

NJK 2026
Drachten, 19- - 21-6-2026

Programmanr. 14
19-06-2026 - 16:39

Jongens, 400m wisselslag

Onder 14
Resultaten

rang	naam	vereniging	intijd	tijd	RT
1.	Max van Splunder	De Dolfijn	5:12.71	201200531	5:11.09 +0,74
	50m: 32.69	32.69 150m: 1:51.68	40.29	250m: 3:15.62	44.35
	100m: 1:11.39	38.70 200m: 2:31.27	39.59	300m: 4:00.74	45.12
				350m: 4:37.06	36.32
				400m: 5:11.09	34.03
2.	Celestin van der Beek	PSV	5:19.97	201201183	5:12.53
	50m: 33.31	33.31 150m: 1:53.78	41.48	250m: 3:19.19	43.63
	100m: 1:12.30	38.99 200m: 2:35.56	41.78	300m: 4:04.36	45.17
				350m: 4:39.69	35.33
				400m: 5:12.53	32.84
3.	Tijn Pieters	Orca	5:22.86	201300715	5:14.46 +0,80
	50m: 31.54	31.54 150m: 1:50.69	41.26	250m: 3:17.39	46.69
	100m: 1:09.43	37.89 200m: 2:30.70	40.01	300m: 4:03.48	46.09
				350m: 4:40.30	36.82
				400m: 5:14.46	34.16
4.	Marcelo Fritz Medina	De Dolfijn	5:29.48	201201885	5:17.26 +0,79
	50m: 30.66	30.66 150m: 1:48.51	41.12	250m: 3:15.69	47.33
	100m: 1:07.39	36.73 200m: 2:28.36	39.85	300m: 4:02.99	47.30
				350m: 4:40.98	37.99
				400m: 5:17.26	36.28
5.	Toa Jahn	Het Y	5:16.27	201201665	5:18.27 +0,59
	50m: 31.04	31.04 150m: 1:53.96	43.67	250m: 3:22.58	46.92
	100m: 1:10.29	39.25 200m: 2:35.66	41.70	300m: 4:07.50	44.92
				350m: 4:43.45	35.95
				400m: 5:18.27	34.82
6.	Finn Ostermann	AZC	5:25.32	201301059	5:20.67 +0,73
	50m: 33.45	33.45 150m: 1:54.91	40.63	250m: 3:22.15	47.74
	100m: 1:14.28	40.83 200m: 2:34.41	39.50	300m: 4:10.21	48.06
				350m: 4:45.94	35.73
				400m: 5:20.67	34.73
7.	A. Janse van Rensburg	De Treffers	5:29.59	201202261	5:24.21 +0,77
	50m: 34.19	34.19 150m: 1:54.18	39.87	250m: 3:23.47	50.70
	100m: 1:14.31	40.12 200m: 2:32.77	38.59	300m: 4:13.67	50.20
				350m: 4:49.99	36.32
				400m: 5:24.21	34.22
8.	Joep Barwegen	HZ&PC Heerenveen	5:32.37	201201823	5:25.24 +0,66
	50m: 31.43	31.43 150m: 1:54.87	43.33	250m: 3:25.42	48.20
	100m: 1:11.54	40.11 200m: 2:37.22	42.35	300m: 4:14.17	48.75
				350m: 4:51.19	37.02
				400m: 5:25.24	34.05
9.	Tim Koorstra	De Vikings	5:30.10	201200231	5:25.53 +0,80
	50m: 33.45	33.45 150m: 1:57.78	42.00	250m: 3:23.75	44.71
	100m: 1:15.78	42.33 200m: 2:39.04	41.26	300m: 4:10.65	46.90
				350m: 4:50.43	39.78
				400m: 5:25.53	35.10
10.	Metz Agema	Deltasteur	5:23.07	201200929	5:25.54 +0,72
	50m: 32.98	32.98 150m: 1:58.24	44.21	250m: 3:25.25	43.73
	100m: 1:14.03	41.05 200m: 2:41.52	43.28	300m: 4:11.42	46.17
				350m: 4:49.23	37.81
				400m: 5:25.54	36.31
11.	Jesse Voet	Aqua-Novio'94	5:32.08	201300057	5:27.36 +0,68
	50m: 33.66	33.66 150m: 1:54.28	42.10	250m: 3:26.19	50.81
	100m: 1:12.18	38.52 200m: 2:35.38	41.10	300m: 4:17.42	51.23
				350m: 4:52.81	35.39
				400m: 5:27.36	34.55
12.	Rutger Donker	NDD	5:29.68	201200361	5:27.63 +0,73
	50m: 33.77	33.77 150m: 1:58.36	42.83	250m: 3:26.64	47.60
	100m: 1:15.53	41.76 200m: 2:39.04	40.68	300m: 4:13.87	47.23
				350m: 4:53.01	39.14
				400m: 5:27.63	34.62
13.	Felipe Kerkhoff	ZPC AMERSFOORT	5:26.36	201202625	5:28.71 +0,82
	50m: 32.94	32.94 150m: 1:55.96	43.40	250m: 3:26.94	48.26
	100m: 1:12.56	39.62 200m: 2:38.68	42.72	300m: 4:16.24	49.30
				350m: 4:53.32	37.08
				400m: 5:28.71	35.39
14.	Orlando Carlo Caffaggi	Blue Marlins	5:49.47	201203059	5:28.83 +0,63
	50m: 34.14	34.14 150m: 1:58.24	43.21	250m: 3:28.76	48.56
	100m: 1:15.03	40.89 200m: 2:40.20	41.96	300m: 4:15.99	47.23
				350m: 4:53.81	37.82
				400m: 5:28.83	35.02
15.	Siem Rewinkel	Z&PV de Veene	6:00.62	201201473	5:29.65 +0,79
	50m: 32.16	32.16 150m: 1:57.90	45.28	250m: 3:26.69	45.71
	100m: 1:12.62	40.46 200m: 2:40.98	43.08	300m: 4:13.83	47.14
				350m: 4:54.23	40.40
				400m: 5:29.65	35.42
16.	Gijs Leeneman	HZ&PC Heerenveen	5:42.73	201200479	5:32.67 +0,66
	50m: 31.20	31.20 150m: 1:55.56	44.45	250m: 3:30.51	51.70
	100m: 1:11.11	39.91 200m: 2:38.81	43.25	300m: 4:20.48	49.97
				350m: 4:56.63	36.15
				400m: 5:32.67	36.04
17.	Michael Simons	PSV	5:40.53	201200025	5:34.04 +0,65
	50m: 35.31	35.31 150m: 2:01.39	43.00	250m: 3:31.88	49.61
	100m: 1:18.39	43.08 200m: 2:42.27	40.88	300m: 4:22.60	50.72
				350m: 5:00.05	37.45
				400m: 5:34.04	33.99
18.	Ruben Lima Ribeiro	Hellas-Glana	5:28.11	201300693	5:34.62 +0,64
	50m: 35.11	35.11 150m: 2:01.17	44.39	250m: 3:29.21	44.86
	100m: 1:16.78	41.67 200m: 2:44.35	43.18	300m: 4:16.74	47.53
				350m: 4:56.38	39.64
				400m: 5:34.62	38.24
19.	Luuk ten Asbroek	Het Ravijn	5:40.00	201200601	5:35.74 +0,68
	50m: 33.77	33.77 150m: 2:00.28	43.71	250m: 3:31.25	48.09
	100m: 1:16.57	42.80 200m: 2:43.16	42.88	300m: 4:21.89	50.64
				350m: 4:59.89	38.00
				400m: 5:35.74	35.85

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rang	naam	vereniging	intijd	tijd	RT
20.	Bram Engelen	Hellas-Glana	5:42.25	201300421	5:36.03 +0,65
	50m: 34.72	34.72 150m: 2:01.62	44.51 250m: 3:33.85	47.79	350m: 5:00.38
	100m: 1:17.11	42.39 200m: 2:46.06	44.44 300m: 4:22.22	48.37	400m: 5:36.03
21.	Lucas Vos	SWOL 1894	5:39.78	201300005	5:36.58 +0,68
	50m: 34.14	34.14 150m: 2:00.61	45.15 250m: 3:30.87	46.92	350m: 4:57.55
	100m: 1:15.46	41.32 200m: 2:43.95	43.34 300m: 4:18.25	47.38	400m: 5:36.58
22.	Charles Araysa	Zwemlust- den Hommel	5:50.90	201201155	5:36.73 +0,64
	50m: 34.77	34.77 150m: 2:01.39	44.47 250m: 3:31.19	46.44	350m: 4:59.48
	100m: 1:16.92	42.15 200m: 2:44.75	43.36 300m: 4:19.76	48.57	400m: 5:36.73
23.	Jaro Hermans	PSV	5:54.04	201200173	5:36.88 +0,64
	50m: 36.59	36.59 150m: 2:04.90	44.02 250m: 3:36.65	50.00	350m: 5:02.17
	100m: 1:20.88	44.29 200m: 2:46.65	41.75 300m: 4:26.39	49.74	400m: 5:36.88
24.	Thomas Metz	ZV New Wave Almere	5:45.20	201300043	5:36.99 +0,73
	50m: 37.99	37.99 150m: 2:07.28	43.74 250m: 3:36.56	46.41	350m: 5:01.88
	100m: 1:23.54	45.55 200m: 2:50.15	42.87 300m: 4:22.72	46.16	400m: 5:36.99
25.	Wessel Vis	De Treffers	5:40.22	201201273	5:37.50 +0,66
	50m: 33.63	33.63 150m: 1:58.82	43.58 250m: 3:31.12	49.52	350m: 5:02.36
	100m: 1:15.24	41.61 200m: 2:41.60	42.78 300m: 4:23.05	51.93	400m: 5:37.50
26.	Alen Minasyan	MSV-Zeemacht	6:00.53	201201357	5:38.82 +0,69
	50m: 33.63	33.63 150m: 2:00.41	43.15 250m: 3:34.15	51.01	350m: 5:03.49
	100m: 1:17.26	43.63 200m: 2:43.14	42.73 300m: 4:26.53	52.38	400m: 5:38.82
27.	Luc van Drunick	Noordwijkerhout	5:38.96	201201659	5:38.98 +0,66
	50m: 34.31	34.31 150m: 2:01.57	45.20 250m: 3:34.39	48.27	350m: 5:02.21
	100m: 1:16.37	42.06 200m: 2:46.12	44.55 300m: 4:24.08	49.69	400m: 5:38.98
28.	Thijmen Dijkstra	Team Noord Holland (SG)	5:48.13	201200845	5:39.29 +0,67
	50m: 34.55	34.55 150m: 2:04.41	45.69 250m: 3:35.92	48.50	350m: 5:03.63
	100m: 1:18.72	44.17 200m: 2:47.42	43.01 300m: 4:25.10	49.18	400m: 5:39.29
29.	Lars Thül	SWOL 1894	5:28.43	201200119	5:40.28 +0,75
	50m: 35.67	35.67 150m: 2:01.65	43.58 250m: 3:35.59	49.93	350m: 5:03.06
	100m: 1:18.07	42.40 200m: 2:45.66	44.01 300m: 4:26.37	50.78	400m: 5:40.28
30.	Kay Potze	KSN (SG)	5:50.67	201301089	5:40.82 +0,85
	50m: 34.91	34.91 150m: 2:04.86	47.60 250m: 3:36.59	47.76	350m: 5:04.37
	100m: 1:17.26	42.35 200m: 2:48.83	43.97 300m: 4:25.88	49.29	400m: 5:40.82
31.	Maarten de Leeuw	Deltasteur	5:40.13	201200241	5:40.89 +0,74
	50m: 34.61	34.61 150m: 2:00.48	44.20 250m: 3:34.91	51.78	350m: 5:03.73
	100m: 1:16.28	41.67 200m: 2:43.13	42.65 300m: 4:26.13	51.22	400m: 5:40.89
32.	Thijs Valkenburg	WVZ	5:43.93	201201511	5:42.21 +0,64
	50m: 36.46	36.46 150m: 2:03.05	42.66 250m: 3:35.52	49.58	350m: 5:04.28
	100m: 1:20.39	43.93 200m: 2:45.94	42.89 300m: 4:25.33	49.81	400m: 5:42.21
33.	Tom Kuhn	De Dolfijn	5:28.72	201300585	5:42.57 +0,63
	50m: 36.28	36.28 150m: 2:06.53	44.51 250m: 3:36.08	46.98	350m: 5:03.84
	100m: 1:22.02	45.74 200m: 2:49.10	42.57 300m: 4:23.87	47.79	400m: 5:42.57
34.	Lorenzo Della Vedova	De Otters Het Gooi	5:36.62	201201833	5:42.66 +0,80
	50m: 34.49	34.49 150m: 2:03.69	45.68 250m: 3:36.30	47.76	350m: 5:04.60
	100m: 1:18.01	43.52 200m: 2:48.54	44.85 300m: 4:25.12	48.82	400m: 5:42.66
35.	Stef van de Wal	DWK	5:44.49	201200803	5:42.80 +0,79
	50m: 33.80	33.80 150m: 2:02.44	48.00 250m: 3:36.17	46.93	350m: 5:04.45
	100m: 1:14.44	40.64 200m: 2:49.24	46.80 300m: 4:25.36	49.19	400m: 5:42.80
36.	Milan Metz	ZV New Wave Almere	5:53.12	201300045	5:43.40 +0,67
	50m: 39.73	39.73 150m: 2:11.50	43.91 250m: 3:40.91	46.65	350m: 5:06.08
	100m: 1:27.59	47.86 200m: 2:54.26	42.76 300m: 4:28.18	47.27	400m: 5:43.40
37.	Nouh Karman	Zwemlust- den Hommel	5:46.05	201201383	5:46.75 +0,72
	50m: 37.33	37.33 150m: 2:04.80	43.21 250m: 3:39.65	53.21	350m: 5:08.26
	100m: 1:21.59	44.26 200m: 2:46.44	41.64 300m: 4:31.04	51.39	400m: 5:46.75
38.	Floris Meijers	SWOL 1894	5:45.68	201300015	5:48.35 +0,77
	50m: 36.71	36.71 150m: 2:03.39	44.09 250m: 3:39.96	52.39	350m: 5:11.06
	100m: 1:19.30	42.59 200m: 2:47.57	44.18 300m: 4:32.86	52.90	400m: 5:48.35
39.	Aris Tomu	ZPCH	5:47.69	201200861	5:49.05 +0,72
	50m: 37.28	37.28 150m: 2:06.94	44.39 250m: 3:39.89	50.16	350m: 5:10.63
	100m: 1:22.55	45.27 200m: 2:49.73	42.79 300m: 4:30.54	50.65	400m: 5:49.05

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Programmanr. 14, Jongens, 400m wisselslag, Onder 14

rang	naam	vereniging	intijd	tijd	RT			
40.	Luuk Hoogland	DAW	5:43.28	201200939	5:49.06 +0,69			
	50m: 37.54	37.54	150m: 2:07.46	42.47	250m: 3:39.54	49.42	350m: 5:09.95	39.16
	100m: 1:24.99	47.45	200m: 2:50.12	42.66	300m: 4:30.79	51.25	400m: 5:49.06	39.11
41.	Teije Baars	DWK	5:55.61	201300203	5:49.07 +0,79			
	50m: 35.72	35.72	150m: 2:08.57	45.55	250m: 3:40.85	48.98	350m: 5:10.22	39.93
	100m: 1:23.02	47.30	200m: 2:51.87	43.30	300m: 4:30.29	49.44	400m: 5:49.07	38.85
42.	Job Oude Ophuis	OZ&PC	5:51.45	201300047	5:51.54 +0,72			
	50m: 36.79	36.79	150m: 2:09.06	43.59	250m: 3:43.70	50.78	350m: 5:14.95	38.45
	100m: 1:25.47	48.68	200m: 2:52.92	43.86	300m: 4:36.50	52.80	400m: 5:51.54	36.59
43.	Jayden Korndewal	ZPC AMERSFOORT	6:00.23	201200015	5:53.14 +0,72			
	50m: 36.93	36.93	150m: 2:07.66	47.02	250m: 3:45.33	54.07	350m: 5:16.71	38.18
	100m: 1:20.64	43.71	200m: 2:51.26	43.60	300m: 4:38.53	53.20	400m: 5:53.14	36.43
44.	Deem Vink	VZC	5:51.27	201202353	5:54.05 +0,72			
	50m: 33.49	33.49	150m: 1:59.07	46.21	250m: 3:36.45	53.44	350m: 5:12.78	41.63
	100m: 1:12.86	39.37	200m: 2:43.01	43.94	300m: 4:31.15	54.70	400m: 5:54.05	41.27
45.	Dirk Rietman	SWOL 1894	6:03.52	201300131	6:00.32 +0,70			
	50m: 35.57	35.57	150m: 2:09.80	47.38	250m: 3:47.48	51.54	350m: 5:21.01	42.18
	100m: 1:22.42	46.85	200m: 2:55.94	46.14	300m: 4:38.83	51.35	400m: 6:00.32	39.31
46.	Rio Babic	Steenwijk 1934	5:51.05	201200867	6:02.18 +0,75			
	50m: 33.71	33.71	150m: 2:07.86	46.46	250m: 3:48.70	54.17	350m: 5:22.77	39.89
	100m: 1:21.40	47.69	200m: 2:54.53	46.67	300m: 4:42.88	54.18	400m: 6:02.18	39.41
DIS	David Cheng Haddad	Blue Marlins	5:41.78	201203329		+0,66		
	<i>VE - Afwisselende bewegingen van de benen of voeten ten opzichte van elkaar gemaakt.</i>							
DIS	Luca Denkers	ZV New Wave Almere	5:10.12	201202399		+0,63		
	<i>- , Het lichaam niet op de borstzijde gehouden (na rugslag/schoolslag keerpunt)</i>							
DIS	Pieter de Jonge	Aqua-Novio'94	5:34.10	201200211		+0,76		
	<i>RD - Rugligging verlaten en stuwbewegingen met armen en/of benen gemaakt zonder het keerpunt in te zetten.</i>							
DIS	Alex Pasala	PSV	5:47.91	201300803		+0,51		
	<i>RH - Het eindpunt niet in rugligging aangeraakt.</i>							