

Programmanr. 64
16-06-2019

Jongens, 400m wisselslag

Junioren 2
Resultaten

Nederlands Record Junioren	4:29.79	Sam van de Schootbrugge	Sheffield (GBR)	02-08-2009
Nederlands Record 14 jaar	4:42.91	Stephan de Freitas Steverink	Eindhoven	17-06-2018
Kamp. Record Junioren 2	4:42.91	Stephan de Freitas Steverink	Eindhoven	17-06-2018

rang	naam	vereniging	startnr.	tijd	RT		
1.	Cas Verstegen	HZPC	200500891	5:06.05	+0,75		
	50m: 33.05	33.05 150m: 1:53.59	41.40	250m: 3:14.55	40.05	350m: 4:32.36	35.38
	100m: 1:12.19	39.14 200m: 2:34.50	40.91	300m: 3:56.98	42.43	400m: 5:06.05	33.69
2.	Colin Bes	Zwemclub Polaris	200500201	5:07.28	+0,78		
	50m: 31.36	31.36 150m: 1:49.66	40.10	250m: 3:14.70	45.44	350m: 4:34.62	33.78
	100m: 1:09.56	38.20 200m: 2:29.26	39.60	300m: 4:00.84	46.14	400m: 5:07.28	32.66
3.	Yanieck Frijstein	The Hague Swimming (SG)	200500329	5:08.73	+0,80		
	50m: 33.69	33.69 150m: 1:53.54	40.55	250m: 3:16.87	42.47	350m: 4:34.78	34.34
	100m: 1:12.99	39.30 200m: 2:34.40	40.86	300m: 4:00.44	43.57	400m: 5:08.73	33.95
4.	Gabriel Been	The Hague Swimming (SG)	200501467	5:12.44	+0,79		
	50m: 31.62	31.62 150m: 1:51.71	41.94	250m: 3:16.87	44.40	350m: 4:38.18	36.19
	100m: 1:09.77	38.15 200m: 2:32.47	40.76	300m: 4:01.99	45.12	400m: 5:12.44	34.26
5.	Domingo Kuipers	Orca	200501787	5:14.25	+0,62		
	50m: 31.83	31.83 150m: 1:52.18	40.76	250m: 3:17.65	45.32	350m: 4:39.97	35.00
	100m: 1:11.42	39.59 200m: 2:32.33	40.15	300m: 4:04.97	47.32	400m: 5:14.25	34.28
6.	Tijn van Kuijk	HZPC	200501087	5:15.15	+0,71		
	50m: 34.06	34.06 150m: 1:54.03	40.55	250m: 3:17.30	43.24	350m: 4:38.66	36.71
	100m: 1:13.48	39.42 200m: 2:34.06	40.03	300m: 4:01.95	44.65	400m: 5:15.15	36.49
7.	Émile Fouzaï	The Hague Swimming (SG)	200500263	5:16.84	+0,77		
	50m: 31.41	31.41 150m: 1:51.50	41.83	250m: 3:19.67	46.45	350m: 4:41.86	36.21
	100m: 1:09.67	38.26 200m: 2:33.22	41.72	300m: 4:05.65	45.98	400m: 5:16.84	34.98
8.	Sven Klink	ZV 44	200500349	5:17.94	+0,70		
	50m: 32.18	32.18 150m: 1:52.38	40.09	250m: 3:17.77	45.33	350m: 4:42.21	36.75
	100m: 1:12.29	40.11 200m: 2:32.44	40.06	300m: 4:05.46	47.69	400m: 5:17.94	35.73
9.	Wouter Sies	TriVia	200500369	5:20.41	+0,62		
	50m: 33.07	33.07 150m: 1:56.08	43.48	250m: 3:23.91	45.83	350m: 4:45.53	36.07
	100m: 1:12.60	39.53 200m: 2:38.08	42.00	300m: 4:09.46	45.55	400m: 5:20.41	34.88
10.	Dave ten Brink	PSV	200501225	5:24.35	+0,74		
	50m: 34.98	34.98 150m: 1:58.77	42.36	250m: 3:24.33	44.58	350m: 4:48.77	37.91
	100m: 1:16.41	41.43 200m: 2:39.75	40.98	300m: 4:10.86	46.53	400m: 5:24.35	35.58
11.	Björn Verkaik	The Hague Swimming (SG)	200500411	5:24.60	+0,74		
	50m: 33.17	33.17 150m: 1:56.84	43.40	250m: 3:24.41	47.87	350m: 4:49.00	37.36
	100m: 1:13.44	40.27 200m: 2:36.54	39.70	300m: 4:11.64	47.23	400m: 5:24.60	35.60
12.	Sven ten Hove	Hieronymus	200500273	5:26.95	+0,66		
	50m: 33.28	33.28 150m: 1:56.76	43.37	250m: 3:24.39	46.52	350m: 4:51.63	39.52
	100m: 1:13.39	40.11 200m: 2:37.87	41.11	300m: 4:12.11	47.72	400m: 5:26.95	35.32
13.	Koen Marsman	ZPC AMERSFOORT	200502763	5:27.17	+0,65		
	50m: 34.23	34.23 150m: 1:57.39	43.28	250m: 3:27.04	48.28	350m: 4:52.90	37.14
	100m: 1:14.11	39.88 200m: 2:38.76	41.37	300m: 4:15.76	48.72	400m: 5:27.17	34.27
14.	Rens Stijf	NDD	200501419	5:27.51	+0,65		
	50m: 33.80	33.80 150m: 1:56.42	41.67	250m: 3:26.37	48.54	350m: 4:52.53	37.04
	100m: 1:14.75	40.95 200m: 2:37.83	41.41	300m: 4:15.49	49.12	400m: 5:27.51	34.98
15.	Flynn Peeks	ZPC Hoogeveen	200500231	5:29.98	+0,72		
	50m: 34.83	34.83 150m: 1:58.27	41.94	250m: 3:27.49	48.15	350m: 4:54.08	37.74
	100m: 1:16.33	41.50 200m: 2:39.34	41.07	300m: 4:16.34	48.85	400m: 5:29.98	35.90
16.	Wesley van Elst	De Rijn	200500507	5:30.47	+0,79		
	50m: 35.33	35.33 150m: 1:59.87	42.41	250m: 3:27.72	46.19	350m: 4:54.03	38.91
	100m: 1:17.46	42.13 200m: 2:41.53	41.66	300m: 4:15.12	47.40	400m: 5:30.47	36.44
17.	Yardan Taya	Zwemlust-den Hommel	200501343	5:38.55	+0,82		
	50m: 35.72	35.72 150m: 2:01.31	43.18	250m: 3:32.21	49.13	350m: 5:01.29	38.55
	100m: 1:18.13	42.41 200m: 2:43.08	41.77	300m: 4:22.74	50.53	400m: 5:38.55	37.26