

Programmanr. 65
16-12-2018

Jongens, 400m wisselslag

Junioren 3 en 4
Resultaten

Nederlands Record Junioren	4:29.58	Jari Groenhart	Amsterdam	29-01-2016
Nederlands Record 15 jaar	4:33.81	Jorgos Skotadis	Dordrecht	28-12-2013
Nederlands Record 14 jaar	4:30.80	Stephan de Freitas Steverink	Santos (BRA)	23-05-2018
Kamp. Record Junioren 4	4:29.58	Jari Groenhart	Amsterdam	29-01-2016
Kamp. Record Junioren 3	4:34.69	Tom Laarhuis	Amsterdam	03-02-2013

rang	naam	vereniging	startnr.	tijd	RT			
Junioren 3								
1.	Stephan De Freitas Steverink	PSV	200404481	4:27.31	+0,74			
	<i>Nederlands Record Junioren</i>							
	50m: 29.04	29.04	150m: 1:37.04	35.64	250m: 2:48.16	36.98	350m: 3:57.23	31.74
	100m: 1:01.40	32.36	200m: 2:11.18	34.14	300m: 3:25.49	37.33	400m: 4:27.31	30.08
2.	Merlin Belmon	De Dolfijn	200403191	4:42.69	+0,83			
	50m: 28.63	28.63	150m: 1:39.48	37.47	250m: 2:56.35	40.72	350m: 4:12.21	33.45
	100m: 1:02.01	33.38	200m: 2:15.63	36.15	300m: 3:38.76	42.41	400m: 4:42.69	30.48
3.	David Groenewegen	PSV	200400469	4:43.83	+0,85			
	50m: 29.98	29.98	150m: 1:42.47	37.97	250m: 2:59.31	40.18	350m: 4:12.81	32.51
	100m: 1:04.50	34.52	200m: 2:19.13	36.66	300m: 3:40.30	40.99	400m: 4:43.83	31.02
4.	Abel te Riele	WVZ	200402317	4:49.61	+0,70			
	50m: 31.57	31.57	150m: 1:45.77	36.46	250m: 3:02.43	41.02	350m: 4:18.08	34.36
	100m: 1:09.31	37.74	200m: 2:21.41	35.64	300m: 3:43.72	41.29	400m: 4:49.61	31.53
5.	Timo Kock	The Hague Swimming (SG)	200400387	4:57.11	+0,76			
	50m: 30.80	30.80	150m: 1:44.77	38.65	250m: 3:05.44	42.99	350m: 4:24.66	35.62
	100m: 1:06.12	35.32	200m: 2:22.45	37.68	300m: 3:49.04	43.60	400m: 4:57.11	32.45
6.	Robin van den Berg	ZV 44	200400699	5:00.72	+0,73			
	50m: 31.15	31.15	150m: 1:46.06	38.44	250m: 3:07.13	42.76	350m: 4:27.49	35.73
	100m: 1:07.62	36.47	200m: 2:24.37	38.31	300m: 3:51.76	44.63	400m: 5:00.72	33.23
7.	Teun van der Schrier	Hieronymus	200403627	5:03.33	+0,72			
	50m: 31.12	31.12	150m: 1:47.50	39.92	250m: 3:09.40	42.96	350m: 4:29.69	35.69
	100m: 1:07.58	36.46	200m: 2:26.44	38.94	300m: 3:54.00	44.60	400m: 5:03.33	33.64
8.	Nathan Janssen	MNC Dordrecht	200401565	5:03.45	+0,72			
	50m: 32.58	32.58	150m: 1:52.02	41.12	250m: 3:14.56	43.09	350m: 4:31.51	33.67
	100m: 1:10.90	38.32	200m: 2:31.47	39.45	300m: 3:57.84	43.28	400m: 5:03.45	31.94
9.	Pepijn van Egmond	WVZ	200402309	5:04.88	+0,73			
	50m: 31.89	31.89	150m: 1:47.92	38.96	250m: 3:10.73	44.49	350m: 4:32.18	35.63
	100m: 1:08.96	37.07	200m: 2:26.24	38.32	300m: 3:56.55	45.82	400m: 5:04.88	32.70
10.	Collin Schouten	MSV-Zeemacht	200400697	5:04.91	+0,78			
	50m: 31.68	31.68	150m: 1:47.74	39.11	250m: 3:11.11	45.61	350m: 4:32.17	34.64
	100m: 1:08.63	36.95	200m: 2:25.50	37.76	300m: 3:57.53	46.42	400m: 5:04.91	32.74
11.	Jason van den Berg	The Hague Swimming (SG)	200400009	5:05.12	+0,72			
	50m: 32.04	32.04	150m: 1:49.29	39.01	250m: 3:10.89	43.34	350m: 4:31.40	37.10
	100m: 1:10.28	38.24	200m: 2:27.55	38.26	300m: 3:54.30	43.41	400m: 5:05.12	33.72
12.	Wouter Zijlstra	HZ&PC Heerenveen	200401545	5:06.32	+0,70			
	50m: 33.09	33.09	150m: 1:51.70	38.83	250m: 3:13.28	42.46	350m: 4:32.42	35.22
	100m: 1:12.87	39.78	200m: 2:30.82	39.12	300m: 3:57.20	43.92	400m: 5:06.32	33.90
13.	Jesper Bos	WS Twente	200401017	5:07.75	+0,79			
	50m: 33.13	33.13	150m: 1:51.46	39.87	250m: 3:12.76	42.21	350m: 4:33.09	36.35
	100m: 1:11.59	38.46	200m: 2:30.55	39.09	300m: 3:56.74	43.98	400m: 5:07.75	34.66
14.	Andrei Turta	De Aalscholver	200404549	5:08.48	+0,77			
	50m: 30.98	30.98	150m: 1:45.35	37.53	250m: 3:09.45	47.07	350m: 4:32.97	36.36
	100m: 1:07.82	36.84	200m: 2:22.38	37.03	300m: 3:56.61	47.16	400m: 5:08.48	35.51
15.	Sem Lazaroms	Hieronymus	200402921	5:09.76	+0,68			
	50m: 31.66	31.66	150m: 1:48.99	40.14	250m: 3:12.90	45.02	350m: 4:35.52	35.73
	100m: 1:08.85	37.19	200m: 2:27.88	38.89	300m: 3:59.79	46.89	400m: 5:09.76	34.24
DIS	Jort van der Vlag	WS Twente	200400335					
	<i>SD - De bewegingen van de benen niet te allen tijde gelijktijdig en/of in hetzelfde horizontale vlak uitgevoerd.</i>							

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Junioren 4

1. Esper Schreurs	ZEPS	200300433	4:41.98	+0,82
50m: 30.30	30.30 150m: 1:41.91 36.45	250m: 2:57.28 39.06	350m: 4:10.29 33.35	
100m: 1:05.46	35.16 200m: 2:18.22 36.31	300m: 3:36.94 39.66	400m: 4:41.98 31.69	
2. Kylian Heederik	Deltasteur	200300353	4:45.22	+0,73
50m: 30.66	30.66 150m: 1:43.21 36.75	250m: 2:59.18 40.04	350m: 4:13.28 34.38	
100m: 1:06.46	35.80 200m: 2:19.14 35.93	300m: 3:38.90 39.72	400m: 4:45.22 31.94	
3. Perry Laarhoven	ZPC Numansdorp	200301321	4:48.49	+0,75
50m: 30.42	30.42 150m: 1:44.99 36.63	250m: 3:00.34 39.37	350m: 4:15.15 34.78	
100m: 1:08.36	37.94 200m: 2:20.97 35.98	300m: 3:40.37 40.03	400m: 4:48.49 33.34	
4. Sam van der Stroom	PSV	200304409	4:51.29	+0,66
50m: 30.69	30.69 150m: 1:44.90 39.01	250m: 3:02.34 40.09	350m: 4:17.87 34.72	
100m: 1:05.89	35.20 200m: 2:22.25 37.35	300m: 3:43.15 40.81	400m: 4:51.29 33.42	
5. Stan De Swart	Nextline Swimming	200300535	4:52.96	+0,72
50m: 30.74	30.74 150m: 1:44.47 37.01	250m: 3:03.67 42.69	350m: 4:20.76 33.06	
100m: 1:07.46	36.72 200m: 2:20.98 36.51	300m: 3:47.70 44.03	400m: 4:52.96 32.20	
6. Wesley Zulver	ZVVS	200301319	4:57.06	+0,52
50m: 30.92	30.92 150m: 1:46.95 38.72	250m: 3:05.55 40.33	350m: 4:23.38 35.76	
100m: 1:08.23	37.31 200m: 2:25.22 38.27	300m: 3:47.62 42.07	400m: 4:57.06 33.68	
7. Michael Smink	The Hague Swimming (SG)	200302169	5:04.69	+0,79
50m: 29.46	29.46 150m: 1:45.74 39.05	250m: 3:10.59 45.87	350m: 4:32.19 35.79	
100m: 1:06.69	37.23 200m: 2:24.72 38.98	300m: 3:56.40 45.81	400m: 5:04.69 32.50	