

Nederlandse Junior Kampioenschappen
Drachten, 20- - 22-6-2025

Programmanr. 3
20-6-2025 - 15:50

Jongens, 400m vrije slag

Onder 14
Resultaten

Punten: AQUA 2025

rang	naam			vereniging				tijd	RT	FINA
1.	Ramon Vos			ZPC Hoogeveen		201100051		4:20.05		606
	50m:	29.73	29.73	150m:	1:35.19	33.21	250m:	2:42.37	33.86	32.91
	100m:	1:01.98	32.25	200m:	2:08.51	33.32	300m:	3:15.86	33.49	31.28
2.	Matthijs van Velzen			Deltasteur		201100435		4:31.80		530
	50m:	29.45	29.45	150m:	1:37.53	34.67	250m:	2:48.82	35.80	34.86
	100m:	1:02.86	33.41	200m:	2:13.02	35.49	300m:	3:24.35	35.53	32.59
3.	Laurens van Nulck			Hellas-Glana		201100521		4:32.40		527
	50m:	30.68	30.68	150m:	1:38.32	34.29	250m:	2:47.79	34.87	35.15
	100m:	1:04.03	33.35	200m:	2:12.92	34.60	300m:	3:23.24	35.45	34.01
4.	Kasper Lubbers			Orca		201100025		4:38.42		493
	50m:	31.52	31.52	150m:	1:41.43	35.30	250m:	2:52.66	35.74	36.06
	100m:	1:06.13	34.61	200m:	2:16.92	35.49	300m:	3:28.45	35.79	33.91
5.	Giovanni Wolfgang			MSV-Zeemacht		201100859		4:38.56		493
	50m:	29.62	29.62	150m:	1:40.58	36.28	250m:	2:52.76	35.12	35.66
	100m:	1:04.30	34.68	200m:	2:17.64	37.06	300m:	3:29.79	37.03	33.11
6.	Mees Janssen			DSZ		201102025		4:38.99		490
	50m:	29.61	29.61	150m:	1:37.86	34.50	250m:	2:49.86	36.28	36.79
	100m:	1:03.36	33.75	200m:	2:13.58	35.72	300m:	3:26.42	36.56	35.78
7.	Douwe Enzerink			ZPC AMERSFOORT		201102657		4:40.73		481
	50m:	30.33	30.33	150m:	1:39.96	35.30	250m:	2:52.90	36.47	36.27
	100m:	1:04.66	34.33	200m:	2:16.43	36.47	300m:	3:29.69	36.79	34.77
8.	Stijn Peters			ZPC AMERSFOORT		201103581		4:41.09		479
	50m:	32.62	32.62	150m:	1:44.05	35.76	250m:	2:56.09	36.07	35.71
	100m:	1:08.29	35.67	200m:	2:20.02	35.97	300m:	3:31.70	35.61	33.68
9.	Daan Mulder			KSN (SG)		201100267		4:44.20		464
	50m:	31.22	31.22	150m:	1:42.02	36.22	250m:	2:55.33	36.77	36.89
	100m:	1:05.80	34.58	200m:	2:18.56	36.54	300m:	3:31.83	36.50	35.48
10.	Daan Overmars			OZ&PC		201100027		4:44.25		464
	50m:	30.94	30.94	150m:	1:40.40	35.88	250m:	2:54.06	37.13	36.69
	100m:	1:04.52	33.58	200m:	2:16.93	36.53	300m:	3:31.57	37.51	35.99
11.	Stan Nijhuis			OZ&PC		201100191		4:46.56		452
	50m:	31.71	31.71	150m:	1:43.06	36.40	250m:	2:56.52	37.02	37.09
	100m:	1:06.66	34.95	200m:	2:19.50	36.44	300m:	3:33.44	36.92	36.03
12.	Lev Rudman			Blue Marlins		201102343		4:48.12		445
	50m:	32.68	32.68	150m:	1:46.66	37.42	250m:	3:01.16	37.65	35.73
	100m:	1:09.24	36.56	200m:	2:23.51	36.85	300m:	3:37.58	36.42	34.81
13.	Tim Slagers			Aquapoldro		201200263		4:48.16		445
	50m:	31.80	31.80	150m:	1:44.53	36.86	250m:	2:59.19	37.07	36.59
	100m:	1:07.67	35.87	200m:	2:22.12	37.59	300m:	3:36.99	37.80	34.58
14.	Max van Splunder			Het Y		201200531		4:48.19		445
	50m:	31.55	31.55	150m:	1:44.34	36.72	250m:	2:58.95	37.29	36.92
	100m:	1:07.62	36.07	200m:	2:21.66	37.32	300m:	3:36.64	37.69	34.63
15.	David van der Valk			Wiekslag		201100519		4:50.00		437
	50m:	31.49	31.49	150m:	1:43.27	36.70	250m:	2:58.46	37.78	37.83
	100m:	1:06.57	35.08	200m:	2:20.68	37.41	300m:	3:36.29	37.83	35.88
16.	Amor van der Veen			Dedemsvaart-AC		201100197		4:50.36		435
	50m:	30.85	30.85	150m:	1:42.16	36.26	250m:	2:56.79	37.37	38.08
	100m:	1:05.90	35.05	200m:	2:19.42	37.26	300m:	3:34.49	37.70	37.79
17.	Dax Muijlaert			SG Octopus - ZVV		201100535		4:52.80		424
	50m:	31.40	31.40	150m:	1:44.43	36.67	250m:	2:59.62	37.41	37.48
	100m:	1:07.76	36.36	200m:	2:22.21	37.78	300m:	3:37.83	38.21	37.49
18.	Franzi Ziegler			DAW		201100891		4:52.85		424
	50m:	30.80	30.80	150m:	1:42.60	36.87	250m:	2:57.97	38.57	39.35
	100m:	1:05.73	34.93	200m:	2:19.40	36.80	300m:	3:36.08	38.11	37.42
19.	Luca Monster			SG Hoeksche Waard		201100343		4:53.26		422
	50m:	31.50	31.50	150m:	1:43.87	37.12	250m:	2:59.97	38.33	38.30
	100m:	1:06.75	35.25	200m:	2:21.64	37.77	300m:	3:38.19	38.22	36.77

Nederlandse Junior Kampioenschappen
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Programmanr. 3, Jongens, 400m vrije slag, Onder 14

rang	naam	vereniging	tijd	RT	FINA
20.	Joep Barwegen	HZ&PC Heerenveen	201201823	4:55.47	413
	50m: 31.50 31.50	150m: 1:46.04 38.04	250m: 3:02.24 38.30	350m: 4:19.63 38.91	
	100m: 1:08.00 36.50	200m: 2:23.94 37.90	300m: 3:40.72 38.48	400m: 4:55.47 35.84	
21.	Zion Eijkenboom	Hellas-Glana	201100043	4:55.70	412
	50m: 33.41 33.41	150m: 1:46.07 37.04	250m: 3:01.87 38.21	350m: 4:19.85 39.88	
	100m: 1:09.03 35.62	200m: 2:23.66 37.59	300m: 3:39.97 38.10	400m: 4:55.70 35.85	
22.	Thijs van Kints	BZ&PC	201101059	4:56.10	410
	50m: 31.93 31.93	150m: 1:44.47 37.22	250m: 3:00.96 38.12	350m: 4:18.11 38.70	
	100m: 1:07.25 35.32	200m: 2:22.84 38.37	300m: 3:39.41 38.45	400m: 4:56.10 37.99	
23.	Nils Bellert	SG Octopus - ZVV	201100347	4:56.48	408
	50m: 33.06 33.06	150m: 1:47.72 37.78	250m: 3:04.23 37.82	350m: 4:20.37 36.75	
	100m: 1:09.94 36.88	200m: 2:26.41 38.69	300m: 3:43.62 39.39	400m: 4:56.48 36.11	
24.	Luca Denkers	ZV New Wave Almere	201202399	4:56.98	406
	50m: 31.83 31.83	150m: 1:47.72 38.97	250m: 3:06.22 39.45	350m: 4:21.55 37.74	
	100m: 1:08.75 36.92	200m: 2:26.77 39.05	300m: 3:43.81 37.59	400m: 4:56.98 35.43	
25.	Dewin Volker	OZ&PC	201101935	4:58.62	400
	50m: 31.22 31.22	150m: 1:45.03 37.82	250m: 3:03.35 39.74	350m: 4:21.64 38.22	
	100m: 1:07.21 35.99	200m: 2:23.61 38.58	300m: 3:43.42 40.07	400m: 4:58.62 36.98	
26.	Nout de Roo	Blue Marlins	201103345	4:59.28	397
	50m: 31.50 31.50	150m: 1:47.06 38.80	250m: 3:05.74 40.08	350m: 4:23.89 38.62	
	100m: 1:08.26 36.76	200m: 2:25.66 38.60	300m: 3:45.27 39.53	400m: 4:59.28 35.39	
27.	Mads Blacqui�re	PSV	201103233	4:59.33	397
	50m: 32.88 32.88	150m: 1:48.99 38.54	250m: 3:05.84 38.49	350m: 4:23.35 38.92	
	100m: 1:10.45 37.57	200m: 2:27.35 38.36	300m: 3:44.43 38.59	400m: 4:59.33 35.98	
28.	Jasper de Gloppe	PSV	201103019	4:59.51	396
	50m: 32.31 32.31	150m: 1:46.55 37.61	250m: 3:03.87 38.34	350m: 4:21.02 38.31	
	100m: 1:08.94 36.63	200m: 2:25.53 38.98	300m: 3:42.71 38.84	400m: 4:59.51 38.49	
29.	Toa Jahn	Het Y	201201665	4:59.77	395
	50m: 31.54 31.54	150m: 1:46.32 38.51	250m: 3:05.07 39.14	350m: 4:24.10 39.13	
	100m: 1:07.81 36.27	200m: 2:25.93 39.61	300m: 3:44.97 39.90	400m: 4:59.77 35.67	
30.	Ewan Krist	ZPCH	201100549	4:59.90	395
	50m: 31.80 31.80	150m: 1:45.33 37.18	250m: 3:02.10 39.12	350m: 4:21.53 39.00	
	100m: 1:08.15 36.35	200m: 2:22.98 37.65	300m: 3:42.53 40.43	400m: 4:59.90 38.37	
31.	Costijn van Elst	Blue Marlins	201100317	5:00.03	394
	50m: 31.35 31.35	150m: 1:44.67 37.54	250m: 3:02.09 39.41	350m: 4:22.16 40.50	
	100m: 1:07.13 35.78	200m: 2:22.68 38.01	300m: 3:41.66 39.57	400m: 5:00.03 37.87	
32.	Adrian Janse van Rensburg	De Treffers	201202261	5:01.32	389
	50m: 32.77 32.77	150m: 1:45.78 37.51	250m: 3:03.47 38.79	350m: 4:23.22 39.59	
	100m: 1:08.27 35.50	200m: 2:24.68 38.90	300m: 3:43.63 40.16	400m: 5:01.32 38.10	
33.	Kaj van der Ham	ZVL-1886	201100325	5:01.49	388
	50m: 31.97 31.97	150m: 1:46.01 37.37	250m: 3:04.02 39.18	350m: 4:23.23 39.55	
	100m: 1:08.64 36.67	200m: 2:24.84 38.83	300m: 3:43.68 39.66	400m: 5:01.49 38.26	
34.	Mohiz Zahir	De Dolfijn	201102139	5:03.06	382
	50m: 31.67 31.67	150m: 1:46.21 38.13	250m: 3:05.18 39.93	350m: 4:24.79 39.90	
	100m: 1:08.08 36.41	200m: 2:25.25 39.04	300m: 3:44.89 39.71	400m: 5:03.06 38.27	
35.	Wanja Chepenko	ACZ	201102065	5:03.89	379
	50m: 30.78 30.78	150m: 1:42.76 37.53	250m: 3:03.48 41.34	350m: 4:26.19 41.50	
	100m: 1:05.23 34.45	200m: 2:22.14 39.38	300m: 3:44.69 41.21	400m: 5:03.89 37.70	
36.	Rutger Donker	NDD	201200361	5:03.92	379
	50m: 32.40 32.40	150m: 1:47.96 38.95	250m: 3:07.53 40.10	350m: 4:27.45 39.88	
	100m: 1:09.01 36.61	200m: 2:27.43 39.47	300m: 3:47.57 40.04	400m: 5:03.92 36.47	
37.	Finn Knijnenburg	De Columbiaan	201101319	5:04.06	379
	50m: 32.41 32.41	150m: 1:48.44 38.80	250m: 3:07.86 39.82	350m: 4:27.83 40.30	
	100m: 1:09.64 37.23	200m: 2:28.04 39.60	300m: 3:47.53 39.67	400m: 5:04.06 36.23	
38.	Metz Agema	Deltasteur	201200929	5:04.08	379
	50m: 32.47 32.47	150m: 1:48.74 39.25	250m: 3:08.30 40.09	350m: 4:27.03 39.56	
	100m: 1:09.49 37.02	200m: 2:28.21 39.47	300m: 3:47.47 39.17	400m: 5:04.08 37.05	
39.	Thijs Hoogeveen	ZPC Woerden	201100503	5:05.24	374
	50m: 32.54 32.54	150m: 1:49.54 39.49	250m: 3:08.55 39.05	350m: 4:28.32 39.94	
	100m: 1:10.05 37.51	200m: 2:29.50 39.96	300m: 3:48.38 39.83	400m: 5:05.24 36.92	

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Programmanr. 3, Jongens, 400m vrije slag, Onder 14

rang	naam		vereniging						tijd	RT	FINA
40.	Izayah Castillo		Blue Marlins		201100311				5:05.49		373
	50m: 30.11	30.11	150m: 1:45.24	38.45	250m: 3:05.19	40.15	350m: 4:25.99	40.61			
	100m: 1:06.79	36.68	200m: 2:25.04	39.80	300m: 3:45.38	40.19	400m: 5:05.49	39.50			
41.	Milan Eikenaar		SWOL 1894		201100599				5:05.62		373
	50m: 30.63	30.63	150m: 1:43.12	37.30	250m: 3:03.14	40.57	350m: 4:25.80	40.79			
	100m: 1:05.82	35.19	200m: 2:22.57	39.45	300m: 3:45.01	41.87	400m: 5:05.62	39.82			
42.	Laurens Steenaart		ZPCH		201100829				5:06.43		370
	50m: 32.96	32.96	150m: 1:48.54	38.99	250m: 3:08.15	40.42	350m: 4:27.87	39.71			
	100m: 1:09.55	36.59	200m: 2:27.73	39.19	300m: 3:48.16	40.01	400m: 5:06.43	38.56			
43.	Gijs van der Lee		AZC		201101237				5:06.69		369
	50m: 32.91	32.91	150m: 1:48.80	38.17	250m: 3:07.62	39.56	350m: 4:28.01	40.38			
	100m: 1:10.63	37.72	200m: 2:28.06	39.26	300m: 3:47.63	40.01	400m: 5:06.69	38.68			
44.	Pieter de Jonge		Aqua-Novio'94		201200211				5:07.26		367
	50m: 32.86	32.86	150m: 1:50.01	39.55	250m: 3:09.26	39.50	350m: 4:28.85	39.64			
	100m: 1:10.46	37.60	200m: 2:29.76	39.75	300m: 3:49.21	39.95	400m: 5:07.26	38.41			
45.	Orlando Carlo Caffaggi		Blue Marlins		201203059				5:10.99		354
	50m: 33.80	33.80	150m: 1:51.83	39.57	250m: 3:12.78	40.65	350m: 4:33.68	40.02			
	100m: 1:12.26	38.46	200m: 2:32.13	40.30	300m: 3:53.66	40.88	400m: 5:10.99	37.31			
46.	Marcelo Fritz Medina		De Dolfijn		201201885				5:12.27		350
	50m: 33.44	33.44	150m: 1:51.22	39.01	250m: 3:13.02	40.97	350m: 4:34.67	39.93			
	100m: 1:12.21	38.77	200m: 2:32.05	40.83	300m: 3:54.74	41.72	400m: 5:12.27	37.60			
47.	Yanniek Jager		Batavia Swim		201100315				5:12.59		348
	50m: 32.02	32.02	150m: 1:50.43	40.60	250m: 3:12.11	40.99	350m: 4:33.99	40.84			
	100m: 1:09.83	37.81	200m: 2:31.12	40.69	300m: 3:53.15	41.04	400m: 5:12.59	38.60			
48.	Luca Karsten Schöler		HZ&PC Heerenveen		201101451				5:12.86		348
	50m: 31.63	31.63	150m: 1:49.08	40.05	250m: 3:11.82	42.14	350m: 4:34.53	41.20			
	100m: 1:09.03	37.40	200m: 2:29.68	40.60	300m: 3:53.33	41.51	400m: 5:12.86	38.33			
49.	Sander de Bruin		ZZ&PC De Devel		201100617				5:13.15		347
	50m: 32.06	32.06	150m: 1:49.16	39.89	250m: 3:12.68	41.77	350m: 4:34.28	39.64			
	100m: 1:09.27	37.21	200m: 2:30.91	41.75	300m: 3:54.64	41.96	400m: 5:13.15	38.87			
50.	Charles Araysa		Zwemlust- den Hommel		201201155				5:28.94		299
	50m: 34.77	34.77	150m: 1:54.57	40.29	250m: 3:19.76	42.62	350m: 4:46.25	42.51			
	100m: 1:14.28	39.51	200m: 2:37.14	42.57	300m: 4:03.74	43.98	400m: 5:28.94	42.69			