

Programmanr. 51
08-12-2019

Jongens, 400m wisselslag
snelste serie

Jun 3+4 / Jeu
Resultaten

Nederlands Record Jeugd	4:16.03	Jari Groenhart	Hoofddorp	21-12-2017
Nederlands Record Junioren	4:27.31	Stephan de Freitas Steverink	Eindhoven	16-12-2018
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
Nederlands Record 15 jaar	4:33.81	Jorgos Skotadis	Dordrecht	28-12-2013
Nederlands Record 14 jaar	4:27.31	Stephan de Freitas Steverink	Eindhoven	16-12-2018
Kamp. Record Jeugd	4:19.84	Jari Groenhart	Eindhoven	16-12-2017
Kamp. Record Junioren 3 en 4	4:27.31	Stephan de Freitas Steverink	Eindhoven	16-12-2018

rang naam vereniging startnr. tijd RT

Junioren 3 en 4

1.	David Groenewegen	PSV	200400469	4:33.74	+0,81			
	<i>Nederlands Record 15 jaar</i>							
	50m: 29.33	29.33	150m: 1:37.79	35.37	250m: 2:52.51	40.19	350m: 4:03.70	31.31
	100m: 1:02.42	33.09	200m: 2:12.32	34.53	300m: 3:32.39	39.88	400m: 4:33.74	30.04
2.	Abel te Riele	WVZ	200402317	4:34.63	+0,73			
	50m: 29.81	29.81	150m: 1:40.33	35.49	250m: 2:53.77	38.81	350m: 4:05.01	32.15
	100m: 1:04.84	35.03	200m: 2:14.96	34.63	300m: 3:32.86	39.09	400m: 4:34.63	29.62
3.	Merlin Belmon	De Dolfijn	200403191	4:38.97	+0,75			
	50m: 28.25	28.25	150m: 1:38.64	36.84	250m: 2:55.23	40.51	350m: 4:08.32	32.43
	100m: 1:01.80	33.55	200m: 2:14.72	36.08	300m: 3:35.89	40.66	400m: 4:38.97	30.65
4.	Ruben Claasen	ZPC AMERSFOORT	200400229	4:41.75	+0,69			
	50m: 30.18	30.18	150m: 1:43.78	37.88	250m: 2:58.35	38.27	350m: 4:10.22	32.97
	100m: 1:05.90	35.72	200m: 2:20.08	36.30	300m: 3:37.25	38.90	400m: 4:41.75	31.53
5.	Robin van den Berg	ZV 44	200400699	4:43.70	+0,80			
	50m: 30.54	30.54	150m: 1:43.14	36.98	250m: 2:59.52	39.93	350m: 4:13.11	32.59
	100m: 1:06.16	35.62	200m: 2:19.59	36.45	300m: 3:40.52	41.00	400m: 4:43.70	30.59
6.	Yanieck Frijstein	The Hague Swimming (SG)	200500329	4:48.78	+0,70			
	50m: 30.29	30.29	150m: 1:42.69	37.00	250m: 3:00.03	40.17	350m: 4:15.54	34.12
	100m: 1:05.69	35.40	200m: 2:19.86	37.17	300m: 3:41.42	41.39	400m: 4:48.78	33.24
7.	Wouter Zijlstra	HZ&PC Heerenveen	200401545	4:51.01	+0,69			
	50m: 31.22	31.22	150m: 1:45.90	38.21	250m: 3:03.91	40.15	350m: 4:18.57	33.95
	100m: 1:07.69	36.47	200m: 2:23.76	37.86	300m: 3:44.62	40.71	400m: 4:51.01	32.44
8.	Collin Schouten	MSV-Zeemacht	200400697	4:51.88	+0,81			
	50m: 30.77	30.77	150m: 1:43.70	37.09	250m: 3:03.53	44.08	350m: 4:20.80	33.43
	100m: 1:06.61	35.84	200m: 2:19.45	35.75	300m: 3:47.37	43.84	400m: 4:51.88	31.08
9.	Emile Fouzai	The Hague Swimming (SG)	200500263	4:53.69	+0,74			
	50m: 29.47	29.47	150m: 1:42.22	37.71	250m: 3:02.80	42.78	350m: 4:20.49	34.25
	100m: 1:04.51	35.04	200m: 2:20.02	37.80	300m: 3:46.24	43.44	400m: 4:53.69	33.20
10.	Kaito van Meeteren	De Dolfijn	200404271	4:53.95	+0,67			
	50m: 29.86	29.86	150m: 1:42.99	38.28	250m: 3:02.90	43.26	350m: 4:21.52	33.95
	100m: 1:04.71	34.85	200m: 2:19.64	36.65	300m: 3:47.57	44.67	400m: 4:53.95	32.43
11.	Jesper Bos	WS Twente	200401017	4:55.23	+0,85			
	50m: 31.53	31.53	150m: 1:46.99	38.20	250m: 3:05.85	40.56	350m: 4:22.05	34.15
	100m: 1:08.79	37.26	200m: 2:25.29	38.30	300m: 3:47.90	42.05	400m: 4:55.23	33.18
12.	Domingo Kuipers	Orca	200501787	4:55.32	+0,72			
	50m: 31.81	31.81	150m: 1:46.77	37.25	250m: 3:05.82	42.34	350m: 4:22.40	33.44
	100m: 1:09.52	37.71	200m: 2:23.48	36.71	300m: 3:48.96	43.14	400m: 4:55.32	32.92
13.	Floris Sonneveld	Nuenen	200402953	4:56.22	+0,76			
	50m: 31.74	31.74	150m: 1:47.23	38.30	250m: 3:06.18	42.35	350m: 4:23.21	34.88
	100m: 1:08.93	37.19	200m: 2:23.83	36.60	300m: 3:48.33	42.15	400m: 4:56.22	33.01
14.	Gabriel Been	The Hague Swimming (SG)	200501467	4:57.65	+0,84			
	50m: 30.60	30.60	150m: 1:45.52	39.10	250m: 3:06.10	42.65	350m: 4:24.39	35.17
	100m: 1:06.42	35.82	200m: 2:23.45	37.93	300m: 3:49.22	43.12	400m: 4:57.65	33.26
15.	Colin Bes	Zwemclub Polaris	200500201	4:57.78	+0,77			
	50m: 30.93	30.93	150m: 1:47.03	39.50	250m: 3:06.88	42.20	350m: 4:24.46	34.82
	100m: 1:07.53	36.60	200m: 2:24.68	37.65	300m: 3:49.64	42.76	400m: 4:57.78	33.32
16.	Nathan Janssen	MNC Dordrecht	200401565	4:58.90	+0,74			
	50m: 31.41	31.41	150m: 1:47.95	39.11	250m: 3:09.25	42.62	350m: 4:26.20	34.14
	100m: 1:08.84	37.43	200m: 2:26.63	38.68	300m: 3:52.06	42.81	400m: 4:58.90	32.70

onjuistheden?

mail naar: nijkinschrijvingen@knzb.nl

Programmanr. 51, Jongens, 400m wisselslag, Junioren 3 en 4

rang	naam	vereniging	startnr.	tijd	RT
17.	Pepijn van Egmond	WVZ	200402309	5:00.90	+0,72
	50m: 30.83	30.83 150m: 1:44.60	37.61 250m: 3:06.36	44.77 350m: 4:26.46	34.79
	100m: 1:06.99	36.16 200m: 2:21.59	36.99 300m: 3:51.67	45.31 400m: 5:00.90	34.44
18.	Bjorn Verkaik	The Hague Swimming (SG)	200500411	5:01.84	+0,73
	50m: 31.67	31.67 150m: 1:47.67	38.28 250m: 3:08.27	44.63 350m: 4:28.21	35.54
	100m: 1:09.39	37.72 200m: 2:23.64	35.97 300m: 3:52.67	44.40 400m: 5:01.84	33.63
19.	Andrei Turta	ZV New Wave Almere	200404549	5:02.79	+0,87
	50m: 31.85	31.85 150m: 1:45.53	36.74 250m: 3:06.92	44.92 350m: 4:27.91	35.55
	100m: 1:08.79	36.94 200m: 2:22.00	36.47 300m: 3:52.36	45.44 400m: 5:02.79	34.88

Jeugd 1 en 2

1.	Lars Verhalle	PSV	200200019	4:25.01	+0,77
	50m: 28.01	28.01 150m: 1:35.32	34.62 250m: 2:46.33	37.02 350m: 3:55.08	30.57
	100m: 1:00.70	32.69 200m: 2:09.31	33.99 300m: 3:24.51	38.18 400m: 4:25.01	29.93
2.	Jarno Koster	Aqua-Novio'94	200200637	4:29.00	+0,78
	50m: 27.74	27.74 150m: 1:34.81	34.55 250m: 2:46.87	38.38 350m: 3:58.24	31.91
	100m: 1:00.26	32.52 200m: 2:08.49	33.68 300m: 3:26.33	39.46 400m: 4:29.00	30.76
3.	Bryan Agterdenbos	PSV	200200003	4:31.07	+0,73
	50m: 28.99	28.99 150m: 1:37.78	35.45 250m: 2:51.33	38.90 350m: 4:02.29	31.46
	100m: 1:02.33	33.34 200m: 2:12.43	34.65 300m: 3:30.83	39.50 400m: 4:31.07	28.78
4.	Esper Schreurs	ZEPS	200300433	4:33.13	+0,78
	50m: 28.83	28.83 150m: 1:38.47	35.77 250m: 2:51.08	37.20 350m: 4:01.94	32.63
	100m: 1:02.70	33.87 200m: 2:13.88	35.41 300m: 3:29.31	38.23 400m: 4:33.13	31.19
5.	Niels Dijkshoorn	ZVVS	200203079	4:35.31	+0,76
	50m: 30.07	30.07 150m: 1:39.61	34.95 250m: 2:53.97	39.24 350m: 4:05.27	31.79
	100m: 1:04.66	34.59 200m: 2:14.73	35.12 300m: 3:33.48	39.51 400m: 4:35.31	30.04
6.	Stan de Swart	Nextline Swimming	200300535	4:38.18	+0,76
	50m: 29.29	29.29 150m: 1:38.22	35.28 250m: 2:52.87	39.94 350m: 4:07.07	32.72
	100m: 1:02.94	33.65 200m: 2:12.93	34.71 300m: 3:34.35	41.48 400m: 4:38.18	31.11
7.	Perry Laarhoven	ZPC Numansdorp	200301321	4:38.87	+0,76
	50m: 28.82	28.82 150m: 1:39.83	36.35 250m: 2:52.62	37.63 350m: 4:06.30	34.48
	100m: 1:03.48	34.66 200m: 2:14.99	35.16 300m: 3:31.82	39.20 400m: 4:38.87	32.57
8.	Luc van Eijndhoven	PSV	200200139	4:43.59	+0,78
	50m: 29.36	29.36 150m: 1:40.11	36.48 250m: 2:56.93	41.61 350m: 4:12.52	33.02
	100m: 1:03.63	34.27 200m: 2:15.32	35.21 300m: 3:39.50	42.57 400m: 4:43.59	31.07
9.	Michael Smink	The Hague Swimming (SG)	200302169	4:43.66	+0,78
	50m: 28.23	28.23 150m: 1:38.54	36.24 250m: 2:56.94	42.26 350m: 4:12.59	33.26
	100m: 1:02.30	34.07 200m: 2:14.68	36.14 300m: 3:39.33	42.39 400m: 4:43.66	31.07
10.	Kylian Heederik	ZPC Hoogeveen	200300353	4:44.18	+0,79
	50m: 30.79	30.79 150m: 1:42.83	36.33 250m: 2:57.04	39.97 350m: 4:12.55	35.21
	100m: 1:06.50	35.71 200m: 2:17.07	34.24 300m: 3:37.34	40.30 400m: 4:44.18	31.63
11.	Guus Hoogduin	ZVL-1886 Tetteroo	200201069	4:49.33	+0,74
	50m: 30.07	30.07 150m: 1:40.80	36.63 250m: 2:58.04	41.57 350m: 4:16.02	34.86
	100m: 1:04.17	34.10 200m: 2:16.47	35.67 300m: 3:41.16	43.12 400m: 4:49.33	33.31
12.	Tom Thijssen	NDD	200301521	4:50.85	+0,74
	50m: 30.19	30.19 150m: 1:44.74	38.19 250m: 3:02.19	40.19 350m: 4:18.58	35.07
	100m: 1:06.55	36.36 200m: 2:22.00	37.26 300m: 3:43.51	41.32 400m: 4:50.85	32.27
13.	Daan Hogerhuis	Link	200300317	4:52.82	+0,75
	50m: 30.64	30.64 150m: 1:45.01	38.11 250m: 3:03.72	41.57 350m: 4:20.60	34.40
	100m: 1:06.90	36.26 200m: 2:22.15	37.14 300m: 3:46.20	42.48 400m: 4:52.82	32.22
14.	Frederik Adema	De Granaet	200300253	4:55.78	+0,69
	50m: 30.57	30.57 150m: 1:44.75	37.62 250m: 3:04.29	42.53 350m: 4:22.30	35.31
	100m: 1:07.13	36.56 200m: 2:21.76	37.01 300m: 3:46.99	42.70 400m: 4:55.78	33.48