

Programmanr. 1
 13-12-2018

Jongens, 400m vrije slag

Junioren/Jeugd
 Resultaten

Nederlands Record Junioren	3:54.22	Luc Kroon	Eindhoven	26-01-2017
Nederlands Record 15 jaar	3:57.49	Luc Kroon	Amsterdam	03-12-2016
Nederlands Record 14 jaar	4:06.56	Jorgos Skotadis	Amsterdam	03-02-2012
Kamp. Record Junioren 4	3:54.22	Luc Kroon	Eindhoven	26-01-2017
Kamp. Record Junioren 3	4:01.81	Bryan Agterdenbos	Eindhoven	27-01-2017

rang	naam	vereniging	startnr.	tijd	RT
Junioren 3					
1.	Stephan De Freitas Steverink	PSV	200404481	3:58.97	+0,68
	<i>Nederlands Record 14 jaar</i>				
	50m: 27.01	27.01	150m: 1:27.21	30.17	250m: 2:28.52
	100m: 57.04	30.03	200m: 1:57.69	30.48	300m: 2:59.27
				30.83	350m: 3:29.44
				30.75	400m: 3:58.97
					30.17
					29.53
2.	Merlin Belmon	De Dolfijn	200403191	4:06.77	+0,77
	50m: 27.82	27.82	150m: 1:29.00	30.77	250m: 2:32.13
	100m: 58.23	30.41	200m: 2:00.46	31.46	300m: 3:03.83
				31.67	350m: 3:35.82
				31.70	400m: 4:06.77
					31.99
					30.95
3.	David Groenewegen	PSV	200400469	4:12.38	+0,71
	50m: 28.78	28.78	150m: 1:31.93	32.03	250m: 2:37.24
	100m: 59.90	31.12	200m: 2:04.42	32.49	300m: 3:09.67
				32.82	350m: 3:41.86
				32.43	400m: 4:12.38
					32.19
					30.52
4.	Luuk van Rooij	Nextline Swimming	200400581	4:12.70	+0,73
	50m: 28.42	28.42	150m: 1:31.84	32.36	250m: 2:36.71
	100m: 59.48	31.06	200m: 2:04.06	32.22	300m: 3:09.27
				32.65	350m: 3:41.65
				32.56	400m: 4:12.70
					32.38
					31.05
5.	Timo Kock	The Hague Swimming (SG)	200400387	4:17.01	+0,73
	50m: 28.71	28.71	150m: 1:32.79	32.73	250m: 2:38.66
	100m: 1:00.06	31.35	200m: 2:05.72	32.93	300m: 3:11.51
				32.94	350m: 3:44.98
				32.85	400m: 4:17.01
					33.47
					32.03
6.	Abel te Riele	WVZ	200402317	4:17.49	+0,70
	50m: 28.74	28.74	150m: 1:33.77	32.40	250m: 2:39.28
	100m: 1:01.37	32.63	200m: 2:06.64	32.87	300m: 3:12.33
				32.64	350m: 3:45.64
				33.05	400m: 4:17.49
					33.31
					31.85
7.	Robin van den Berg	ZV 44	200400699	4:19.24	+0,60
	50m: 28.66	28.66	150m: 1:33.24	32.67	250m: 2:40.23
	100m: 1:00.57	31.91	200m: 2:06.71	33.47	300m: 3:13.72
				33.52	350m: 3:47.28
				33.49	400m: 4:19.24
					33.56
					31.96
8.	Jort van der Vlag	WS Twente	200400335	4:19.79	+0,68
	50m: 28.75	28.75	150m: 1:33.65	32.76	250m: 2:40.88
	100m: 1:00.89	32.14	200m: 2:07.18	33.53	300m: 3:14.93
				33.70	350m: 3:48.14
				34.05	400m: 4:19.79
					33.21
					31.65
9.	Anders van Norden	ZPC AMERSFOORT	200400039	4:21.55	+0,71
	50m: 29.29	29.29	150m: 1:33.52	32.57	250m: 2:40.74
	100m: 1:00.95	31.66	200m: 2:07.13	33.61	300m: 3:14.20
				33.61	350m: 3:47.89
				33.46	400m: 4:21.55
					33.69
					33.66
10.	Nathan Janssen	MNC Dordrecht	200401565	4:25.15	+0,68
	50m: 29.47	29.47	150m: 1:36.37	34.14	250m: 2:44.54
	100m: 1:02.23	32.76	200m: 2:10.53	34.16	300m: 3:18.79
				34.01	350m: 3:52.58
				34.25	400m: 4:25.15
					33.79
					32.57
11.	Sem Lazaroms	Hieronymus	200402921	4:25.30	+0,71
	50m: 29.90	29.90	150m: 1:37.05	33.59	250m: 2:45.49
	100m: 1:03.46	33.56	200m: 2:11.47	34.42	300m: 3:19.37
				34.02	350m: 3:52.93
				33.88	400m: 4:25.30
					33.56
					32.37
12.	Bram Verkuijlen	PSV	200401381	4:27.51	+0,79
	50m: 30.09	30.09	150m: 1:38.42	34.62	250m: 2:46.11
	100m: 1:03.80	33.71	200m: 2:12.34	33.92	300m: 3:20.23
				33.77	350m: 3:54.71
				34.12	400m: 4:27.51
					34.48
					32.80
13.	Damian Waas	De Warande	200402285	4:27.97	+0,73
	50m: 29.13	29.13	150m: 1:35.53	33.44	250m: 2:43.44
	100m: 1:02.09	32.96	200m: 2:09.93	34.40	300m: 3:19.75
				33.51	350m: 3:54.09
				36.31	400m: 4:27.97
					34.34
					33.88
14.	Wouter Zijlstra	HZ&PC Heerenvveen	200401545	4:28.18	+0,72
	50m: 29.27	29.27	150m: 1:36.14	33.94	250m: 2:45.38
	100m: 1:02.20	32.93	200m: 2:10.47	34.33	300m: 3:20.46
				34.91	350m: 3:54.76
				35.08	400m: 4:28.18
					34.30
					33.42
15.	Andrei Turta	De Aalscholver	200404549	4:28.89	+0,73
	50m: 29.02	29.02	150m: 1:35.86	33.97	250m: 2:45.21
	100m: 1:01.89	32.87	200m: 2:10.40	34.54	300m: 3:19.93
				34.81	350m: 3:54.17
				34.72	400m: 4:28.89
					34.24
					34.72
16.	Quinn Heederik	Deltasteur	200400093	4:29.30	+0,74
	50m: 30.44	30.44	150m: 1:36.26	33.53	250m: 2:46.01
	100m: 1:02.73	32.29	200m: 2:11.00	34.74	300m: 3:21.34
				35.01	350m: 3:56.24
				35.33	400m: 4:29.30
					34.90
					33.06
17.	Collin Schouten	MSV-Zeemacht	200400697	4:29.42	+0,74
	50m: 30.31	30.31	150m: 1:38.17	34.48	250m: 2:47.91
	100m: 1:03.69	33.38	200m: 2:13.04	34.87	300m: 3:22.85
				34.87	350m: 3:56.92
				34.94	400m: 4:29.42
					34.07
					32.50

Programmanr. 1, Jongens, 400m vrije slag, Junioren 3

rang	naam	vereniging	startnr.	tijd	RT
18.	Teun van der Schrier	Hieronymus	200403627	4:29.64	+0,46
	50m: 30.68	30.68 150m: 1:38.72	34.64 250m: 2:48.56	35.15 350m: 3:57.43	34.48
	100m: 1:04.08	33.40 200m: 2:13.41	34.69 300m: 3:22.95	34.39 400m: 4:29.64	32.21
19.	Koen Vissers	PSV	200401429	4:29.72	+0,73
	50m: 29.49	29.49 150m: 1:36.67	34.36 250m: 2:45.78	34.69 350m: 3:55.35	34.88
	100m: 1:02.31	32.82 200m: 2:11.09	34.42 300m: 3:20.47	34.69 400m: 4:29.72	34.37
20.	Jacco Nijland	ZPC De Hof	200400081	4:30.19	+0,76
	50m: 29.00	29.00 150m: 1:34.03	33.46 250m: 2:42.86	34.44 350m: 3:55.50	36.25
	100m: 1:00.57	31.57 200m: 2:08.42	34.39 300m: 3:19.25	36.39 400m: 4:30.19	34.69
21.	Kai Zwerver	FZC'54-De Vikings (SG)	200401175	4:31.56	+0,68
	50m: 28.28	28.28 150m: 1:33.98	33.35 250m: 2:44.08	35.50 350m: 3:56.51	36.50
	100m: 1:00.63	32.35 200m: 2:08.58	34.60 300m: 3:20.01	35.93 400m: 4:31.56	35.05
22.	Tycho de Jonge	KZC	200400411	4:33.83	+0,76
	50m: 30.09	30.09 150m: 1:37.81	34.33 250m: 2:47.82	34.92 350m: 3:58.80	35.72
	100m: 1:03.48	33.39 200m: 2:12.90	35.09 300m: 3:23.08	35.26 400m: 4:33.83	35.03
23.	Pepijn van Egmond	WVZ	200402309	4:36.45	+0,70
	50m: 30.71	30.71 150m: 1:38.96	34.57 250m: 2:50.78	35.84 350m: 4:02.64	35.64
	100m: 1:04.39	33.68 200m: 2:14.94	35.98 300m: 3:27.00	36.22 400m: 4:36.45	33.81
24.	Chris Verhoeven	Nuenen	200400593	4:45.23	+0,63
	50m: 31.25	31.25 150m: 1:42.27	35.96 250m: 2:55.25	36.78 350m: 4:09.10	36.94
	100m: 1:06.31	35.06 200m: 2:18.47	36.20 300m: 3:32.16	36.91 400m: 4:45.23	36.13
NG	Pieter Wisse	PSV	200400779		

Junioren 4

1.	Kylian Heederik	Deltasteur	200300353	4:12.92	+0,69
	50m: 27.76	27.76 150m: 1:31.68	32.28 250m: 2:35.92	32.29 350m: 3:40.71	32.55
	100m: 59.40	31.64 200m: 2:03.63	31.95 300m: 3:08.16	32.24 400m: 4:12.92	32.21
2.	Yorick Visser	ZPC De Zeeuwse Kust	200301957	4:14.91	+0,70
	50m: 28.90	28.90 150m: 1:33.68	32.77 250m: 2:39.47	32.70 350m: 3:44.46	32.10
	100m: 1:00.91	32.01 200m: 2:06.77	33.09 300m: 3:12.36	32.89 400m: 4:14.91	30.45
3.	Lukas Binnekamp	De Dinkel	200300107	4:15.01	+0,80
	50m: 28.01	28.01 150m: 1:32.81	33.04 250m: 2:37.99	32.70 350m: 3:44.25	32.79
	100m: 59.77	31.76 200m: 2:05.29	32.48 300m: 3:11.46	33.47 400m: 4:15.01	30.76
4.	Esper Schreurs	ZEPS	200300433	4:15.18	+0,71
	50m: 29.24	29.24 150m: 1:33.80	32.66 250m: 2:38.95	32.38 350m: 3:43.98	32.07
	100m: 1:01.14	31.90 200m: 2:06.57	32.77 300m: 3:11.91	32.96 400m: 4:15.18	31.20
5.	Jelle Bon	ZVVS	200301077	4:15.66	+0,63
	50m: 28.05	28.05 150m: 1:30.93	31.87 250m: 2:36.83	33.40 350m: 3:43.82	33.25
	100m: 59.06	31.01 200m: 2:03.43	32.50 300m: 3:10.57	33.74 400m: 4:15.66	31.84
6.	Stan De Swart	Nextline Swimming	200300535	4:17.64	+0,74
	50m: 28.32	28.32 150m: 1:33.45	33.00 250m: 2:39.43	32.67 350m: 3:45.19	33.03
	100m: 1:00.45	32.13 200m: 2:06.76	33.31 300m: 3:12.16	32.73 400m: 4:17.64	32.45
7.	Mike Gerritsen	PSV	200304013	4:18.35	+0,74
	50m: 28.60	28.60 150m: 1:33.55	32.77 250m: 2:39.28	32.98 350m: 3:45.65	33.64
	100m: 1:00.78	32.18 200m: 2:06.30	32.75 300m: 3:12.01	32.73 400m: 4:18.35	32.70
AFGEM	Lucas Peters	Nextline Swimming	200301325		

Paralympics

1.	Bram Daalman	HPC PARA - ZV Haerlem	200300629	S14	4:27.44	+0,86	853
	50m: 29.23	29.23 150m: 1:35.30	33.52 250m: 2:44.23	34.76 350m: 3:55.16	36.02		
	100m: 1:01.78	32.55 200m: 2:09.47	34.17 300m: 3:19.14	34.91 400m: 4:27.44	32.28		
2.	Thomas van Wanrooij	HPC PARA - Poseidon '56	200201473	S13	4:27.18	+0,68	685
	50m: 29.20	29.20 150m: 1:35.08	33.64 250m: 2:43.59	34.66 350m: 3:53.53	35.30		
	100m: 1:01.44	32.24 200m: 2:08.93	33.85 300m: 3:18.23	34.64 400m: 4:27.18	33.65		
3.	Yanu van Leeuwen	TZC-Vahalis	200500509	S9	5:32.95	+0,69	423
	50m: 36.99	36.99 150m: 2:00.70	42.02 250m: 3:27.03	42.59 350m: 4:52.44	42.30		
	100m: 1:18.68	41.69 200m: 2:44.44	43.74 300m: 4:10.14	43.11 400m: 5:32.95	40.51		
4.	Nick Selten	Merlet	200403275	S9	5:37.81	+0,74	405
	50m: 38.44	38.44 150m: 2:04.23	43.37 250m: 3:32.01	44.24 350m: 4:57.78	42.67		
	100m: 1:20.86	42.42 200m: 2:47.77	43.54 300m: 4:15.11	43.10 400m: 5:37.81	40.03		

onjuistheden?

mail naar: nijkinschrijvingen@knzb.nl

Programmanr. 1, Jongens, 400m vrije slag, Paralympics

rang	naam	vereniging	startnr.		tijd	RT
5.	Jesse Bruines	Batavia Swim	200402413	S9	6:00.61	333
	50m: 39.00	39.00	150m: 2:08.81	46.27	250m: 3:42.25	47.62
	100m: 1:22.54	43.54	200m: 2:54.63	45.82	300m: 4:29.63	47.38
					350m: 5:16.99	47.36
					400m: 6:00.61	43.62
6.	Josh Renkema	De Otters Het Gooi	200402537	S7	7:18.17	268
	50m: 49.19	49.19	150m: 2:36.74	54.69	250m: 4:28.15	56.37
	100m: 1:42.05	52.86	200m: 3:31.78	55.04	300m: 5:24.29	56.14
					350m: 6:22.65	58.36
					400m: 7:18.17	55.52