

Programmanr. 63 16-12-2018	Jongens, 400m wisselslag			Juniores 1 Resultaten
Nederlands Record Junioren	4:29.58	Jari Groenhart	Amsterdam	29-01-2016
Nederlands Record 12 jaar	5:07.20	Pieter van den Hoogenband	Cuijk	30-12-1990
Kamp. Record Junioren 1	5:00.13	Sam van de Schootbrugge	Dordrecht	29-01-2006

rang	naam	vereniging	startnr.	tijd	RT		
1.	Finn Broekhoven	PSV	200600035	<b>5:14.86</b>	+0,72		
	50m: 35.62	35.62 150m: 1:55.31	37.70	250m: 3:18.38	45.87	350m: 4:40.68	35.48
	100m: 1:17.61	41.99 200m: 2:32.51	37.20	300m: 4:05.20	46.82	400m: 5:14.86	34.18
2.	Senna Hof	DZ&PC	200600761	<b>5:20.76</b>	+0,86		
	50m: 35.09	35.09 150m: 1:59.88	42.35	250m: 3:23.75	44.11	350m: 4:45.27	36.51
	100m: 1:17.53	42.44 200m: 2:39.64	39.76	300m: 4:08.76	45.01	400m: 5:20.76	35.49
3.	Mark Demianenko	Zoetermeer	200600409	<b>5:34.61</b>	+0,67		
	50m: 34.85	34.85 150m: 2:00.12	43.01	250m: 3:31.56	48.52	350m: 4:58.55	38.12
	100m: 1:17.11	42.26 200m: 2:43.04	42.92	300m: 4:20.43	48.87	400m: 5:34.61	36.06
4.	Olivier Wilbers	ZPC Hoogeveen	200600181	<b>5:42.29</b>	+0,63		
	50m: 39.70	39.70 150m: 2:08.59	41.53	250m: 3:40.13	50.14	350m: 5:06.37	36.85
	100m: 1:27.06	47.36 200m: 2:49.99	41.40	300m: 4:29.52	49.39	400m: 5:42.29	35.92
5.	Feico de Jonge	KZC	200600047	<b>5:47.04</b>	+0,75		
	50m: 39.09	39.09 150m: 2:06.19	41.62	250m: 3:37.89	51.21	350m: 5:08.90	40.13
	100m: 1:24.57	45.48 200m: 2:46.68	40.49	300m: 4:28.77	50.88	400m: 5:47.04	38.14
6.	Bas Blanker	ZPB H&L Productions	200601497	<b>5:50.81</b>	+0,78		
	50m: 37.37	37.37 150m: 2:07.65	44.59	250m: 3:42.44	50.51	350m: 5:12.70	39.30
	100m: 1:23.06	45.69 200m: 2:51.93	44.28	300m: 4:33.40	50.96	400m: 5:50.81	38.11
7.	Dimi Stoyanov	The Hague Swimming (SG)	200601067	<b>5:52.19</b>	+0,76		
	50m: 35.34	35.34 150m: 2:04.67	45.65	250m: 3:39.98	51.26	350m: 5:12.98	40.75
	100m: 1:19.02	43.68 200m: 2:48.72	44.05	300m: 4:32.23	52.25	400m: 5:52.19	39.21