

Programmanr. 17
24-01-2026 - 10:18

Jongens, 400m wisselslag

Onder 14
Resultaten

rang	naam	vereniging	intijd	tijd	RT
1.	Luca Denkers	ZV New Wave Almere	5:09.00	201202399	4:57.42 +0,69
	50m: 31.20	31.20 150m: 1:48.19	39.19 250m: 3:06.61	40.99 350m: 4:23.74	34.80
	100m: 1:09.00	37.80 200m: 2:25.62	37.43 300m: 3:48.94	42.33 400m: 4:57.42	33.68
2.	Max van Splunder	De Dolfijn	5:05.73	201200531	5:05.47 +0,72
	50m: 32.00	32.00 150m: 1:49.63	38.85 250m: 3:10.91	43.28 350m: 4:31.17	35.99
	100m: 1:10.78	38.78 200m: 2:27.63	38.00 300m: 3:55.18	44.27 400m: 5:05.47	34.30
3.	Tim Slagers	Aquapoldro	5:15.84	201200263	5:10.22 +0,75
	50m: 31.23	31.23 150m: 1:46.69	39.45 250m: 3:13.01	48.74 350m: 4:36.61	35.71
	100m: 1:07.24	36.01 200m: 2:24.27	37.58 300m: 4:00.90	47.89 400m: 5:10.22	33.61
4.	Toa Jahn	Het Y	5:12.72	201201665	5:10.55 +0,64
	50m: 32.53	32.53 150m: 1:51.90	40.46 250m: 3:17.63	45.52 350m: 4:38.67	37.04
	100m: 1:11.44	38.91 200m: 2:32.11	40.21 300m: 4:01.63	44.00 400m: 5:10.55	31.88
5.	Marcelo Fritz Medina	De Dolfijn	5:18.74	201201885	5:10.86 +0,76
	50m: 32.27	32.27 150m: 1:50.36	39.88 250m: 3:14.21	44.00 350m: 4:36.54	36.99
	100m: 1:10.48	38.21 200m: 2:30.21	39.85 300m: 3:59.55	45.34 400m: 5:10.86	34.32
6.	Tijn Pieters	Orca	5:21.70	201300715	5:17.96 +0,70
	50m: 33.42	33.42 150m: 1:51.84	40.13 250m: 3:17.65	46.65 350m: 4:42.40	37.55
	100m: 1:11.71	38.29 200m: 2:31.00	39.16 300m: 4:04.85	47.20 400m: 5:17.96	35.56
7.	Metz Agema	Deltasteur	5:25.26	201200929	5:19.84 +0,76
	50m: 35.12	35.12 150m: 2:00.76	43.11 250m: 3:25.74	42.83 350m: 4:45.98	36.67
	100m: 1:17.65	42.53 200m: 2:42.91	42.15 300m: 4:09.31	43.57 400m: 5:19.84	33.86
8.	Celestin van der Beek	PSV	5:27.76	201201183	5:22.90 +0,68
	50m: 34.89	34.89 150m: 1:59.43	42.37 250m: 3:25.94	44.77 350m: 4:47.99	36.92
	100m: 1:17.06	42.17 200m: 2:41.17	41.74 300m: 4:11.07	45.13 400m: 5:22.90	34.91
9.	Kurt Feldmann	Blue Marlins	5:48.73	201203089	5:24.05 +0,77
	50m: 34.10	34.10 150m: 1:55.25	40.65 250m: 3:22.82	47.99 350m: 4:50.21	37.70
	100m: 1:14.60	40.50 200m: 2:34.83	39.58 300m: 4:12.51	49.69 400m: 5:24.05	33.84
10.	Rutger Donker	NDD	5:26.73	201200361	5:24.85 +0,70
	50m: 35.73	35.73 150m: 1:59.89	41.80 250m: 3:25.26	46.19 350m: 4:49.56	37.90
	100m: 1:18.09	42.36 200m: 2:39.07	39.18 300m: 4:11.66	46.40 400m: 5:24.85	35.29
11.	Joep Barwegen	HZ&PC Heerenveen	5:29.54	201201823	5:26.16 +0,51
	50m: 33.00	33.00 150m: 1:56.60	42.45 250m: 3:26.65	47.88 350m: 4:51.28	37.23
	100m: 1:14.15	41.15 200m: 2:38.77	42.17 300m: 4:14.05	47.40 400m: 5:26.16	34.88
12.	Ruben Lima Ribeiro	Hellas-Glana	5:32.76	201300693	5:27.27 +0,73
	50m: 35.16	35.16 150m: 2:00.18	42.47 250m: 3:27.77	45.88 350m: 4:52.67	38.17
	100m: 1:17.71	42.55 200m: 2:41.89	41.71 300m: 4:14.50	46.73 400m: 5:27.27	34.60
13.	Felipe Kerkhoff	ZPC AMERSFOORT	5:29.51	201202625	5:27.98 +0,73
	50m: 34.83	34.83 150m: 1:57.92	41.47 250m: 3:26.82	48.39 350m: 4:52.77	37.27
	100m: 1:16.45	41.62 200m: 2:38.43	40.51 300m: 4:15.50	48.68 400m: 5:27.98	35.21
14.	Lars Thül	SWOL 1894	5:24.32	201200119	5:28.11 +0,75
	50m: 36.36	36.36 150m: 1:59.39	41.78 250m: 3:28.11	47.69 350m: 4:52.65	36.16
	100m: 1:17.61	41.25 200m: 2:40.42	41.03 300m: 4:16.49	48.38 400m: 5:28.11	35.46
15.	Pieter de Jonge	Aqua-Novio'94	5:34.18	201200211	5:28.30 +0,77
	50m: 34.05	34.05 150m: 1:53.00	41.95 250m: 3:23.57	50.21 350m: 4:51.56	38.13
	100m: 1:11.05	37.00 200m: 2:33.36	40.36 300m: 4:13.43	49.86 400m: 5:28.30	36.74
16.	Guust Heijne	DWK	5:26.54	201202139	5:28.81 +0,78
	50m: 35.29	35.29 150m: 2:00.83	44.47 250m: 3:29.32	46.07 350m: 4:53.53	37.69
	100m: 1:16.36	41.07 200m: 2:43.25	42.42 300m: 4:15.84	46.52 400m: 5:28.81	35.28
17.	Floris Meijers	SWOL 1894	5:27.05	201300015	5:29.45 +0,76
	50m: 35.05	35.05 150m: 1:56.98	41.29 250m: 3:27.78	49.96 350m: 4:53.70	37.46
	100m: 1:15.69	40.64 200m: 2:37.82	40.84 300m: 4:16.24	48.46 400m: 5:29.45	35.75
18.	Siem Rewinkel	De Veene	5:23.56	201201473	5:31.84 +0,70
	50m: 34.05	34.05 150m: 2:01.11	43.90 250m: 3:28.02	44.69 350m: 4:55.48	39.50
	100m: 1:17.21	43.16 200m: 2:43.33	42.22 300m: 4:15.98	47.96 400m: 5:31.84	36.36
19.	Luc van Drunick	Noordwijkerhout	5:37.46	201201659	5:32.19 +0,69
	50m: 34.67	34.67 150m: 1:59.29	43.83 250m: 3:30.01	47.05 350m: 4:55.06	38.10
	100m: 1:15.46	40.79 200m: 2:42.96	43.67 300m: 4:16.96	46.95 400m: 5:32.19	37.13

Programmanr. 17, Jongens, 400m wisselslag, Onder 14

rang	naam	vereniging	intijd	tijd	RT
20.	A. Janse van Rensburg	De Treffers	5:32.80	201202261	5:32.32 +0,74
	50m: 35.01	35.01 150m: 1:56.84	39.51 250m: 3:26.06	51.24 350m: 4:56.03	37.76
	100m: 1:17.33	42.32 200m: 2:34.82	37.98 300m: 4:18.27	52.21 400m: 5:32.32	36.29
21.	Bram Engelen	Hellas-Glana	5:44.57	201300421	5:33.24 +0,67
	50m: 36.82	36.82 150m: 2:02.81	42.58 250m: 3:31.59	47.26 350m: 4:56.46	37.35
	100m: 1:20.23	43.41 200m: 2:44.33	41.52 300m: 4:19.11	47.52 400m: 5:33.24	36.78
22.	Maarten de Leeuw	Deltasteur	5:40.79	201200241	5:33.38 +0,79
	50m: 35.75	35.75 150m: 2:01.27	41.84 250m: 3:31.47	49.74 350m: 4:57.40	36.43
	100m: 1:19.43	43.68 200m: 2:41.73	40.46 300m: 4:20.97	49.50 400m: 5:33.38	35.98
23.	Wessel Vis	De Treffers	5:41.89	201201273	5:33.75 +0,72
	50m: 35.44	35.44 150m: 1:59.93	41.96 250m: 3:29.75	48.76 350m: 4:58.85	38.55
	100m: 1:17.97	42.53 200m: 2:40.99	41.06 300m: 4:20.30	50.55 400m: 5:33.75	34.90
24.	Jesse Voet	Aqua-Novio'94	5:44.30	201300057	5:34.24 +0,76
	50m: 33.54	33.54 150m: 1:55.90	42.75 250m: 3:29.57	53.76 350m: 4:59.33	37.28
	100m: 1:13.15	39.61 200m: 2:35.81	39.91 300m: 4:22.05	52.48 400m: 5:34.24	34.91
25.	Michael Simons	PSV	5:37.48	201200025	5:34.73 +0,67
	50m: 36.19	36.19 150m: 2:02.53	41.17 250m: 3:32.26	48.18 350m: 4:50.12	37.48
	100m: 1:21.36	45.17 200m: 2:44.08	41.55 300m: 4:22.64	50.38 400m: 5:34.73	34.61
26.	Orlando Caffaggi	Blue Marlins	5:25.07	201203059	5:34.91 +0,70
	50m: 35.09	35.09 150m: 2:00.87	43.42 250m: 3:32.53	49.57 350m: 4:59.06	38.00
	100m: 1:17.45	42.36 200m: 2:42.96	42.09 300m: 4:21.06	48.53 400m: 5:34.91	35.85
27.	Gijs Leeneman	HZ&PC Heerenveen	5:40.77	201200479	5:35.40 +0,52
	50m: 33.31	33.31 150m: 1:57.83	43.98 250m: 3:31.75	50.45 350m: 4:58.83	37.14
	100m: 1:13.85	40.54 200m: 2:41.30	43.47 300m: 4:21.69	49.94 400m: 5:35.40	36.57
28.	Charles Araysa	Zweamlust- den Hommel	5:40.19	201201155	5:36.16 +0,63
	50m: 34.52	34.52 150m: 2:01.22	43.90 250m: 3:30.05	46.44 350m: 4:57.54	39.46
	100m: 1:17.32	42.80 200m: 2:43.61	42.39 300m: 4:18.08	48.03 400m: 5:36.16	38.62
29.	Lorenzo Della Vedova	De Otters Het Gooi	6:20.69	201201833	5:36.62 +0,71
	50m: 33.65	33.65 150m: 1:59.32	43.01 250m: 3:29.31	47.75 350m: 4:58.29	40.58
	100m: 1:16.31	42.66 200m: 2:41.56	42.24 300m: 4:17.71	48.40 400m: 5:36.62	38.33
30.	Luuk ten Asbroek	Het Ravijn	5:42.33	201200601	5:37.17 +0,69
	50m: 36.09	36.09 150m: 2:00.86	39.87 250m: 3:31.40	49.86 350m: 5:00.87	38.42
	100m: 1:20.99	44.90 200m: 2:41.54	40.68 300m: 4:22.45	51.05 400m: 5:37.17	36.30
31.	Thijs Valkenburg	WVZ	5:32.88	201201511	5:38.48 +0,66
	50m: 36.47	36.47 150m: 2:03.17	42.24 250m: 3:33.75	47.96 350m: 5:01.68	38.23
	100m: 1:20.93	44.46 200m: 2:45.79	42.62 300m: 4:23.45	49.70 400m: 5:38.48	36.80
32.	Finn Ostermann	AZC	5:43.09	201301059	5:40.11 +0,72
	50m: 38.29	38.29 150m: 2:07.94	42.59 250m: 3:39.87	50.83 350m: 5:05.76	35.74
	100m: 1:25.35	47.06 200m: 2:49.04	41.10 300m: 4:30.02	50.15 400m: 5:40.11	34.35
33.	Jaro Hermans	PSV	5:55.87	201200173	5:41.92 +0,71
	50m: 36.85	36.85 150m: 2:05.82	44.07 250m: 3:38.12	49.48 350m: 5:06.21	37.37
	100m: 1:21.75	44.90 200m: 2:48.64	42.82 300m: 4:28.84	50.72 400m: 5:41.92	35.71
34.	Stef van de Wal	DWK	5:41.39	201200803	5:45.21 +0,75
	50m: 36.76	36.76 150m: 2:07.13	47.32 250m: 3:39.65	46.52 350m: 5:07.61	40.74
	100m: 1:19.81	43.05 200m: 2:53.13	46.00 300m: 4:26.87	47.22 400m: 5:45.21	37.60
35.	Nouh Karman	Zweamlust- den Hommel	5:48.79	201201383	5:45.51 +0,85
	50m: 38.27	38.27 150m: 2:07.51	43.83 250m: 3:39.11	50.76 350m: 5:08.76	38.26
	100m: 1:23.68	45.41 200m: 2:48.35	40.84 300m: 4:30.50	51.39 400m: 5:45.51	36.75
36.	Mats van der Kamp	Deltasteur	5:44.58	201200113	5:52.28 +0,69
	50m: 38.02	38.02 150m: 2:09.97	46.87 250m: 3:44.10	47.72 350m: 5:13.61	39.74
	100m: 1:23.10	45.08 200m: 2:56.38	46.41 300m: 4:33.87	49.77 400m: 5:52.28	38.67
37.	Rio Babic	Steenwijk 1934	5:51.05	201200867	5:56.05 +0,79
	50m: 36.86	36.86 150m: 2:10.21	45.77 250m: 3:46.31	51.60 350m: 5:18.19	39.49
	100m: 1:24.44	47.58 200m: 2:54.71	44.50 300m: 4:38.70	52.39 400m: 5:56.05	37.86
38.	Isai Shields	Niemo Barracuda	5:54.39	201300031	6:11.14 * +0,76
	50m: 40.12	40.12 150m: 2:16.16	45.98 250m: 3:54.71	52.85 350m: 5:30.58	42.31
	100m: 1:30.18	50.06 200m: 3:01.86	45.70 300m: 4:48.27	53.56 400m: 6:11.14	40.56
DIS	Tim Koornstra	De Vikings	5:43.01	201200231	+0,78
	SK - Het keer- en/of eindpunt niet gelijktijdig met twee handen aangetikt.				

Programmanr. 17, Jongens, 400m wisselslag, Onder 14

rang	naam	vereniging	intijd	tijd	RT
DIS	Thomas Metz	ZPC AMERSFOORT	5:44.55	201300043	+0,55

RC - Rugligging verlaten tijdens de race zonder het keerpunt in te zetten.