



Nederlandse Junioren Kampioenschappen korte baan 2012
Amsterdam, 3. - 5.2.2012

Programmanr. 16
03.02.2012 - 16:00

Jongens, 400m vrije slag

Junioren 1
Resultaten

Nederlands Record Junioren	3:56.23	Pieter van den Hoogenband	Uden	26.02.1994
Nederlands Record 13 jaar	4:14.10	Pieter van den Hoogenband	Eindhoven	26.01.1991
Kamp. Record Junioren 1	4:25.69	Jorgos Skotadis	Terneuzen	28.01.2011

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT	niveau	
1.	Luuk Veldman	Neptunia'24	4:59.18	199900981	4:39.16	+0,71	D	
	50m: 30.45	30.45	150m: 1:42.72	36.44	250m: 2:54.35	35.57	350m: 4:04.61	34.60
	100m: 1:06.28	35.83	200m: 2:18.78	36.06	300m: 3:30.01	35.66	400m: 4:39.16	34.55
2.	Toine Willigers	Zwemclub Eijsden	5:00.38	199902155	4:43.48	+0,76	E	
	50m: 30.89	30.89	150m: 1:42.90	36.53	250m: 2:55.61	35.69	350m: 4:08.74	36.16
	100m: 1:06.37	35.48	200m: 2:19.92	37.02	300m: 3:32.58	36.97	400m: 4:43.48	34.74
3.	Harm-jan Wijnhoud	ZVV	4:58.28	199901469	4:46.93	+0,79	E	
	50m: 31.60	31.60	150m: 1:44.36	37.14	250m: 2:58.90	37.16	350m: 4:14.02	37.64
	100m: 1:07.22	35.62	200m: 2:21.74	37.38	300m: 3:36.38	37.48	400m: 4:46.93	32.91
4.	Thijs van Wieringen	De Columbiaan	4:59.54	199900577	4:48.82	+0,85	E	
	50m: 31.69	31.69	150m: 1:45.97	37.73	250m: 3:02.25	37.82	350m: 4:15.11	36.50
	100m: 1:08.24	36.55	200m: 2:24.43	38.46	300m: 3:38.61	36.36	400m: 4:48.82	33.71
5.	Ruben Griffioen	De Columbiaan	4:42.73	199900771	4:49.42	+0,74	E	
	50m: 29.65	29.65	150m: 1:37.98	34.86	250m: 2:49.89	36.54	350m: 4:01.52	35.19
	100m: 1:03.12	33.47	200m: 2:13.35	35.37	300m: 3:26.33	36.44	400m: 4:49.42	47.90
6.	Bonk Stout	De Dolfijn	4:59.98	199902181	4:51.08	+0,68	E	
	50m: 31.54	31.54	150m: 1:44.46	37.23	250m: 2:59.34	37.56	350m: 4:14.80	37.51
	100m: 1:07.23	35.69	200m: 2:21.78	37.32	300m: 3:37.29	37.95	400m: 4:51.08	36.28
7.	Max Bond	Zwemlust-den Hommel	5:03.23	199900605	4:51.53	+0,75	E	
	50m: 31.68	31.68	150m: 1:46.03	38.04	250m: 3:02.00	37.77	350m: 4:16.51	37.16
	100m: 1:07.99	36.31	200m: 2:24.23	38.20	300m: 3:39.35	37.35	400m: 4:51.53	35.02
8.	Koen Koster	HZPC	5:08.55	199900517	4:51.67	+0,66	E	
	50m: 33.13	33.13	150m: 1:47.91	37.56	250m: 3:03.39	37.94	350m: 4:16.80	36.48
	100m: 1:10.35	37.22	200m: 2:25.45	37.54	300m: 3:40.32	36.93	400m: 4:51.67	34.87
9.	Joko Vievermanns	EIFFELswimmersPSV	5:13.56	199901915	4:54.04	+0,72	F	
	50m: 33.77	33.77	150m: 1:48.52	37.64	250m: 3:03.82	37.72	350m: 4:18.51	37.42
	100m: 1:10.88	37.11	200m: 2:26.10	37.58	300m: 3:41.09	37.27	400m: 4:54.04	35.53
10.	Joris Bezemer	De Kempvis	5:05.78	199900527	4:55.43	+0,80	F	
	50m: 33.17	33.17	150m: 1:48.43	37.67	250m: 3:03.30	37.82	350m: 4:17.99	37.46
	100m: 1:10.76	37.59	200m: 2:25.48	37.05	300m: 3:40.53	37.23	400m: 4:55.43	37.44
11.	Nick van Nijburg	De Otters Het Gooi	5:07.99	199902169	4:58.39	+0,75	F	
	50m: 33.45	33.45	150m: 1:48.90	37.89	250m: 3:05.47	38.37	350m: 4:22.24	38.31
	100m: 1:11.01	37.56	200m: 2:27.10	38.20	300m: 3:43.93	38.46	400m: 4:58.39	36.15
12.	Stef Poolman 50m,200m*	WS Twente	4:59.00	199900803	4:58.65	*	+0,85	F
	50m: 32.07	32.07	150m: 1:45.67	37.51	250m: 3:02.83	38.61	350m: 4:18.61	38.25
	100m: 1:08.16	36.09	200m: 2:24.22	38.55	300m: 3:40.36	37.53	400m: 4:58.65	40.04
13.	Rino Kriljic	TZC-Vahalis	5:12.82	199900533	4:59.71	+0,66	F	
	50m: 33.98	33.98	150m: 1:50.04	38.59	250m: 3:07.50	38.98	350m: 4:22.32	36.37
	100m: 1:11.45	37.47	200m: 2:28.52	38.48	300m: 3:45.95	38.45	400m: 4:59.71	37.39
14.	Skip de Mönink	AZ&PC	5:07.81	199901035	5:00.29	+0,74	F	
	50m: 33.92	33.92	150m: 1:49.40	38.16	250m: 3:06.06	37.85	350m: 4:22.38	38.50
	100m: 1:11.24	37.32	200m: 2:28.21	38.81	300m: 3:43.88	37.82	400m: 5:00.29	37.91
15.	Stijn Simons	EIFFELswimmersPSV	5:09.40	199900813	5:02.04	+0,83	F	
	50m: 34.96	34.96	150m: 1:51.06	38.09	250m: 3:08.57	39.24	350m: 4:25.92	38.68
	100m: 1:12.97	38.01	200m: 2:29.33	38.27	300m: 3:47.24	38.67	400m: 5:02.04	36.12
16.	Marcoen Smits	EIFFELswimmersPSV	5:10.77	199900815	5:03.16	+0,72	F	
	50m: 34.04	34.04	150m: 1:49.85	38.50	250m: 3:07.99	39.48	350m: 4:22.84	36.59
	100m: 1:11.35	37.31	200m: 2:28.51	38.66	300m: 3:46.25	38.26	400m: 5:03.16	40.32
17.	Lars van Tuyl	De Treffers	5:10.47	199900425	5:03.91	+0,84	F	
	50m: 33.89	33.89	150m: 1:49.49	38.32	250m: 3:08.48	39.92	350m: 4:26.21	38.90
	100m: 1:11.17	37.28	200m: 2:28.56	39.07	300m: 3:47.31	38.83	400m: 5:03.91	37.70
18.	Pascal Bloemen	OZ&PC	5:13.38	199900135	5:09.91	+0,97	F	
	50m: 34.80	34.80	150m: 1:53.61	39.31	250m: 3:13.56	39.76	350m: 4:33.58	39.40
	100m: 1:14.30	39.50	200m: 2:33.80	40.19	300m: 3:54.18	40.62	400m: 5:09.91	36.33
19.	Justus Ykema	DWK	5:12.13	199900029	5:10.42	+0,74	F	
	50m: 34.27	34.27	150m: 1:53.77	40.02	250m: 3:14.72	40.57	350m: 4:34.19	39.08
	100m: 1:13.75	39.48	200m: 2:34.15	40.38	300m: 3:55.11	40.39	400m: 5:10.42	36.23



Nederlandse Junioren Kampioenschappen korte baan 2012
Amsterdam, 3. - 5.2.2012

Programmanr. 16, Jongens, 400m vrije slag, Junioren 1

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT	niveau
DIS	Jan-Arnoud Melse	DZ&PC	4:48.88	199900785			AA
	50m:	150m:	250m:		350m:		
	100m:	200m:	300m:		400m:		