

Programmanr. 81  
05.02.2012 - 17:14

Jongens, 400m wisselslag

Junioren 1  
Resultaten

|                            |         |                         |                     |            |
|----------------------------|---------|-------------------------|---------------------|------------|
| Nederlands Record Junioren | 4:32.48 | Lucas Greven            | Terneuzen           | 30.01.2011 |
| Nederlands Record 13 jaar  | 4:55.62 | Sam van de Schootbrugge | Milton Keynes (GBR) | 28.10.2006 |
| Kamp. Record Junioren 1    | 5:00.13 | Sam van de Schootbrugge | Dordrecht           | 29.01.2006 |

| rang | naam              | vereniging        | inschrijftijd | startnr.  | tijd           | RT    | niveau |
|------|-------------------|-------------------|---------------|-----------|----------------|-------|--------|
| 1.   | Jacob de Roos     | DZ&PC             | 5:26.85       | 199900553 | <b>5:15.69</b> | +0,72 | D      |
|      | 50m: 33.63        | 150m: 1:57.50     | 250m: 3:22.04 | 43.22     | 350m: 4:43.18  |       | 36.50  |
|      | 100m: 1:15.20     | 200m: 2:38.82     | 300m: 4:06.68 | 44.64     | 400m: 5:15.69  |       | 32.51  |
| 2.   | Ruben Griffioen   | De Columbiaan     | 5:24.93       | 199900771 | <b>5:15.82</b> | +0,76 | D      |
|      | 50m: 35.38        | 150m: 1:56.86     | 250m: 3:20.22 | 45.16     | 350m: 4:41.32  |       | 36.22  |
|      | 100m: 1:17.91     | 200m: 2:35.06     | 300m: 4:05.10 | 44.88     | 400m: 5:15.82  |       | 34.50  |
| 3.   | Adam Juhasz       | Racing Club       | 5:29.65       | 199903567 | <b>5:23.32</b> | +0,76 | E      |
|      | 50m: 35.74        | 150m: 1:59.48     | 250m: 3:27.87 | 45.73     | 350m: 4:50.24  |       | 35.38  |
|      | 100m: 1:18.07     | 200m: 2:42.14     | 300m: 4:14.86 | 46.99     | 400m: 5:23.32  |       | 33.08  |
| 4.   | Torben Lammerdink | De Berkelduikers  | 5:23.40       | 199900745 | <b>5:23.34</b> | +0,76 | E      |
|      | 50m: 32.39        | 150m: 1:54.87     | 250m: 3:23.29 | 47.52     | 350m: 4:49.95  |       | 38.15  |
|      | 100m: 1:13.06     | 200m: 2:35.77     | 300m: 4:11.80 | 48.51     | 400m: 5:23.34  |       | 33.39  |
| 5.   | Rino Krijl        | TZC-Vahalis       | 5:49.99       | 199900533 | <b>5:34.08</b> | +0,70 | F      |
|      | 50m: 35.88        | 150m: 2:02.63     | 250m: 3:32.31 | 47.43     | 350m: 4:59.03  |       | 37.59  |
|      | 100m: 1:19.20     | 200m: 2:44.88     | 300m: 4:21.44 | 49.13     | 400m: 5:34.08  |       | 35.05  |
| 6.   | Stef Poolman      | WS Twente         | 6:08.76       | 199900803 | <b>5:35.01</b> | +0,92 | F      |
|      | 50m: 36.57        | 150m: 2:03.19     | 250m: 3:33.44 | 47.65     | 350m: 4:59.66  |       | 37.47  |
|      | 100m: 1:19.48     | 200m: 2:45.79     | 300m: 4:22.19 | 48.75     | 400m: 5:35.01  |       | 35.35  |
| 7.   | Nicko Kamphuis    | De Warande        | 5:41.12       | 199900887 | <b>5:53.88</b> | +0,65 | F      |
|      | 50m: 38.13        | 150m: 2:08.15     | 250m: 3:38.57 | 47.03     | 350m: 5:12.06  |       | 42.98  |
|      | 100m: 1:23.10     | 200m: 2:51.54     | 300m: 4:29.08 | 50.51     | 400m: 5:53.88  |       | 41.82  |
| 8.   | Marcoen Smits     | EIFFELswimmersPSV | 5:54.48       | 199900815 | <b>6:02.70</b> | +0,78 |        |
|      | 50m: 38.51        | 150m: 2:09.57     | 250m: 3:48.64 | 52.46     | 350m: 5:23.26  |       | 40.47  |
|      | 100m: 1:22.49     | 200m: 2:56.18     | 300m: 4:42.79 | 54.15     | 400m: 6:02.70  |       | 39.44  |