

Programmanr. 55  
 15-12-2017

Jongens, 400m vrije slag

Junioren 2  
 Resultaten

rang	naam	vereniging	startnr.	tijd	RT			
1.	Stephan De Freitas Steverink <i>Nederlands Record 13 jaar</i>	PSV	200404481	<b>4:12.56</b>	+0,67			
	50m: 28.24 100m: 59.75	28.24 31.51	150m: 1:31.55 200m: 2:04.27	31.80 32.72	250m: 2:36.34 300m: 3:08.78	32.07 32.44	350m: 3:41.23 400m: 4:12.56	32.45 31.33
2.	David Groenewegen	PSV	200400469	<b>4:24.72</b>	+0,83			
	50m: 29.41 100m: 1:01.61	29.41 32.20	150m: 1:35.31 200m: 2:09.48	33.70 34.17	250m: 2:44.49 300m: 3:18.75	35.01 34.26	350m: 3:52.97 400m: 4:24.72	34.22 31.75
3.	Simon Claasen	ZPC AMERSFOORT	200400231	<b>4:25.81</b>	+0,73			
	50m: 29.73 100m: 1:03.03	29.73 33.30	150m: 1:37.31 200m: 2:12.45	34.28 35.14	250m: 2:47.14 300m: 3:21.76	34.69 34.62	350m: 3:55.96 400m: 4:25.81	34.20 29.85
4.	Merlin Belmon	De Dolfijn	200403191	<b>4:26.61</b>	+0,74			
	50m: 29.09 100m: 1:01.62	29.09 32.53	150m: 1:35.34 200m: 2:09.78	33.72 34.44	250m: 2:44.78 300m: 3:19.50	35.00 34.72	350m: 3:54.08 400m: 4:26.61	34.58 32.53
5.	Timo Kock	ZZ&PC De Devel	200400387	<b>4:26.71</b>	+0,75			
	50m: 28.87 100m: 1:01.23	28.87 32.36	150m: 1:34.73 200m: 2:09.57	33.50 34.84	250m: 2:44.47 300m: 3:19.30	34.90 34.83	350m: 3:53.95 400m: 4:26.71	34.65 32.76
6.	Hendrik van der Leest	FZC'54-De Vikings (SG)	200404339	<b>4:29.53</b>	+0,75			
	50m: 29.31 100m: 1:02.89	29.31 33.58	150m: 1:36.96 200m: 2:11.48	34.07 34.52	250m: 2:46.28 300m: 3:20.98	34.80 34.70	350m: 3:56.19 400m: 4:29.53	35.21 33.34
7.	Abel te Riele	WVZ	200402317	<b>4:29.71</b>	+0,78			
	50m: 30.48 100m: 1:04.43	30.48 33.95	150m: 1:39.11 200m: 2:13.86	34.68 34.75	250m: 2:48.53 300m: 3:23.32	34.67 34.79	350m: 3:56.97 400m: 4:29.71	33.65 32.74
8.	Kai Zwerver	FZC'54-De Vikings (SG)	200401175	<b>4:33.50</b>	+0,75			
	50m: 29.24 100m: 1:02.37	29.24 33.13	150m: 1:37.16 200m: 2:12.49	34.79 35.33	250m: 2:48.22 300m: 3:23.92	35.73 35.70	350m: 3:59.45 400m: 4:33.50	35.53 34.05
9.	Jacco Nijland	ZPC De Hof	200400081	<b>4:34.32</b>	+0,86			
	50m: 30.09 100m: 1:03.65	30.09 33.56	150m: 1:39.27 200m: 2:14.95	35.62 35.68	250m: 2:49.64 300m: 3:25.64	34.69 36.00	350m: 4:00.39 400m: 4:34.32	34.75 33.93
10.	Teun van der Schrier	Hieronymus	200403627	<b>4:35.38</b>	+0,81			
	50m: 30.76 100m: 1:04.84	30.76 34.08	150m: 1:39.92 200m: 2:15.10	35.08 35.18	250m: 2:50.31 300m: 3:26.26	35.21 35.95	350m: 4:01.82 400m: 4:35.38	35.56 33.56
11.	Robin van den Berg	ZV 44	200400699	<b>4:35.83</b>	+0,73			
	50m: 29.94 100m: 1:03.57	29.94 33.63	150m: 1:38.97 200m: 2:14.32	35.40 35.35	250m: 2:50.24 300m: 3:26.53	35.92 36.29	350m: 4:02.75 400m: 4:35.83	36.22 33.08
12.	Luuk van Rooij	PSV	200400581	<b>4:36.29</b>	+0,82			
	50m: 30.41 100m: 1:03.89	30.41 33.48	150m: 1:38.08 200m: 2:13.23	34.19 35.15	250m: 2:48.19 300m: 3:23.82	34.96 35.63	350m: 3:59.81 400m: 4:36.29	35.99 36.48
13.	Jay de Vries	ZZ&PC De Devel	200400669	<b>4:36.32</b>	+0,78			
	50m: 30.90 100m: 1:05.56	30.90 34.66	150m: 1:41.53 200m: 2:17.02	35.97 35.49	250m: 2:52.45 300m: 3:27.73	35.43 35.28	350m: 4:03.21 400m: 4:36.32	35.48 33.11
14.	Erik Oldenkamp	De Lansingh	200400597	<b>4:36.64</b>	+0,72			
	50m: 30.28 100m: 1:04.32	30.28 34.04	150m: 1:39.85 200m: 2:15.10	35.53 35.25	250m: 2:50.89 300m: 3:27.05	35.79 36.16	350m: 4:02.48 400m: 4:36.64	35.43 34.16
15.	Chris Verhoeven	PSV	200400593	<b>4:36.96</b>	+0,78			
	50m: 30.47 100m: 1:04.46	30.47 33.99	150m: 1:39.29 200m: 2:14.95	34.83 35.66	250m: 2:50.52 300m: 3:26.31	35.57 35.79	350m: 4:02.80 400m: 4:36.96	36.49 34.16
16.	Pieter Wisse	PSV	200400779	<b>4:37.56</b>	+0,79			
	50m: 30.70 100m: 1:05.15	30.70 34.45	150m: 1:40.83 200m: 2:16.66	35.68 35.83	250m: 2:52.20 300m: 3:28.17	35.54 35.97	350m: 4:03.48 400m: 4:37.56	35.31 34.08
17.	Nathan Janssen	MNC Dordrecht	200401565	<b>4:39.75</b>	+0,65			
	50m: 31.99 100m: 1:06.55	31.99 34.56	150m: 1:41.74 200m: 2:17.28	35.19 35.54	250m: 2:53.64 300m: 3:29.53	36.36 35.89	350m: 4:05.43 400m: 4:39.75	35.90 34.32
18.	Jason van den Berg	Rotterdam Swimming (SG)	200400009	<b>4:41.19</b>	+0,69			
	50m: 30.28 100m: 1:04.87	30.28 34.59	150m: 1:40.55 200m: 2:16.71	35.68 36.16	250m: 2:52.65 300m: 3:29.01	35.94 36.36	350m: 4:05.98 400m: 4:41.19	36.97 35.21
19.	Bram Verkuijlen	PSV	200401381	<b>4:41.39</b>	+0,67			
	50m: 29.62 100m: 1:05.16	29.62 35.54	150m: 1:41.43 200m: 2:17.13	36.27 35.70	250m: 2:53.51 300m: 3:30.34	36.38 36.83	350m: 4:06.75 400m: 4:41.39	36.41 34.64

B=bonus inschrijving  
 onjuistheden?

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Programmanr. 55, Jongens, 400m vrije slag, Junioren 2

rang	naam	vereniging	startnr.	tijd	RT
20.	Jort van der Vlag	WS Twente	200400335	<b>4:42.24</b>	+0,77
	50m: 31.36	31.36 150m: 1:41.63	35.45 250m: 2:54.11	36.39 350m: 4:07.18	36.45
	100m: 1:06.18	34.82 200m: 2:17.72	36.09 300m: 3:30.73	36.62 400m: 4:42.24	35.06
21.	Thijm Kruit	De Columbiaan	200401339	<b>4:43.49</b>	+0,72
	50m: 30.00	30.00 150m: 1:39.92	35.73 250m: 2:54.39	37.64 350m: 4:09.03	37.38
	100m: 1:04.19	34.19 200m: 2:16.75	36.83 300m: 3:31.65	37.26 400m: 4:43.49	34.46
22.	Tycho de Jonge	KZC	200400411	<b>4:43.86</b>	+0,73
	50m: 31.49	31.49 150m: 1:43.71	36.74 250m: 2:57.49	36.99 350m: 4:10.50	36.08
	100m: 1:06.97	35.48 200m: 2:20.50	36.79 300m: 3:34.42	36.93 400m: 4:43.86	33.36
23.	Pepijn van Egmond	WVZ	200402309	<b>4:44.76</b>	+0,77
	50m: 31.79	31.79 150m: 1:44.13	36.66 250m: 2:58.39	37.38 350m: 4:11.05	36.03
	100m: 1:07.47	35.68 200m: 2:21.01	36.88 300m: 3:35.02	36.63 400m: 4:44.76	33.71
24.	Mac Peekes	ZPC Hoogeveen	200400153	<b>4:46.02</b>	+0,73
	50m: 30.98	30.98 150m: 1:43.64	36.74 250m: 2:58.18	37.29 350m: 4:11.70	36.50
	100m: 1:06.90	35.92 200m: 2:20.89	37.25 300m: 3:35.20	37.02 400m: 4:46.02	34.32
25.	Collin Schouten	MSV-Zeemacht	200400697	<b>4:47.88</b>	+0,74
	50m: 31.74	31.74 150m: 1:42.89	36.14 250m: 2:56.62	37.21 350m: 4:11.55	37.18
	100m: 1:06.75	35.01 200m: 2:19.41	36.52 300m: 3:34.37	37.75 400m: 4:47.88	36.33
26.	Floris Sonneveld	Nuenen	200402953	<b>4:48.33</b>	+0,72
	50m: 31.44	31.44 150m: 1:43.81	36.77 250m: 2:58.21	37.57 350m: 4:12.63	36.80
	100m: 1:07.04	35.60 200m: 2:20.64	36.83 300m: 3:35.83	37.62 400m: 4:48.33	35.70
27.	Meindert Dekkinga	HZ&PC Heerenveen	200400377	<b>4:48.92</b>	+0,80
	50m: 31.00	31.00 150m: 1:43.13	36.52 250m: 2:59.25	37.98 350m: 4:13.86	37.47
	100m: 1:06.61	35.61 200m: 2:21.27	38.14 300m: 3:36.39	37.14 400m: 4:48.92	35.06
28.	Juiliano Soliani	DAW	200400353	<b>4:50.37</b>	+0,81
	50m: 32.33	32.33 150m: 1:45.19	36.45 250m: 3:00.19	37.32 350m: 4:14.84	37.29
	100m: 1:08.74	36.41 200m: 2:22.87	37.68 300m: 3:37.55	37.36 400m: 4:50.37	35.53
29.	Wouter Zijlstra	De Forel	200401545	<b>4:50.38</b>	+0,67
	50m: 31.23	31.23 150m: 1:43.31	36.82 250m: 2:58.18	37.23 350m: 4:13.94	38.02
	100m: 1:06.49	35.26 200m: 2:20.95	37.64 300m: 3:35.92	37.74 400m: 4:50.38	36.44
30.	Joost Schuurmans	Hellas-Glana	200400543	<b>4:50.66</b>	+0,76
	50m: 32.45	32.45 150m: 1:44.04	36.32 250m: 2:59.50	37.77 350m: 4:15.03	37.86
	100m: 1:07.72	35.27 200m: 2:21.73	37.69 300m: 3:37.17	37.67 400m: 4:50.66	35.63