

Programmanr. 82
03-02-2013 - 17:17

Jongens, 400m wisselslag

Junioren 2
Resultaten

Nederlands Record Junioren	4:32.48	Lucas Greven	Terneuzen	30-01-2011
Nederlands Record 14 jaar	4:37.29	Jorgos Skotadis	Dordrecht	29-12-2012
Kamp. Record Junioren 2	4:46.26	Jorgos Skotadis	Amsterdam	05-02-2012

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT	niveau
1.	Jacob de Roos	DZ&PC	5:15.65	199900553	4:55.50	+0,75	D
	50m: 31.20	150m: 1:48.64	250m: 3:08.53		350m: 4:24.05		33.92
	100m: 1:09.72	200m: 2:27.95	300m: 3:50.13		400m: 4:55.50		31.45
2.	Luuk Veldman	Orca	5:02.74	199900981	4:56.04	+0,64	D
	50m: 32.38	150m: 1:47.55	250m: 3:09.75		350m: 4:25.50		32.90
	100m: 1:09.84	200m: 2:24.55	300m: 3:52.60		400m: 4:56.04		30.54
3.	Ruben Griffioen	De Columbiaan	5:03.63	199900771	5:00.54	+0,72	D
	50m: 33.49	150m: 1:49.80	250m: 3:07.62		350m: 4:26.74		36.11
	100m: 1:12.90	200m: 2:25.56	300m: 3:50.63		400m: 5:00.54		33.80
4.	Jesse van Dijk	De Houtrib	5:13.75	199903259	5:04.81	+0,70	E
	50m: 30.53	150m: 1:46.74	250m: 3:08.62		350m: 4:28.88		34.99
	100m: 1:08.46	200m: 2:24.06	300m: 3:53.89		400m: 5:04.81		35.93
5.	Harm-Jan Wijnhoud	ZVV	5:13.23	199901469	5:10.45	+0,69	E
	50m: 31.79	150m: 1:48.87	250m: 3:11.78		350m: 4:34.44		35.81
	100m: 1:10.64	200m: 2:26.08	300m: 3:58.63		400m: 5:10.45		36.01
6.	Adam Juhasz	Racing Club	5:17.80	199904747	5:10.70	+0,74	E
	50m: 33.06	150m: 1:53.20	250m: 3:19.04		350m: 4:38.23		33.43
	100m: 1:12.35	200m: 2:34.33	300m: 4:04.80		400m: 5:10.70		32.47
7.	Torben Lammerdink	De Berkelduikers	5:09.45	199900745	5:11.48	+0,74	E
	50m: 31.12	150m: 1:49.01	250m: 3:14.57		350m: 4:37.14		36.16
	100m: 1:10.02	200m: 2:29.21	300m: 4:00.98		400m: 5:11.48		34.34
8.	Wesley Bos	De Columbiaan	5:19.74	199901241	5:13.88	+0,78	F
	50m: 32.53	150m: 1:51.87	250m: 3:17.71		350m: 4:39.81		36.58
	100m: 1:12.03	200m: 2:31.03	300m: 4:03.23		400m: 5:13.88		34.07
9.	Stef Poolman	WS Twente	5:33.92	199900803	5:16.63	+0,86	F
	50m: 33.53	150m: 1:54.80	250m: 3:20.22		350m: 4:42.62		36.18
	100m: 1:13.18	200m: 2:34.96	300m: 4:06.44		400m: 5:16.63		34.01
10.	Bonk Stout	De Dolfijn	5:20.27	199902181	5:17.70	+0,80	F
	50m: 34.37	150m: 1:58.11	250m: 3:22.29		350m: 4:43.12		37.10
	100m: 1:15.72	200m: 2:40.11	300m: 4:06.02		400m: 5:17.70		34.58
11.	Thijs Molendijk	VZC E&P	5:27.06	199900477	5:20.10	+0,68	F
	50m: 32.74	150m: 1:51.86	250m: 3:19.83		350m: 4:45.89		37.72
	100m: 1:11.47	200m: 2:31.02	300m: 4:08.17		400m: 5:20.10		34.21
12.	Rino Krijl	TZC-Vahalis	5:34.08	199900533	5:28.24	+0,71	F
	50m: 34.42	150m: 1:59.24	250m: 3:29.48		350m: 4:54.88		37.79
	100m: 1:15.03	200m: 2:42.51	300m: 4:17.09		400m: 5:28.24		33.36
13.	Bram van Kessel	Tempo	5:34.61	199901979	5:37.62	+0,78	
	50m: 34.33	150m: 1:58.94	250m: 3:31.26		350m: 4:59.82		39.23
	100m: 1:15.45	200m: 2:42.63	300m: 4:20.59		400m: 5:37.62		37.80
DIS	Stijn Simons	PSV	5:14.41	199900813		VE	
	50m:	150m:	250m:		350m:		
	100m:	200m:	300m:		400m:		
NG	Ebel van Geemen	NDD	5:26.01	199901095			