

Programmanr. 16  
 14-6-2014 - 16:00

Jongens, 400m vrije slag

 Jongens Minioren 6  
 Resultaten

Rang					In.tijd	Tijd			
1.	Jarno Koster			Arethusa	5:02.30	200200637	4:55.48		
	50m: 32.56	32.56	150m: 1:46.72	37.50	250m: 3:02.27	37.72	350m: 4:18.56	38.14	
	100m: 1:09.22	36.66	200m: 2:24.55	37.83	300m: 3:40.42	38.15	400m: 4:55.48	36.92	
2.	Luka Bouwman			PSV	5:24.54	200201119	5:13.83		
	50m: 35.59	35.59	150m: 1:54.76	39.81	250m: 3:15.54	40.24	350m: 4:36.22	40.22	
	100m: 1:14.95	39.36	200m: 2:35.30	40.54	300m: 3:56.00	40.46	400m: 5:13.83	37.61	
3.	Bobby van Dijk			DBD	5:23.71	200200153	5:17.61		
	50m: 35.31	35.31	150m: 1:57.07	40.73	250m: 3:19.06	40.60	350m: 4:40.24	40.62	
	100m: 1:16.34	41.03	200m: 2:38.46	41.39	300m: 3:59.62	40.56	400m: 5:17.61	37.37	
4.	Timo Spaans			PSV	5:25.48	200201087	5:18.98		
	50m: 35.77	35.77	150m: 1:57.86	41.25	250m: 3:20.88	41.61	350m: 4:42.20	40.64	
	100m: 1:16.61	40.84	200m: 2:39.27	41.41	300m: 4:01.56	40.68	400m: 5:18.98	36.78	
5.	Coen Graat			ZWK Merlet	5:39.74	200201363	5:28.04		
	50m: 35.58	35.58	150m: 1:58.48	40.93	250m: 3:23.62	42.40	350m: 4:49.53	42.93	
	100m: 1:17.55	41.97	200m: 2:41.22	42.74	300m: 4:06.60	42.98	400m: 5:28.04	38.51	
6.	Justin Slotweg			SBC 2000	5:34.48	200201407	5:33.32		
	50m: 36.89	36.89	150m: 1:59.36	41.94	250m: 3:25.64	42.57	350m: 4:52.44	43.11	
	100m: 1:17.42	40.53	200m: 2:43.07	43.71	300m: 4:09.33	43.69	400m: 5:33.32	40.88	
7.	Luc van Eijndhoven			Argo	5:39.84	200200139	5:35.48		
	50m: 35.62	35.62	150m: 2:01.54	43.82	250m: 3:28.94	43.40	350m: 4:56.17	43.05	
	100m: 1:17.72	42.10	200m: 2:45.54	44.00	300m: 4:13.12	44.18	400m: 5:35.48	39.31	
8.	Ivar Koevoet			V.Z.V. Njord	5:47.83	200200185	5:36.34		
	50m: 35.99	35.99	150m: 2:00.56	43.89	250m: 3:29.51	44.62	350m: 4:56.67	43.46	
	100m: 1:16.67	40.68	200m: 2:44.89	44.33	300m: 4:13.21	43.70	400m: 5:36.34	39.67	
9.	Thomas van Beers			PSV	6:04.68	200202021	5:56.97		
	50m: 37.66	37.66	150m: 2:09.14	45.90	250m: 3:41.21	46.72	350m: 5:13.66	47.40	
	100m: 1:23.24	45.58	200m: 2:54.49	45.35	300m: 4:26.26	45.05	400m: 5:56.97	43.31	
10.	Wessel Stupers			PSV	6:16.66	200203541	5:57.05		
	50m: 38.88	38.88	150m: 2:08.80	45.96	250m: 3:40.75	45.18	350m: 5:12.81	46.52	
	100m: 1:22.84	43.96	200m: 2:55.57	46.77	300m: 4:26.29	45.54	400m: 5:57.05	44.24	
11.	Devin Servais			Dommelbaarzen	5:59.97	200202285	6:01.22		
	50m: 41.29	41.29	150m: 2:11.92	45.78	250m: 3:44.49	46.60	350m: 5:17.74	46.88	
	100m: 1:26.14	44.85	200m: 2:57.89	45.97	300m: 4:30.86	46.37	400m: 6:01.22	43.48	
12.	Jelmer North			V.Z.V. Njord	5:59.45	200200617	6:09.16		
	50m: 37.58	37.58	150m: 2:08.47	46.54	250m: 3:44.11	48.43	350m: 5:22.66	50.18	
	100m: 1:21.93	44.35	200m: 2:55.68	47.21	300m: 4:32.48	48.37	400m: 6:09.16	46.50	
13.	IJsbrand Buijnsters			Z&PC Dio	6:07.42	200200375	6:09.98		
	50m: 43.08	43.08	150m: 2:15.93	47.02	250m: 3:48.98	46.95	350m: 5:24.27	47.73	
	100m: 1:28.91	45.83	200m: 3:02.03	46.10	300m: 4:36.54	47.56	400m: 6:09.98	45.71	
14.	Damian van Andel			Zvdo'74	6:20.30	200200577	6:14.63		
	50m: 38.17	38.17	150m: 2:10.40	47.48	250m: 3:47.07	48.97	350m: 5:26.82	49.37	
	100m: 1:22.92	44.75	200m: 2:58.10	47.70	300m: 4:37.45	50.38	400m: 6:14.63	47.81	
15.	Marijn van den Bos			Hieronymus	6:29.49	200201403	6:22.10		
	50m: 41.28	41.28	150m: 2:17.14	48.88	250m: 3:56.77	49.97	350m: 5:36.22	48.81	
	100m: 1:28.26	46.98	200m: 3:06.80	49.66	300m: 4:47.41	50.64	400m: 6:22.10	45.88	
16.	Max Embregts			O.Z. & P.C. De Warande	6:11.51	200200583	6:23.25		
	50m: 39.24	39.24	150m: 2:15.67	49.18	250m: 3:56.06	50.70	350m: 5:33.86	47.67	
	100m: 1:26.49	47.25	200m: 3:05.36	49.69	300m: 4:46.19	50.13	400m: 6:23.25	49.39	
17.	Tim Verheesen			De Krabben	6:32.26	200202719	6:28.76		
	50m: 42.21	42.21	150m: 2:22.19	51.24	250m: 4:02.54	50.22	350m: 5:44.27	50.95	
	100m: 1:30.95	48.74	200m: 3:12.32	50.13	300m: 4:53.32	50.78	400m: 6:28.76	44.49	



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Rang								In.tijd		Tijd		
18.	Dion Staal			O.Z. & P.C. De Warande				6:27.98	200200065	6:29.00		
	50m:	41.08	41.08	150m:	2:21.58	50.94	250m:	4:02.61	50.99	350m:	5:44.08	49.93
	100m:	1:30.64	49.56	200m:	3:11.62	50.04	300m:	4:54.15	51.54	400m:	6:29.00	44.92
AFGEM	Twan Basten			PSV				6:40.70	200202913			
AFGEM	Bram Zwetsloot			V.Z.V. Njord				5:59.95	200202117			
AFGEM	Jesper Pas			V.Z.V. Njord				6:31.84	200200967			
AFGEM	Milan Meurs			Z&PV Nuenen				5:45.10	200202079			