

Programmanr. 131  
29-01-2017

Jongens, 400m wisselslag

Junioren 3  
Resultaten

| rang | naam                        | vereniging                                 | startnr.                                   | tijd                                       | RT             |
|------|-----------------------------|--|--|--|----------------|
| 1.   | Jarno Koster                | Aqua-Novio'94                              | 200200637                                  | <b>4:46.50</b>                             | +0,75          |
|      | 50m: 30.09<br>100m: 1:04.58 | 30.09 150m: 1:41.60<br>34.49 200m: 2:18.17 | 37.02 250m: 2:58.12<br>36.57 300m: 3:39.33 | 39.95 350m: 4:13.73<br>41.21 400m: 4:46.50 | 34.40<br>32.77 |
| 2.   | Lars Verhalle               | De Vrije Slag                              | 200200019                                  | <b>4:56.53</b>                             | +0,82          |
|      | 50m: 30.20<br>100m: 1:06.37 | 30.20 150m: 1:44.65<br>36.17 200m: 2:22.15 | 38.28 250m: 3:05.90<br>37.50 300m: 3:50.05 | 43.75 350m: 4:24.79<br>44.15 400m: 4:56.53 | 34.74<br>31.74 |
| 3.   | Brandon van den Berg        | Poseidon'56                                | 200200669                                  | <b>4:57.63</b>                             | +0,70          |
|      | 50m: 31.39<br>100m: 1:07.59 | 31.39 150m: 1:47.67<br>36.20 200m: 2:25.70 | 40.08 250m: 3:07.44<br>38.03 300m: 3:49.40 | 41.74 350m: 4:25.12<br>41.96 400m: 4:57.63 | 35.72<br>32.51 |
| 4.   | Thomas Weening              | De Dolfijn                                 | 200200523                                  | <b>4:59.63</b>                             | +0,80          |
|      | 50m: 30.20<br>100m: 1:06.23 | 30.20 150m: 1:43.88<br>36.03 200m: 2:21.34 | 37.65 250m: 3:06.72<br>37.46 300m: 3:52.57 | 45.38 350m: 4:27.51<br>45.85 400m: 4:59.63 | 34.94<br>32.12 |
| 5.   | Sean Niewold                | TriVia                                     | 200204699                                  | <b>4:59.69</b>                             | +0,73          |
|      | 50m: 32.43<br>100m: 1:10.53 | 32.43 150m: 1:48.25<br>38.10 200m: 2:25.18 | 37.72 250m: 3:07.17<br>36.93 300m: 3:50.26 | 41.99 350m: 4:25.85<br>43.09 400m: 4:59.69 | 35.59<br>33.84 |
| 6.   | Finn Vos                    | De Dolfijn                                 | 200200665                                  | <b>5:06.19</b>                             | +0,67          |
|      | 50m: 32.60<br>100m: 1:11.31 | 32.60 150m: 1:52.54<br>38.71 200m: 2:32.76 | 41.23 250m: 3:15.32<br>40.22 300m: 3:59.30 | 42.56 350m: 4:34.93<br>43.98 400m: 5:06.19 | 35.63<br>31.26 |
| 7.   | Viktor Koets                | De Columbiaan                              | 200201677                                  | <b>5:06.79</b>                             | +0,80          |
|      | 50m: 31.79<br>100m: 1:09.37 | 31.79 150m: 1:47.72<br>37.58 200m: 2:26.73 | 38.35 250m: 3:10.54<br>39.01 300m: 3:56.46 | 43.81 350m: 4:32.21<br>45.92 400m: 5:06.79 | 35.75<br>34.58 |
| 8.   | Guus Hoogduin               | LZ 1886                                    | 200201069                                  | <b>5:07.08</b>                             | +0,69          |
|      | 50m: 31.42<br>100m: 1:07.94 | 31.42 150m: 1:47.83<br>36.52 200m: 2:25.93 | 39.89 250m: 3:08.86<br>38.10 300m: 3:53.08 | 42.93 350m: 4:31.18<br>44.22 400m: 5:07.08 | 38.10<br>35.90 |
| 9.   | Jurre Hanstede              | De Dinkel                                  | 200201019                                  | <b>5:07.37</b>                             | +0,79          |
|      | 50m: 31.88<br>100m: 1:09.72 | 31.88 150m: 1:49.24<br>37.84 200m: 2:28.20 | 39.52 250m: 3:12.46<br>38.96 300m: 3:57.98 | 44.26 350m: 4:33.97<br>45.52 400m: 5:07.37 | 35.99<br>33.40 |
| 10.  | Dushan de Bruijn            | De Forel                                   | 200201273                                  | <b>5:07.76</b>                             | +0,67          |
|      | 50m: 31.68<br>100m: 1:09.40 | 31.68 150m: 1:48.96<br>37.72 200m: 2:27.64 | 39.56 250m: 3:10.99<br>38.68 300m: 3:54.80 | 43.35 350m: 4:32.25<br>43.81 400m: 5:07.76 | 37.45<br>35.51 |
| 11.  | Max Langerveld              | Ed-Vo                                      | 200203435                                  | <b>5:08.10</b>                             | +0,72          |
|      | 50m: 33.21<br>100m: 1:11.73 | 33.21 150m: 1:49.87<br>38.52 200m: 2:27.60 | 38.14 250m: 3:12.79<br>37.73 300m: 3:58.76 | 45.19 350m: 4:34.31<br>45.97 400m: 5:08.10 | 35.55<br>33.79 |
| 12.  | Daniël Rykov                | ZPC AMERSFOORT                             | 200200447                                  | <b>5:10.75</b>                             | +0,62          |
|      | 50m: 32.42<br>100m: 1:10.52 | 32.42 150m: 1:49.87<br>38.10 200m: 2:27.54 | 39.35 250m: 3:12.44<br>37.67 300m: 3:58.54 | 44.90 350m: 4:34.56<br>46.10 400m: 5:10.75 | 36.02<br>36.19 |
| 13.  | Jelmer North                | Nuenen                                     | 200200617                                  | <b>5:12.32</b>                             | +0,75          |
|      | 50m: 33.60<br>100m: 1:12.38 | 33.60 150m: 1:52.02<br>38.78 200m: 2:30.67 | 39.64 250m: 3:16.04<br>38.65 300m: 4:01.63 | 45.37 350m: 4:37.19<br>45.59 400m: 5:12.32 | 35.56<br>35.13 |
| 14.  | Devin Servais               | De Dommelbaarzen                           | 200202285                                  | <b>5:13.76</b>                             | +0,76          |
|      | 50m: 32.26<br>100m: 1:09.51 | 32.26 150m: 1:48.26<br>37.25 200m: 2:27.15 | 38.75 250m: 3:12.35<br>38.89 300m: 3:58.54 | 45.20 350m: 4:36.44<br>46.19 400m: 5:13.76 | 37.90<br>37.32 |
| 15.  | Timo Spaans                 | PSV  | 200201087                                  | <b>5:15.47</b>                             | +0,77          |
|      | 50m: 31.00<br>100m: 1:07.73 | 31.00 150m: 1:50.24<br>36.73 200m: 2:33.08 | 42.51 250m: 3:18.68<br>42.84 300m: 4:04.70 | 45.60 350m: 4:40.63<br>46.02 400m: 5:15.47 | 35.93<br>34.84 |
| 16.  | Gjalt Panjer                | Aquapoldro                                 | 200201943                                  | <b>5:17.05</b>                             | +0,78          |
|      | 50m: 33.73<br>100m: 1:14.26 | 33.73 150m: 1:53.07<br>40.53 200m: 2:30.98 | 38.81 250m: 3:17.03<br>37.91 300m: 4:03.92 | 46.05 350m: 4:41.55<br>46.89 400m: 5:17.05 | 37.63<br>35.50 |
| 17.  | Wessel Stupers              | PSV  | 200203541                                  | <b>5:18.00</b>                             | +0,69          |
|      | 50m: 31.37<br>100m: 1:10.54 | 31.37 150m: 1:50.35<br>39.17 200m: 2:29.31 | 39.81 250m: 3:16.71<br>38.96 300m: 4:06.47 | 47.40 350m: 4:44.88<br>49.76 400m: 5:18.00 | 38.41<br>33.12 |
| 18.  | Robin van Peenen            | De Columbiaan                              | 200201059                                  | <b>5:21.45</b>                             | +0,76          |
|      | 50m: 33.44<br>100m: 1:15.72 | 33.44 150m: 1:56.81<br>42.28 200m: 2:35.97 | 41.09 250m: 3:20.38<br>39.16 300m: 4:06.66 | 44.41 350m: 4:44.65<br>46.28 400m: 5:21.45 | 37.99<br>36.80 |
| 19.  | Sem de Goei                 | WS Twente                                  | 200200029                                  | <b>5:25.46</b>                             | +0,72          |
|      | 50m: 31.88<br>100m: 1:12.69 | 31.88 150m: 1:56.70<br>40.81 200m: 2:39.32 | 44.01 250m: 3:24.27<br>42.62 300m: 4:11.09 | 44.95 350m: 4:48.90<br>46.82 400m: 5:25.46 | 37.81<br>36.56 |