

Programmanr. 35  
16-06-2018

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>4:30.70</b>	+0,75			
	50m: 28.32 100m: 1:00.73	28.32 32.41	150m: 1:35.92 200m: 2:09.52	35.19 33.60	250m: 2:47.19 300m: 3:26.07	37.67 38.88	350m: 3:59.04 400m: 4:30.70	32.97 31.66
2.	Sten Postma	VZC	200000011	<b>4:34.07</b>	+0,68			
	50m: 28.55 100m: 1:01.06	28.55 32.51	150m: 1:38.90 200m: 2:15.67	37.84 36.77	250m: 2:54.22 300m: 3:32.85	38.55 38.63	350m: 4:04.41 400m: 4:34.07	31.56 29.66
3.	Olivier Jans	The Hague Swimming (SG)	200001815	<b>4:40.51</b>	+0,75			
	50m: 29.55 100m: 1:03.28	29.55 33.73	150m: 1:39.69 200m: 2:15.80	36.41 36.11	250m: 2:55.53 300m: 3:35.66	39.73 40.13	350m: 4:09.32 400m: 4:40.51	33.66 31.19
4.	Emile Dost	Borger	200100731	<b>4:44.97</b>	+0,78			
	50m: 29.95 100m: 1:05.86	29.95 35.91	150m: 1:42.68 200m: 2:19.83	36.82 37.15	250m: 2:59.31 300m: 3:40.45	39.48 41.14	350m: 4:12.79 400m: 4:44.97	32.34 32.18
5.	David Anthonio	KSN (SG)	200102551	<b>4:49.63</b>	+0,80			
	50m: 31.05 100m: 1:07.34	31.05 36.29	150m: 1:45.58 200m: 2:22.81	38.24 37.23	250m: 3:04.50 300m: 3:46.72	41.69 42.22	350m: 4:19.42 400m: 4:49.63	32.70 30.21
6.	Sander Crooijmans	RTC - VZC	200100383	<b>4:50.85</b>	+0,82			
	50m: 29.72 100m: 1:04.93	29.72 35.21	150m: 1:43.35 200m: 2:21.31	38.42 37.96	250m: 3:02.80 300m: 3:45.29	41.49 42.49	350m: 4:18.49 400m: 4:50.85	33.20 32.36
7.	Vincent Crooijmans	RTC - VZC	200100381	<b>4:51.24</b>	+0,79			
	50m: 30.52 100m: 1:07.61	30.52 37.09	150m: 1:45.67 200m: 2:22.01	38.06 36.34	250m: 3:04.45 300m: 3:46.82	42.44 42.37	350m: 4:19.78 400m: 4:51.24	32.96 31.46
8.	Max Visser	WVZ	200100077	<b>4:54.47</b>	+0,76			
	50m: 30.89 100m: 1:08.20	30.89 37.31	150m: 1:46.91 200m: 2:23.90	38.71 36.99	250m: 3:06.26 300m: 3:49.24	42.36 42.98	350m: 4:23.00 400m: 4:54.47	33.76 31.47
9.	Owen Peeks	ZPC Hoogeveen	200100765	<b>4:55.91</b>	+0,83			
	50m: 32.29 100m: 1:09.68	32.29 37.39	150m: 1:46.61 200m: 2:23.17	36.93 36.56	250m: 3:06.95 300m: 3:51.39	43.78 44.44	350m: 4:25.07 400m: 4:55.91	33.68 30.84
10.	Jasper Breugem	WVZ	200000303	<b>4:56.34</b>	+0,79			
	50m: 30.38 100m: 1:06.40	30.38 36.02	150m: 1:44.20 200m: 2:20.44	37.80 36.24	250m: 3:03.67 300m: 3:48.52	43.23 44.85	350m: 4:23.40 400m: 4:56.34	34.88 32.94
11.	Marcel Delfstra	Wetterwille	200100037	<b>4:57.26</b>	+0,81			
	50m: 29.90 100m: 1:06.18	29.90 36.28	150m: 1:45.11 200m: 2:23.72	38.93 38.61	250m: 3:04.87 300m: 3:46.51	41.15 41.64	350m: 4:22.21 400m: 4:57.26	35.70 35.05
12.	Coen de Lang	ZPC Hoogeveen	200100067	<b>4:58.88</b>	+0,77			
	50m: 31.59 100m: 1:09.52	31.59 37.93	150m: 1:46.68 200m: 2:23.81	37.16 37.13	250m: 3:06.64 300m: 3:51.10	42.83 44.46	350m: 4:25.13 400m: 4:58.88	34.03 33.75
13.	Janne Englebort	Hieronymus	200101561	<b>5:02.06</b>	+0,74			
	50m: 31.20 100m: 1:07.87	31.20 36.67	150m: 1:45.92 200m: 2:22.11	38.05 36.19	250m: 3:08.25 300m: 3:53.79	46.14 45.54	350m: 4:28.98 400m: 5:02.06	35.19 33.08
14.	Freek Hollander	The Hague Swimming (SG)	200103815	<b>5:02.18</b>	+0,75			
	50m: 30.83 100m: 1:05.57	30.83 34.74	150m: 1:45.13 200m: 2:23.88	39.56 38.75	250m: 3:10.00 300m: 3:55.61	46.12 45.61	350m: 4:29.49 400m: 5:02.18	33.88 32.69
DIS	Thomas Jansen <i>RH - Het eindpunt niet in rugligging aangeraakt.</i>	RTC - WVZ	200100143					