

Programmanr. 21
20-06-2026 - 9:53

Jongens, 400m wisselslag

Onder 16
Resultaten

rang	naam	vereniging	intijd	tijd	RT
1.	Mattias Stolk	HZ&PC Heerenveen	4:51.57	201000525	4:45.28 +0,76
	50m: 29.91	29.91 150m: 1:43.70	39.34	250m: 2:59.99	38.93
	100m: 1:04.36	34.45 200m: 2:21.06	37.36	300m: 3:40.10	40.11
				350m: 4:13.17	33.07
				400m: 4:45.28	32.11
2.	Dax van den Nouland	Blue Marlins	4:48.21	201000071	4:52.82 +0,66
	50m: 31.04	31.04 150m: 1:46.49	39.88	250m: 3:04.06	39.25
	100m: 1:06.61	35.57 200m: 2:24.81	38.32	300m: 3:44.53	40.47
				350m: 4:19.24	34.71
				400m: 4:52.82	33.58
3.	Kasper Lubbers	Orca	4:59.79	201100025	4:55.56 +0,63
	50m: 32.11	32.11 150m: 1:47.55	37.85	250m: 3:06.63	42.53
	100m: 1:09.70	37.59 200m: 2:24.10	36.55	300m: 3:48.44	41.81
				350m: 4:22.66	34.22
				400m: 4:55.56	32.90
4.	Laurens van Nulck	Hellas-Glana	4:56.05	201100521	4:55.65 +0,69
	50m: 30.09	30.09 150m: 1:47.34	42.00	250m: 3:07.50	39.58
	100m: 1:05.34	35.25 200m: 2:27.92	40.58	300m: 3:48.60	41.10
				350m: 4:22.24	33.64
				400m: 4:55.65	33.41
5.	Kick Germers	SWOL 1894	5:03.79	201000185	5:02.21 +0,83
	50m: 31.13	31.13 150m: 1:50.00	41.30	250m: 3:11.40	40.38
	100m: 1:08.70	37.57 200m: 2:31.02	41.02	300m: 3:52.80	41.40
				350m: 4:28.18	35.38
				400m: 5:02.21	34.03
6.	Oleksandr Hordiienko	ZV De Aalscholver	5:18.75	201003061	5:02.58 +0,62
	50m: 31.87	31.87 150m: 1:49.68	39.99	250m: 3:10.37	42.24
	100m: 1:09.69	37.82 200m: 2:28.13	38.45	300m: 3:53.74	43.37
				350m: 4:29.40	35.66
				400m: 5:02.58	33.18
7.	Giovanni Wolfgang	MSV-Zeemacht	5:04.39	201100859	5:03.80 +0,71
	50m: 29.77	29.77 150m: 1:46.33	39.64	250m: 3:08.22	43.49
	100m: 1:06.69	36.92 200m: 2:24.73	38.40	300m: 3:54.03	45.81
				350m: 4:29.83	35.80
				400m: 5:03.80	33.97
8.	Thijmen Pruijssers	Hieronymus	5:06.46	201000129	5:05.74 +0,66
	50m: 30.43	30.43 150m: 1:46.99	40.12	250m: 3:10.37	44.84
	100m: 1:06.87	36.44 200m: 2:25.53	38.54	300m: 3:54.98	44.61
				350m: 4:32.30	37.32
				400m: 5:05.74	33.44
9.	Eli Shields	Blue Marlins	5:02.20	201000407	5:06.02 +0,66
	50m: 30.59	30.59 150m: 1:46.31	40.41	250m: 3:10.57	44.65
	100m: 1:05.90	35.31 200m: 2:25.92	39.61	300m: 3:55.99	45.42
				350m: 4:31.75	35.76
				400m: 5:06.02	34.27
10.	Tycho Wienbelt	De Vikings	5:09.43	201001397	5:09.14 +0,78
	50m: 32.31	32.31 150m: 1:51.16	40.81	250m: 3:14.44	44.79
	100m: 1:10.35	38.04 200m: 2:29.65	38.49	300m: 4:00.11	45.67
				350m: 4:35.58	35.47
				400m: 5:09.14	33.56
11.	Douwe Enzerink	ZPC AMERSFOORT	5:04.29	201102657	5:09.54 +0,65
	50m: 31.46	31.46 150m: 1:54.06	43.67	250m: 3:18.85	43.50
	100m: 1:10.39	38.93 200m: 2:35.35	41.29	300m: 4:03.54	44.69
				350m: 4:37.89	34.35
				400m: 5:09.54	31.65
12.	Milan Schuilenburg	ZPC AMERSFOORT	5:23.75	201000935	5:10.55 +0,65
	50m: 30.59	30.59 150m: 1:52.62	44.67	250m: 3:15.90	40.15
	100m: 1:07.95	37.36 200m: 2:35.75	43.13	300m: 3:57.91	42.01
				350m: 4:34.92	37.01
				400m: 5:10.55	35.63
13.	Ruben Kragt	Dedemsvaart-AC	5:03.14	201000007	5:11.44 +0,72
	50m: 31.50	31.50 150m: 1:48.55	40.57	250m: 3:13.82	45.17
	100m: 1:07.98	36.48 200m: 2:28.65	40.10	300m: 4:00.72	46.90
				350m: 4:37.32	36.60
				400m: 5:11.44	34.12
14.	Dewin Volker	OZ&PC	5:12.74	201101935	5:13.63 +0,72
	50m: 33.75	33.75 150m: 1:55.43	40.94	250m: 3:15.75	39.54
	100m: 1:14.49	40.74 200m: 2:36.21	40.78	300m: 3:59.23	43.48
				350m: 4:36.83	37.60
				400m: 5:13.63	36.80
15.	Daan Mulder	KSN (SG)	5:11.02	201100267	5:13.98 +0,90
	50m: 31.85	31.85 150m: 1:48.26	39.42	250m: 3:15.92	47.81
	100m: 1:08.84	36.99 200m: 2:28.11	39.85	300m: 4:03.97	48.05
				350m: 4:39.50	35.53
				400m: 5:13.98	34.48
16.	David van der Valk	Wiekslag	5:15.27	201100519	5:16.78 +0,67
	50m: 31.04	31.04 150m: 1:50.91	42.87	250m: 3:19.33	46.38
	100m: 1:08.04	37.00 200m: 2:32.95	42.04	300m: 4:06.05	46.72
				350m: 4:42.42	36.37
				400m: 5:16.78	34.36
17.	Finn Knijnenburg	De Columbiaan	5:15.36	201101319	5:17.84 +0,67
	50m: 31.22	31.22 150m: 1:51.50	41.78	250m: 3:19.06	47.43
	100m: 1:09.72	38.50 200m: 2:31.63	40.13	300m: 4:06.09	47.03
				350m: 4:43.28	37.19
				400m: 5:17.84	34.56
18.	Kalle Blacquièrè	PSV	5:20.45	201003751	5:18.99 +0,69
	50m: 31.71	31.71 150m: 1:49.03	40.03	250m: 3:13.93	45.77
	100m: 1:09.00	37.29 200m: 2:28.16	39.13	300m: 4:00.39	46.46
				350m: 4:39.63	39.24
				400m: 5:18.99	39.36
19.	Tristan Meijers	SWOL 1894	5:14.68	201000089	5:19.13 +0,71
	50m: 34.81	34.81 150m: 1:58.33	40.81	250m: 3:24.16	46.08
	100m: 1:17.52	42.71 200m: 2:38.08	39.75	300m: 4:10.35	46.19
				350m: 4:46.56	36.21
				400m: 5:19.13	32.57

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

Programmanr. 21, Jongens, 400m wisselslag, Onder 16

rang	naam	vereniging	intijd	tijd	RT
20.	Christiaan Wegman	ZPCH	5:11.29	201001751	5:19.53 +0,84
	50m: 33.48	33.48 150m: 1:56.07	42.05 250m: 3:23.64	46.78 350m: 4:46.79	35.70
	100m: 1:14.02	40.54 200m: 2:36.86	40.79 300m: 4:11.09	47.45 400m: 5:19.53	32.74
21.	Milan Eikenaar	SWOL 1894	5:21.21	201100599	5:21.41 +0,65
	50m: 34.17	34.17 150m: 1:52.38	37.19 250m: 3:20.24	49.28 350m: 4:45.95	36.25
	100m: 1:15.19	41.02 200m: 2:30.96	38.58 300m: 4:09.70	49.46 400m: 5:21.41	35.46
22.	Stan Nijhuis	OZ&PC	5:18.47	201100191	5:21.88 +0,77
	50m: 33.71	33.71 150m: 1:56.50	41.61 250m: 3:22.90	45.22 350m: 4:45.95	36.47
	100m: 1:14.89	41.18 200m: 2:37.68	41.18 300m: 4:09.48	46.58 400m: 5:21.88	35.93
23.	Daniël Hofman	SG Octopus - ZVV	5:09.47	201000417	5:25.23 +0,82
	50m: 32.91	32.91 150m: 2:00.71	45.17 250m: 3:26.32	44.95 350m: 4:51.06	38.27
	100m: 1:15.54	42.63 200m: 2:41.37	40.66 300m: 4:12.79	46.47 400m: 5:25.23	34.17
24.	Djulian Versteeg	ZIGNEA	5:16.81	201002655	5:25.42 +0,71
	50m: 31.20	31.20 150m: 1:53.84	44.44 250m: 3:25.53	49.02 350m: 4:49.85	36.27
	100m: 1:09.40	38.20 200m: 2:36.51	42.67 300m: 4:13.58	48.05 400m: 5:25.42	35.57
25.	Joep Lindhout	Niemo Barracuda	5:15.34	201100873	5:25.91 +0,82
	50m: 35.51	35.51 150m: 2:00.53	42.88 250m: 3:27.40	45.39 350m: 4:51.24	37.45
	100m: 1:17.65	42.14 200m: 2:42.01	41.48 300m: 4:13.79	46.39 400m: 5:25.91	34.67
26.	Kaj van der Ham	ZVL-1886	5:28.37	201100325	5:26.00 +0,75
	50m: 33.59	33.59 150m: 1:56.74	44.34 250m: 3:27.54	48.03 350m: 4:52.27	36.87
	100m: 1:12.40	38.81 200m: 2:39.51	42.77 300m: 4:15.40	47.86 400m: 5:26.00	33.73
27.	Mads Blacquièrè	PSV	5:27.70	201103233	5:26.01 +0,59
	50m: 33.85	33.85 150m: 1:57.93	44.40 250m: 3:25.55	45.17 350m: 4:50.05	37.86
	100m: 1:13.53	39.68 200m: 2:40.38	42.45 300m: 4:12.19	46.64 400m: 5:26.01	35.96
28.	Zion Eijkenboom	Hellas-Glana	5:16.04	201100043	5:32.63 +0,68
	50m: 31.76	31.76 150m: 1:51.13	40.88 250m: 3:21.82	49.89 350m: 4:54.58	41.91
	100m: 1:10.25	38.49 200m: 2:31.93	40.80 300m: 4:12.67	50.85 400m: 5:32.63	38.05
29.	Dax Muijlaert	SG Octopus - ZVV	5:18.56	201100535	5:33.75 +0,75
	50m: 32.37	32.37 150m: 1:58.49	43.31 250m: 3:29.42	51.12 350m: 4:56.79	37.42
	100m: 1:15.18	42.81 200m: 2:38.30	39.81 300m: 4:19.37	49.95 400m: 5:33.75	36.96
30.	Thijs van Kints	BZ&PC	5:19.34	201101059	5:37.81 +0,74
	50m: 33.19	33.19 150m: 2:00.66	45.63 250m: 3:31.80	46.44 350m: 4:59.48	39.77
	100m: 1:15.03	41.84 200m: 2:45.36	44.70 300m: 4:19.71	47.91 400m: 5:37.81	38.33
31.	Gijs Nooter	Dedemsvaart-AC	5:10.58	201000725	5:37.97 +0,66
	50m: 35.32	35.32 150m: 2:04.41	42.14 250m: 3:35.89	50.31 350m: 5:00.98	35.52
	100m: 1:22.27	46.95 200m: 2:45.58	41.17 300m: 4:25.46	49.57 400m: 5:37.97	36.99
DIS	Rafaël Agterbos	OZ&PC	5:16.34	201000171	
	<i>RH - Het eindpunt niet in rugligging aangeraakt.</i>				
DIS	Max van der Spank	TRB/RES	5:03.40	201000275	
	<i>SK - Het keer- en/of eindpunt niet gelijktijdig met twee handen aangetikt.</i>				