

Programmanr. 56  
16-06-2018

Jongens, 400m wisselslag

Junioren 3 en 4  
Resultaten

rang	naam	vereniging	startnr.	tijd	RT	
<b>Junioren 3</b>						
1.	Angus Corbeau	ZPC AMERSFOORT	200304641	<b>4:50.66</b>	+0,70	
	50m: 29.98	29.98 150m: 1:45.76	39.70	250m: 3:02.78	39.30 350m: 4:17.32	34.22
	100m: 1:06.06	36.08 200m: 2:23.48	37.72	300m: 3:43.10	40.32 400m: 4:50.66	33.34
2.	Esper Schreurs	ZEPS	200300433	<b>4:55.10</b>	+0,72	
	50m: 31.12	31.12 150m: 1:45.88	38.39	250m: 3:03.79	39.90 350m: 4:20.04	35.11
	100m: 1:07.49	36.37 200m: 2:23.89	38.01	300m: 3:44.93	41.14 400m: 4:55.10	35.06
3.	Sam van der Stroom	PSV	200304409	<b>4:59.17</b>	+0,74	
	50m: 31.22	31.22 150m: 1:47.87	40.80	250m: 3:09.17	41.71 350m: 4:25.45	34.54
	100m: 1:07.07	35.85 200m: 2:27.46	39.59	300m: 3:50.91	41.74 400m: 4:59.17	33.72
4.	Kylian Heederik	Deltasteur	200300353	<b>5:02.54</b>	+0,85	
	50m: 30.86	30.86 150m: 1:47.44	39.80	250m: 3:10.21	44.46 350m: 4:30.23	36.18
	100m: 1:07.64	36.78 200m: 2:25.75	38.31	300m: 3:54.05	43.84 400m: 5:02.54	32.31
5.	Michael Smink	The Hague Swimming (SG)	200302169	<b>5:02.75</b>	+0,81	
	50m: 29.54	29.54 150m: 1:46.55	40.84	250m: 3:11.29	45.67 350m: 4:30.14	35.02
	100m: 1:05.71	36.17 200m: 2:25.62	39.07	300m: 3:55.12	43.83 400m: 5:02.75	32.61
6.	Frederik Adema	De Granaet	200300253	<b>5:05.97</b>	+0,74	
	50m: 31.72	31.72 150m: 1:48.55	37.89	250m: 3:10.89	43.77 350m: 4:31.26	35.52
	100m: 1:10.66	38.94 200m: 2:27.12	38.57	300m: 3:55.74	44.85 400m: 5:05.97	34.71
7.	Rijk Heere	ZPC AMERSFOORT	200300897	<b>5:08.34</b>	+0,82	
	50m: 32.66	32.66 150m: 1:51.45	40.58	250m: 3:14.76	43.65 350m: 4:34.74	35.80
	100m: 1:10.87	38.21 200m: 2:31.11	39.66	300m: 3:58.94	44.18 400m: 5:08.34	33.60
8.	Stan de Swart	PSV	200300535	<b>5:10.89</b>	+0,71	
	50m: 31.35	31.35 150m: 1:48.44	39.21	250m: 3:11.72	44.30 350m: 4:34.70	36.04
	100m: 1:09.23	37.88 200m: 2:27.42	38.98	300m: 3:58.66	46.94 400m: 5:10.89	36.19
9.	Milan Hamel	The Hague Swimming (SG)	200302125	<b>5:11.11</b>	+0,66	
	50m: 32.40	32.40 150m: 1:53.05	41.87	250m: 3:17.21	43.89 350m: 4:38.10	35.61
	100m: 1:11.18	38.78 200m: 2:33.32	40.27	300m: 4:02.49	45.28 400m: 5:11.11	33.01
10.	Yorick Visser	ZPC De Zeeuwse Kust	200301957	<b>5:11.61</b>	+0,72	
	50m: 31.07	31.07 150m: 1:50.50	42.74	250m: 3:16.37	44.55 350m: 4:37.94	35.81
	100m: 1:07.76	36.69 200m: 2:31.82	41.32	300m: 4:02.13	45.76 400m: 5:11.61	33.67
11.	Sjors Lemmers	Merlet	200300555	<b>5:14.03</b>	+0,69	
	50m: 33.06	33.06 150m: 1:53.14	42.27	250m: 3:16.69	43.45 350m: 4:39.19	37.73
	100m: 1:10.87	37.81 200m: 2:33.24	40.10	300m: 4:01.46	44.77 400m: 5:14.03	34.84
12.	Bjarne Buijs	The Hague Swimming (SG)	200301089	<b>5:19.67</b>	+0,69	
	50m: 32.82	32.82 150m: 1:54.12	42.48	250m: 3:21.34	46.04 350m: 4:45.21	37.59
	100m: 1:11.64	38.82 200m: 2:35.30	41.18	300m: 4:07.62	46.28 400m: 5:19.67	34.46
13.	Luuk Hulleman	ZVV	200300189	<b>5:20.00</b>	+0,83	
	50m: 30.47	30.47 150m: 1:50.23	42.27	250m: 3:18.84	48.23 350m: 4:44.87	36.75
	100m: 1:07.96	37.49 200m: 2:30.61	40.38	300m: 4:08.12	49.28 400m: 5:20.00	35.13
14.	Rens van Beek	Aqua-Novio'94	200300537	<b>5:20.45</b>	+0,86	
	50m: 31.53	31.53 150m: 1:53.62	40.98	250m: 3:18.95	46.73 350m: 4:45.00	37.67
	100m: 1:12.64	41.11 200m: 2:32.22	38.60	300m: 4:07.33	48.38 400m: 5:20.45	35.45
15.	Yassine Maas	The Hague Swimming (SG)	200301505	<b>5:34.24</b>	+0,76	
	50m: 33.99	33.99 150m: 1:58.06	42.93	250m: 3:27.32	47.18 350m: 4:55.61	39.50
	100m: 1:15.13	41.14 200m: 2:40.14	42.08	300m: 4:16.11	48.79 400m: 5:34.24	38.63
<b>Junioren 4</b>						
1.	Jarno Koster	Aqua-Novio'94	200200637	<b>4:45.65</b>	+0,70	
	50m: 28.15	28.15 150m: 1:39.15	36.85	250m: 2:55.66	40.28 350m: 4:11.62	34.66
	100m: 1:02.30	34.15 200m: 2:15.38	36.23	300m: 3:36.96	41.30 400m: 4:45.65	34.03
2.	Lars Verhalle	VZC	200200019	<b>4:51.53</b>	+0,75	
	50m: 28.66	28.66 150m: 1:41.84	39.30	250m: 3:01.63	42.34 350m: 4:19.50	34.99
	100m: 1:02.54	33.88 200m: 2:19.29	37.45	300m: 3:44.51	42.88 400m: 4:51.53	32.03
3.	Scott Jansen	WVZ	200202455	<b>4:53.08</b>	+0,78	
	50m: 31.07	31.07 150m: 1:47.46	39.54	250m: 3:07.11	42.11 350m: 4:22.40	33.54
	100m: 1:07.92	36.85 200m: 2:25.00	37.54	300m: 3:48.86	41.75 400m: 4:53.08	30.68

onjuistheden?

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

Programmanr. 56, Jongens, 400m wisselslag, Junioren 4

rang	naam	vereniging	startnr.	tijd	RT	
4.	Brandon van den Berg	The Hague Swimming (SG)	200200669	<b>4:58.73</b>	+0,66	
	50m: 30.35	30.35	150m: 1:45.30	39.40	250m: 3:07.27	42.66
	100m: 1:05.90	35.55	200m: 2:24.61	39.31	300m: 3:51.21	43.94
					350m: 4:25.56	34.35
					400m: 4:58.73	33.17
5.	Finn Vos	De Dolfijn	200200665	<b>5:01.42</b>	+0,66	
	50m: 31.89	31.89	150m: 1:51.74	42.66	250m: 3:13.86	41.81
	100m: 1:09.08	37.19	200m: 2:32.05	40.31	300m: 3:56.55	42.69
					350m: 4:30.73	34.18
					400m: 5:01.42	30.69
6.	Luc van Eijndhoven	De Warande	200200139	<b>5:01.79</b>	+0,74	
	50m: 29.63	29.63	150m: 1:43.45	38.54	250m: 3:05.72	44.65
	100m: 1:04.91	35.28	200m: 2:21.07	37.62	300m: 3:52.68	46.96
					350m: 4:27.53	34.85
					400m: 5:01.79	34.26
7.	Guus Hoogduin	LZ 1886	200201069	<b>5:03.24</b>	+0,74	
	50m: 30.55	30.55	150m: 1:44.56	39.12	250m: 3:07.06	43.25
	100m: 1:05.44	34.89	200m: 2:23.81	39.25	300m: 3:51.54	44.48
					350m: 4:28.44	36.90
					400m: 5:03.24	34.80
8.	Jurre Hanstede	De Dinkel	200201019	<b>5:05.45</b>	+0,78	
	50m: 31.30	31.30	150m: 1:49.72	41.50	250m: 3:13.43	43.07
	100m: 1:08.22	36.92	200m: 2:30.36	40.64	300m: 3:56.81	43.38
					350m: 4:32.20	35.39
					400m: 5:05.45	33.25