F
	50m: 31.29 31.29	150m: 1:41.88 35.83	250m: 2:54.99 36.70	350m: 4:08.64 37.38			
	100m: 1:06.05 34.76	200m: 2:18.29 36.41	300m: 3:31.26 36.27	400m: 4:42.39 33.75			
19.	Arie van der Vlist	De Meer	4:47.26	199804945	4:42.48	+0,72	F
	50m: 30.92 30.92	150m: 1:42.01 36.21	250m: 2:55.98 37.50	350m: 4:08.78 36.35			
	100m: 1:05.80 34.88	200m: 2:18.48 36.47	300m: 3:32.43 36.45	400m: 4:42.48 33.70			



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rang	naam		vereniging			inschrijftijd	startnr.	tijd	RT	niveau
20.	Bart Sommeling		Oceanus			4:52.60	199800765	4:43.32	+0,77	F
	50m: 30.80	30.80	150m: 1:43.24	36.99	250m: 2:56.61	36.41	350m: 4:08.95	35.53		
	100m: 1:06.25	35.45	200m: 2:20.20	36.96	300m: 3:33.42	36.81	400m: 4:43.32	34.37		
21.	Niels Post		De Otters Het Gooi			4:48.57	199801327	4:44.98	+0,88	F
	50m: 32.54	32.54	150m: 1:44.03	36.06	250m: 2:57.20	37.41	350m: 4:10.23	36.99		
	100m: 1:07.97	35.43	200m: 2:19.79	35.76	300m: 3:33.24	36.04	400m: 4:44.98	34.75		
22.	Sander Kirillova		De Dolfijn			4:50.48	199800121	4:45.88	+0,76	F
	50m: 32.88	32.88	150m: 1:44.61	36.07	250m: 2:57.97	36.94	350m: 4:11.77	36.93		
	100m: 1:08.54	35.66	200m: 2:21.03	36.42	300m: 3:34.84	36.87	400m: 4:45.88	34.11		
23.	Ivar van Straaten		WVZ			4:53.68	199800107	4:47.02	+0,75	F
	50m: 32.55	32.55	150m: 1:44.26	35.82	250m: 2:56.86	36.68	350m: 4:10.83	37.00		
	100m: 1:08.44	35.89	200m: 2:20.18	35.92	300m: 3:33.83	36.97	400m: 4:47.02	36.19		
24.	Mathieu Boers		De Veene			4:53.48	199800187	4:47.35	+0,90	F
	50m: 31.52	31.52	150m: 1:44.02	36.79	250m: 2:58.22	37.26	350m: 4:12.37	36.90		
	100m: 1:07.23	35.71	200m: 2:20.96	36.94	300m: 3:35.47	37.25	400m: 4:47.35	34.98		
25.	Bart Köhlen		HGN (SG)			4:59.95	199802453	4:48.42	+0,79	F
	50m: 31.12	31.12	150m: 1:42.34	36.31	250m: 2:57.24	37.89	350m: 4:12.28	37.63		
	100m: 1:06.03	34.91	200m: 2:19.35	37.01	300m: 3:34.65	37.41	400m: 4:48.42	36.14		
26.	Bas Neef		OZ&PC			4:59.67	199800019	4:48.82	+0,72	F
	50m: 31.27	31.27	150m: 1:43.38	36.56	250m: 2:58.69	37.50	350m: 4:14.98	38.00		
	100m: 1:06.82	35.55	200m: 2:21.19	37.81	300m: 3:36.98	38.29	400m: 4:48.82	33.84		
27.	Bas Verdoes		LZ 1886			4:59.18	199801487	4:48.96	+0,78	F
	50m: 30.84	30.84	150m: 1:42.23	36.70	250m: 2:57.00	37.55	350m: 4:12.93	37.96		
	100m: 1:05.53	34.69	200m: 2:19.45	37.22	300m: 3:34.97	37.97	400m: 4:48.96	36.03		
28.	Arjan Bijl		DWK			4:58.38	199800117	4:49.23	+0,82	F
	50m: 31.86	31.86	150m: 1:44.56	36.53	250m: 2:59.70	37.73	350m: 4:14.09	36.55		
	100m: 1:08.03	36.17	200m: 2:21.97	37.41	300m: 3:37.54	37.84	400m: 4:49.23	35.14		
29.	Carlo Ruiz		HZ&PC Heerenveen			4:57.64	199802549	4:50.24	+0,75	F
	50m: 31.83	31.83	150m: 1:45.39	37.15	250m: 3:00.62	37.89	350m: 4:15.63	37.19		
	100m: 1:08.24	36.41	200m: 2:22.73	37.34	300m: 3:38.44	37.82	400m: 4:50.24	34.61		
30.	Simon Koopen		WZ&PC Purmerend			4:57.19	199802127	4:51.47	+0,81	F
	50m: 31.97	31.97	150m: 1:44.70	36.67	250m: 2:59.09	37.01	350m: 4:14.68	37.81		
	100m: 1:08.03	36.06	200m: 2:22.08	37.38	300m: 3:36.87	37.78	400m: 4:51.47	36.79		
31.	Kilian Bontjer		Nova			4:59.21	199800751	4:56.26	+0,97	F
	50m: 32.18	32.18	150m: 1:46.93	37.90	250m: 3:03.50	38.38	350m: 4:19.88	38.14		
	100m: 1:09.03	36.85	200m: 2:25.12	38.19	300m: 3:41.74	38.24	400m: 4:56.26	36.38		
32.	Fabian Boer		De Houtrib			4:56.09	199800509	5:00.71	+0,67	F
	50m: 32.42	32.42	150m: 1:48.16	38.65	250m: 3:05.75	39.01	350m: 4:23.33	38.63		
	100m: 1:09.51	37.09	200m: 2:26.74	38.58	300m: 3:44.70	38.95	400m: 5:00.71	37.38		