

NJK korte baan 2026
Amsterdam, 23- - 25-1-2026

Programmanr. 5
23-01-2026 - 16:50

Jongens, 400m wisselslag

Onder 16
Resultaten

rang	naam	vereniging	intijd	tijd	RT
1.	Mattias Stolk	HZ&PC Heerenveen	4:47.42	201000525	4:41.89 +0,71
	50m: 29.45	29.45 150m: 1:41.66	38.19 250m: 2:56.85	38.14 350m: 4:09.56	33.23
	100m: 1:03.47	34.02 200m: 2:18.71	37.05 300m: 3:36.33	39.48 400m: 4:41.89	32.33
2.	Eli Shields	Niemo Barracuda	4:45.88	201000407	4:45.35 +0,67
	50m: 29.14	29.14 150m: 1:40.38	36.15 250m: 2:57.71	41.13 350m: 4:12.61	33.41
	100m: 1:04.23	35.09 200m: 2:16.58	36.20 300m: 3:39.20	41.49 400m: 4:45.35	32.74
3.	Dax van den Noulund	Blue Marlins	4:50.32	201000071	4:47.14 +0,69
	50m: 30.49	30.49 150m: 1:42.47	36.47 250m: 2:58.73	38.65 350m: 4:13.60	34.43
	100m: 1:06.00	35.51 200m: 2:20.08	37.61 300m: 3:39.17	40.44 400m: 4:47.14	33.54
4.	Laurens van Nulck	Hellas-Glana	4:50.34	201100521	4:50.88 +0,73
	50m: 30.31	30.31 150m: 1:46.08	39.59 250m: 3:03.25	38.97 350m: 4:18.11	34.31
	100m: 1:06.49	36.18 200m: 2:24.28	38.20 300m: 3:43.80	40.55 400m: 4:50.88	32.77
5.	Sven Potappel	DWK	4:54.49	201000127	4:51.09 +0,69
	50m: 29.36	29.36 150m: 1:43.19	39.55 250m: 3:02.49	40.09 350m: 4:17.85	33.93
	100m: 1:03.64	34.28 200m: 2:22.40	39.21 300m: 3:43.92	41.43 400m: 4:51.09	33.24
6.	Duco de Gelder	Blue Marlins	4:50.21	201000217	4:51.49 +0,71
	50m: 30.77	30.77 150m: 1:43.16	35.48 250m: 3:01.67	42.21 350m: 4:18.30	34.42
	100m: 1:07.68	36.91 200m: 2:19.46	36.30 300m: 3:43.88	42.21 400m: 4:51.49	33.19
7.	Kasper Lubbers	Orca	4:51.52	201100025	4:54.04 +0,68
	50m: 31.02	31.02 150m: 1:44.75	37.08 250m: 3:02.73	41.19 350m: 4:20.18	35.71
	100m: 1:07.67	36.65 200m: 2:21.54	36.79 300m: 3:44.47	41.74 400m: 4:54.04	33.86
8.	Baris Tomu	ZPCH	5:03.36	201000869	4:54.33 +0,66
	50m: 30.33	30.33 150m: 1:44.47	37.54 250m: 3:04.84	43.37 350m: 4:22.61	33.15
	100m: 1:06.93	36.60 200m: 2:21.47	37.00 300m: 3:49.46	44.62 400m: 4:54.33	31.72
9.	Giovanni Wolfgang	MSV-Zeemacht	5:00.46	201100859	4:54.46 +0,68
	50m: 29.66	29.66 150m: 1:43.60	39.08 250m: 3:04.25	41.76 350m: 4:23.15	35.61
	100m: 1:04.52	34.86 200m: 2:22.49	38.89 300m: 3:47.54	43.29 400m: 4:54.46	31.31
10.	Ruben Kragt	Dedemsvaart-AC	4:57.29	201000007	4:54.87 +0,69
	50m: 29.56	29.56 150m: 1:41.27	37.05 250m: 3:00.45	42.60 350m: 4:20.80	35.82
	100m: 1:04.22	34.66 200m: 2:17.85	36.58 300m: 3:44.98	44.53 400m: 4:54.87	34.07
11.	Mees de Vries	Zwemlust- den Hommel	4:57.22	201001151	4:55.68 +0,79
	50m: 30.49	30.49 150m: 1:49.08	41.44 250m: 3:06.88	37.78 350m: 4:21.36	35.19
	100m: 1:07.64	37.15 200m: 2:29.10	40.02 300m: 3:46.17	39.29 400m: 4:55.68	34.32
12.	Oleksandr Hordiienko	ZV De Aalscholver	4:53.12	201003061	4:56.83 +0,63
	50m: 30.72	30.72 150m: 1:44.83	37.70 250m: 3:04.27	42.69 350m: 4:22.39	35.50
	100m: 1:07.13	36.41 200m: 2:21.58	36.75 300m: 3:46.89	42.62 400m: 4:56.83	34.44
13.	Kick Germers	SWOL 1894	4:58.12	201000185	4:58.08 +0,87
	50m: 31.58	31.58 150m: 1:47.81	39.48 250m: 3:07.82	41.07 350m: 4:24.03	34.72
	100m: 1:08.33	36.75 200m: 2:26.75	38.94 300m: 3:49.31	41.49 400m: 4:58.08	34.05
14.	Douwe Enzerink	ZPC AMERSFOORT	4:58.93	201102657	4:59.92 +0,64
	50m: 30.88	30.88 150m: 1:48.31	40.52 250m: 3:10.00	42.70 350m: 4:26.86	33.68
	100m: 1:07.79	36.91 200m: 2:27.30	38.99 300m: 3:53.18	43.18 400m: 4:59.92	33.06
15.	Daan Mulder	KSN (SG)	5:06.77	201100267	5:01.35 +0,80
	50m: 30.67	30.67 150m: 1:44.63	38.03 250m: 3:06.37	44.26 350m: 4:27.03	35.21
	100m: 1:06.60	35.93 200m: 2:22.11	37.48 300m: 3:51.82	45.45 400m: 5:01.35	34.32
16.	Thijmen Pruijssers	Hieronymus	4:59.67	201000129	5:02.03 +0,66
	50m: 30.48	30.48 150m: 1:45.92	38.23 250m: 3:07.13	44.41 350m: 4:27.95	35.57
	100m: 1:07.69	37.21 200m: 2:22.72	36.80 300m: 3:52.38	45.25 400m: 5:02.03	34.08
17.	Milan Schuilenburg	ZPC AMERSFOORT	5:13.69	201000935	5:03.74 +0,69
	50m: 31.81	31.81 150m: 1:51.08	42.24 250m: 3:11.65	39.20 350m: 4:28.29	35.73
	100m: 1:08.84	37.03 200m: 2:32.45	41.37 300m: 3:52.56	40.91 400m: 5:03.74	35.45
18.	Gerdian Leeftink	ZPC De Hof	5:01.94	201000091	5:04.13 +0,83
	50m: 30.62	30.62 150m: 1:47.16	40.54 250m: 3:08.96	41.75 350m: 4:29.21	36.70
	100m: 1:06.62	36.00 200m: 2:27.21	40.05 300m: 3:52.51	43.55 400m: 5:04.13	34.92
19.	Evren Ege Orcunus	De Dolfijn	4:58.65	201003253	5:04.44 +0,67
	50m: 29.52	29.52 150m: 1:43.74	39.74 250m: 3:08.08	44.60 350m: 4:29.19	35.81
	100m: 1:04.00	34.48 200m: 2:23.48	39.74 300m: 3:53.38	45.30 400m: 5:04.44	35.25

Programmanr. 5, Jongens, 400m wisselslag, Onder 16

rang	naam	vereniging	intijd	tijd	RT
20.	Tristan Meijers	SWOL 1894	5:05.62	201000089	5:05.31 +0,75
	50m: 31.74	31.74 150m: 1:49.58	38.76 250m: 3:11.53	44.14 350m: 4:31.77	34.95
	100m: 1:10.82	39.08 200m: 2:27.39	37.81 300m: 3:56.82	45.29 400m: 5:05.31	33.54
21.	Zion Eijkenboom	Hellas-Glana	5:07.99	201100043	5:08.45 +0,76
	50m: 31.75	31.75 150m: 1:48.52	38.69 250m: 3:12.13	44.99 350m: 4:35.68	37.53
	100m: 1:09.83	38.08 200m: 2:27.14	38.62 300m: 3:58.15	46.02 400m: 5:08.45	32.77
22.	Mauro Bedeke	DAW	5:12.06	201000537	5:10.00 * +0,66
	50m: 30.17	30.17 150m: 1:47.14	40.61 250m: 3:13.05	45.63 350m: 4:35.53	36.55
	100m: 1:06.53	36.36 200m: 2:27.42	40.28 300m: 3:58.98	45.93 400m: 5:10.00	34.47
23.	Mathieu Gepkens	VZC	5:10.03	201000045	5:10.67 +0,83
	50m: 31.87	31.87 150m: 1:48.78	39.95 250m: 3:10.60	41.50 350m: 4:34.11	38.97
	100m: 1:08.83	36.96 200m: 2:29.10	40.32 300m: 3:55.14	44.54 400m: 5:10.67	36.56
24.	Max van der Spank	TRB-RES	4:53.44	201000275	5:10.68 +0,69
	50m: 29.68	29.68 150m: 1:44.28	38.99 250m: 3:08.17	44.34 350m: 4:33.11	38.15
	100m: 1:05.29	35.61 200m: 2:23.83	39.55 300m: 3:54.96	46.79 400m: 5:10.68	37.57
25.	Stan Nijhuis	OZ&PC	5:13.22	201100191	5:14.98 +0,79
	50m: 33.87	33.87 150m: 1:52.63	39.52 250m: 3:18.28	45.57 350m: 4:39.79	35.55
	100m: 1:13.11	39.24 200m: 2:32.71	40.08 300m: 4:04.24	45.96 400m: 5:14.98	35.19
26.	Thijs Jonkman	De Duck	5:11.09	201000481	5:15.67 +0,75
	50m: 30.17	30.17 150m: 1:48.30	41.67 250m: 3:14.26	45.96 350m: 4:38.77	37.38
	100m: 1:06.63	36.46 200m: 2:28.30	40.00 300m: 4:01.39	47.13 400m: 5:15.67	36.90
27.	Daniël Hofman	SG Octopus - ZVV	5:14.98	201000417	5:16.45 +0,81
	50m: 31.49	31.49 150m: 1:52.87	41.41 250m: 3:16.72	44.34 350m: 4:40.07	38.91
	100m: 1:11.46	39.97 200m: 2:32.38	39.51 300m: 4:01.16	44.44 400m: 5:16.45	36.38
28.	Christiaan Wegman	ZPCH	5:11.29	201001751	5:20.30 +0,87
	50m: 32.25	32.25 150m: 1:51.50	40.91 250m: 3:19.10	47.89 350m: 4:44.59	36.96
	100m: 1:10.59	38.34 200m: 2:31.21	39.71 300m: 4:07.63	48.53 400m: 5:20.30	35.71
29.	Roemer Bindels	Blue Marlins	5:12.93	201003335	5:20.61 +0,74
	50m: 33.34	33.34 150m: 1:51.95	39.77 250m: 3:18.80	47.23 350m: 4:43.85	37.61
	100m: 1:12.18	38.84 200m: 2:31.57	39.62 300m: 4:06.24	47.44 400m: 5:20.61	36.76
30.	David van der Valk	Wiekslag	5:15.92	201100519	5:20.71 +0,76
	50m: 31.96	31.96 150m: 1:51.33	41.83 250m: 3:18.03	45.23 350m: 4:43.89	38.64
	100m: 1:09.50	37.54 200m: 2:32.80	41.47 300m: 4:05.25	47.22 400m: 5:20.71	36.82
DIS	Kris Westerhout	ZZ&PC De Devel	5:15.64	201000883	+0,68
	RC - Rugligging verlaten tijdens de race zonder het keerpunt in te zetten.				
NG	Tycho Wienbelt	De Vikings	4:58.85	201001397	