

Programmanr. 128
 29-01-2017

Jongens, 400m wisselslag
 snelste serie

Jeugd 1 en 2
 Resultaten

| rang | naam | vereniging | startnr. | tijd | RT |
|------|--|--|--|--|----------------|
| 1. | Jari Groenhart | RTC - TriVia | 200000271 | 4:23.05 | +0,77 |
| | 50m: 28.20 100m: 1:01.38 | 28.20 150m: 1:34.35 33.18 200m: 2:06.69 | 32.97 250m: 2:44.81 32.34 300m: 3:22.40 | 38.12 350m: 3:52.89 37.59 400m: 4:23.05 | 30.49 30.16 |
| 2. | Koen Koster | HZPC | 199900517 | 4:30.21 | +0,73 |
| | 50m: 28.63 100m: 1:01.66 | 28.63 150m: 1:36.27 33.03 200m: 2:10.67 | 34.61 250m: 2:47.88 34.40 300m: 3:25.93 | 37.21 350m: 3:58.43 38.05 400m: 4:30.21 | 32.50 31.78 |
| 3. | Daan Zwertbroek | RTC - HZ&PC Heerenveen | 199900463 | 4:33.35 | +0,72 |
| | 50m: 28.72 100m: 1:02.01 | 28.72 150m: 1:38.66 33.29 200m: 2:15.20 | 36.65 250m: 2:51.95 36.54 300m: 3:30.13 | 36.75 350m: 4:02.63 38.18 400m: 4:33.35 | 32.50 30.72 |
| 4. | Tim Hoogerwerf | DWK | 200005587 | 4:35.43 | +0,72 |
| | 50m: 28.99 100m: 1:03.27 | 28.99 150m: 1:39.98 34.28 200m: 2:14.99 | 36.71 250m: 2:55.37 35.01 300m: 3:36.24 | 40.38 350m: 4:06.98 40.87 400m: 4:35.43 | 30.74 28.45 |
| 5. | Stijn Simons | PSV | 199900813 | 4:37.65 | +0,73 |
| | 50m: 29.37 100m: 1:03.96 | 29.37 150m: 1:40.21 34.59 200m: 2:15.39 | 36.25 250m: 2:55.98 35.18 300m: 3:36.53 | 40.59 350m: 4:07.68 40.55 400m: 4:37.65 | 31.15 29.97 |
| 6. | Sten Postma | VZC E&P | 200000011 | 4:38.25 | +0,72 |
| | 50m: 28.91 100m: 1:03.10 | 28.91 150m: 1:39.89 34.19 200m: 2:15.69 | 36.79 250m: 2:55.23 35.80 300m: 3:35.52 | 39.54 350m: 4:07.25 40.29 400m: 4:38.25 | 31.73 31.00 |
| 7. | Jacob de Roos | RTC - DZ&PC | 199900553 | 4:39.31 | +0,69 |
| | 50m: 29.04 100m: 1:04.02 | 29.04 150m: 1:40.20 34.98 200m: 2:16.30 | 36.18 250m: 2:55.77 36.10 300m: 3:35.82 | 39.47 350m: 4:09.08 40.05 400m: 4:39.31 | 33.26 30.23 |
| 8. | Olivier Jans | The Hague Swimming (SG) | 200001815 | 4:41.06 | +0,75 |
| | 50m: 30.61 100m: 1:05.98 | 30.61 150m: 1:42.57 35.37 200m: 2:17.66 | 36.59 250m: 2:56.85 35.09 300m: 3:36.35 | 39.19 350m: 4:09.99 39.50 400m: 4:41.06 | 33.64 31.07 |
| 9. | Luuk Veldman | Orca | 199900981 | 4:43.61 | +0,67 |
| | 50m: 27.77 100m: 1:01.20 | 27.77 150m: 1:37.26 33.43 200m: 2:11.81 | 36.06 250m: 2:53.36 34.55 300m: 3:35.15 | 41.55 350m: 4:09.79 41.79 400m: 4:43.61 | 34.64 33.82 |
| 10. | Justus Ykema | DWK | 199900029 | 4:45.63 | +0,72 |
| | 50m: 28.66 100m: 1:02.28 | 28.66 150m: 1:39.14 33.62 200m: 2:15.24 | 36.86 250m: 2:55.47 36.10 300m: 3:37.55 | 40.23 350m: 4:12.27 42.08 400m: 4:45.63 | 34.72 33.36 |
| 11. | Aaron Hendriksen of Hendriks | LZ&PC De Haaien | 200002711 | 4:47.79 | +0,65 |
| | 50m: 29.73 100m: 1:04.81 | 29.73 150m: 1:42.49 35.08 200m: 2:19.53 | 37.68 250m: 3:01.15 37.04 300m: 3:43.23 | 41.62 350m: 4:16.91 42.08 400m: 4:47.79 | 33.68 30.88 |
| 12. | Erno Vriens | WZ&PC Purmerend | 199902587 | 4:48.91 | +0,57 |
| | 50m: 30.45 100m: 1:05.73 | 30.45 150m: 1:43.61 35.28 200m: 2:19.55 | 37.88 250m: 3:01.19 35.94 300m: 3:43.21 | 41.64 350m: 4:17.08 42.02 400m: 4:48.91 | 33.87 31.83 |
| 13. | Erwin Heinsius | HZ&PC Heerenveen | 199900695 | 4:50.09 | +0,69 |
| | 50m: 30.79 100m: 1:06.45 | 30.79 150m: 1:44.50 35.66 200m: 2:22.26 | 38.05 250m: 3:01.74 37.76 300m: 3:42.75 | 39.48 350m: 4:16.60 41.01 400m: 4:50.09 | 33.85 33.49 |
| 14. | Arjan Dekker | ReVeLie Swim Team | 200000499 | 4:51.41 | +0,75 |
| | 50m: 30.98 100m: 1:08.14 | 30.98 150m: 1:44.58 37.16 200m: 2:21.10 | 36.44 250m: 3:02.10 36.52 300m: 3:45.17 | 41.00 350m: 4:18.64 43.07 400m: 4:51.41 | 33.47 32.77 |
| 15. | Thom Delno | VZC E&P | 200000013 | 4:52.79 | +0,72 |
| | 50m: 30.07 100m: 1:05.00 | 30.07 150m: 1:42.93 34.93 200m: 2:20.81 | 37.93 250m: 3:02.13 37.88 300m: 3:43.55 | 41.32 350m: 4:18.80 41.42 400m: 4:52.79 | 35.25 33.99 |
| 16. | Jasper Breugem | WVZ | 200000303 | 4:57.28 | +0,72 |
| | 50m: 30.17 100m: 1:06.01 | 30.17 150m: 1:42.92 35.84 200m: 2:18.97 | 36.91 250m: 3:03.88 36.05 300m: 3:48.79 | 44.91 350m: 4:24.39 44.91 400m: 4:57.28 | 35.60 32.89 |
| 17. | Niek Heethaar | Aquapoldro | 199900999 | 5:00.56 | +0,74 |
| | 50m: 29.46 100m: 1:05.12 | 29.46 150m: 1:43.50 35.66 200m: 2:21.01 | 38.38 250m: 3:05.87 37.51 300m: 3:51.18 | 44.86 350m: 4:26.41 45.31 400m: 5:00.56 | 35.23 34.15 |
| DIS | Nick van der Woude | ZV Haerlem | 200001391 | | |
| | <i>VE - De bewegingen van de benen niet op gelijke wijze uitgevoerd.</i> | | | | |
| NG | Nick van Nijburg | De Dolfijn | 199902169 | | |