









Speedo 5-2  
Nieuwerkerk aan den IJssel, 17.4.2010

Programmanr. 13, Meisjes, 400m vrije slag, Meisjes Minioren 5

| Rang |                |         |       |       |         |         |       |         | In.tijd | Tijd                   |         |         |
|------|----------------|---------|-------|-------|---------|---------|-------|---------|---------|------------------------|---------|---------|
| 13.  | Merle de Lange |         |       |       |         |         |       |         | 8:31.80 | 9900990 <b>7:54.81</b> |         |         |
|      | 50m:           | 49.60   | 49.60 | 150m: | 2:48.24 | 58.67   | 250m: | 4:54.29 | 1:02.40 | 350m:                  | 6:58.73 | 1:03.74 |
|      | 100m:          | 1:49.57 | 59.97 | 200m: | 3:51.89 | 1:03.65 | 300m: | 5:54.99 | 1:00.70 | 400m:                  | 7:54.81 | 56.08   |

Programmanr. 14  
17.4.10 - 14:22

Jongens, 400m vrije slag

Jongens Minioren 6  
Resultaten

| Rang |                   |         |       |       |         |       |       |         | In.tijd | Tijd                   |         |       |
|------|-------------------|---------|-------|-------|---------|-------|-------|---------|---------|------------------------|---------|-------|
| 1.   | Erwin van Kooten  |         |       |       |         |       |       |         | 5:43.75 | 9800983 <b>5:46.02</b> |         |       |
|      | 50m:              | 37.80   | 37.80 | 150m: | 2:03.82 | 43.34 | 250m: | 3:32.82 | 44.96   | 350m:                  | 5:02.80 | 44.80 |
|      | 100m:             | 1:20.48 | 42.68 | 200m: | 2:47.86 | 44.04 | 300m: | 4:18.00 | 45.18   | 400m:                  | 5:46.02 | 43.22 |
| 2.   | Bas Verdoes       |         |       |       |         |       |       |         | NT      | 9801487 <b>5:46.95</b> |         |       |
|      | 50m:              | 39.64   | 39.64 | 150m: | 2:07.60 | 44.58 | 250m: | 3:36.16 | 44.43   | 350m:                  | 5:05.48 | 44.38 |
|      | 100m:             | 1:23.02 | 43.38 | 200m: | 2:51.73 | 44.13 | 300m: | 4:21.10 | 44.94   | 400m:                  | 5:46.95 | 41.47 |
| 3.   | Romano Groeneveld |         |       |       |         |       |       |         | 6:35.08 | 9801607 <b>6:17.10</b> |         |       |
|      | 50m:              | 42.73   | 42.73 | 150m: | 2:18.48 | 48.22 | 250m: | 3:55.64 | 48.32   | 350m:                  | 5:32.42 | 48.13 |
|      | 100m:             | 1:30.26 | 47.53 | 200m: | 3:07.32 | 48.84 | 300m: | 4:44.29 | 48.65   | 400m:                  | 6:17.10 | 44.68 |
| 4.   | Roel van Grol     |         |       |       |         |       |       |         | 6:33.12 | 9802277 <b>6:30.23</b> |         |       |
|      | 50m:              | 43.35   | 43.35 | 150m: | 2:22.66 | 50.40 | 250m: | 4:01.95 | 48.97   | 350m:                  | 5:42.81 | 50.84 |
|      | 100m:             | 1:32.26 | 48.91 | 200m: | 3:12.98 | 50.32 | 300m: | 4:51.97 | 50.02   | 400m:                  | 6:30.23 | 47.42 |
| 5.   | Scott Scheerder   |         |       |       |         |       |       |         | NT      | 9801609 <b>6:49.69</b> |         |       |
|      | 50m:              |         |       | 150m: | 2:28.11 | 52.54 | 250m: | 4:15.00 | 54.04   | 350m:                  | 6:03.59 | 54.85 |
|      | 100m:             | 1:35.57 |       | 200m: | 3:20.96 | 52.85 | 300m: | 5:08.74 | 53.74   | 400m:                  | 6:49.69 | 46.10 |
| 6.   | Ids de Klerk      |         |       |       |         |       |       |         | 6:56.77 | 9803237 <b>6:55.73</b> |         |       |
|      | 50m:              | 45.64   | 45.64 | 150m: | 2:31.95 | 53.79 | 250m: | 4:21.20 | 54.94   | 350m:                  | 6:08.13 | 54.03 |
|      | 100m:             | 1:38.16 | 52.52 | 200m: | 3:26.26 | 54.31 | 300m: | 5:14.10 | 52.90   | 400m:                  | 6:55.73 | 47.60 |