

Programmanr. 64 Jongens, 400m wisselslag Junioren 2  
 16-12-2018 Resultaten

Nederlands Record Junioren	4:29.58	Jari Groenhart	Amsterdam	29-01-2016
Nederlands Record 13 jaar	4:41.11	Stephan de Freitas Steverink	Eindhoven	16-12-2017
Kamp. Record Junioren 2	4:41.11	Stephan de Freitas Steverink	Eindhoven	16-12-2017

rang	naam	vereniging	startnr.	tijd	RT		
1.	Cas Verstegen	HZPC	200500891	<b>5:03.25</b>	+0,71		
	50m: 32.27	32.27 150m: 1:48.57	38.57	250m: 3:09.55	41.71	350m: 4:28.64	35.59
	100m: 1:10.00	37.73 200m: 2:27.84	39.27	300m: 3:53.05	43.50	400m: 5:03.25	34.61
2.	Gabriel Been	The Hague Swimming (SG)	200501467	<b>5:03.40</b>	+0,76		
	50m: 31.54	31.54 150m: 1:48.93	39.99	250m: 3:11.53	43.36	350m: 4:30.30	34.87
	100m: 1:08.94	37.40 200m: 2:28.17	39.24	300m: 3:55.43	43.90	400m: 5:03.40	33.10
3.	Tijn van Kuijk	HZPC	200501087	<b>5:08.28</b>	+0,76		
	50m: 33.22	33.22 150m: 1:52.86	40.21	250m: 3:14.06	41.30	350m: 4:32.88	36.07
	100m: 1:12.65	39.43 200m: 2:32.76	39.90	300m: 3:56.81	42.75	400m: 5:08.28	35.40
4.	Yanieck Frijstein	The Hague Swimming (SG)	200500329	<b>5:09.99</b>	+0,74		
	50m: 34.06	34.06 150m: 1:55.31	40.82	250m: 3:17.51	42.26	350m: 4:36.08	35.70
	100m: 1:14.49	40.43 200m: 2:35.25	39.94	300m: 4:00.38	42.87	400m: 5:09.99	33.91
5.	Domingo Kuipers	Orca	200501787	<b>5:12.52</b>	+0,66		
	50m: 34.03	34.03 150m: 1:52.80	39.54	250m: 3:16.42	45.34	350m: 4:38.19	36.35
	100m: 1:13.26	39.23 200m: 2:31.08	38.28	300m: 4:01.84	45.42	400m: 5:12.52	34.33
6.	Sven Klink	Deltasteur	200500349	<b>5:13.57</b>	+0,69		
	50m: 33.01	33.01 150m: 1:52.10	39.88	250m: 3:15.62	44.10	350m: 4:38.11	37.11
	100m: 1:12.22	39.21 200m: 2:31.52	39.42	300m: 4:01.00	45.38	400m: 5:13.57	35.46
7.	Émile Fouzaï	The Hague Swimming (SG)	200500263	<b>5:16.84</b>	+0,60		
	50m: 31.93	31.93 150m: 1:52.56	42.15	250m: 3:19.62	46.02	350m: 4:41.90	36.60
	100m: 1:10.41	38.48 200m: 2:33.60	41.04	300m: 4:05.30	45.68	400m: 5:16.84	34.94
8.	Björn Verkaik	The Hague Swimming (SG)	200500411	<b>5:17.37</b>	+0,74		
	50m: 34.58	34.58 150m: 1:55.19	40.31	250m: 3:21.04	47.26	350m: 4:42.74	35.64
	100m: 1:14.88	40.30 200m: 2:33.78	38.59	300m: 4:07.10	46.06	400m: 5:17.37	34.63
9.	David da Silva Miranda	FZC'54-De Vikings (SG)	200500019	<b>5:27.02</b>	+0,88		
	50m: 37.03	37.03 150m: 2:04.64	41.89	250m: 3:30.82	45.08	350m: 4:53.07	36.93
	100m: 1:22.75	45.72 200m: 2:45.74	41.10	300m: 4:16.14	45.32	400m: 5:27.02	33.95
10.	Rens Stijf	NDD	200501419	<b>5:29.53</b>	+0,62		
	50m: 34.30	34.30 150m: 1:57.75	41.85	250m: 3:27.62	48.66	350m: 4:54.74	37.02
	100m: 1:15.90	41.60 200m: 2:38.96	41.21	300m: 4:17.72	50.10	400m: 5:29.53	34.79
11.	Alex Neuteboom Spijker	Aquapoldro	200500429	<b>5:31.46</b>	+0,74		
	50m: 34.88	34.88 150m: 1:59.84	43.75	250m: 3:32.63	49.71	350m: 4:56.25	34.53
	100m: 1:16.09	41.21 200m: 2:42.92	43.08	300m: 4:21.72	49.09	400m: 5:31.46	35.21
12.	Wouter Sies	TriVia	200500369	<b>5:32.97</b>	+0,65		
	50m: 36.06	36.06 150m: 2:06.20	44.68	250m: 3:33.45	44.66	350m: 4:57.03	37.89
	100m: 1:21.52	45.46 200m: 2:48.79	42.59	300m: 4:19.14	45.69	400m: 5:32.97	35.94
13.	Wesley van Elst	De Rijn	200500507	<b>5:38.64</b>	+0,76		
	50m: 36.34	36.34 150m: 2:02.57	42.46	250m: 3:32.42	47.79	350m: 5:00.64	39.59
	100m: 1:20.11	43.77 200m: 2:44.63	42.06	300m: 4:21.05	48.63	400m: 5:38.64	38.00
AFGEM	Mika Bongers	ESCA Zwemmen	200502683				
AFGEM	River Streefland	The Hague Swimming (SG)	200502253				