

Programmanr. 18
01-02-2013 - 16:34

Jongens, 400m vrije slag

Junioren 3
Resultaten

Nederlands Record Junioren	3:56.23	Pieter van den Hoogenband	Uden	26-02-1994
Nederlands Record 15 jaar	3:58.80	Pieter van den Hoogenband	Barneveld	03-04-1993
Kamp. Record Junioren 3	4:04.89	Dion Dreesens	Terneuzen	25-01-2008

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT	niveau
1.	Jorgos Skotadis <i>Kamp. Record Junioren 3</i>	Racing Club	4:05.64	199803317	4:03.66	+0,79	B
	50m: 26.98 26.98	150m: 1:28.33 31.09	250m: 2:30.71 31.03	350m: 3:33.57 31.12			
	100m: 57.24 30.26	200m: 1:59.68 31.35	300m: 3:02.45 31.74	400m: 4:03.66 30.09			
2.	Tom Laarhuis	De Dinkel	4:16.32	199800309	4:12.59	+0,79	D
	50m: 27.91 27.91	150m: 1:32.03 32.63	250m: 2:37.62 32.96	350m: 3:41.72 31.77			
	100m: 59.40 31.49	200m: 2:04.66 32.63	300m: 3:09.95 32.33	400m: 4:12.59 30.87			
3.	Timos Skotadis	Racing Club	4:19.02	199804615	4:15.72	+0,75	D
	50m: 28.34 28.34	150m: 1:32.36 32.33	250m: 2:37.39 32.56	350m: 3:43.22 33.02			
	100m: 1:00.03 31.69	200m: 2:04.83 32.47	300m: 3:10.20 32.81	400m: 4:15.72 32.50			
4.	Lars van der Velden	DAW	4:23.82	199800175	4:19.17	+0,80	E
	50m: 28.37 28.37	150m: 1:33.07 32.83	250m: 2:39.32 33.24	350m: 3:46.24 33.96			
	100m: 1:00.24 31.87	200m: 2:06.08 33.01	300m: 3:12.28 32.96	400m: 4:19.17 32.93			
5.	Friso van der Meulen	TriVia	4:28.29	199800617	4:25.33 *	+0,78	E
	50m: 29.34 29.34	150m: 1:35.74 33.82	250m: 2:43.46 34.01	350m: 3:51.92 34.43			
	100m: 1:01.92 32.58	200m: 2:09.45 33.71	300m: 3:17.49 34.03	400m: 4:25.33 33.41			
6.	Bart Köhlen	HGN (SG)	4:28.74	199802453	4:26.17	+0,75	E
	50m: 29.64 29.64	150m: 1:37.08 34.05	250m: 2:45.81 34.14	350m: 3:54.03 34.18			
	100m: 1:03.03 33.39	200m: 2:11.67 34.59	300m: 3:19.85 34.04	400m: 4:26.17 32.14			
7.	Leroy van Ooijik	VZC E&P	4:28.40	199800361	4:26.24	+0,75	E
	50m: 28.78 28.78	150m: 1:37.29 34.68	250m: 2:46.63 34.58	350m: 3:54.79 33.33			
	100m: 1:02.61 33.83	200m: 2:12.05 34.76	300m: 3:21.46 34.83	400m: 4:26.24 31.45			
8.	Jordy Severins	Eurode KZC	4:26.04	199800559	4:28.31	+0,88	E
	50m: 29.12 29.12	150m: 1:34.38 33.22	250m: 2:43.50 35.09	350m: 3:54.46 35.58			
	100m: 1:01.16 32.04	200m: 2:08.41 34.03	300m: 3:18.88 35.38	400m: 4:28.31 33.85			
9.	Jeljer Aldershof	ZV Haerlem	4:28.49	199800719	4:29.22	+0,82	F
	50m: 29.93 29.93	150m: 1:37.03 33.80	250m: 2:46.45 34.77	350m: 3:55.37 34.71			
	100m: 1:03.23 33.30	200m: 2:11.68 34.65	300m: 3:20.66 34.21	400m: 4:29.22 33.85			