

Programmanr. 83
03-02-2013 - 17:29

Jongens, 400m wisselslag

Junioren 3
Resultaten

Nederlands Record Junioren	4:32.48	Lucas Greven	Terneuzen	30-01-2011
Nederlands Record 15 jaar	4:36.60	Pieter van den Hoogenband	Barneveld	03-04-1993
Kamp. Record Junioren 3	4:36.66	Sam van de Schootbrugge	Terneuzen	27-01-2008

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT	niveau
1.	Tom Laarhuis <i>Nederlands Record 15 jaar</i>	De Dinkel	4:39.08	199800309	4:34.69	+0,82	A
	50m: 28.79 28.79	150m: 1:38.96 35.76	250m: 2:54.31 40.56	350m: 4:04.75 30.47			
	100m: 1:03.20 34.41	200m: 2:13.75 34.79	300m: 3:34.28 39.97	400m: 4:34.69 29.94			
2.	Jorgos Skotadis	Racing Club	4:37.29	199803317	4:40.18 *	+0,76	C
	50m: 28.85 28.85	150m: 1:36.91 34.60	250m: 2:51.99 40.61	350m: 4:06.08 31.79			
	100m: 1:02.31 33.46	200m: 2:11.38 34.47	300m: 3:34.29 42.30	400m: 4:40.18 34.10			
3.	Frank Roovers	De Houtrib	4:48.96	199800219	4:49.01	+0,76	D
	50m: 30.15 30.15	150m: 1:43.01 36.71	250m: 3:00.44 41.14	350m: 4:16.25 33.56			
	100m: 1:06.30 36.15	200m: 2:19.30 36.29	300m: 3:42.69 42.25	400m: 4:49.01 32.76			
4.	Lars van der Velden	DAW	4:56.49	199800175	4:54.73	+0,81	E
	50m: 31.03 31.03	150m: 1:45.66 37.03	250m: 3:04.01 41.97	350m: 4:21.72 35.12			
	100m: 1:08.63 37.60	200m: 2:22.04 36.38	300m: 3:46.60 42.59	400m: 4:54.73 33.01			
5.	Timos Skotadis	Racing Club	5:01.84	199804615	4:55.83	+0,74	E
	50m: 30.42 30.42	150m: 1:43.42 36.24	250m: 3:04.76 44.11	350m: 4:23.21 33.33			
	100m: 1:07.18 36.76	200m: 2:20.65 37.23	300m: 3:49.88 45.12	400m: 4:55.83 32.62			
6.	Gauke Eilander	ZPC Bikkel Hoogeveen	4:59.60	199800603	4:57.97	+0,73	E
	50m: 29.16 29.16	150m: 1:42.94 38.65	250m: 3:04.90 44.50	350m: 4:24.08 35.28			
	100m: 1:04.29 35.13	200m: 2:20.40 37.46	300m: 3:48.80 43.90	400m: 4:57.97 33.89			
7.	Bart Sommeling	Oceanus	5:02.38	199800765	4:59.93	+0,77	E
	50m: 30.60 30.60	150m: 1:46.62 38.51	250m: 3:06.85 42.91	350m: 4:26.46 34.79			
	100m: 1:08.11 37.51	200m: 2:23.94 37.32	300m: 3:51.67 44.82	400m: 4:59.93 33.47			