

Programmanr. 65 16-06-2019	Jongens, 400m wisselslag			Junioren 3 en 4 Resultaten	
Nederlands Record Junioren	4:29.79	Sam van de Schootbrugge	Sheffield (GBR)	02-08-2009	
Nederlands Record 16 jaar	4:29.79	Sam van de Schootbrugge	Sheffield (GBR)	02-08-2009	
Nederlands Record 15 jaar	4:38.60	Sam van de Schootbrugge	Sheffield (GBR)	02-08-2008	
Kamp. Record Junioren 4	4:39.74	Sander Ganzevles	Amersfoort	05-07-1998	
Kamp. Record Junioren 3	4:45.64	Sander Ganzevles	Breda	27-06-1997	
Prestatie-eis EJK 2019	4:26.56				
Prestatie-eis EYOF 2019	4:36.09				

rang	naam	vereniging	startnr.	tijd	RT
Junioren 3					
1.	Stephan De Freitas Steverink	PSV	200404481	4:30.33	+0,68
	<i>Nederlands Record 15 jaar</i>				
	50m: 29.77	29.77	150m: 1:38.74	35.61	250m: 2:50.36
	100m: 1:03.13	33.36	200m: 2:13.03	34.29	300m: 3:28.25
				37.33	350m: 3:59.75
				37.89	400m: 4:30.33
					31.50
					30.58
2.	Abel te Riele	WVZ	200402317	4:48.03	+0,70
	50m: 30.20	30.20	150m: 1:43.68	37.29	250m: 3:01.18
	100m: 1:06.39	36.19	200m: 2:20.02	36.34	300m: 3:43.49
				41.16	350m: 4:17.11
				42.31	400m: 4:48.03
					33.62
					30.92
3.	David Groenewegen	PSV	200400469	4:49.44	+0,82
	50m: 30.13	30.13	150m: 1:42.56	37.64	250m: 3:02.28
	100m: 1:04.92	34.79	200m: 2:19.19	36.63	300m: 3:45.09
				43.09	350m: 4:18.58
				42.81	400m: 4:49.44
					33.49
					30.86
4.	Teun van der Schrier	Hieronymus	200403627	5:05.25	+0,71
	50m: 32.20	32.20	150m: 1:52.19	41.98	250m: 3:14.27
	100m: 1:10.21	38.01	200m: 2:32.37	40.18	300m: 3:57.03
				41.90	350m: 4:32.57
				42.76	400m: 5:05.25
					35.54
					32.68
5.	Nathan Janssen	MNC Dordrecht	200401565	5:05.40	+0,69
	50m: 33.09	33.09	150m: 1:51.99	40.52	250m: 3:15.24
	100m: 1:11.47	38.38	200m: 2:31.57	39.58	300m: 3:59.09
				43.67	350m: 4:33.67
				43.85	400m: 5:05.40
					34.58
					31.73
6.	Timo Kock	The Hague Swimming (SG)	200400387	5:07.02	+0,74
	50m: 31.15	31.15	150m: 1:47.43	40.22	250m: 3:13.06
	100m: 1:07.21	36.06	200m: 2:28.03	40.60	300m: 3:59.68
				45.03	350m: 4:34.12
				46.62	400m: 5:07.02
					34.44
					32.90
7.	Wouter Zijlstra	HZ&PC Heerenveen	200401545	5:08.70	+0,70
	50m: 33.22	33.22	150m: 1:53.62	40.98	250m: 3:16.12
	100m: 1:12.64	39.42	200m: 2:34.28	40.66	300m: 4:00.05
				41.84	350m: 4:34.54
				43.93	400m: 5:08.70
					34.49
					34.16
8.	Collin Schouten	MSV-Zeemacht	200400697	5:09.11	+0,79
	50m: 32.39	32.39	150m: 1:49.75	39.90	250m: 3:14.18
	100m: 1:09.85	37.46	200m: 2:27.84	38.09	300m: 4:01.31
				46.34	350m: 4:36.30
				47.13	400m: 5:09.11
					34.99
					32.81
9.	Floris Sonneveld	Nuenen	200402953	5:09.23	+0,79
	50m: 32.97	32.97	150m: 1:52.92	40.37	250m: 3:16.36
	100m: 1:12.55	39.58	200m: 2:31.51	38.59	300m: 4:00.25
				44.85	350m: 4:35.34
				43.89	400m: 5:09.23
					35.09
					33.89
10.	Andrei Turta	De Aalscholver	200404549	5:09.95	+0,86
	50m: 32.40	32.40	150m: 1:50.30	39.06	250m: 3:14.33
	100m: 1:11.24	38.84	200m: 2:28.38	38.08	300m: 4:01.18
				45.95	350m: 4:36.04
				46.85	400m: 5:09.95
					34.86
					33.91
11.	Quinn Heederik	Deltasteur	200400093	5:11.17	+0,81
	50m: 31.17	31.17	150m: 1:46.85	39.55	250m: 3:12.25
	100m: 1:07.30	36.13	200m: 2:25.68	38.83	300m: 3:59.94
				46.57	350m: 4:36.20
				47.69	400m: 5:11.17
					36.26
					34.97
12.	Jesper Bos	WS Twente	200401017	5:12.51	+0,81
	50m: 33.04	33.04	150m: 1:53.67	41.12	250m: 3:16.60
	100m: 1:12.55	39.51	200m: 2:34.41	40.74	300m: 4:01.18
				42.19	350m: 4:37.14
				44.58	400m: 5:12.51
					35.96
					35.37
13.	Mac Peeks	ZPC Hoogeveen	200400153	5:13.47	+0,74
	50m: 33.49	33.49	150m: 1:51.84	38.53	250m: 3:15.48
	100m: 1:13.31	39.82	200m: 2:29.15	37.31	300m: 4:02.81
				46.33	350m: 4:38.56
				47.33	400m: 5:13.47
					35.75
					34.91
14.	Kaito van Meeteren	De Dolfijn	200404271	5:15.20	+0,76
	50m: 32.76	32.76	150m: 1:51.73	40.29	250m: 3:17.19
	100m: 1:11.44	38.68	200m: 2:31.59	39.86	300m: 4:05.83
				45.60	350m: 4:41.00
				48.64	400m: 5:15.20
					35.17
					34.20
15.	Pepijn van Egmond	WVZ	200402309	5:17.20	+0,74
	50m: 31.59	31.59	150m: 1:50.25	40.80	250m: 3:17.79
	100m: 1:09.45	37.86	200m: 2:31.44	41.19	300m: 4:05.64
				46.35	350m: 4:42.03
				47.85	400m: 5:17.20
					36.39
					35.17
16.	Sem Lazaroms	Hieronymus	200402921	5:21.03	+0,76
	50m: 32.95	32.95	150m: 1:52.63	40.49	250m: 3:19.56
	100m: 1:12.14	39.19	200m: 2:32.09	39.46	300m: 4:08.49
				47.47	350m: 4:45.22
				48.93	400m: 5:21.03
					36.73
					35.81

Programmanr. 65, Jongens, 400m wisselslag, Junioren 3

rang	naam	vereniging	startnr.	tijd	RT
NG	Merlin Belmon	De Dolfijn	200403191		

Junioren 4

1.	Angus Corbeau	ZPC AMERSFOORT	200304641	4:45.18	+0,71
	50m: 29.55	29.55 150m: 1:44.23	39.10	250m: 2:59.99	38.08
	100m: 1:05.13	35.58 200m: 2:21.91	37.68	300m: 3:39.61	39.62
				350m: 4:13.12	41.12
				400m: 4:45.18	32.06
2.	Esper Schreurs	ZEPS	200300433	4:46.66	+0,78
	50m: 30.15	30.15 150m: 1:42.77	36.85	250m: 2:57.61	38.41
	100m: 1:05.92	35.77 200m: 2:19.20	36.43	300m: 3:37.44	39.83
				350m: 4:13.15	35.71
				400m: 4:46.66	33.51
3.	Dylan Smolders	ZPC AMERSFOORT	200304923	4:48.22	+0,66
	50m: 30.20	30.20 150m: 1:42.93	37.91	250m: 3:00.42	40.15
	100m: 1:05.02	34.82 200m: 2:20.27	37.34	300m: 3:40.75	40.33
				350m: 4:14.96	34.21
				400m: 4:48.22	33.26
4.	Kylian Heederik	Deltasteur	200300353	4:53.43	+0,73
	50m: 30.69	30.69 150m: 1:44.35	39.07	250m: 3:03.71	41.16
	100m: 1:05.28	34.59 200m: 2:22.55	38.20	300m: 3:45.54	41.83
				350m: 4:20.79	35.25
				400m: 4:53.43	32.64
5.	Perry Laarhoven	ZPC Numansdorp	200301321	4:54.80	+0,77
	50m: 29.44	29.44 150m: 1:45.82	38.74	250m: 3:04.63	41.24
	100m: 1:07.08	37.64 200m: 2:23.39	37.57	300m: 3:46.14	41.51
				350m: 4:22.06	35.92
				400m: 4:54.80	32.74
6.	Sam van der Stroom	PSV	200304409	4:57.24	+0,79
	50m: 30.94	30.94 150m: 1:49.06	41.66	250m: 3:08.04	40.15
	100m: 1:07.40	36.46 200m: 2:27.89	38.83	300m: 3:48.95	40.91
				350m: 4:24.29	35.34
				400m: 4:57.24	32.95
7.	Michael Smink	The Hague Swimming (SG)	200302169	5:00.95	+0,80
	50m: 28.95	28.95 150m: 1:44.73	40.59	250m: 3:09.20	45.47
	100m: 1:04.14	35.19 200m: 2:23.73	39.00	300m: 3:54.17	44.97
				350m: 4:28.22	34.05
				400m: 5:00.95	32.73
8.	Jelle Bon	ZVVS	200301077	5:03.94	+0,65
	50m: 31.20	31.20 150m: 1:47.77	38.80	250m: 3:10.28	44.18
	100m: 1:08.97	37.77 200m: 2:26.10	38.33	300m: 3:56.19	45.91
				350m: 4:30.91	34.72
				400m: 5:03.94	33.03
9.	Wesley Zulver	ZVVS	200301319	5:12.19	+0,69
	50m: 30.75	30.75 150m: 1:50.32	41.70	250m: 3:12.14	42.08
	100m: 1:08.62	37.87 200m: 2:30.06	39.74	300m: 3:56.66	44.52
				350m: 4:35.22	38.56
				400m: 5:12.19	36.97
DIS	Stan De Swart	Nextline Swimming	200300535		
	SK - Het keer- en/of eindpunt niet gelijktijdig met twee handen aangetikt.				