

Programmanr. 132
29-01-2017

Jongens, 400m wisselslag

Junioren 4
Resultaten

rang	naam	vereniging	startnr.	tijd	RT
1.	Thomas Jansen	RTC - WVZ	200100143	4:35.40	+0,74
	50m: 29.50	29.50 150m: 1:38.24	34.63 250m: 2:53.24	41.07 350m: 4:05.67	31.48
	100m: 1:03.61	34.11 200m: 2:12.17	33.93 300m: 3:34.19	40.95 400m: 4:35.40	29.73
2.	Austin Namesnik	ZPC AMERSFOORT	200101817	4:37.44	+0,62
	50m: 28.38	28.38 150m: 1:37.29	35.95 250m: 2:52.80	41.04 350m: 4:06.83	32.07
	100m: 1:01.34	32.96 200m: 2:11.76	34.47 300m: 3:34.76	41.96 400m: 4:37.44	30.61
3.	Vincent Crooijmans	VZC E&P	200100381	4:40.53	+0,79
	50m: 30.99	30.99 150m: 1:42.96	35.48 250m: 2:57.62	40.51 350m: 4:10.43	32.17
	100m: 1:07.48	36.49 200m: 2:17.11	34.15 300m: 3:38.26	40.64 400m: 4:40.53	30.10
4.	Sander Crooijmans	VZC E&P	200100383	4:42.49	+0,77
	50m: 30.05	30.05 150m: 1:40.80	35.61 250m: 2:57.27	41.32 350m: 4:11.07	31.94
	100m: 1:05.19	35.14 200m: 2:15.95	35.15 300m: 3:39.13	41.86 400m: 4:42.49	31.42
5.	David Anthonio	De Kikker	200102551	4:45.61	+0,80
	50m: 30.43	30.43 150m: 1:44.23	37.55 250m: 3:00.28	39.37 350m: 4:14.79	33.12
	100m: 1:06.68	36.25 200m: 2:20.91	36.68 300m: 3:41.67	41.39 400m: 4:45.61	30.82
6.	Marcel Delfstra	Orca	200100037	4:48.43	+0,71
	50m: 29.78	29.78 150m: 1:42.43	37.76 250m: 2:59.74	40.12 350m: 4:14.68	34.50
	100m: 1:04.67	34.89 200m: 2:19.62	37.19 300m: 3:40.18	40.44 400m: 4:48.43	33.75
7.	Emile Dost	Borger	200100731	4:51.41	+0,80
	50m: 31.77	31.77 150m: 1:46.03	36.41 250m: 3:02.56	40.83 350m: 4:17.98	33.47
	100m: 1:09.62	37.85 200m: 2:21.73	35.70 300m: 3:44.51	41.95 400m: 4:51.41	33.43
8.	Freek Hollander	The Hague Swimming (SG)	200103815	4:53.08	+0,78
	50m: 31.08	31.08 150m: 1:44.70	37.69 250m: 3:03.72	42.11 350m: 4:20.48	34.15
	100m: 1:07.01	35.93 200m: 2:21.61	36.91 300m: 3:46.33	42.61 400m: 4:53.08	32.60
9.	Jelle Smid	Aqua-Novio'94	200100627	4:54.13	+0,66
	50m: 30.44	30.44 150m: 1:43.43	36.33 250m: 3:03.23	43.40 350m: 4:21.79	33.97
	100m: 1:07.10	36.66 200m: 2:19.83	36.40 300m: 3:47.82	44.59 400m: 4:54.13	32.34
10.	Bas Morelissen	ZPC AMERSFOORT	200100861	4:54.96	+0,70
	50m: 30.74	30.74 150m: 1:44.73	38.47 250m: 3:07.81	45.66 350m: 4:25.34	31.36
	100m: 1:06.26	35.52 200m: 2:22.15	37.42 300m: 3:53.98	46.17 400m: 4:54.96	29.62
11.	Christiaan Smit	The Hague Swimming (SG)	200102463	4:55.01	+0,70
	50m: 31.17	31.17 150m: 1:46.04	37.25 250m: 3:05.62	42.96 350m: 4:22.98	33.68
	100m: 1:08.79	37.62 200m: 2:22.66	36.62 300m: 3:49.30	43.68 400m: 4:55.01	32.03
12.	Max Visser	WVZ	200100077	4:55.79	+0,74
	50m: 30.87	30.87 150m: 1:46.31	38.16 250m: 3:06.06	42.87 350m: 4:23.62	33.64
	100m: 1:08.15	37.28 200m: 2:23.19	36.88 300m: 3:49.98	43.92 400m: 4:55.79	32.17
13.	Coen de Lang	ZPC Hoogeveen	200100067	4:57.95	+0,86
	50m: 32.98	32.98 150m: 1:47.67	36.34 250m: 3:06.23	42.28 350m: 4:24.10	35.34
	100m: 1:11.33	38.35 200m: 2:23.95	36.28 300m: 3:48.76	42.53 400m: 4:57.95	33.85
14.	Daen Spoor	VZC E&P	200101117	5:00.21	+0,65
	50m: 30.22	30.22 150m: 1:44.27	37.58 250m: 3:04.68	42.91 350m: 4:24.98	36.03
	100m: 1:06.69	36.47 200m: 2:21.77	37.50 300m: 3:48.95	44.27 400m: 5:00.21	35.23
15.	Jelmar Koopman	De Forel	200100249	5:01.13	+0,73
	50m: 31.69	31.69 150m: 1:46.84	38.68 250m: 3:12.33	45.93 350m: 4:27.94	32.02
	100m: 1:08.16	36.47 200m: 2:26.40	39.56 300m: 3:55.92	43.59 400m: 5:01.13	33.19
16.	Tjeerd van Stein	LINK	200101439	5:01.59	+0,73
	50m: 32.57	32.57 150m: 1:48.27	36.98 250m: 3:08.46	44.26 350m: 4:27.39	34.82
	100m: 1:11.29	38.72 200m: 2:24.20	35.93 300m: 3:52.57	44.11 400m: 5:01.59	34.20