

Programmanr. 56  
15-06-2019

Jongens, 400m vrije slag

Junioren 2  
Resultaten

Nederlands Record Junioren	3:56.45	Pieter van den Hoogenband	Pardubice (CEC)	04-08-1994
Nederlands Record 14 jaar	4:09.14	Kyle Stolk	Sheffield (GBR)	30-07-2010
Kamp. Record Junioren 2	4:12.98	Jorgos Skotadis	Drachten	15-06-2012

rang	naam	vereniging	startnr.	tijd	RT		
1.	Colin Bes	Zwemclub Polaris	200500201	<b>4:30.09</b>	+0,76		
	50m: 29.72	29.72 150m: 1:38.41	34.81	250m: 2:49.00	35.45	350m: 3:58.19	33.94
	100m: 1:03.60	33.88 200m: 2:13.55	35.14	300m: 3:24.25	35.25	400m: 4:30.09	31.90
2.	Yanieck Frijstein	The Hague Swimming (SG)	200500329	<b>4:30.13</b>	+0,75		
	50m: 30.49	30.49 150m: 1:38.37	34.64	250m: 2:48.39	35.19	350m: 3:57.30	34.05
	100m: 1:03.73	33.24 200m: 2:13.20	34.83	300m: 3:23.25	34.86	400m: 4:30.13	32.83
3.	Gabriel Been	The Hague Swimming (SG)	200501467	<b>4:32.34</b>	+0,78		
	50m: 30.08	30.08 150m: 1:37.69	34.57	250m: 2:48.33	35.43	350m: 3:58.87	35.06
	100m: 1:03.12	33.04 200m: 2:12.90	35.21	300m: 3:23.81	35.48	400m: 4:32.34	33.47
4.	Émile Fouzaï	The Hague Swimming (SG)	200500263	<b>4:36.04</b>	+0,81		
	50m: 30.94	30.94 150m: 1:41.50	35.59	250m: 2:52.61	35.37	350m: 4:02.93	34.69
	100m: 1:05.91	34.97 200m: 2:17.24	35.74	300m: 3:28.24	35.63	400m: 4:36.04	33.11
5.	Luka Geraerds	Hellas-Glana	200502077	<b>4:38.98</b>	+0,81		
	50m: 31.34	31.34 150m: 1:41.22	35.52	250m: 2:52.93	35.74	350m: 4:05.05	35.44
	100m: 1:05.70	34.36 200m: 2:17.19	35.97	300m: 3:29.61	36.68	400m: 4:38.98	33.93
6.	Rens Stijf	NDD	200501419	<b>4:39.85</b>	+0,62		
	50m: 30.47	30.47 150m: 1:39.07	35.01	250m: 2:50.71	36.23	350m: 4:04.37	36.82
	100m: 1:04.06	33.59 200m: 2:14.48	35.41	300m: 3:27.55	36.84	400m: 4:39.85	35.48
7.	Domingo Kuipers	Orca	200501787	<b>4:42.92</b>	+0,70		
	50m: 31.05	31.05 150m: 1:41.95	35.59	250m: 2:55.34	36.48	350m: 4:08.16	35.68
	100m: 1:06.36	35.31 200m: 2:18.86	36.91	300m: 3:32.48	37.14	400m: 4:42.92	34.76
8.	Wouter Sies	TriVia	200500369	<b>4:43.83</b>	+0,82		
	50m: 31.30	31.30 150m: 1:42.91	35.73	250m: 2:55.69	36.52	350m: 4:09.96	37.35
	100m: 1:07.18	35.88 200m: 2:19.17	36.26	300m: 3:32.61	36.92	400m: 4:43.83	33.87
9.	Mika Bongers	ESCA Zwemmen	200502683	<b>4:43.91</b>	+0,62		
	50m: 31.37	31.37 150m: 1:42.99	36.33	250m: 2:56.15	36.84	350m: 4:09.28	36.44
	100m: 1:06.66	35.29 200m: 2:19.31	36.32	300m: 3:32.84	36.69	400m: 4:43.91	34.63
10.	Björn Verkaik	The Hague Swimming (SG)	200500411	<b>4:46.41</b>	+0,73		
	50m: 31.61	31.61 150m: 1:44.58	36.82	250m: 2:57.95	36.58	350m: 4:11.24	36.57
	100m: 1:07.76	36.15 200m: 2:21.37	36.79	300m: 3:34.67	36.72	400m: 4:46.41	35.17