

Programmanr. 17
01-02-2013 - 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	4:06.56	Jorgos Skotadis	Amsterdam	03-02-2012
Kamp. Record Junioren 2	4:06.56	Jorgos Skotadis	Amsterdam	03-02-2012

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT	niveau
1.	Luuk Veldman	Orca	4:29.25	199900981	4:24.80	+0,66	D
	50m: 29.56	150m: 1:38.06	250m: 2:46.29	33.53	350m: 3:53.07		33.15
	100m: 1:03.49	200m: 2:12.76	300m: 3:19.92	33.63	400m: 4:24.80		31.73
2.	Ruben Griffioen	De Columbiaaan	4:27.94	199900771	4:25.67	+0,73	E
	50m: 29.42	150m: 1:36.73	250m: 2:44.88	34.03	350m: 3:53.00		34.09
	100m: 1:02.65	200m: 2:10.85	300m: 3:18.91	34.03	400m: 4:25.67		32.67
3.	Dario van Hulst	ZC Valkenburg	4:42.55	199903169	4:25.95	+0,82	E
	50m: 30.07	150m: 1:37.05	250m: 2:45.27	33.93	350m: 3:52.71		33.60
	100m: 1:03.23	200m: 2:11.34	300m: 3:19.11	33.84	400m: 4:25.95		33.24
4.	Jan-Arno Melse	DZ&PC	4:31.42	199900785	4:29.97	+0,71	E
	50m: 30.37	150m: 1:38.16	250m: 2:47.32	34.44	350m: 3:57.01		34.82
	100m: 1:03.95	200m: 2:12.88	300m: 3:22.19	34.87	400m: 4:29.97		32.96
5.	Harm-Jan Wijnhoud	ZVV	4:35.09	199901469	4:30.33	+0,69	E
	50m: 30.28	150m: 1:38.36	250m: 2:47.34	34.65	350m: 3:56.53		34.63
	100m: 1:03.80	200m: 2:12.69	300m: 3:21.90	34.56	400m: 4:30.33		33.80
6.	Adam Juhasz	Racing Club	4:31.87	199904747	4:30.82	+0,70	E
	50m: 29.00	150m: 1:35.18	250m: 2:46.19	35.53	350m: 3:57.39		35.75
	100m: 1:01.19	200m: 2:10.66	300m: 3:21.64	35.45	400m: 4:30.82		33.43
7.	Noa Eversdijk	De Zeeuwse Kust (SG)	4:35.71	199903595	4:31.91	+0,74	E
	50m: 29.07	150m: 1:37.33	250m: 2:48.11	35.59	350m: 3:59.15		35.28
	100m: 1:02.01	200m: 2:12.52	300m: 3:23.87	35.76	400m: 4:31.91		32.76
8.	Bonk Stout	De Dolfijn	4:36.05	199902181	4:34.12	+0,73	E
	50m: 30.03	150m: 1:38.56	250m: 2:48.50	35.16	350m: 3:59.51		35.61
	100m: 1:03.79	200m: 2:13.34	300m: 3:23.90	35.40	400m: 4:34.12		34.61
9.	Stef Poolman	WS Twente	4:45.01	199900803	4:34.59	+0,84	E
	50m: 29.84	150m: 1:38.90	250m: 2:49.52	35.47	350m: 4:00.76		35.45
	100m: 1:03.63	200m: 2:14.05	300m: 3:25.31	35.79	400m: 4:34.59		33.83
	Thijs van Wieringen	De Columbiaaan	4:43.74	199900577	4:34.59	+0,85	E
	50m: 30.33	150m: 1:40.25	250m: 2:50.87	35.25	350m: 4:01.91		35.37
	100m: 1:04.85	200m: 2:15.62	300m: 3:26.54	35.67	400m: 4:34.59		32.68
11.	Koen Brummelaar	ZPC De Hof	4:49.89	199900047	4:38.34	+0,62	F
	50m: 30.27	150m: 1:40.29	250m: 2:51.58	35.90	350m: 4:04.24		36.36
	100m: 1:04.99	200m: 2:15.68	300m: 3:27.88	36.30	400m: 4:38.34		34.10
12.	Max Bond	Zwemlust-den Hommel	4:46.80	199900605	4:38.38	+0,77	F
	50m: 29.88	150m: 1:40.43	250m: 2:52.99	36.41	350m: 4:05.88		36.06
	100m: 1:04.81	200m: 2:16.58	300m: 3:29.82	36.83	400m: 4:38.38		32.50
13.	Wesley Bos	De Columbiaaan	4:46.04	199901241	4:39.56	+0,80	F
	50m: 30.55	150m: 1:40.90	250m: 2:52.88	36.13	350m: 4:05.42		36.14
	100m: 1:05.40	200m: 2:16.75	300m: 3:29.28	36.40	400m: 4:39.56		34.14
14.	Rense Ruig	ZV De Zaan	4:46.65	199901627	4:40.87	+0,98	F
	50m: 31.05	150m: 1:41.29	250m: 2:53.59	36.15	350m: 4:06.01		35.90
	100m: 1:05.85	200m: 2:17.44	300m: 3:30.11	36.52	400m: 4:40.87		34.86
15.	Joris Bezemer	De Kempvis	4:55.43	199900527	4:42.56	+0,82	F
	50m: 31.45	150m: 1:42.88	250m: 2:55.26	36.22	350m: 4:08.58		36.53
	100m: 1:07.37	200m: 2:19.04	300m: 3:32.05	36.79	400m: 4:42.56		33.98
16.	Thijs Molendijk	VZC E&P	4:55.11	199900477	4:44.70	+0,72	F
	50m: 31.97	150m: 1:44.10	250m: 2:57.20	36.53	350m: 4:10.38		36.55
	100m: 1:07.79	200m: 2:20.67	300m: 3:33.83	36.63	400m: 4:44.70		34.32
17.	Lars van Tuijl	Arethusa	4:53.52	199900425	4:46.30	+0,68	F
	50m: 32.17	150m: 1:45.16	250m: 2:57.58	34.59	350m: 4:11.28		37.28
	100m: 1:08.17	200m: 2:22.99	300m: 3:34.00	36.42	400m: 4:46.30		35.02
18.	Jorian Tanis	De Schoteijl	4:49.56	199900327	4:46.50	+0,80	F
	50m: 32.35	150m: 1:45.65	250m: 2:57.97	35.40	350m: 4:11.61		36.55
	100m: 1:08.78	200m: 2:22.57	300m: 3:35.06	37.09	400m: 4:46.50		34.89
19.	Jaap van Trijp	Racing Club	4:47.17	199903225	4:49.70	+0,81	F
	50m: 31.21	150m: 1:42.98	250m: 2:58.18	37.59	350m: 4:13.20		36.55
	100m: 1:06.62	200m: 2:20.59	300m: 3:36.65	38.47	400m: 4:49.70		36.50
20.	Jelmer Meijer	HZ&PC Heerenveen	4:53.11	199900177	4:50.79	+0,76	F
	50m: 30.92	150m: 1:42.20	250m: 2:56.59	37.28	350m: 4:13.14		38.08
	100m: 1:05.99	200m: 2:19.31	300m: 3:35.06	38.47	400m: 4:50.79		37.65

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rang	naam	vereniging						inschrijftijd	startnr.	tijd		RT	niveau
21.	Rino Kriljic	TZC-Vahalis						4:55.29	199900533	4:54.97		+0,69	F
	50m:	32.53	32.53	150m:	1:45.77	37.10	250m:	3:01.53	38.19	350m:	4:17.74	38.07	
	100m:	1:08.67	36.14	200m:	2:23.34	37.57	300m:	3:39.67	38.14	400m:	4:54.97	37.23	
22.	Justus Ykema	DWK						4:54.16	199900029	5:02.41		+0,73	
	50m:	31.34	31.34	150m:	1:46.55	38.45	250m:	3:04.83	39.40	350m:	4:24.47	40.08	
	100m:	1:08.10	36.76	200m:	2:25.43	38.88	300m:	3:44.39	39.56	400m:	5:02.41	37.94	