

NZC deel 1
Hardenberg, 3-10-2026

Programmanr. 27
3-10-2026 - 16:21

Jongens, 400m vrije slag

Onder 18
Resultaten

rang	naam	vereniging		intijd		tijd		RT	
1.	Jefta Norden	De Grunte		4:59.03		201202153		4:52.96	
	50m: 32.85	32.85	150m: 1:47.88	37.88	250m: 3:04.50	37.77	350m: 4:18.31	36.61	
	100m: 1:10.00	37.15	200m: 2:26.73	38.85	300m: 3:41.70	37.20	400m: 4:52.96	34.65	
2.	Joas Norden	De Grunte		5:15.86		200902705		4:59.96	
	50m: 33.60	33.60	150m: 1:49.47	38.80	250m: 3:08.55	39.88	350m: 4:18.31	36.61	
	100m: 1:10.67	37.07	200m: 2:28.67	39.20	300m: 3:47.37	38.82	400m: 4:59.96		
3.	Matvii Bondarenko	de IJssel		6:04.18		201003797		5:30.91	
	50m: 33.58	33.58	150m: 1:52.07	41.15	250m: 3:18.25	43.74	350m: 4:47.37	44.55	
	100m: 1:10.92	37.34	200m: 2:34.51	42.44	300m: 4:02.82	44.57	400m: 5:30.91	43.54	
4.	Robin van den Berg	de IJssel		5:57.03		201200355		6:00.52	
	50m: 38.86	38.86	150m: 2:09.78	46.60	250m: 3:45.14	47.53	350m: 5:18.40	45.72	
	100m: 1:23.18	44.32	200m: 2:57.61	47.83	300m: 4:32.68	47.54	400m: 6:00.52	42.12	
5.	Oscar Bontius	De Grunte		6:34.73		201201889		6:06.18	
	50m: 38.72	38.72	150m: 2:08.98	46.05	250m: 3:44.22	48.04	350m: 5:20.67	47.97	
	100m: 1:22.93	44.21	200m: 2:56.18	47.20	300m: 4:32.70	48.48	400m: 6:06.18	45.51	
6.	Kasper Andela	de IJssel		NT		200904071		6:17.32	
	50m: 41.73	41.73	150m: 2:16.08	47.95	250m: 3:54.21	49.58	350m: 5:36.22		
	100m: 1:28.13	46.40	200m: 3:04.63	48.55	300m: 4:32.70		400m: 6:17.32	41.10	