

Programmanr. 2
05-12-2019

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 | 3:58.97 | Stephan de Freitas Steverink | Eindhoven | 13-12-2018 |
| Kamp. Record Junioren 3 en 4 | 3:54.22 | Luc Kroon | Eindhoven | 26-01-2017 |

| rang | naam | vereniging | startnr. | tijd | RT | | | |
|------------------------|-----------------------|-------------------------|---------------|----------------|---------------|-------|---------------|-------|
| Junioren 3 en 4 | | | | | | | | |
| 1. | Luuk van Rooij | PSV | 200400581 | 4:03.79 | +0,77 | | | |
| | 50m: 27.78 | 27.78 | 150m: 1:29.47 | 31.08 | 250m: 2:31.63 | 31.11 | 350m: 3:34.26 | 31.04 |
| | 100m: 58.39 | 30.61 | 200m: 2:00.52 | 31.05 | 300m: 3:03.22 | 31.59 | 400m: 4:03.79 | 29.53 |
| 2. | David Groenewegen | PSV | 200400469 | 4:03.97 | +0,76 | | | |
| | 50m: 27.92 | 27.92 | 150m: 1:29.53 | 31.00 | 250m: 2:32.04 | 31.11 | 350m: 3:34.78 | 31.20 |
| | 100m: 58.53 | 30.61 | 200m: 2:00.93 | 31.40 | 300m: 3:03.58 | 31.54 | 400m: 4:03.97 | 29.19 |
| 3. | Merlin Belmon | De Dolfijn | 200403191 | 4:06.06 | +0,74 | | | |
| | 50m: 27.35 | 27.35 | 150m: 1:28.37 | 31.17 | 250m: 2:31.32 | 31.36 | 350m: 3:35.45 | 31.81 |
| | 100m: 57.20 | 29.85 | 200m: 1:59.96 | 31.59 | 300m: 3:03.64 | 32.32 | 400m: 4:06.06 | 30.61 |
| 4. | Hendrik van der Leest | FZC'54-De Vikings (SG) | 200404339 | 4:06.77 | +0,72 | | | |
| | 50m: 27.93 | 27.93 | 150m: 1:30.25 | 31.42 | 250m: 2:33.04 | 31.41 | 350m: 3:36.62 | 31.83 |
| | 100m: 58.83 | 30.90 | 200m: 2:01.63 | 31.38 | 300m: 3:04.79 | 31.75 | 400m: 4:06.77 | 30.15 |
| 5. | Robin van den Berg | ZV 44 | 200400699 | 4:09.57 | +0,73 | | | |
| | 50m: 27.64 | 27.64 | 150m: 1:29.06 | 30.75 | 250m: 2:32.15 | 31.68 | 350m: 3:37.28 | 32.71 |
| | 100m: 58.31 | 30.67 | 200m: 2:00.47 | 31.41 | 300m: 3:04.57 | 32.42 | 400m: 4:09.57 | 32.29 |
| 6. | Abel te Riele | WVZ | 200402317 | 4:10.12 | +0,68 | | | |
| | 50m: 28.00 | 28.00 | 150m: 1:31.28 | 31.79 | 250m: 2:35.17 | 32.01 | 350m: 3:39.42 | 32.00 |
| | 100m: 59.49 | 31.49 | 200m: 2:03.16 | 31.88 | 300m: 3:07.42 | 32.25 | 400m: 4:10.12 | 30.70 |
| 7. | Quinn Heederik | ZPC Hoogeveen | 200400093 | 4:16.89 | +0,79 | | | |
| | 50m: 29.99 | 29.99 | 150m: 1:34.68 | 32.76 | 250m: 2:40.43 | 33.02 | 350m: 3:46.64 | 33.23 |
| | 100m: 1:01.92 | 31.93 | 200m: 2:07.41 | 32.73 | 300m: 3:13.41 | 32.98 | 400m: 4:16.89 | 30.25 |
| 8. | Pieter Wisse | PSV | 200400779 | 4:17.02 | +0,75 | | | |
| | 50m: 28.50 | 28.50 | 150m: 1:33.25 | 32.58 | 250m: 2:38.40 | 32.05 | 350m: 3:45.99 | 33.67 |
| | 100m: 1:00.67 | 32.17 | 200m: 2:06.35 | 33.10 | 300m: 3:12.32 | 33.92 | 400m: 4:17.02 | 31.03 |
| 9. | Jacco Nijland | ZPC De Hof | 200400081 | 4:17.05 | +0,77 | | | |
| | 50m: 28.52 | 28.52 | 150m: 1:33.53 | 32.82 | 250m: 2:38.91 | 32.77 | 350m: 3:46.84 | 34.25 |
| | 100m: 1:00.71 | 32.19 | 200m: 2:06.14 | 32.61 | 300m: 3:12.59 | 33.68 | 400m: 4:17.05 | 30.21 |
| 10. | Anders van Norden | ZPC AMERSFOORT | 200400039 | 4:17.39 | +0,78 | | | |
| | 50m: 27.96 | 27.96 | 150m: 1:32.74 | 32.87 | 250m: 2:38.62 | 32.77 | 350m: 3:45.56 | 33.35 |
| | 100m: 59.87 | 31.91 | 200m: 2:05.85 | 33.11 | 300m: 3:12.21 | 33.59 | 400m: 4:17.39 | 31.83 |
| 11. | Collin Schouten | MSV-Zeemacht | 200400697 | 4:17.68 | +0,73 | | | |
| | 50m: 28.80 | 28.80 | 150m: 1:33.70 | 32.96 | 250m: 2:39.90 | 33.27 | 350m: 3:46.27 | 33.13 |
| | 100m: 1:00.74 | 31.94 | 200m: 2:06.63 | 32.93 | 300m: 3:13.14 | 33.24 | 400m: 4:17.68 | 31.41 |
| 12. | Wouter Zijlstra | HZ&PC Heerenvveen | 200401545 | 4:17.93 | +0,75 | | | |
| | 50m: 28.82 | 28.82 | 150m: 1:32.79 | 32.54 | 250m: 2:38.87 | 33.23 | 350m: 3:46.21 | 33.60 |
| | 100m: 1:00.25 | 31.43 | 200m: 2:05.64 | 32.85 | 300m: 3:12.61 | 33.74 | 400m: 4:17.93 | 31.72 |
| 13. | Koen Vissers | PSV | 200401429 | 4:18.35 | +0,80 | | | |
| | 50m: 28.97 | 28.97 | 150m: 1:32.21 | 32.02 | 250m: 2:38.30 | 33.25 | 350m: 3:45.63 | 33.89 |
| | 100m: 1:00.19 | 31.22 | 200m: 2:05.05 | 32.84 | 300m: 3:11.74 | 33.44 | 400m: 4:18.35 | 32.72 |
| 14. | Gabriel Been | The Hague Swimming (SG) | 200501467 | 4:18.81 | +0,80 | | | |
| | 50m: 29.06 | 29.06 | 150m: 1:33.80 | 32.81 | 250m: 2:40.06 | 33.11 | 350m: 3:46.75 | 33.22 |
| | 100m: 1:00.99 | 31.93 | 200m: 2:06.95 | 33.15 | 300m: 3:13.53 | 33.47 | 400m: 4:18.81 | 32.06 |
| 15. | Nathan Janssen | MNC Dordrecht | 200401565 | 4:19.21 | +0,73 | | | |
| | 50m: 28.83 | 28.83 | 150m: 1:33.14 | 32.56 | 250m: 2:39.61 | 33.63 | 350m: 3:46.87 | 33.74 |
| | 100m: 1:00.58 | 31.75 | 200m: 2:05.98 | 32.84 | 300m: 3:13.13 | 33.52 | 400m: 4:19.21 | 32.34 |
| 16. | Kaito van Meeteren | De Dolfijn | 200404271 | 4:19.26 | +0,72 | | | |
| | 50m: 28.86 | 28.86 | 150m: 1:33.65 | 32.73 | 250m: 2:40.10 | 33.29 | 350m: 3:47.20 | 33.70 |
| | 100m: 1:00.92 | 32.06 | 200m: 2:06.81 | 33.16 | 300m: 3:13.50 | 33.40 | 400m: 4:19.26 | 32.06 |
| 17. | Colin Bes | Zwemclub Polaris | 200500201 | 4:19.34 | +0,71 | | | |
| | 50m: 28.72 | 28.72 | 150m: 1:34.54 | 33.51 | 250m: 2:41.03 | 33.18 | 350m: 3:46.79 | 32.32 |
| | 100m: 1:01.03 | 32.31 | 200m: 2:07.85 | 33.31 | 300m: 3:14.47 | 33.44 | 400m: 4:19.34 | 32.55 |
| 18. | Yanieck Frijstein | The Hague Swimming (SG) | 200500329 | 4:19.40 | +0,78 | | | |
| | 50m: 28.68 | 28.68 | 150m: 1:33.52 | 33.01 | 250m: 2:40.38 | 33.51 | 350m: 3:47.13 | 33.65 |
| | 100m: 1:00.51 | 31.83 | 200m: 2:06.87 | 33.35 | 300m: 3:13.48 | 33.10 | 400m: 4:19.40 | 32.27 |

Programmanr. 2, Jongens, 400m vrije slag, Junioren 3 en 4

| rang | naam | vereniging | startnr. | tijd | RT |
|------|------------------------|-------------------------|-----------|----------------|-------|
| 19. | Emile Fouzai | The Hague Swimming (SG) | 200500263 | 4:19.47 | +0,74 |
| | 50m: 29.07 | 29.07 150m: 1:34.54 | 32.92 | 250m: 2:40.94 | 33.12 |
| | 100m: 1:01.62 | 32.55 200m: 2:07.82 | 33.28 | 300m: 3:14.31 | 33.37 |
| | | | | 350m: 3:47.58 | 33.27 |
| | | | | 400m: 4:19.47 | 31.89 |
| 20. | Floris Sonneveld | Nuenen | 200402953 | 4:20.03 | +0,74 |
| | 50m: 29.75 | 29.75 150m: 1:35.81 | 33.05 | 250m: 2:42.91 | 33.38 |
| | 100m: 1:02.76 | 33.01 200m: 2:09.53 | 33.72 | 300m: 3:15.92 | 33.01 |
| | | | | 350m: 3:48.58 | 32.66 |
| | | | | 400m: 4:20.03 | 31.45 |
| 21. | Alex Neuteboom Spijker | ZVV | 200500429 | 4:21.81 | +0,80 |
| | 50m: 29.96 | 29.96 150m: 1:36.10 | 33.43 | 250m: 2:43.34 | 33.45 |
| | 100m: 1:02.67 | 32.71 200m: 2:09.89 | 33.79 | 300m: 3:16.65 | 33.31 |
| | | | | 350m: 3:49.78 | 33.13 |
| | | | | 400m: 4:21.81 | 32.03 |
| 22. | Mac Peeks | ZPC Hoogeveen | 200400153 | 4:22.37 | +0,74 |
| | 50m: 30.79 | 30.79 150m: 1:37.36 | 33.57 | 250m: 2:44.91 | 33.94 |
| | 100m: 1:03.79 | 33.00 200m: 2:10.97 | 33.61 | 300m: 3:18.16 | 33.25 |
| | | | | 350m: 3:50.76 | 32.60 |
| | | | | 400m: 4:22.37 | 31.61 |
| 23. | Jesper Bos | WS Twente | 200401017 | 4:25.24 | +0,81 |
| | 50m: 29.60 | 29.60 150m: 1:35.69 | 33.36 | 250m: 2:43.58 | 34.13 |
| | 100m: 1:02.33 | 32.73 200m: 2:09.45 | 33.76 | 300m: 3:17.59 | 34.01 |
| | | | | 350m: 3:51.59 | 34.00 |
| | | | | 400m: 4:25.24 | 33.65 |
| 24. | Andrei Turta | ZV New Wave Almere | 200404549 | 4:25.45 | +0,84 |
| | 50m: 28.23 | 28.23 150m: 1:32.64 | 32.81 | 250m: 2:40.37 | 33.77 |
| | 100m: 59.83 | 31.60 200m: 2:06.60 | 33.96 | 300m: 3:14.96 | 34.59 |
| | | | | 350m: 3:49.95 | 34.99 |
| | | | | 400m: 4:25.45 | 35.50 |
| 25. | Sven Klink | ZV 44 | 200500349 | 4:25.80 | +0,65 |
| | 50m: 30.05 | 30.05 150m: 1:36.39 | 33.33 | 250m: 2:44.36 | 34.09 |
| | 100m: 1:03.06 | 33.01 200m: 2:10.27 | 33.88 | 300m: 3:18.66 | 34.30 |
| | | | | 350m: 3:52.58 | 33.92 |
| | | | | 400m: 4:25.80 | 33.22 |
| 26. | Sem Lazaroms | Hieronymus | 200402921 | 4:25.81 | +0,78 |
| | 50m: 30.20 | 30.20 150m: 1:36.67 | 33.61 | 250m: 2:44.68 | 33.90 |
| | 100m: 1:03.06 | 32.86 200m: 2:10.78 | 34.11 | 300m: 3:19.03 | 34.35 |
| | | | | 350m: 3:53.28 | 34.25 |
| | | | | 400m: 4:25.81 | 32.53 |
| 27. | Tycho de Jonge | Team Noord-Holland (SG) | 200400411 | 4:26.24 | +0,76 |
| | 50m: 29.53 | 29.53 150m: 1:35.44 | 33.30 | 250m: 2:43.71 | 34.27 |
| | 100m: 1:02.14 | 32.61 200m: 2:09.44 | 34.00 | 300m: 3:17.77 | 34.06 |
| | | | | 350m: 3:52.99 | 35.22 |
| | | | | 400m: 4:26.24 | 33.25 |
| 28. | Erik Oldenkamp | The Hague Swimming (SG) | 200400597 | 4:28.60 | +0,70 |
| | 50m: 29.83 | 29.83 150m: 1:36.86 | 33.72 | 250m: 2:45.71 | 34.66 |
| | 100m: 1:03.14 | 33.31 200m: 2:11.05 | 34.19 | 300m: 3:20.20 | 34.49 |
| | | | | 350m: 3:54.61 | 34.41 |
| | | | | 400m: 4:28.60 | 33.99 |
| 29. | Rens Stijf | NDD | 200501419 | 4:30.80 | +0,62 |
| | 50m: 29.70 | 29.70 150m: 1:36.75 | 33.96 | 250m: 2:45.71 | 34.73 |
| | 100m: 1:02.79 | 33.09 200m: 2:10.98 | 34.23 | 300m: 3:20.82 | 35.11 |
| | | | | 350m: 3:56.28 | 35.46 |
| | | | | 400m: 4:30.80 | 34.52 |
| 30. | Meindert Dekkinga | HZ&PC Heerenvveen | 200400377 | 4:35.30 | +0,79 |
| | 50m: 29.76 | 29.76 150m: 1:37.69 | 34.31 | 250m: 2:48.32 | 35.59 |
| | 100m: 1:03.38 | 33.62 200m: 2:12.73 | 35.04 | 300m: 3:24.64 | 36.32 |
| | | | | 350m: 4:00.29 | 35.65 |
| | | | | 400m: 4:35.30 | 35.01 |

Paralympics

| | | | | | | | |
|----|---------------|-----------------------------|-----------|---------------|----------------|---------------|-------|
| 1. | Bram Daalman | HPC PARA-ZV Haerlem | 200300629 | S14 | 4:30.21 | +0,88 | 827 |
| | 50m: 30.12 | 30.12 150m: 1:37.40 | 33.89 | 250m: 2:46.16 | 34.80 | 355.96 | 34.37 |
| | 100m: 1:03.51 | 33.39 200m: 2:11.36 | 33.96 | 300m: 3:21.59 | 35.43 | 4:30.21 | 34.25 |
| 2. | Jesse Bruines | Batavia Swim | 200402413 | S9 | 5:35.64 | +0,94 | 413 |
| | 50m: 37.74 | 37.74 150m: 2:01.15 | 42.16 | 250m: 3:27.02 | 43.39 | 350m: 4:54.90 | 43.56 |
| | 100m: 1:18.99 | 41.25 200m: 2:43.63 | 42.48 | 300m: 4:11.34 | 44.32 | 400m: 5:35.64 | 40.74 |
| 3. | Josh Renkema | HPC PARA-De Otters het Gooi | 200402537 | S6 | 6:52.33 | +0,65 | 388 |
| | 50m: 47.31 | 47.31 150m: 2:30.46 | 52.35 | 250m: 4:16.41 | 52.69 | 350m: 6:02.39 | 52.88 |
| | 100m: 1:38.11 | 50.80 200m: 3:23.72 | 53.26 | 300m: 5:09.51 | 53.10 | 400m: 6:52.33 | 49.94 |
| 4. | Max Bos | SCOM/De Zeehond'73 (SG) | 200701383 | S10 | 5:44.53 | +0,71 | 328 |
| | 50m: 35.65 | 35.65 150m: 2:01.94 | 44.65 | 250m: 3:32.64 | 45.59 | 350m: 5:03.11 | 44.64 |
| | 100m: 1:17.29 | 41.64 200m: 2:47.05 | 45.11 | 300m: 4:18.47 | 45.83 | 400m: 5:44.53 | 41.42 |
| 5. | Jesse Stel | HZ&PC Heerenvveen | 200700589 | S10 | 6:02.40 | +0,97 | 282 |
| | 50m: 40.44 | 40.44 150m: 2:15.32 | 47.30 | 250m: 3:49.42 | 47.13 | 350m: 5:20.70 | 44.77 |
| | 100m: 1:28.02 | 47.58 200m: 3:02.29 | 46.97 | 300m: 4:35.93 | 46.51 | 400m: 6:02.40 | 41.70 |