

Programmanr. 21  
03-03-2013

Jongens, 400m vrije slag

Junioren en Jeugd  
Resultaten

| rang                           | naam             | vereniging          | intijd  | startnr.      | tijd           | RT            | niv.  |
|--------------------------------|------------------|---------------------|---------|---------------|----------------|---------------|-------|
| <b>Junioren 1 t/m 3</b>        |                  |                     |         |               |                |               |       |
| 1.                             | Bart Sommeling   | Oceanus             | 4:37.77 | 199800765     | <b>4:40.86</b> | +0,80         | F     |
|                                | 50m: 31.39       | 31.39 150m: 1:43.45 | 36.38   | 250m: 2:56.08 | 36.65          | 350m: 4:07.85 | 36.16 |
|                                | 100m: 1:07.07    | 35.68 200m: 2:19.43 | 35.98   | 300m: 3:31.69 | 35.61          | 400m: 4:40.86 | 33.01 |
| 2.                             | Stef Poolman     | WS Twente           | 4:34.59 | 199900803     | <b>4:42.66</b> | +0,87         | E     |
|                                | 50m: 31.78       | 31.78 150m: 1:43.32 | 35.99   | 250m: 2:56.84 | 36.93          | 350m: 4:09.04 | 35.90 |
|                                | 100m: 1:07.33    | 35.55 200m: 2:19.91 | 36.59   | 300m: 3:33.14 | 36.30          | 400m: 4:42.66 | 33.62 |
| 3.                             | Jeljer Aldershof | ZV Haerlem          | 4:28.49 | 199800719     | <b>4:46.07</b> | +0,99         | F     |
|                                | 50m: 31.07       | 31.07 150m: 1:42.06 | 35.61   | 250m: 2:55.63 | 36.37          | 350m: 4:09.64 | 36.18 |
|                                | 100m: 1:06.45    | 35.38 200m: 2:19.26 | 37.20   | 300m: 3:33.46 | 37.83          | 400m: 4:46.07 | 36.43 |
| 4.                             | Bonk Stout       | De Dolfijn          | 4:34.12 | 199902181     | <b>4:49.33</b> | +0,85         | F     |
|                                | 50m: 31.79       | 31.79 150m: 1:44.10 | 37.05   | 250m: 2:57.88 | 37.06          | 350m: 4:12.73 | 37.48 |
|                                | 100m: 1:07.05    | 35.26 200m: 2:20.82 | 36.72   | 300m: 3:35.25 | 37.37          | 400m: 4:49.33 | 36.60 |
| <b>Junioren 4 en Jeugd 1-2</b> |                  |                     |         |               |                |               |       |
| 1.                             | Scott Bole       | De Dolfijn          | 4:05.36 | 199605495     | <b>4:13.67</b> | +0,80         | D     |
|                                | 50m: 29.29       | 29.29 150m: 1:33.44 | 32.09   | 250m: 2:38.23 | 32.36          | 350m: 3:42.31 | 31.93 |
|                                | 100m: 1:01.35    | 32.06 200m: 2:05.87 | 32.43   | 300m: 3:10.38 | 32.15          | 400m: 4:13.67 | 31.36 |
| 2.                             | Melvin Prins     | SBC2000             | 4:19.96 | 199500201     | <b>4:23.53</b> | +0,76         | E     |
|                                | 50m: 29.73       | 29.73 150m: 1:35.23 | 32.56   | 250m: 2:41.93 | 33.49          | 350m: 3:50.38 | 34.19 |
|                                | 100m: 1:02.67    | 32.94 200m: 2:08.44 | 33.21   | 300m: 3:16.19 | 34.26          | 400m: 4:23.53 | 33.15 |
| 3.                             | Ivar de Jong     | De Dolfijn          | 4:19.12 | 199700869     | <b>4:27.52</b> | +0,52         | E     |
|                                | 50m: 30.30       | 30.30 150m: 1:38.37 | 34.38   | 250m: 2:46.79 | 33.68          | 350m: 3:54.85 | 34.33 |
|                                | 100m: 1:03.99    | 33.69 200m: 2:13.11 | 34.74   | 300m: 3:20.52 | 33.73          | 400m: 4:27.52 | 32.67 |
| 4.                             | Thomas Verouden  | Oceanus             | 4:24.97 | 199602855     | <b>4:34.56</b> | +0,83         | F     |
|                                | 50m: 30.44       | 30.44 150m: 1:38.85 | 34.61   | 250m: 2:49.09 | 35.40          | 350m: 4:00.57 | 35.69 |
|                                | 100m: 1:04.24    | 33.80 200m: 2:13.69 | 34.84   | 300m: 3:24.88 | 35.79          | 400m: 4:34.56 | 33.99 |