

Programmanr. 31  
15-06-2017

Jongens, 400m vrije slag

Junioren 1  
Resultaten

rang	naam	vereniging	startnr.	tijd	RT			
1.	Simon Claasen	ZVV	200400231	<b>4:35.09</b>	+0,80			
	50m: 30.51	30.51	150m: 1:41.45	35.61	250m: 2:53.44	35.70	350m: 4:04.12	34.42
	100m: 1:05.84	35.33	200m: 2:17.74	36.29	300m: 3:29.70	36.26	400m: 4:35.09	30.97
2.	David Groenewegen	PSV	200400469	<b>4:35.20</b>	+0,74			
	50m: 30.64	30.64	150m: 1:40.91	35.65	250m: 2:52.54	35.44	350m: 4:03.03	34.33
	100m: 1:05.26	34.62	200m: 2:17.10	36.19	300m: 3:28.70	36.16	400m: 4:35.20	32.17
3.	Luuk van Rooij	PSV	200400581	<b>4:39.57</b>	+0,72			
	50m: 31.92	31.92	150m: 1:43.35	35.27	250m: 2:55.53	35.85	350m: 4:05.97	34.13
	100m: 1:08.08	36.16	200m: 2:19.68	36.33	300m: 3:31.84	36.31	400m: 4:39.57	33.60
4.	Hessel Broekstra	FZC'54-De Vikings (SG)	200400253	<b>4:43.18</b>	+0,76			
	50m: 30.17	30.17	150m: 1:39.57	35.42	250m: 2:52.76	36.55	350m: 4:07.53	37.16
	100m: 1:04.15	33.98	200m: 2:16.21	36.64	300m: 3:30.37	37.61	400m: 4:43.18	35.65
5.	Merlin Belmon	Het Y	200403191	<b>4:43.61</b>	+0,70			
	50m: 31.40	31.40	150m: 1:42.27	35.69	250m: 2:54.76	35.85	350m: 4:08.51	36.67
	100m: 1:06.58	35.18	200m: 2:18.91	36.64	300m: 3:31.84	37.08	400m: 4:43.61	35.10
6.	Timo Kock	ZZ&PC De Devel	200400387	<b>4:44.20</b>	+0,74			
	50m: 31.70	31.70	150m: 1:44.54	36.94	250m: 2:58.29	36.52	350m: 4:10.47	35.44
	100m: 1:07.60	35.90	200m: 2:21.77	37.23	300m: 3:35.03	36.74	400m: 4:44.20	33.73
7.	Abel te Riele	WVZ	200402317	<b>4:46.52</b>	+0,77			
	50m: 32.00	32.00	150m: 1:44.57	36.49	250m: 2:57.72	36.82	350m: 4:11.51	36.88
	100m: 1:08.08	36.08	200m: 2:20.90	36.33	300m: 3:34.63	36.91	400m: 4:46.52	35.01
8.	Jort van der Vlag	WS Twente	200400335	<b>4:47.16</b>	+0,76			
	50m: 31.71	31.71	150m: 1:44.11	36.74	250m: 2:58.01	37.00	350m: 4:12.06	37.13
	100m: 1:07.37	35.66	200m: 2:21.01	36.90	300m: 3:34.93	36.92	400m: 4:47.16	35.10
9.	Pieter Wisse	PSV	200400779	<b>4:49.36</b>	+0,82			
	50m: 32.26	32.26	150m: 1:45.51	36.96	250m: 3:00.42	37.49	350m: 4:14.82	36.85
	100m: 1:08.55	36.29	200m: 2:22.93	37.42	300m: 3:37.97	37.55	400m: 4:49.36	34.54
10.	Jay de Vries	ZZ&PC De Devel	200400669	<b>4:50.40</b>	+0,83			
	50m: 31.58	31.58	150m: 1:44.37	36.67	250m: 2:58.77	37.08	350m: 4:14.01	37.52
	100m: 1:07.70	36.12	200m: 2:21.69	37.32	300m: 3:36.49	37.72	400m: 4:50.40	36.39
11.	Jacco Nijland	ZPC De Hof	200400081	<b>4:51.50</b>	+0,94			
	50m: 31.92	31.92	150m: 1:44.88	36.68	250m: 2:59.45	36.98	350m: 4:16.12	38.23
	100m: 1:08.20	36.28	200m: 2:22.47	37.59	300m: 3:37.89	38.44	400m: 4:51.50	35.38
12.	Nathan Janssen	MNC Dordrecht	200401565	<b>4:51.52</b>	+0,69			
	50m: 32.36	32.36	150m: 1:45.38	36.78	250m: 3:00.28	37.75	350m: 4:15.09	37.21
	100m: 1:08.60	36.24	200m: 2:22.53	37.15	300m: 3:37.88	37.60	400m: 4:51.52	36.43
13.	Chris van der Hout	The Hague Swimming (SG)	200401355	<b>4:52.10</b>	+0,73			
	50m: 31.64	31.64	150m: 1:44.78	37.30	250m: 3:00.36	37.93	350m: 4:16.45	38.00
	100m: 1:07.48	35.84	200m: 2:22.43	37.65	300m: 3:38.45	38.09	400m: 4:52.10	35.65
14.	Jason van den Berg	Poseidon'56	200400009	<b>4:54.94</b>	+0,71			
	50m: 33.22	33.22	150m: 1:47.83	37.89	250m: 3:04.40	38.34	350m: 4:20.50	37.95
	100m: 1:09.94	36.72	200m: 2:26.06	38.23	300m: 3:42.55	38.15	400m: 4:54.94	34.44
15.	Luca Janssen	Mosa-Regio	200403237	<b>4:54.99</b>	+0,77			
	50m: 33.41	33.41	150m: 1:47.74	37.58	250m: 3:04.26	38.02	350m: 4:20.09	37.77
	100m: 1:10.16	36.75	200m: 2:26.24	38.50	300m: 3:42.32	38.06	400m: 4:54.99	34.90
16.	Robin van den Berg	ZV 44	200400699	<b>4:55.37</b>	+0,76			
	50m: 32.51	32.51	150m: 1:46.90	38.09	250m: 3:03.74	39.05	350m: 4:20.13	38.50
	100m: 1:08.81	36.30	200m: 2:24.69	37.79	300m: 3:41.63	37.89	400m: 4:55.37	35.24
17.	Ruben Claasen	ZVV	200400229	<b>4:56.87</b>	+0,72			
	50m: 32.16	32.16	150m: 1:47.16	37.81	250m: 3:03.41	37.80	350m: 4:19.92	37.37
	100m: 1:09.35	37.19	200m: 2:25.61	38.45	300m: 3:42.55	39.14	400m: 4:56.87	36.95
18.	Meindert Dekkinga	HZ&PC Heerenveen	200400377	<b>4:57.03</b>	+0,77			
	50m: 32.68	32.68	150m: 1:47.11	37.63	250m: 3:04.80	39.20	350m: 4:22.39	38.98
	100m: 1:09.48	36.80	200m: 2:25.60	38.49	300m: 3:43.41	38.61	400m: 4:57.03	34.64
19.	Mac Peeks	ZPC Hoozeveen	200400153	<b>4:57.42</b>	+0,68			
	50m: 33.13	33.13	150m: 1:48.31	37.62	250m: 3:04.99	37.81	350m: 4:21.54	37.55
	100m: 1:10.69	37.56	200m: 2:27.18	38.87	300m: 3:43.99	39.00	400m: 4:57.42	35.88
20.	Tycho de Jonge	KZC	200400411	<b>4:57.46</b>	+0,73			
	50m: 33.31	33.31	150m: 1:48.47	37.93	250m: 3:04.84	37.88	350m: 4:21.38	38.15
	100m: 1:10.54	37.23	200m: 2:26.96	38.49	300m: 3:43.23	38.39	400m: 4:57.46	36.08

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mail naar: [nijkinschrijvingen@knzb.nl](mailto:nijkinschrijvingen@knzb.nl)

Programmanr. 31, Jongens, 400m vrije slag, Junioren 1

rang	naam	vereniging	startnr.	tijd	RT
21.	Collin Schouten	MSV-Zeemacht	200400697	<b>4:58.32</b>	+0,67
	50m: 33.38	33.38 150m: 1:49.19	38.12 250m: 3:05.42	38.45 350m: 4:21.66	37.99
	100m: 1:11.07	37.69 200m: 2:26.97	37.78 300m: 3:43.67	38.25 400m: 4:58.32	36.66
22.	Chris Verhoeven	Nuenen	200400593	<b>4:58.47</b>	+0,70
	50m: 32.84	32.84 150m: 1:46.93	37.74 250m: 3:03.65	38.59 350m: 4:20.48	37.78
	100m: 1:09.19	36.35 200m: 2:25.06	38.13 300m: 3:42.70	39.05 400m: 4:58.47	37.99
23.	Teun van der Schrier	Hieronymus	200403627	<b>4:58.77</b>	+0,94
	50m: 34.73	34.73 150m: 1:50.78	38.35 250m: 3:07.16	37.73 350m: 4:23.08	38.08
	100m: 1:12.43	37.70 200m: 2:29.43	38.65 300m: 3:45.00	37.84 400m: 4:58.77	35.69
24.	Bram Verkuijlen	PSV	200401381	<b>5:01.55</b>	+0,94
	50m: 34.04	34.04 150m: 1:49.84	38.50 250m: 3:08.61	39.87 350m: 4:25.39	38.60
	100m: 1:11.34	37.30 200m: 2:28.74	38.90 300m: 3:46.79	38.18 400m: 5:01.55	36.16
25.	Thijm Kruit	De Columbiaan	200401339	<b>5:02.15</b>	+0,74
	50m: 34.07	34.07 150m: 1:51.13	39.02 250m: 3:10.54	39.87 350m: 4:28.48	38.07
	100m: 1:12.11	38.04 200m: 2:30.67	39.54 300m: 3:50.41	39.87 400m: 5:02.15	33.67
26.	Floris Sonneveld	Nuenen	200402953	<b>5:02.43</b>	+0,72
	50m: 34.55	34.55 150m: 1:53.01	39.04 250m: 3:10.85	38.71 350m: 4:27.68	38.18
	100m: 1:13.97	39.42 200m: 2:32.14	39.13 300m: 3:49.50	38.65 400m: 5:02.43	34.75
27.	Damian Waas	SBC2000	200402285	<b>5:02.86</b>	+0,81
	50m: 33.72	33.72 150m: 1:51.24	39.08 250m: 3:10.70	39.19 350m: 4:29.45	38.72
	100m: 1:12.16	38.44 200m: 2:31.51	40.27 300m: 3:50.73	40.03 400m: 5:02.86	33.41
28.	Quinten ten Dam	ZPC De Hof	200400075	<b>5:03.43</b>	+0,83
	50m: 34.74	34.74 150m: 1:53.16	39.34 250m: 3:11.27	38.95 350m: 4:27.84	37.98
	100m: 1:13.82	39.08 200m: 2:32.32	39.16 300m: 3:49.86	38.59 400m: 5:03.43	35.59
29.	Daan Trinh	Hieronymus	200401267	<b>5:03.93</b>	+0,74
	50m: 33.47	33.47 150m: 1:50.69	39.57 250m: 3:09.08	39.39 350m: 4:27.65	38.82
	100m: 1:11.12	37.65 200m: 2:29.69	39.00 300m: 3:48.83	39.75 400m: 5:03.93	36.28
30.	Joost Schuurmans	Hellas-Glana	200400543	<b>5:04.57</b>	+0,76
	50m: 33.16	33.16 150m: 1:49.48	39.06 250m: 3:07.87	39.66 350m: 4:27.33	39.63
	100m: 1:10.42	37.26 200m: 2:28.21	38.73 300m: 3:47.70	39.83 400m: 5:04.57	37.24
31.	Serge Knops	Hellas-Glana	200403867	<b>5:08.15</b>	+0,82
	50m: 34.24	34.24 150m: 1:51.69	38.94 250m: 3:11.10	38.91 350m: 4:31.75	39.88
	100m: 1:12.75	38.51 200m: 2:32.19	40.50 300m: 3:51.87	40.77 400m: 5:08.15	36.40
32.	Juiliano Soliani	DAW	200400353	<b>5:08.77</b>	+0,64
	50m: 34.07	34.07 150m: 1:51.98	39.64 250m: 3:11.95	39.60 350m: 4:31.50	39.47
	100m: 1:12.34	38.27 200m: 2:32.35	40.37 300m: 3:52.03	40.08 400m: 5:08.77	37.27
33.	Cas Hungens	Tempo	200400017	<b>5:11.76</b>	+0,74
	50m: 33.31	33.31 150m: 1:50.51	39.11 250m: 3:12.90	41.72 350m: 4:34.77	41.04
	100m: 1:11.40	38.09 200m: 2:31.18	40.67 300m: 3:53.73	40.83 400m: 5:11.76	36.99
34.	Arthur Bondartsov 100m/200m*	Poseidon'56	200403231	<b>5:17.09</b>	+0,72
	50m: 34.66	34.66 150m: 1:53.39	39.90 250m: 3:14.27	41.15 350m: 4:38.40	41.65
	100m: 1:13.49	38.83 200m: 2:33.12	39.73 300m: 3:56.75	42.48 400m: 5:17.09	38.69
35.	Kevin van Gelderen	TriVia	200402325	<b>5:20.44</b>	+0,77
	50m: 35.00	35.00 150m: 1:54.08	40.00 250m: 3:16.07	41.00 350m: 4:38.66	41.34
	100m: 1:14.08	39.08 200m: 2:35.07	40.99 300m: 3:57.32	41.25 400m: 5:20.44	41.78
NG	Erik Oldenkamp	De Lansingh	200400597		

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mail naar: [nijkinschrijvingen@knzb.nl](mailto:nijkinschrijvingen@knzb.nl)