Programmanr. 15 — Jongens, 400m vrije slag — Onder 16
7-11-2026 - 17:03 — Resultaten

voorlopige resultaten

rang	naam	vereniging	intijd		tijd	RT
1.	Ramon Vos	ZPC Hoogeveen	4:09.31	201100051	**4:13.35**	
	50m: 27.82	27.82 150m:		250m:	350m:	
	100m: 59.13	31.31 200m: 2:03.47		300m:	400m: 4:13.35	
2.	Matthijs van Velzen	Deltasteur	4:22.57	201100435	**4:26.14**	
	50m: 28.53	28.53 150m:		250m:	350m:	
	100m: 1:01.02	32.49 200m: 2:09.25		300m:	400m: 4:26.14	
3.	Metz Agema	Deltasteur	4:45.26	201200929	**4:41.50**	
	50m: 29.12	29.12 150m:		250m:	350m:	
	100m: 1:04.30	35.18 200m: 2:15.56		300m:	400m: 4:41.50	
4.	Mats van der Kamp	Deltasteur	4:55.18	201200113	**4:53.39**	
	50m: 32.48	32.48 150m:		250m:	350m:	
	100m: 1:08.90	36.42 200m: 2:23.43		300m:	400m: 4:53.39	
5.	Dex Kerpels	ZPC Hoogeveen	5:00.49	201100087	**4:54.32**	
	50m: 32.59	32.59 150m:		250m:	350m:	
	100m: 1:09.53	36.94 200m: 2:25.14		300m:	400m: 4:54.32	
6.	Maarten de Leeuw	Deltasteur	4:49.00	201200241	**5:08.63**	
	50m: 32.86	32.86 150m:		250m:	350m:	
	100m: 1:10.42	37.56 200m: 2:26.80		300m:	400m: 5:08.63	
7.	Vigo Norde	ZPC Hoogeveen	5:25.14	201200307	**5:13.44**	
	50m: 35.18	35.18 150m:		250m:	350m:	
	100m: 1:12.98	37.80 200m: 2:32.38		300m:	400m: 5:13.44	
8.	Pim Nijhuis	De Dinkel	NT	201402473	**6:07.90**	
	50m: 39.35	39.35 150m:		250m:	350m:	
	100m: 1:25.00	45.65 200m: 3:00.60		300m:	400m: 6:07.90	
9.	Siem Groeneveld	De Dinkel	6:52.18	201200635	**6:19.77**	
	50m: 39.32	39.32 150m:		250m:	350m:	
	100m: 1:25.40	46.08 200m: 3:02.56		300m:	400m: 6:19.77	
10.	Derk Groeneveld	De Dinkel	7:00.80	201400629	**6:31.57**	
	50m: 41.36	41.36 150m:		250m:	350m:	
	100m: 1:29.83	48.47 200m: 3:10.25		300m:	400m: 6:31.57	