

Nederlandse Junioren & Jeugd Kampioenschappen  
 korte baan 2017  
 Eindhoven, 26 t/m 29 januari 2017



Programmanr. 31  
 26-01-2017

Jongens, 400m vrije slag

Junioren 1  
 Resultaten

rang	naam	vereniging	startnr.	tijd	RT
1.	Jort van der Vlag	WS Twente	200400335	<b>4:33.25</b>	+0,74
	50m: 31.33	31.33 150m: 1:39.51	34.26 250m: 2:49.28	34.97 350m: 3:59.93	35.14
	100m: 1:05.25	33.92 200m: 2:14.31	34.80 300m: 3:24.79	35.51 400m: 4:33.25	33.32
2.	David Groenewegen	PSV	200400469	<b>4:33.51</b>	+0,76
	50m: 30.55	30.55 150m: 1:40.62	35.50 250m: 2:51.50	35.65 350m: 4:01.46	34.30
	100m: 1:05.12	34.57 200m: 2:15.85	35.23 300m: 3:27.16	35.66 400m: 4:33.51	32.05
3.	Simon Claasen	ZVV	200400231	<b>4:33.90</b>	+0,72
	50m: 30.89	30.89 150m: 1:41.05	35.23 250m: 2:51.90	35.20 350m: 4:02.44	34.41
	100m: 1:05.82	34.93 200m: 2:16.70	35.65 300m: 3:28.03	36.13 400m: 4:33.90	31.46
4.	Hessel Broekstra	FZC'54-De Vikings (SG)	200400253	<b>4:42.18</b>	+0,62
	50m: 31.05	31.05 150m: 1:40.88	35.39 250m: 2:54.00	36.47 350m: 4:07.54	36.54
	100m: 1:05.49	34.44 200m: 2:17.53	36.65 300m: 3:31.00	37.00 400m: 4:42.18	34.64
5.	Merlin Belmon	Het Y	200403191	<b>4:45.79</b>	+0,76
	50m: 32.67	32.67 150m: 1:43.95	35.67 250m: 2:57.95	37.01 350m: 4:11.73	37.01
	100m: 1:08.28	35.61 200m: 2:20.94	36.99 300m: 3:34.72	36.77 400m: 4:45.79	34.06
6.	Julien Tanis	De Schotejil	200401045	<b>4:46.20</b>	+0,49
	50m: 30.94	30.94 150m: 1:42.37	36.25 250m: 2:56.02	37.14 350m: 4:10.71	37.32
	100m: 1:06.12	35.18 200m: 2:18.88	36.51 300m: 3:33.39	37.37 400m: 4:46.20	35.49
	Luuk van Rooij	PSV	200400581	<b>4:46.20</b>	+0,71
	50m: 31.98	31.98 150m: 1:43.47	36.16 250m: 2:57.99	37.54 350m: 4:11.68	36.07
	100m: 1:07.31	35.33 200m: 2:20.45	36.98 300m: 3:35.61	37.62 400m: 4:46.20	34.52
8.	Jay de Vries	ZZ&PC De Devel	200400669	<b>4:46.77</b>	+0,77
	50m: 31.85	31.85 150m: 1:44.12	37.04 250m: 2:58.25	36.92 350m: 4:11.85	36.84
	100m: 1:07.08	35.23 200m: 2:21.33	37.21 300m: 3:35.01	36.76 400m: 4:46.77	34.92
9.	Abel te Riele	WVZ	200402317	<b>4:47.00</b>	+0,78
	50m: 31.38	31.38 150m: 1:44.08	36.65 250m: 2:58.23	36.68 350m: 4:11.78	36.58
	100m: 1:07.43	36.05 200m: 2:21.55	37.47 300m: 3:35.20	36.97 400m: 4:47.00	35.22
10.	Timo Kock	ZZ&PC De Devel	200400387	<b>4:51.98</b>	+0,70
	50m: 32.63	32.63 150m: 1:46.18	37.15 250m: 3:00.71	37.48 350m: 4:12.02	34.08
	100m: 1:09.03	36.40 200m: 2:23.23	37.05 300m: 3:37.94	37.23 400m: 4:51.98	39.96
11.	Kai Zwerver	FZC'54-De Vikings (SG)	200401175	<b>4:52.78</b>	+0,79
	50m: 31.36	31.36 150m: 1:45.40	38.01 250m: 3:03.24	39.03 350m: 4:19.36	37.59
	100m: 1:07.39	36.03 200m: 2:24.21	38.81 300m: 3:41.77	38.53 400m: 4:52.78	33.42
12.	Pieter Wisse	PSV	200400779	<b>4:53.22</b>	+0,84
	50m: 33.28	33.28 150m: 1:46.83	37.43 250m: 3:02.66	38.00 350m: 4:17.60	37.44
	100m: 1:09.40	36.12 200m: 2:24.66	37.83 300m: 3:40.16	37.50 400m: 4:53.22	35.62
13.	Tycho de Jonge	KZC	200400411	<b>4:53.24</b>	+0,70
	50m: 32.78	32.78 150m: 1:47.09	37.10 250m: 3:01.59	37.51 350m: 4:16.55	37.75
	100m: 1:09.99	37.21 200m: 2:24.08	36.99 300m: 3:38.80	37.21 400m: 4:53.24	36.69
14.	Bram Verkuijlen	PSV	200401381	<b>4:53.25</b>	+0,84
	50m: 32.80	32.80 150m: 1:46.92	37.71 250m: 3:02.42	37.74 350m: 4:18.20	37.40
	100m: 1:09.21	36.41 200m: 2:24.68	37.76 300m: 3:40.80	38.38 400m: 4:53.25	35.05
15.	Chris Verhoeven	Nuenen	200400593	<b>4:54.55</b>	+0,81
	50m: 31.98	31.98 150m: 1:45.73	37.30 250m: 3:01.73	38.09 350m: 4:17.62	37.99
	100m: 1:08.43	36.45 200m: 2:23.64	37.91 300m: 3:39.63	37.90 400m: 4:54.55	36.93
16.	Serge Knops	Hellas-Glana	200403867	<b>4:54.92</b>	+0,66
	50m: 31.88	31.88 150m: 1:46.83	38.00 250m: 3:03.14	38.95 350m: 4:17.66	37.70
	100m: 1:08.83	36.95 200m: 2:24.19	37.36 300m: 3:39.96	36.82 400m: 4:54.92	37.26
17.	Luca Bourdjanadze	Kimbria	200400787	<b>4:55.86</b>	+0,69
	50m: 32.84	32.84 150m: 1:47.40	37.66 250m: 3:03.82	37.97 350m: 4:19.57	37.58
	100m: 1:09.74	36.90 200m: 2:25.85	38.45 300m: 3:41.99	38.17 400m: 4:55.86	36.29
18.	Luca Janssen	Mosa-Regio	200403237	<b>4:57.76</b>	+0,77
	50m: 33.84	33.84 150m: 1:49.90	38.57 250m: 3:07.10	38.44 350m: 4:22.94	37.26
	100m: 1:11.33	37.49 200m: 2:28.66	38.76 300m: 3:45.68	38.58 400m: 4:57.76	34.82
19.	Jacco Nijland	ZPC De Hof	200400081	<b>5:01.12</b>	+0,92
	50m: 33.77	33.77 150m: 1:50.29	38.76 250m: 3:08.51	38.77 350m: 4:25.32	38.55
	100m: 1:11.53	37.76 200m: 2:29.74	39.45 300m: 3:46.77	38.26 400m: 5:01.12	35.80
20.	Quinten ten Dam	ZPC De Hof	200400075	<b>5:01.52</b>	+0,78
	50m: 34.48	34.48 150m: 1:51.12	38.55 250m: 3:08.75	38.97 350m: 4:24.70	37.23
	100m: 1:12.57	38.09 200m: 2:29.78	38.66 300m: 3:47.47	38.72 400m: 5:01.52	36.82

onjuistheden?

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Nederlandse Junioren & Jeugd Kampioenschappen  
korte baan 2017  
Eindhoven, 26 t/m 29 januari 2017



Programmanr. 31, Jongens, 400m vrije slag, Junioren 1

rang	naam	vereniging	startnr.	tijd	RT
21.	Cas Hungens	Tempo	200400017	<b>5:02.56</b>	+0,80
	50m: 33.79	33.79 150m: 1:50.54	39.27 250m: 3:09.50	39.61 350m: 4:27.64	39.46
	100m: 1:11.27	37.48 200m: 2:29.89	39.35 300m: 3:48.18	38.68 400m: 5:02.56	34.92
22.	Juiliano Soliani	DAW	200400353	<b>5:02.91</b>	+0,80
	50m: 33.40	33.40 150m: 1:49.58	38.34 250m: 3:07.28	38.82 350m: 4:25.41	39.04
	100m: 1:11.24	37.84 200m: 2:28.46	38.88 300m: 3:46.37	39.09 400m: 5:02.91	37.50
23.	Nathan Janssen	MNC Dordrecht	200401565	<b>5:03.53</b>	+0,70
	50m: 35.62	35.62 150m: 1:52.99	39.22 250m: 3:11.33	39.11 350m: 4:27.81	38.12
	100m: 1:13.77	38.15 200m: 2:32.22	39.23 300m: 3:49.69	38.36 400m: 5:03.53	35.72
24.	Teun van der Schrier	Hieronymus	200403627	<b>5:03.71</b>	
	50m: 34.77	34.77 150m: 1:53.01	39.39 250m: 3:11.21	38.92 350m: 4:28.24	38.00
	100m: 1:13.62	38.85 200m: 2:32.29	39.28 300m: 3:50.24	39.03 400m: 5:03.71	35.47
25.	Collin Schouten	MSV-Zeemacht	200400697	<b>5:04.24</b>	+0,69
	50m: 34.09	34.09 150m: 1:51.21	38.73 250m: 3:08.95	38.71 350m: 4:26.79	39.04
	100m: 1:12.48	38.39 200m: 2:30.24	39.03 300m: 3:47.75	38.80 400m: 5:04.24	37.45
26.	Erik Oldenkamp	De Lansingh	200400597	<b>5:05.49</b>	+0,80
	50m: 33.31	33.31 150m: 1:50.99	39.30 250m: 3:10.39	39.19 350m: 4:28.64	39.64
	100m: 1:11.69	38.38 200m: 2:31.20	40.21 300m: 3:49.00	38.61 400m: 5:05.49	36.85
27.	Matthias Hiltjesdam	ZPC De Hof	200400137	<b>5:06.18</b>	+0,72
	50m: 35.07	35.07 150m: 1:52.51	38.99 250m: 3:10.93	39.14 350m: 4:28.98	38.96
	100m: 1:13.52	38.45 200m: 2:31.79	39.28 300m: 3:50.02	39.09 400m: 5:06.18	37.20
28.	Florian Houwen	Bubble	200400065	<b>5:06.37</b>	+0,68
	50m: 32.55	32.55 150m: 1:49.72	39.78 250m: 3:09.34	39.55 350m: 4:28.95	40.01
	100m: 1:09.94	37.39 200m: 2:29.79	40.07 300m: 3:48.94	39.60 400m: 5:06.37	37.42
29.	Mac Peeks	ZPC Hoogeveen	200400153	<b>5:09.16</b>	+0,83
	50m: 34.10	34.10 150m: 1:51.69	39.43 250m: 3:10.50	39.32 350m: 4:30.69	39.84
	100m: 1:12.26	38.16 200m: 2:31.18	39.49 300m: 3:50.85	40.35 400m: 5:09.16	38.47
30.	Meindert Dekkinga	HZ&PC Heerenveen	200400377	<b>5:14.20</b>	+0,74
	50m: 34.48	34.48 150m: 1:53.48	39.64 250m: 3:13.38	40.12 350m: 4:34.54	40.62
	100m: 1:13.84	39.36 200m: 2:33.26	39.78 300m: 3:53.92	40.54 400m: 5:14.20	39.66
31.	Quint van Haren	De Forel	200400215	<b>5:18.84</b>	+0,80
	50m: 35.51	35.51 150m: 1:57.45	41.65 250m: 3:19.47	41.30 350m: 4:41.31	40.59
	100m: 1:15.80	40.29 200m: 2:38.17	40.72 300m: 4:00.72	41.25 400m: 5:18.84	37.53
32.	Kevin van Gelderen	TriVia	200402325	<b>5:21.08</b>	+0,75
	50m: 35.41	35.41 150m: 1:56.25	41.05 250m: 3:19.04	41.07 350m: 4:40.81	40.48
	100m: 1:15.20	39.79 200m: 2:37.97	41.72 300m: 4:00.33	41.29 400m: 5:21.08	40.27
33.	Chris van der Hout	The Hague Swimming (SG)	200401355	<b>5:23.32</b>	+0,72
	50m: 36.02	36.02 150m: 1:57.27	41.19 250m: 3:21.24	41.51 350m: 4:43.47	40.68
	100m: 1:16.08	40.06 200m: 2:39.73	42.46 300m: 4:02.79	41.55 400m: 5:23.32	39.85

