

Amsterdam Talent Cup 2013
Amsterdam, 3-3-2013

Programmanr. 7
03-03-2013

Jongens, 400m wisselslag

Junioren en Jeugd
Resultaten

rang	naam	vereniging	intijd	startnr.	tijd	RT	niv.	
Junioren 1 t/m 3								
1.	Bart Sommeling	Oceanus	4:59.93	199800765	5:14.93	+0,82	F	
	50m: 31.73	31.73	150m: 1:52.57	41.24	250m: 3:18.25	45.34	350m: 4:41.16	35.91
	100m: 1:11.33	39.60	200m: 2:32.91	40.34	300m: 4:05.25	47.00	400m: 5:14.93	33.77
2.	Ruben Griffioen	De Columbiaan	5:00.54	199900771	5:15.75	+0,74	E	
	50m: 35.41	35.41	150m: 1:56.67	39.36	250m: 3:19.39	44.02	350m: 4:41.22	36.76
	100m: 1:17.31	41.90	200m: 2:35.37	38.70	300m: 4:04.46	45.07	400m: 5:15.75	34.53
3.	Bas Verdoes	LZ 1886	5:04.71	199801487	5:17.56	+0,78	F	
	50m: 32.52	32.52	150m: 1:53.33	40.30	250m: 3:18.76	45.36	350m: 4:42.21	36.65
	100m: 1:13.03	40.51	200m: 2:33.40	40.07	300m: 4:05.56	46.80	400m: 5:17.56	35.35
4.	Wesley Bos	De Columbiaan	5:13.88	199901241	5:25.63	+0,85	F	
	50m: 33.82	33.82	150m: 1:53.48	41.63	250m: 3:23.52	47.87	350m: 4:49.99	36.46
	100m: 1:11.85	38.03	200m: 2:35.65	42.17	300m: 4:13.53	50.01	400m: 5:25.63	35.64
Junioren 4 en Jeugd 1-2								
1.	Richard Kuipers	Orca	5:19.54	199704171	5:06.29	+0,92	F	
	50m: 31.74	31.74	150m: 1:48.90	39.67	250m: 3:13.34	46.39	350m: 4:33.60	34.44
	100m: 1:09.23	37.49	200m: 2:26.95	38.05	300m: 3:59.16	45.82	400m: 5:06.29	32.69
2.	Nordin Termoshuizen	WVZ	5:05.23	199605401	5:15.39	+0,93	F	
	50m: 32.42	32.42	150m: 1:52.85	42.48	250m: 3:22.10	47.59	350m: 4:42.63	33.92
	100m: 1:10.37	37.95	200m: 2:34.51	41.66	300m: 4:08.71	46.61	400m: 5:15.39	32.76
3.	Hans-Jan Westerhof	WS Twente	5:16.30	199701481	5:20.59	+0,83	F	
	50m: 30.83	30.83	150m: 1:49.83	41.99	250m: 3:17.78	46.42	350m: 4:43.99	39.94
	100m: 1:07.84	37.01	200m: 2:31.36	41.53	300m: 4:04.05	46.27	400m: 5:20.59	36.60
4.	Jesse Derk van Schravendijk	WS Twente	5:19.20	199701479	5:23.58	+0,84	F	
	50m: 32.32	32.32	150m: 1:53.74	42.23	250m: 3:21.43	45.92	350m: 4:47.04	38.67
	100m: 1:11.51	39.19	200m: 2:35.51	41.77	300m: 4:08.37	46.94	400m: 5:23.58	36.54