

Programmanr. 32
26-01-2017

Jongens, 400m vrije slag

Junioren 2
Resultaten

rang	naam	vereniging	startnr.	tijd	RT
1.	Lucas Peters	PSV	200301325	4:20.48	+0,65
	50m: 28.40 100m: 1:01.07	28.40 150m: 1:34.73 32.67 200m: 2:08.31	33.66 250m: 2:41.91 33.58 300m: 3:15.43	35.60 350m: 3:48.17 33.52 400m: 4:20.48	32.74 32.31
2.	Tim Korstanje	Aqua-Novio'94	200300053	4:21.12	+0,70
	50m: 29.06 100m: 1:01.36	29.06 150m: 1:34.73 32.30 200m: 2:08.75	33.37 250m: 2:43.16 34.02 300m: 3:17.18	34.41 350m: 3:50.05 34.02 400m: 4:21.12	32.87 31.07
3.	Mike Gerritsen	Platella	200304013	4:27.14	+0,75
	50m: 28.93 100m: 1:01.18	28.93 150m: 1:34.07 32.25 200m: 2:07.86	32.89 250m: 2:42.36 33.79 300m: 3:16.80	34.50 350m: 3:52.08 34.44 400m: 4:27.14	35.28 35.06
4.	Yorick Visser	ZPC De Zeeuwse Kust	200301957	4:27.48	+0,80
	50m: 29.28 100m: 1:02.11	29.28 150m: 1:36.10 32.83 200m: 2:10.72	33.99 250m: 2:45.50 34.62 300m: 3:20.79	34.78 350m: 3:54.64 35.29 400m: 4:27.48	33.85 32.84
5.	Luuk Hulleman	ZVV	200300189	4:27.89	+0,76
	50m: 29.78 100m: 1:02.74	29.78 150m: 1:36.60 32.96 200m: 2:10.82	33.86 250m: 2:45.50 34.22 300m: 3:20.28	34.68 350m: 3:54.79 34.78 400m: 4:27.89	34.51 33.10
6.	Matias Jansen	ZIGNEA	200300199	4:34.61	+0,77
	50m: 30.44 100m: 1:04.58	30.44 150m: 1:40.28 34.14 200m: 2:15.79	35.70 250m: 2:51.48 35.51 300m: 3:27.02	35.69 350m: 4:01.45 35.54 400m: 4:34.61	34.43 33.16
7.	Sam van der Stroom	PSV	200304409	4:37.01	+0,71
	50m: 31.07 100m: 1:04.86	31.07 150m: 1:39.41 33.79 200m: 2:14.51	34.55 250m: 2:50.17 35.10 300m: 3:26.31	35.66 350m: 4:02.51 36.14 400m: 4:37.01	36.20 34.50
8.	Timo Zittersteijn	De Rijn	200300025	4:37.02	+0,73
	50m: 31.29 100m: 1:06.16	31.29 150m: 1:41.62 34.87 200m: 2:17.69	35.46 250m: 2:53.78 36.07 300m: 3:29.17	36.09 350m: 4:04.24 35.39 400m: 4:37.02	35.07 32.78
9.	Kylian Heederik	Deltasteur	200300353	4:38.12	+0,86
	50m: 31.74 100m: 1:07.20	31.74 150m: 1:43.04 35.46 200m: 2:18.68	35.84 250m: 2:53.93 35.64 300m: 3:29.09	35.25 350m: 4:04.68 35.16 400m: 4:38.12	35.59 33.44
10.	Senna Mooldijk	De Kempvis	200301147	4:38.62	+0,72
	50m: 31.35 100m: 1:05.90	31.35 150m: 1:41.08 34.55 200m: 2:17.42	35.18 250m: 2:53.68 36.34 300m: 3:29.94	36.26 350m: 4:06.05 36.26 400m: 4:38.62	36.11 32.57
11.	Sjors Lemmers	Merlet	200300555	4:39.65	+0,63
	50m: 31.34 100m: 1:04.95	31.34 150m: 1:39.74 33.61 200m: 2:15.42	34.79 250m: 2:51.77 35.68 300m: 3:28.48	36.35 350m: 4:03.14 36.71 400m: 4:39.65	34.66 36.51
12.	Rens van Beek	Aqua-Novio'94	200300537	4:39.85	+0,65
	50m: 30.13 100m: 1:04.38	30.13 150m: 1:39.82 34.25 200m: 2:15.95	35.44 250m: 2:52.52 36.13 300m: 3:28.89	36.57 350m: 4:04.59 36.37 400m: 4:39.85	35.70 35.26
13.	Bram Schaafsma	VZC E&P	200302159	4:40.50	+0,70
	50m: 31.04 100m: 1:06.24	31.04 150m: 1:42.53 35.20 200m: 2:19.31	36.29 250m: 2:55.20 36.78 300m: 3:31.46	35.89 350m: 4:07.12 36.26 400m: 4:40.50	35.66 33.38
14.	Niels Kragt	Dedemsvaart-AC	200300155	4:43.55	+0,70
	50m: 30.76 100m: 1:04.93	30.76 150m: 1:40.52 34.17 200m: 2:16.66	35.59 250m: 2:53.12 36.14 300m: 3:29.59	36.46 350m: 4:06.10 36.47 400m: 4:43.55	36.51 37.45
15.	Joey de Groot	De Aalscholver	200303587	4:44.22	+0,67
	50m: 31.09 100m: 1:06.54	31.09 150m: 1:43.14 35.45 200m: 2:20.10	36.60 250m: 2:56.47 36.96 300m: 3:33.60	36.37 350m: 4:09.98 37.13 400m: 4:44.22	36.38 34.24
16.	Stan de Swart	PSV	200300535	4:45.04	+0,74
	50m: 31.25 100m: 1:06.06	31.25 150m: 1:42.41 34.81 200m: 2:18.63	36.35 250m: 2:54.68 36.22 300m: 3:31.32	36.05 350m: 4:07.95 36.64 400m: 4:45.04	36.63 37.09
17.	Thomas Swartjes	Aqua-Novio'94	200302825	4:45.34	+0,68
	50m: 30.58 100m: 1:05.44	30.58 150m: 1:41.71 34.86 200m: 2:18.27	36.27 250m: 2:54.95 36.56 300m: 3:32.11	36.68 350m: 4:08.77 37.16 400m: 4:45.34	36.66 36.57
18.	Milan Hamel	The Hague Swimming (SG)	200302125	4:46.10	+0,69
	50m: 31.76 100m: 1:07.41	31.76 150m: 1:43.90 35.65 200m: 2:20.93	36.49 250m: 2:58.21 37.03 300m: 3:35.04	37.28 350m: 4:10.97 36.83 400m: 4:46.10	35.93 35.13
19.	Freek Gabriels	TRB-RES	200301407	4:48.55	+0,74
	50m: 32.10 100m: 1:08.34	32.10 150m: 1:44.97 36.24 200m: 2:22.61	36.63 250m: 2:59.38 37.64 300m: 3:36.32	36.77 350m: 4:12.67 36.94 400m: 4:48.55	36.35 35.88
20.	Sam van der Drift	VZC E&P	200301485	4:49.42	+0,87
	50m: 31.21 100m: 1:06.10	31.21 150m: 1:42.41 34.89 200m: 2:19.36	36.31 250m: 2:57.00 36.95 300m: 3:34.67	37.64 350m: 4:12.62 37.67 400m: 4:49.42	37.95 36.80

Programmanr. 32, Jongens, 400m vrije slag, Junioren 2

rang	naam	vereniging			startnr.	tijd	RT	
21.	Daan Hogerhuis	Albion d'ELFT (SG)			200300317	4:49.50	+0,73	
	50m: 32.64	32.64	150m: 1:45.85	36.94	250m: 3:00.18	37.21	350m: 4:14.03	36.76
	100m: 1:08.91	36.27	200m: 2:22.97	37.12	300m: 3:37.27	37.09	400m: 4:49.50	35.47
22.	Pepijn Verschoor	RZC			200300231	4:50.10	+0,71	
	50m: 31.47	31.47	150m: 1:44.05	36.44	250m: 2:58.30	37.00	350m: 4:13.12	37.40
	100m: 1:07.61	36.14	200m: 2:21.30	37.25	300m: 3:35.72	37.42	400m: 4:50.10	36.98
23.	Thijn Damen	De Warande			200300973	4:50.71	+0,77	
	50m: 33.21	33.21	150m: 1:46.48	36.89	250m: 3:00.81	37.01	350m: 4:15.30	37.13
	100m: 1:09.59	36.38	200m: 2:23.80	37.32	300m: 3:38.17	37.36	400m: 4:50.71	35.41
24.	Joris Janssen	Aqua-Novio'94			200301311	4:52.51	+0,73	
	50m: 32.53	32.53	150m: 1:46.70	37.16	250m: 3:01.65	37.69	350m: 4:16.33	37.47
	100m: 1:09.54	37.01	200m: 2:23.96	37.26	300m: 3:38.86	37.21	400m: 4:52.51	36.18
25.	Mika Heskamp	De Dinkel			200300339	4:55.21		
	50m: 32.89	32.89	150m: 1:47.20	37.67	250m: 3:02.52	37.29	350m: 4:18.30	37.96
	100m: 1:09.53	36.64	200m: 2:25.23	38.03	300m: 3:40.34	37.82	400m: 4:55.21	36.91
26.	Perry Laarhoven	ZPC Numansdorp			200301321	5:03.23	+0,81	
	50m: 32.52	32.52	150m: 1:46.29	37.53	250m: 3:04.44	39.78	350m: 4:24.47	41.05
	100m: 1:08.76	36.24	200m: 2:24.66	38.37	300m: 3:43.42	38.98	400m: 5:03.23	38.76