

Programmanr. 66
 16-12-2018

Jongens, 400m wisselslag
 snelste serie

Jeugd 1 en 2
 Resultaten

Nederlands Record Jeugd	4:16.03	Jari Groenhart	Hoofddorp	21-12-2017
Nederlands Record 17 jaar	4:16.03	Jari Groenhart	Hoofddorp	21-12-2017
Nederlands Record 16 jaar	4:27.07	Jari Groenhart	Hoofddorp	04-11-2016
Kamp. Record Jeugd	4:19.84	Jari Groenhart	Eindhoven	16-12-2017

rang	naam	vereniging	startnr.	tijd	RT	
1.	Thomas Jansen	OC - WVZ	200100143	4:20.67 *	+0,72	
	50m: 27.48	27.48 150m: 1:33.80	33.70	250m: 2:43.12	37.52 350m: 3:51.81	30.63
	100m: 1:00.10	32.62 200m: 2:05.60	31.80	300m: 3:21.18	38.06 400m: 4:20.67	28.86
2.	Emile Dost	Borger	200100731	4:29.18	+0,77	
	50m: 28.03	28.03 150m: 1:35.91	34.56	250m: 2:48.16	38.03 350m: 3:58.50	31.56
	100m: 1:01.35	33.32 200m: 2:10.13	34.22	300m: 3:26.94	38.78 400m: 4:29.18	30.68
3.	Jarno Koster	Aqua-Novio'94	200200637	4:32.41	+0,76	
	50m: 28.25	28.25 150m: 1:35.70	35.05	250m: 2:48.53	38.94 350m: 4:00.66	32.32
	100m: 1:00.65	32.40 200m: 2:09.59	33.89	300m: 3:28.34	39.81 400m: 4:32.41	31.75
4.	Lars Verhale	VZC	200200019	4:32.44	+0,78	
	50m: 29.21	29.21 150m: 1:38.50	35.45	250m: 2:51.73	38.56 350m: 4:02.67	31.59
	100m: 1:03.05	33.84 200m: 2:13.17	34.67	300m: 3:31.08	39.35 400m: 4:32.44	29.77
5.	David Anthonio	KSN (SG)	200102551	4:33.54	+0,73	
	50m: 29.03	29.03 150m: 1:38.08	35.33	250m: 2:52.47	39.14 350m: 4:03.72	31.40
	100m: 1:02.75	33.72 200m: 2:13.33	35.25	300m: 3:32.32	39.85 400m: 4:33.54	29.82
6.	Vincent Croijmans	OC - VZC	200100381	4:33.60	+0,78	
	50m: 29.65	29.65 150m: 1:40.65	35.83	250m: 2:54.16	39.44 350m: 4:04.66	31.45
	100m: 1:04.82	35.17 200m: 2:14.72	34.07	300m: 3:33.21	39.05 400m: 4:33.60	28.94
7.	Sander Croijmans	OC - VZC	200100383	4:34.00	+0,80	
	50m: 29.61	29.61 150m: 1:39.65	36.11	250m: 2:54.18	39.29 350m: 4:04.30	30.95
	100m: 1:03.54	33.93 200m: 2:14.89	35.24	300m: 3:33.35	39.17 400m: 4:34.00	29.70
8.	Bryan Agterdenbos	PSV	200200003	4:37.34	+0,76	
	50m: 29.42	29.42 150m: 1:39.06	35.79	250m: 2:54.35	40.13 350m: 4:06.93	31.95
	100m: 1:03.27	33.85 200m: 2:14.22	35.16	300m: 3:34.98	40.63 400m: 4:37.34	30.41
9.	Max Visser	WVZ	200100077	4:40.59	+0,80	
	50m: 29.80	29.80 150m: 1:41.21	36.53	250m: 2:56.52	40.06 350m: 4:10.45	33.10
	100m: 1:04.68	34.88 200m: 2:16.46	35.25	300m: 3:37.35	40.83 400m: 4:40.59	30.14
10.	Gerard Willighagen	Poseidon'56	200103663	4:42.09	+0,71	
	50m: 29.37	29.37 150m: 1:37.98	35.33	250m: 2:55.19	41.89 350m: 4:10.59	32.69
	100m: 1:02.65	33.28 200m: 2:13.30	35.32	300m: 3:37.90	42.71 400m: 4:42.09	31.50
11.	Owen Peeks	ZPC Hooerveen	200100765	4:43.08	+0,83	
	50m: 30.96	30.96 150m: 1:42.69	35.31	250m: 2:58.55	40.98 350m: 4:12.58	31.70
	100m: 1:07.38	36.42 200m: 2:17.57	34.88	300m: 3:40.88	42.33 400m: 4:43.08	30.50
12.	Luc van Eijndhoven	PSV	200200139	4:43.46	+0,74	
	50m: 29.04	29.04 150m: 1:39.41	36.75	250m: 2:56.56	41.43 350m: 4:11.80	32.57
	100m: 1:02.66	33.62 200m: 2:15.13	35.72	300m: 3:39.23	42.67 400m: 4:43.46	31.66
13.	Janne Englebert	Hieronymus	200101561	4:45.23	+0,70	
	50m: 29.69	29.69 150m: 1:40.79	36.25	250m: 2:57.61	41.60 350m: 4:13.60	33.96
	100m: 1:04.54	34.85 200m: 2:16.01	35.22	300m: 3:39.64	42.03 400m: 4:45.23	31.63
14.	Coen de Lang	ZPC Hooerveen	200100067	4:45.27	+0,74	
	50m: 30.81	30.81 150m: 1:42.25	35.30	250m: 2:58.76	41.21 350m: 4:13.78	33.02
	100m: 1:06.95	36.14 200m: 2:17.55	35.30	300m: 3:40.76	42.00 400m: 4:45.27	31.49
15.	Jurre Hanstede	De Dinkel	200201019	4:46.92	+0,76	
	50m: 30.95	30.95 150m: 1:43.96	37.48	250m: 3:02.41	41.29 350m: 4:16.17	33.10
	100m: 1:06.48	35.53 200m: 2:21.12	37.16	300m: 3:43.07	40.66 400m: 4:46.92	30.75
16.	Tjeerd van Stein	LinK	200101439	4:47.37	+0,83	
	50m: 31.00	31.00 150m: 1:42.67	35.51	250m: 2:59.21	41.89 350m: 4:14.99	33.66
	100m: 1:07.16	36.16 200m: 2:17.32	34.65	300m: 3:41.33	42.12 400m: 4:47.37	32.38
17.	Scott Jansen	WVZ	200202455	4:49.17	+0,71	
	50m: 30.02	30.02 150m: 1:43.58	37.51	250m: 3:00.89	41.00 350m: 4:17.10	34.60
	100m: 1:06.07	36.05 200m: 2:19.89	36.31	300m: 3:42.50	41.61 400m: 4:49.17	32.07
18.	Freek Hollander	The Hague Swimming (SG)	200103815	4:51.86	+0,77	
	50m: 29.09	29.09 150m: 1:39.74	36.67	250m: 2:59.52	43.30 350m: 4:18.66	34.66
	100m: 1:03.07	33.98 200m: 2:16.22	36.48	300m: 3:44.00	44.48 400m: 4:51.86	33.20
19.	Guus Hoogduin	ZVL-1886	200201069	4:54.13	+0,75	
	50m: 29.59	29.59 150m: 1:41.20	37.30	250m: 3:01.67	43.28 350m: 4:19.93	35.32
	100m: 1:03.90	34.31 200m: 2:18.39	37.19	300m: 3:44.61	42.94 400m: 4:54.13	34.20



Nederlandse Junioren & Jeugd Kampioenschappen
korte baan dec. 2018
Eindhoven, 13 t/m 16 december 2018

Programmanr. 66, Jongens, 400m wisselslag, Jeugd 1 en 2

rang	naam	vereniging	startnr.	tijd	RT
NG	Luc Kroon	OC - Ed-Vo	200100697		