

Programmanr. 6 Heren, 400m wisselslag Jun/Jeu/Sen
15-12-2012 - 15:01 Resultaten

Nederlands Record Senioren	4:05.41	Marcel Wouda	Parijs (FRA)	08-02-1997
Nederlands Record Jeugd	4:20.20	Lucas Greven	Amsterdam	27-10-2012
Nederlands Record 18 jaar	4:19.35	Georgios Dimitras	Nieuwegein	09-12-2000
Nederlands Record 17 jaar	4:20.20	Lucas Greven	Amsterdam	27-10-2012
Nederlands Record 16 jaar	4:28.68	Lucas Greven	Wachtebeke (BEL)	19-11-2011

rang	naam	vereniging	tijd	RT	pnt	niv		
1.	Sebas van Lith	RTC Drachten	199001841	4:32.60	+0,75	D		
	50m: 27.77	27.77	150m: 1:35.25	34.62	250m: 2:45.89	35.81	350m: 3:58.76	33.80
	100m: 1:00.63	32.86	200m: 2:10.08	34.83	300m: 3:24.96	39.07	400m: 4:32.60	33.84
2.	Jorgos Skotadis	Racing Club	199803317	4:37.31 *	+0,78	A		
	50m: 30.03	30.03	150m: 1:39.68	34.50	250m: 2:54.08	40.18	350m: 4:06.21	31.09
	100m: 1:05.18	35.15	200m: 2:13.90	34.22	300m: 3:35.12	41.04	400m: 4:37.31	31.10
3.	Ivar de Jong	De Dolfijn	199700869	4:43.70	+0,69	D		
	50m: 30.39	30.39	150m: 1:42.46	36.79	250m: 2:57.60	38.69	350m: 4:11.40	33.46
	100m: 1:05.67	35.28	200m: 2:18.91	36.45	300m: 3:37.94	40.34	400m: 4:43.70	32.30
4.	Niels Kemperink	WS Twente	199600005	4:47.75	+0,69	E		
	50m: 28.81	28.81	150m: 1:39.02	36.18	250m: 2:56.35	40.22	350m: 4:12.86	34.66
	100m: 1:02.84	34.03	200m: 2:16.13	37.11	300m: 3:38.20	41.85	400m: 4:47.75	34.89
5.	Michel van Nieuwkerk	De Dolfijn	199702413	4:51.56	+0,68	E		
	50m: 32.26	32.26	150m: 1:49.03	38.72	250m: 3:06.93	39.65	350m: 4:19.94	32.87
	100m: 1:10.31	38.05	200m: 2:27.28	38.25	300m: 3:47.07	40.14	400m: 4:51.56	31.62
6.	Max Hermans	EIFFELswimmersPSV	199700879	4:52.74	+0,69	E		
	50m: 31.11	31.11	150m: 1:44.63	37.54	250m: 3:04.45	43.02	350m: 4:20.91	33.20
	100m: 1:07.09	35.98	200m: 2:21.43	36.80	300m: 3:47.71	43.26	400m: 4:52.74	31.83
7.	Jurian Beukers	WVZ	199501327	4:55.20	+0,73	F		
	50m: 31.57	31.57	150m: 1:45.14	36.37	250m: 3:05.59	44.93	350m: 4:23.23	32.87
	100m: 1:08.77	37.20	200m: 2:20.66	35.52	300m: 3:50.36	44.77	400m: 4:55.20	31.97
8.	Yannick Vijver	De Dolfijn	199600469	4:56.56	+0,77	E		
	50m: 31.35	31.35	150m: 1:45.59	35.88	250m: 3:04.92	42.49	350m: 4:22.86	34.51
	100m: 1:09.71	38.36	200m: 2:22.43	36.84	300m: 3:48.35	43.43	400m: 4:56.56	33.70
9.	Timos Skotadis	Racing Club	199804615	5:01.84	+0,69	E		
	50m: 31.58	31.58	150m: 1:47.08	37.60	250m: 3:09.52	45.12	350m: 4:28.79	34.07
	100m: 1:09.48	37.90	200m: 2:24.40	37.32	300m: 3:54.72	45.20	400m: 5:01.84	33.05
10.	Sven Dogger	De Zwoer	199600617	5:02.56	+0,76	F		
	50m: 32.97	32.97	150m: 1:51.94	40.37	250m: 3:13.02	42.68	350m: 4:31.04	34.53
	100m: 1:11.57	38.60	200m: 2:30.34	38.40	300m: 3:56.51	43.49	400m: 5:02.56	31.52
11.	Timo van der Ende	WVZ	199601979	5:03.14	+0,84	F		
	50m: 30.94	30.94	150m: 1:46.80	39.61	250m: 3:08.19	42.92	350m: 4:29.42	35.84
	100m: 1:07.19	36.25	200m: 2:25.27	38.47	300m: 3:53.58	45.39	400m: 5:03.14	33.72
12.	Ruben Griffioen	De Columbiaan	199900771	5:03.63	+0,78	D		
	50m: 33.45	33.45	150m: 1:50.06	37.05	250m: 3:10.01	42.63	350m: 4:30.14	36.62
	100m: 1:13.01	39.56	200m: 2:27.38	37.32	300m: 3:53.52	43.51	400m: 5:03.63	33.49
13.	Jorn Steenbergen	DZ&PC	199700039	5:07.55	+0,74	F		
	50m: 31.88	31.88	150m: 1:51.07	39.02	250m: 3:13.19	43.98	350m: 4:33.53	35.77
	100m: 1:12.05	40.17	200m: 2:29.21	38.14	300m: 3:57.76	44.57	400m: 5:07.55	34.02
14.	Maarten Rottier	Trivia	199600657	5:17.52 *	+0,85	F		
	50m: 33.40	33.40	150m: 1:52.69	42.97	250m: 3:19.30	42.68	350m: 4:41.53	36.81
	100m: 1:09.72	36.32	200m: 2:36.62	43.93	300m: 4:04.72	45.42	400m: 5:17.52	35.99
15.	Jesse van Dijk	De Houtrib	199903259	5:18.04	+0,71	E		
	50m: 31.63	31.63	150m: 1:52.37	41.06	250m: 3:17.73	45.01	350m: 4:42.74	37.35
	100m: 1:11.31	39.68	200m: 2:32.72	40.35	300m: 4:05.39	47.66	400m: 5:18.04	35.30
16.	Nick van der Krogt	De Zijl/LGB	199501313	5:24.43	+0,77			
	50m: 31.87	31.87	150m: 1:53.80	42.88	250m: 3:20.85	44.56	350m: 4:46.20	39.20
	100m: 1:10.92	39.05	200m: 2:36.29	42.49	300m: 4:07.00	46.15	400m: 5:24.43	38.23