

Programmanr. 6
 24-3-2013 - 15:35

Heren, 400m wisselslag

 Junioren 1 en ouder
 Resultaten

Rang							In.tijd	Tijd				
Junioren 1												
1.	Niels de Boer		Eurode Kerkrade				5:55.43	200001977	5:57.76			
	50m:	38.24	38.24	150m:	2:11.34	45.84	250m:	3:48.87	53.53	350m:	5:21.06	39.11
	100m:	1:25.50	47.26	200m:	2:55.34	44.00	300m:	4:41.95	53.08	400m:	5:57.76	36.70
2.	Rick Embregts		De Warande				5:59.45	200000449	6:08.52			
	50m:	38.34	38.34	150m:	2:13.70	45.63	250m:	3:51.88	53.72	350m:	5:27.87	41.03
	100m:	1:28.07	49.73	200m:	2:58.16	44.46	300m:	4:46.84	54.96	400m:	6:08.52	40.65
DIS	Camo Mieris		DIO				5:28.87	200001557				
	RF - Na loslaten van het keerpunt de rugligging niet aangenomen.											
	50m:			150m:			250m:			350m:		
	100m:			200m:			300m:			400m:		
Junioren 2												
1.	Stijn Simons		PSV				5:14.41	199900813	5:18.54			
	50m:	33.84	33.84	150m:	1:56.77	43.03	250m:	3:23.97	46.55	350m:	4:45.13	35.51
	100m:	1:13.74	39.90	200m:	2:37.42	40.65	300m:	4:09.62	45.65	400m:	5:18.54	33.41
2.	Riku Wakabayashi		Zv Kimbria				5:08.20	199904633	5:23.02			
	50m:	31.75	31.75	150m:	1:52.52	41.40	250m:	3:20.11	46.79	350m:	4:46.31	37.32
	100m:	1:11.12	39.37	200m:	2:33.32	40.80	300m:	4:08.99	48.88	400m:	5:23.02	36.71
3.	Nicko Kamphuis		De Warande				5:15.70	199900887	5:25.92			
	50m:	33.73	33.73	150m:	1:56.24	42.06	250m:	3:22.84	45.32	350m:	4:49.71	38.66
	100m:	1:14.18	40.45	200m:	2:37.52	41.28	300m:	4:11.05	48.21	400m:	5:25.92	36.21
4.	Bram van Kessel		Tempo Valkenswaard				5:34.61	199901979	5:44.67			
	50m:	35.89	35.89	150m:	2:06.79	45.43	250m:	3:39.68	49.78	350m:	5:10.05	41.69
	100m:	1:21.36	45.47	200m:	2:49.90	43.11	300m:	4:28.36	48.68	400m:	5:44.67	34.62
Junioren 3												
1.	Tobias Geurts		Z&PV Nuenen				5:14.14	199801185	5:40.88			
	50m:	37.88	37.88	150m:	2:10.56	43.94	250m:	3:40.09	48.56	350m:	5:04.75	36.62
	100m:	1:26.62	48.74	200m:	2:51.53	40.97	300m:	4:28.13	48.04	400m:	5:40.88	36.13
2.	Jari den Ottelander		Trb/Res				5:27.36	199800059	5:41.00			
	50m:	34.44	34.44	150m:	2:02.95	43.65	250m:	3:35.84	49.46	350m:	5:05.39	37.88
	100m:	1:19.30	44.86	200m:	2:46.38	43.43	300m:	4:27.51	51.67	400m:	5:41.00	35.61
3.	Fabio Mieris		DIO				5:32.21	199803097	5:41.26			
	50m:	34.55	34.55	150m:	2:04.11	45.84	250m:	3:37.27	48.68	350m:	5:06.10	38.59
	100m:	1:18.27	43.72	200m:	2:48.59	44.48	300m:	4:27.51	50.24	400m:	5:41.26	35.16
4.	Bas Gibbels		Z&PV Nuenen				5:42.34	199801973	5:50.57			
	50m:	39.76	39.76	150m:	2:16.79	46.75	250m:	3:47.46	44.87	350m:	5:13.64	39.46
	100m:	1:30.04	50.28	200m:	3:02.59	45.80	300m:	4:34.18	46.72	400m:	5:50.57	36.93
NG	Jordy Severins		Eurode Kerkrade				5:40.71	199800559				
Junioren 4												
1.	Daniël van Dijk		Zeester Meerval				5:05.81	199701577	5:19.49			
	50m:	30.72	30.72	150m:	1:49.88	41.88	250m:	3:20.13	49.22	350m:	4:44.78	36.66
	100m:	1:08.00	37.28	200m:	2:30.91	41.03	300m:	4:08.12	47.99	400m:	5:19.49	34.71
2.	Rick Minkman		Hieronymus				5:16.44	199701097	5:40.29			
	50m:	35.66	35.66	150m:	2:07.52	44.49	250m:	3:35.79	45.90	350m:	5:02.23	39.61
	100m:	1:23.03	47.37	200m:	2:49.89	42.37	300m:	4:22.62	46.83	400m:	5:40.29	38.06
3.	Dennis van Wensen		Hieronymus				5:21.43	199704847	5:42.82			
	50m:	34.96	34.96	150m:	2:02.64	43.64	250m:	3:34.82	49.63	350m:	5:05.33	40.45
	100m:	1:19.00	44.04	200m:	2:45.19	42.55	300m:	4:24.88	50.06	400m:	5:42.82	37.49

Programmanr. 6, Jongens, 400m wisselslag, Junioren 4

Rang					In.tijd		Tijd	
4.	Joeri Phaff		Z&PV Nuenen		5:26.35		199701099 5:52.13	
	50m:	34.25 34.25	150m:	2:02.79 45.09	250m:	3:39.46 52.24	350m:	5:13.34 39.85
	100m:	1:17.70 43.45	200m:	2:47.22 44.43	300m:	4:33.49 54.03	400m:	5:52.13 38.79

Jeugd 1

1.	Peter Rietveld		Trb/Res		5:22.46		199601081 5:35.65	
	50m:	30.32 30.32	150m:	1:53.17 45.13	250m:	3:23.98 49.25	350m:	4:55.37 41.77
	100m:	1:08.04 37.72	200m:	2:34.73 41.56	300m:	4:13.60 49.62	400m:	5:35.65 40.28

NG Timo Billman Eurode Kerkrade 5:10.72 199601033

Jeugd 2

1.	David Koers		AquAmigos		5:06.39		199501229 5:18.10	
	50m:	31.90 31.90	150m:	1:48.20 38.69	250m:	3:13.79 47.46	350m:	4:41.26 38.65
	100m:	1:09.51 37.61	200m:	2:26.33 38.13	300m:	4:02.61 48.82	400m:	5:18.10 36.84
2.	Jordy Jongenelen		Sbc2000		5:16.77		199504995 5:18.66	
	50m:	31.68 31.68	150m:	1:51.21 42.75	250m:	3:18.59 46.43	350m:	4:42.98 37.36
	100m:	1:08.46 36.78	200m:	2:32.16 40.95	300m:	4:05.62 47.03	400m:	5:18.66 35.68

Senioren 1 en ouder

1.	Coen de Bruijn		Hieronymus		4:48.95		199205151 5:01.12	
	50m:	30.82 30.82	150m:	1:49.45 40.26	250m:	3:10.12 40.32	350m:	4:27.11 35.27
	100m:	1:09.19 38.37	200m:	2:29.80 40.35	300m:	3:51.84 41.72	400m:	5:01.12 34.01
2.	Joeri Prins		Sbc2000		5:11.87		199302037 5:18.45	
	50m:	30.39 30.39	150m:	1:50.30 42.47	250m:	3:18.69 46.96	350m:	4:43.45 36.90
	100m:	1:07.83 37.44	200m:	2:31.73 41.43	300m:	4:06.55 47.86	400m:	5:18.45 35.00