

Programmanr. 1 13-06-2019	Jongens, 400m vrije slag			Junioren/Jeugd Resultaten
Nederlands Record Junioren	3:56.45	Pieter van den Hoogenband	Pardubice (CEC)	04-08-1994
Nederlands Record 16 jaar	3:56.45	Pieter van den Hoogenband	Pardubice (CEC)	04-08-1994
Nederlands Record 15 jaar	4:03.59	Vincent Elgersma	Amersfoort	29-07-1988
Kamp. Record Junioren 4	4:02.12	Dion Dreesens	Amsterdam	19-06-2009
Kamp. Record Junioren 3	4:12.55	Luc Kroon	Dordrecht	16-06-2016
Prestatie-eis EJK 2019	3:53.78			
Prestatie-eis EYOF 2019	4:04.62			

rang	naam	vereniging	startnr.	tijd	RT			
Junioren 3								
1.	Stephan De Freitas Steverink	PSV	200404481	4:04.42	+0,67			
	<i>Kamp. Record Junioren 3</i>							
	50m: 27.88	27.88	150m: 1:28.87	30.45	250m: 2:30.85	31.06	350m: 3:33.81	31.34
	100m: 58.42	30.54	200m: 1:59.79	30.92	300m: 3:02.47	31.62	400m: 4:04.42	30.61
2.	Luuk van Rooij	Nextline Swimming	200400581	4:16.49	+0,74			
	50m: 29.39	29.39	150m: 1:33.50	32.41	250m: 2:39.35	32.91	350m: 3:44.45	32.24
	100m: 1:01.09	31.70	200m: 2:06.44	32.94	300m: 3:12.21	32.86	400m: 4:16.49	32.04
3.	David Groenewegen	PSV	200400469	4:16.77	+0,75			
	50m: 29.11	29.11	150m: 1:33.43	32.38	250m: 2:39.82	33.20	350m: 3:46.50	33.49
	100m: 1:01.05	31.94	200m: 2:06.62	33.19	300m: 3:13.01	33.19	400m: 4:16.77	30.27
4.	Robin van den Berg	ZV 44	200400699	4:19.77	+0,69			
	50m: 29.30	29.30	150m: 1:32.98	32.25	250m: 2:39.35	33.28	350m: 3:47.06	33.84
	100m: 1:00.73	31.43	200m: 2:06.07	33.09	300m: 3:13.22	33.87	400m: 4:19.77	32.71
5.	Merlin Belmon	De Dolfijn	200403191	4:20.02	+0,79			
	50m: 29.28	29.28	150m: 1:33.20	32.42	250m: 2:39.85	33.26	350m: 3:47.47	33.49
	100m: 1:00.78	31.50	200m: 2:06.59	33.39	300m: 3:13.98	34.13	400m: 4:20.02	32.55
6.	Timo Kock	The Hague Swimming (SG)	200400387	4:23.81 *	+0,70			
	50m: 29.42	29.42	150m: 1:35.96	33.39	250m: 2:43.58	33.49	350m: 3:51.61	34.04
	100m: 1:02.57	33.15	200m: 2:10.09	34.13	300m: 3:17.57	33.99	400m: 4:23.81	32.20
7.	Abel te Riele	WVZ	200402317	4:23.83	+0,74			
	50m: 29.52	29.52	150m: 1:36.56	33.67	250m: 2:44.48	33.77	350m: 3:51.80	33.77
	100m: 1:02.89	33.37	200m: 2:10.71	34.15	300m: 3:18.03	33.55	400m: 4:23.83	32.03
8.	Quinn Heederik	Deltasteur	200400093	4:26.44	+0,78			
	50m: 30.45	30.45	150m: 1:36.40	33.18	250m: 2:44.30	34.06	350m: 3:53.60	34.77
	100m: 1:03.22	32.77	200m: 2:10.24	33.84	300m: 3:18.83	34.53	400m: 4:26.44	32.84
9.	Pieter Wisse	PSV	200400779	4:28.42	+0,77			
	50m: 29.57	29.57	150m: 1:36.05	33.96	250m: 2:45.89	34.75	350m: 3:55.94	34.79
	100m: 1:02.09	32.52	200m: 2:11.14	35.09	300m: 3:21.15	35.26	400m: 4:28.42	32.48
10.	Jort van der Vlag	WS Twente	200400335	4:29.06	+0,80			
	50m: 29.39	29.39	150m: 1:36.54	33.81	250m: 2:46.09	34.75	350m: 3:55.68	34.62
	100m: 1:02.73	33.34	200m: 2:11.34	34.80	300m: 3:21.06	34.97	400m: 4:29.06	33.38
11.	Nathan Janssen	MNC Dordrecht	200401565	4:29.83	+0,68			
	50m: 30.18	30.18	150m: 1:38.32	34.69	250m: 2:48.25	35.26	350m: 3:57.92	34.48
	100m: 1:03.63	33.45	200m: 2:12.99	34.67	300m: 3:23.44	35.19	400m: 4:29.83	31.91
12.	Anders van Norden	ZPC AMERSFOORT	200400039	4:29.97	+0,73			
	50m: 29.80	29.80	150m: 1:37.77	34.28	250m: 2:46.48	34.51	350m: 3:56.60	35.17
	100m: 1:03.49	33.69	200m: 2:11.97	34.20	300m: 3:21.43	34.95	400m: 4:29.97	33.37
13.	Wouter Zijlstra	HZ&PC Heerenvveen	200401545	4:30.31	+0,70			
	50m: 29.45	29.45	150m: 1:36.68	34.25	250m: 2:47.08	35.34	350m: 3:55.95	34.48
	100m: 1:02.43	32.98	200m: 2:11.74	35.06	300m: 3:21.47	34.39	400m: 4:30.31	34.36
14.	Kaito van Meeteren	De Dolfijn	200404271	4:31.25	+0,81			
	50m: 30.72	30.72	150m: 1:39.16	34.77	250m: 2:48.82	34.89	350m: 3:58.16	34.54
	100m: 1:04.39	33.67	200m: 2:13.93	34.77	300m: 3:23.62	34.80	400m: 4:31.25	33.09
15.	Collin Schouten	MSV-Zeemacht	200400697	4:32.18	+0,55			
	50m: 30.43	30.43	150m: 1:38.57	34.61	250m: 2:48.40	35.12	350m: 3:58.76	34.98
	100m: 1:03.96	33.53	200m: 2:13.28	34.71	300m: 3:23.78	35.38	400m: 4:32.18	33.42
16.	Koen Vissers	PSV	200401429	4:32.38 *	+0,80			
	50m: 29.90	29.90	150m: 1:37.32	34.20	250m: 2:47.16	35.03	350m: 3:57.73	35.43
	100m: 1:03.12	33.22	200m: 2:12.13	34.81	300m: 3:22.30	35.14	400m: 4:32.38	34.65

Programmanr. 1, Jongens, 400m vrije slag, Junioren 3

rang	naam	vereniging	startnr.	tijd	RT			
17.	Sem Lazaroms	Hieronymus	200402921	4:32.82	+0,81			
	50m: 29.80	29.80	150m: 1:37.25	34.38	250m: 2:48.09	35.32	350m: 3:58.80	35.15
	100m: 1:02.87	33.07	200m: 2:12.77	35.52	300m: 3:23.65	35.56	400m: 4:32.82	34.02
18.	Jacco Nijland	ZPC De Hof	200400081	4:35.64	+0,78			
	50m: 30.71	30.71	150m: 1:39.71	34.88	250m: 2:50.05	35.54	350m: 4:00.74	35.63
	100m: 1:04.83	34.12	200m: 2:14.51	34.80	300m: 3:25.11	35.06	400m: 4:35.64	34.90
19.	Jesper Bos	WS Twente	200401017	4:36.52	+0,84			
	50m: 30.21	30.21	150m: 1:39.44	35.25	250m: 2:50.60	35.74	350m: 4:02.11	35.49
	100m: 1:04.19	33.98	200m: 2:14.86	35.42	300m: 3:26.62	36.02	400m: 4:36.52	34.41
20.	Floris Sonneveld	Nuenen	200402953	4:39.04	+0,76			
	50m: 31.93	31.93	150m: 1:43.48	35.73	250m: 2:55.19	35.68	350m: 4:05.85	35.06
	100m: 1:07.75	35.82	200m: 2:19.51	36.03	300m: 3:30.79	35.60	400m: 4:39.04	33.19

Junioren 4

1.	Esper Schreurs	ZEPS	200300433	4:14.99	+0,79			
	50m: 28.59	28.59	150m: 1:32.79	32.48	250m: 2:37.90	32.42	350m: 3:42.83	32.46
	100m: 1:00.31	31.72	200m: 2:05.48	32.69	300m: 3:10.37	32.47	400m: 4:14.99	32.16
2.	Yorick Visser	ZPC De Zeeuwse Kust	200301957	4:17.29	+0,69			
	50m: 28.70	28.70	150m: 1:32.86	32.37	250m: 2:38.83	32.78	350m: 3:45.34	33.08
	100m: 1:00.49	31.79	200m: 2:06.05	33.19	300m: 3:12.26	33.43	400m: 4:17.29	31.95
3.	Dylan Smolders	ZPC AMERSFOORT	200304923	4:18.24	+0,68			
	50m: 29.08	29.08	150m: 1:33.19	32.37	250m: 2:39.00	32.76	350m: 3:45.22	33.27
	100m: 1:00.82	31.74	200m: 2:06.24	33.05	300m: 3:11.95	32.95	400m: 4:18.24	33.02
4.	Perry Laarhoven	ZPC Numansdorp	200301321	4:21.26	+0,74			
	50m: 28.81	28.81	150m: 1:33.80	32.29	250m: 2:40.26	33.27	350m: 3:48.05	34.05
	100m: 1:01.51	32.70	200m: 2:06.99	33.19	300m: 3:14.00	33.74	400m: 4:21.26	33.21

Paralympics

1.	Bram Daalman	HPC PARA-ZV Haerlem	200300629	S14	4:36.84	+0,91	769	
	50m: 31.58	31.58	150m: 1:41.08	35.06	250m: 2:52.71	35.89	350m: 4:03.03	34.29
	100m: 1:06.02	34.44	200m: 2:16.82	35.74	300m: 3:28.74	36.03	400m: 4:36.84	33.81
2.	Thomas van Wanrooij <i>Nederlands Record WPS</i>	HPC PARA-Poseidon'56	200201473	S13	4:33.42	+0,75	639	
	50m: 30.93	30.93	150m: 1:39.64	34.87	250m: 2:50.35	35.57	350m: 4:00.81	35.05
	100m: 1:04.77	33.84	200m: 2:14.78	35.14	300m: 3:25.76	35.41	400m: 4:33.42	32.61
3.	Nick Selten	Merlet	200403275	S9	5:35.55	+0,77	413	
	50m: 35.70	35.70	150m: 1:58.82	42.34	250m: 3:26.05	43.58	350m: 4:53.34	42.71
	100m: 1:16.48	40.78	200m: 2:42.47	43.65	300m: 4:10.63	44.58	400m: 5:35.55	42.21
4.	Jesse Bruines	Batavia Swim	200402413	S9	5:54.31	+0,86	351	
	50m: 38.19	38.19	150m: 2:04.75	44.22	250m: 3:36.75	46.93	350m: 5:11.08	47.19
	100m: 1:20.53	42.34	200m: 2:49.82	45.07	300m: 4:23.89	47.14	400m: 5:54.31	43.23