

Programmanr. 103  
16-12-2017

Jongens, 400m wisselslag

Junioren 4  
Resultaten

rang	naam	vereniging	startnr.	tijd	RT
1.	Jarno Koster	Aqua-Novio'94	200200637	<b>4:34.95</b>	+0,79
	50m: 28.77	28.77 150m: 1:37.20	34.93 250m: 2:50.58	38.73 350m: 4:02.79	32.82
	100m: 1:02.27	33.50 200m: 2:11.85	34.65 300m: 3:29.97	39.39 400m: 4:34.95	32.16
2.	Joep Hoogerwerf	DWK	200204527	<b>4:41.12</b>	+0,76
	50m: 29.62	29.62 150m: 1:39.38	34.94 250m: 2:54.91	41.99 350m: 4:10.13	32.87
	100m: 1:04.44	34.82 200m: 2:12.92	33.54 300m: 3:37.26	42.35 400m: 4:41.12	30.99
3.	Lars Verhalle	VZC	200200019	<b>4:43.58</b>	+0,76
	50m: 28.81	28.81 150m: 1:40.82	37.72 250m: 2:57.38	41.14 350m: 4:12.60	33.91
	100m: 1:03.10	34.29 200m: 2:16.24	35.42 300m: 3:38.69	41.31 400m: 4:43.58	30.98
4.	Jurre Hanstede	De Dinkel	200201019	<b>4:47.63</b>	+0,78
	50m: 31.13	31.13 150m: 1:45.15	37.58 250m: 3:02.97	40.41 350m: 4:17.45	32.82
	100m: 1:07.57	36.44 200m: 2:22.56	37.41 300m: 3:44.63	41.66 400m: 4:47.63	30.18
5.	Sean Niewold	WVZ	200204699	<b>4:47.71</b>	+0,82
	50m: 30.29	30.29 150m: 1:45.18	39.51 250m: 3:03.28	40.36 350m: 4:17.21	33.14
	100m: 1:05.67	35.38 200m: 2:22.92	37.74 300m: 3:44.07	40.79 400m: 4:47.71	30.50
6.	Timo Spaans	PSV	200201087	<b>4:51.40</b>	+0,74
	50m: 29.70	29.70 150m: 1:42.47	37.98 250m: 3:02.79	42.46 350m: 4:22.00	35.98
	100m: 1:04.49	34.79 200m: 2:20.33	37.86 300m: 3:46.02	43.23 400m: 4:51.40	29.40
7.	Brandon van den Berg	The Hague Swimming (SG)	200200669	<b>4:53.10</b>	+0,70
	50m: 30.06	30.06 150m: 1:43.28	37.62 250m: 3:02.68	42.49 350m: 4:20.04	34.33
	100m: 1:05.66	35.60 200m: 2:20.19	36.91 300m: 3:45.71	43.03 400m: 4:53.10	33.06
8.	Scott Jansen	WVZ	200202455	<b>4:54.30</b>	+0,77
	50m: 31.81	31.81 150m: 1:47.63	37.91 250m: 3:05.96	41.82 350m: 4:22.17	34.32
	100m: 1:09.72	37.91 200m: 2:24.14	36.51 300m: 3:47.85	41.89 400m: 4:54.30	32.13
9.	Maurice Pater	TriVia	200200909	<b>4:54.74</b>	+0,78
	50m: 29.53	29.53 150m: 1:43.20	38.82 250m: 3:04.69	43.56 350m: 4:22.45	33.48
	100m: 1:04.38	34.85 200m: 2:21.13	37.93 300m: 3:48.97	44.28 400m: 4:54.74	32.29
10.	Finn Vos	De Dolfijn	200200665	<b>4:54.96</b>	+0,68
	50m: 30.78	30.78 150m: 1:47.41	40.50 250m: 3:06.94	40.60 350m: 4:23.20	34.42
	100m: 1:06.91	36.13 200m: 2:26.34	38.93 300m: 3:48.78	41.84 400m: 4:54.96	31.76
11.	Luc van Eijndhoven	De Warande	200200139	<b>4:55.43</b>	+0,80
	50m: 30.50	30.50 150m: 1:44.52	38.27 250m: 3:05.09	43.71 350m: 4:23.28	33.51
	100m: 1:06.25	35.75 200m: 2:21.38	36.86 300m: 3:49.77	44.68 400m: 4:55.43	32.15
12.	Viktor Koets	De Columbiaan	200201677	<b>4:57.62</b>	+0,81
	50m: 30.16	30.16 150m: 1:43.19	36.85 250m: 3:03.96	43.54 350m: 4:24.23	35.49
	100m: 1:06.34	36.18 200m: 2:20.42	37.23 300m: 3:48.74	44.78 400m: 4:57.62	33.39
13.	Guus Hoogduin	LZ 1886	200201069	<b>4:57.76</b>	+0,68
	50m: 30.25	30.25 150m: 1:43.89	38.53 250m: 3:04.31	43.96 350m: 4:24.25	36.12
	100m: 1:05.36	35.11 200m: 2:20.35	36.46 300m: 3:48.13	43.82 400m: 4:57.76	33.51
14.	Dushan de Bruijn	De Forel	200201273	<b>5:03.76</b>	+0,80
	50m: 32.76	32.76 150m: 1:50.54	39.27 250m: 3:11.41	42.80 350m: 4:29.64	35.56
	100m: 1:11.27	38.51 200m: 2:28.61	38.07 300m: 3:54.08	42.67 400m: 5:03.76	34.12

B=bonus inschrijving  
onjuistheden?

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