

Programmanr. 34  
26-01-2017

Jongens, 400m vrije slag

Junioren 4  
Resultaten

rang	naam	vereniging	startnr.	tijd	RT			
1.	Luc Kroon <i>Nederlands Record Junioren</i>	RTC - Ed-Vo	200100697	<b>3:54.22</b>	+0,80			
	50m: 26.66 100m: 56.04	26.66 29.38	150m: 1:25.69 200m: 1:55.42	29.65 29.73	250m: 2:25.14 300m: 2:55.37	29.72 30.23	350m: 3:25.30 400m: 3:54.22	29.93 28.92
2.	Vincent Croijmans	VZC E&P	200100381	<b>4:00.67</b>	+0,78			
	50m: 27.43 100m: 57.39	27.43 29.96	150m: 1:27.75 200m: 1:58.55	30.36 30.80	250m: 2:29.22 300m: 3:00.08	30.67 30.86	350m: 3:30.74 400m: 4:00.67	30.66 29.93
3.	Sander Croijmans	VZC E&P	200100383	<b>4:03.71</b>	+0,76			
	50m: 27.46 100m: 57.75	27.46 30.29	150m: 1:28.41 200m: 1:59.53	30.66 31.12	250m: 2:30.59 300m: 3:01.44	31.06 30.85	350m: 3:32.89 400m: 4:03.71	31.45 30.82
4.	Thomas Jansen	RTC - WVZ	200100143	<b>4:06.73</b>	+0,81			
	50m: 27.92 100m: 58.33	27.92 30.41	150m: 1:29.44 200m: 2:00.88	31.11 31.44	250m: 2:32.35 300m: 3:04.21	31.47 31.86	350m: 3:35.71 400m: 4:06.73	31.50 31.02
5.	Bas Morelissen	ZPC AMERSFOORT	200100861	<b>4:11.81</b>	+0,70			
	50m: 28.61 100m: 59.67	28.61 31.06	150m: 1:31.58 200m: 2:03.48	31.91 31.90	250m: 2:35.45 300m: 3:07.63	31.97 32.18	350m: 3:40.13 400m: 4:11.81	32.50 31.68
6.	Daniël Claasen	ZPC AMERSFOORT	200100787	<b>4:13.08</b>	+0,71			
	50m: 28.27 100m: 59.27	28.27 31.00	150m: 1:31.04 200m: 2:03.56	31.77 32.52	250m: 2:36.30 300m: 3:09.10	32.74 32.80	350m: 3:41.73 400m: 4:13.08	32.63 31.35
7.	Ivo Stolk	SCOM-De Zeehond'73 (SG)	200100615	<b>4:13.29</b>	+0,72			
	50m: 28.99 100m: 1:00.76	28.99 31.77	150m: 1:32.77 200m: 2:04.83	32.01 32.06	250m: 2:36.90 300m: 3:09.07	32.07 32.17	350m: 3:41.52 400m: 4:13.29	32.45 31.77
8.	Jelle Smid	Aqua-Novio'94	200100627	<b>4:14.78</b>	+0,65			
	50m: 27.38 100m: 58.51	27.38 31.13	150m: 1:30.64 200m: 2:03.44	32.13 32.80	250m: 2:36.99 300m: 3:10.46	33.55 33.47	350m: 3:43.53 400m: 4:14.78	33.07 31.25
9.	David Anthonio	De Kikker	200102551	<b>4:15.71</b>	+0,77			
	50m: 28.26 100m: 59.64	28.26 31.38	150m: 1:32.34 200m: 2:05.53	32.70 33.19	250m: 2:39.07 300m: 3:12.35	33.54 33.28	350m: 3:45.07 400m: 4:15.71	32.72 30.64
10.	Christiaan Smit	The Hague Swimming (SG)	200102463	<b>4:18.98</b>	+0,67			
	50m: 28.17 100m: 59.98	28.17 31.81	150m: 1:32.69 200m: 2:05.86	32.71 33.17	250m: 2:39.29 300m: 3:13.12	33.43 33.83	350m: 3:46.46 400m: 4:18.98	33.34 32.52
11.	Janne Englebert	Hieronymus	200101561	<b>4:21.08</b>	+0,73			
	50m: 28.08 100m: 59.94	28.08 31.86	150m: 1:32.63 200m: 2:06.05	32.69 33.42	250m: 2:40.03 300m: 3:13.83	33.98 33.80	350m: 3:48.01 400m: 4:21.08	34.18 33.07
12.	Rick Bulman	PSV	200101899	<b>4:21.27</b>	+0,75			
	50m: 28.74 100m: 1:00.54	28.74 31.80	150m: 1:32.54 200m: 2:05.34	32.00 32.80	250m: 2:38.62 300m: 3:12.34	33.28 33.72	350m: 3:46.73 400m: 4:21.27	34.39 34.54
13.	Dave van der Voet	De Dolfijn	200102783	<b>4:21.55</b>	+0,73			
	50m: 28.74 100m: 1:00.67	28.74 31.93	150m: 1:32.65 200m: 2:06.18	31.98 33.53	250m: 2:40.55 300m: 3:14.95	34.37 34.40	350m: 3:48.73 400m: 4:21.55	33.78 32.82
14.	Max Visser	WVZ	200100077	<b>4:22.70</b>	+0,74			
	50m: 28.60 100m: 1:00.67	28.60 32.07	150m: 1:33.97 200m: 2:07.65	33.30 33.68	250m: 2:41.48 300m: 3:15.64	33.83 34.16	350m: 3:49.59 400m: 4:22.70	33.95 33.11