

Programmanr. 129  
18-06-2017

Jongens, 400m wisselslag  
snelste serie

Jeugd 1 en 2  
Resultaten

rang	naam	vereniging	startnr.	tijd	RT			
1.	Jari Groenhart <i>Kamp. Record Jeugd</i>	RTC - TriVia	200000271	<b>4:30.94</b>	+0,62			
	50m: 28.79 100m: 1:01.99	28.79 33.20	150m: 1:36.48 200m: 2:10.29	34.49 33.81	250m: 2:48.73 300m: 3:28.13	38.44 39.40	350m: 4:00.07 400m: 4:30.94	31.94 30.87
2.	Tim Hoogerwerf	DWK	200005587	<b>4:38.11</b>	+0,73			
	50m: 28.82 100m: 1:02.36	28.82 33.54	150m: 1:39.19 200m: 2:15.59	36.83 36.40	250m: 2:56.21 300m: 3:37.31	40.62 41.10	350m: 4:08.64 400m: 4:38.11	31.33 29.47
3.	Koen Koster	HZPC	199900517	<b>4:40.07</b>	+0,75			
	50m: 29.70 100m: 1:04.78	29.70 35.08	150m: 1:42.25 200m: 2:18.81	37.47 36.56	250m: 2:56.72 300m: 3:35.31	37.91 38.59	350m: 4:08.42 400m: 4:40.07	33.11 31.65
4.	Daan Zwertbroek	RTC - HZ&PC Heerenveen	199900463	<b>4:40.60</b>	+0,77			
	50m: 28.60 100m: 1:01.05	28.60 32.45	150m: 1:39.33 200m: 2:17.91	38.28 38.58	250m: 2:56.38 300m: 3:36.11	38.47 39.73	350m: 4:09.31 400m: 4:40.60	33.20 31.29
5.	Stijn Simons	PSV	199900813	<b>4:45.54</b>	+0,71			
	50m: 29.68 100m: 1:04.67	29.68 34.99	150m: 1:42.00 200m: 2:18.18	37.33 36.18	250m: 2:59.66 300m: 3:40.70	41.48 41.04	350m: 4:13.99 400m: 4:45.54	33.29 31.55
6.	Sten Postma	VZC	200000011	<b>4:46.28</b>	+0,67			
	50m: 29.84 100m: 1:04.45	29.84 34.61	150m: 1:42.26 200m: 2:19.70	37.81 37.44	250m: 2:59.78 300m: 3:40.80	40.08 41.02	350m: 4:14.26 400m: 4:46.28	33.46 32.02
7.	Olivier Jans	The Hague Swimming (SG)	200001815	<b>4:48.01</b>	+0,78			
	50m: 30.23 100m: 1:05.49	30.23 35.26	150m: 1:42.48 200m: 2:19.94	36.99 37.46	250m: 3:00.00 300m: 3:41.60	40.06 41.60	350m: 4:15.35 400m: 4:48.01	33.75 32.66
8.	Erwin Heinsius	HZ&PC Heerenveen	199900695	<b>4:56.71</b>	+0,67			
	50m: 30.21 100m: 1:05.92	30.21 35.71	150m: 1:45.27 200m: 2:24.08	39.35 38.81	250m: 3:05.17 300m: 3:46.72	41.09 41.55	350m: 4:22.37 400m: 4:56.71	35.65 34.34
9.	Aaron Hendriksen of Hendriks	LZ&PC De Haaien	200002711	<b>4:59.11</b>	+0,72			
	50m: 30.38 100m: 1:06.44	30.38 36.06	150m: 1:45.88 200m: 2:24.41	39.44 38.53	250m: 3:08.18 300m: 3:52.15	43.77 43.97	350m: 4:27.05 400m: 4:59.11	34.90 32.06
10.	Arjan Dekker	ReVeLie Swim Team	200000499	<b>4:59.45</b>	+0,70			
	50m: 31.79 100m: 1:10.42	31.79 38.63	150m: 1:49.37 200m: 2:26.87	38.95 37.50	250m: 3:09.87 300m: 3:53.12	43.00 43.25	350m: 4:27.05 400m: 4:59.45	33.93 32.40
11.	Darren Chen	De Kikker	200001149	<b>5:02.29</b>	+0,63			
	50m: 31.69 100m: 1:07.67	31.69 35.98	150m: 1:49.30 200m: 2:29.19	41.63 39.89	250m: 3:12.32 300m: 3:55.99	43.13 43.67	350m: 4:29.83 400m: 5:02.29	33.84 32.46
12.	Thom Delno	VZC	200000013	<b>5:02.69</b>	+0,73			
	50m: 29.89 100m: 1:04.88	29.89 34.99	150m: 1:44.85 200m: 2:23.88	39.97 39.03	250m: 3:06.48 300m: 3:49.41	42.60 42.93	350m: 4:26.58 400m: 5:02.69	37.17 36.11
13.	Tom Balsen Versteeg	Hieronymus	200005673	<b>5:07.67</b>	+0,60			
	50m: 31.86 100m: 1:08.95	31.86 37.09	150m: 1:48.13 200m: 2:27.78	39.18 39.65	250m: 3:11.93 300m: 3:57.62	44.15 45.69	350m: 4:32.51 400m: 5:07.67	34.89 35.16

B=bonus inschrijving  
onjuistheden?

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