

Regionale Minioren Finales 2018
Heerenveen, 9- 10-6-2018

Programmanr. 2
9-6-2018 - 14:25

Jongens, 400m vrije slag

Minioren 6
Resultaten

| rang | naam | vereniging | intijd | tijd | RT |
|------|------------------------------|------------------------|---------|---------------|--------------------------|
| 1. | Senna Hof | Dz&Pc | 5:20.96 | 200600761 | 5:02.12 +0,64 386 |
| | 50m: 34.53 | 34.53 150m: 1:51.50 | 38.48 | 250m: 3:08.97 | 37.73 350m: 4:26.81 |
| | 100m: 1:13.02 | 38.49 200m: 2:31.24 | 39.74 | 300m: 3:48.36 | 39.39 400m: 5:02.12 |
| 2. | Olivier Wilbers | ZPC Hoogveen | 5:08.98 | 200600181 | 5:02.43 385 |
| | 50m: 34.38 | 34.38 150m: 1:51.86 | 38.90 | 250m: 3:09.76 | 38.85 350m: 4:26.71 |
| | 100m: 1:12.96 | 38.58 200m: 2:30.91 | 39.05 | 300m: 3:48.41 | 38.65 400m: 5:02.43 |
| 3. | Tiamo van der Veen | ZPC Hoogveen | 5:16.92 | 200600033 | 5:14.41 +0,63 343 |
| | 50m: 35.09 | 35.09 150m: 1:54.40 | 39.94 | 250m: 3:16.03 | 40.74 350m: 4:36.49 |
| | 100m: 1:14.46 | 39.37 200m: 2:35.29 | 40.89 | 300m: 3:56.23 | 40.20 400m: 5:14.41 |
| 4. | Hidde Boersma | FZC'54-De Vikings (SG) | 5:27.27 | 200600067 | 5:30.01 +0,53 297 |
| | 50m: 36.22 | 36.22 150m: 1:59.44 | 42.42 | 250m: 3:25.84 | 43.51 350m: 4:49.40 |
| | 100m: 1:17.02 | 40.80 200m: 2:42.33 | 42.89 | 300m: 4:08.30 | 42.46 400m: 5:30.01 |
| 5. | Thomas Boer | Zwemclub Polaris | 5:37.48 | 200600769 | 5:44.89 260 |
| | 50m: 34.63 | 34.63 150m: 2:02.05 | 45.04 | 250m: 3:32.72 | 45.43 350m: 5:03.27 |
| | 100m: 1:17.01 | 42.38 200m: 2:47.29 | 45.24 | 300m: 4:18.37 | 45.65 400m: 5:44.89 |
| 6. | Siete Bootsma | Bolsward-Workum (SG) | 5:56.20 | 200600065 | 5:46.34 257 |
| | 50m: 37.92 | 37.92 150m: 2:07.84 | 46.09 | 250m: 3:35.53 | 44.09 350m: 5:04.48 |
| | 100m: 1:21.75 | 43.83 200m: 2:51.44 | 43.60 | 300m: 4:20.31 | 44.78 400m: 5:46.34 |
| 7. | Joachim Wolbersen | Aqua'68 | 5:51.33 | 200600771 | 5:50.62 +0,46 247 |
| | 50m: 38.13 | 38.13 150m: 2:07.38 | 44.68 | 250m: 3:38.07 | 44.91 350m: 5:09.53 |
| | 100m: 1:22.70 | 44.57 200m: 2:53.16 | 45.78 | 300m: 4:24.17 | 46.10 400m: 5:50.62 |
| 8. | Karsten Dreesman | Borger | 6:04.33 | 200601247 | 5:51.62 +0,73 245 |
| | 50m: 38.08 | 38.08 150m: 2:08.36 | 45.96 | 250m: 3:38.92 | 45.47 350m: 5:09.12 |
| | 100m: 1:22.40 | 44.32 200m: 2:53.45 | 45.09 | 300m: 4:24.66 | 45.74 400m: 5:51.62 |
| 9. | Maiko Hofstra | Isis | 6:23.51 | 200603079 | 5:54.24 240 |
| | 50m: 38.41 | 38.41 150m: 2:07.91 | 46.35 | 250m: 3:40.40 | 46.23 350m: 5:12.61 |
| | 100m: 1:21.56 | 43.15 200m: 2:54.17 | 46.26 | 300m: 4:26.77 | 46.37 400m: 5:54.24 |
| 10. | Ruben Westerneng | De Reest | 6:04.65 | 200600091 | 5:55.52 +0,78 237 |
| | 50m: 39.37 | 39.37 150m: 2:08.88 | 46.07 | 250m: 3:41.45 | 46.42 350m: 5:13.67 |
| | 100m: 1:22.61 | 43.24 200m: 2:55.03 | 46.35 | 300m: 4:27.66 | 46.21 400m: 5:55.52 |
| 11. | Jetze de Vries | FZC'54-De Vikings (SG) | 6:11.87 | 200602589 | 5:56.89 234 |
| | 50m: 40.92 | 40.92 150m: 2:09.96 | 45.07 | 250m: 3:40.32 | 45.25 350m: 5:15.82 |
| | 100m: 1:24.89 | 43.97 200m: 2:55.07 | 45.11 | 300m: 4:26.30 | 45.98 400m: 5:56.89 |
| 12. | Daan van de Belt | De Reest | 6:06.82 | 200601221 | 6:00.78 227 |
| | 50m: 37.44 | 37.44 150m: 2:06.99 | 46.10 | 250m: 3:39.50 | 46.41 350m: 5:14.03 |
| | 100m: 1:20.89 | 43.45 200m: 2:53.09 | 46.10 | 300m: 4:26.63 | 47.13 400m: 6:00.78 |
| 13. | Jorn Kroes | Azuro | 6:05.15 | 200600049 | 6:01.10 +0,56 226 |
| | 50m: 39.14 | 39.14 150m: 2:10.93 | 46.51 | 250m: 3:45.36 | 47.32 350m: 5:18.86 |
| | 100m: 1:24.42 | 45.28 200m: 2:58.04 | 47.11 | 300m: 4:31.71 | 46.35 400m: 6:01.10 |
| 14. | Sam Derkx | FZC'54-De Vikings (SG) | 6:39.14 | 200601917 | 6:05.84 +0,59 218 |
| | 50m: 38.72 | 38.72 150m: 2:12.98 | 48.17 | 250m: 3:50.77 | 48.85 350m: 5:23.26 |
| | 100m: 1:24.81 | 46.09 200m: 3:01.92 | 48.94 | 300m: 4:38.99 | 48.22 400m: 6:05.84 |
| 15. | Dennis Teitsma | Aqualero | 6:15.76 | 200600381 | 6:13.76 204 |
| | 50m: 40.36 | 40.36 150m: 2:13.45 | 47.40 | 250m: 3:51.97 | 49.57 350m: 5:30.15 |
| | 100m: 1:26.05 | 45.69 200m: 3:02.40 | 48.95 | 300m: 4:41.40 | 49.43 400m: 6:13.76 |
| 16. | Cai Mink | ZPC Hoogveen | 6:09.36 | 200601683 | 6:13.87 +0,64 204 |
| | 50m: 39.63 | 39.63 150m: 2:15.31 | 48.58 | 250m: 3:51.79 | 48.35 350m: 5:28.44 |
| | 100m: 1:26.73 | 47.10 200m: 3:03.44 | 48.13 | 300m: 4:40.29 | 48.50 400m: 6:13.87 |
| 17. | J. Terwisscha van Scheltinga | HZ&PC Heerenveen | 6:29.73 | 200601181 | 6:14.97 202 |
| | 50m: 39.49 | 39.49 150m: 2:12.15 | 47.46 | 250m: 3:49.93 | 48.87 350m: 5:28.69 |
| | 100m: 1:24.69 | 45.20 200m: 3:01.06 | 48.91 | 300m: 4:39.18 | 49.25 400m: 6:14.97 |
| 18. | Stijn Maat | Zwemclub Polaris | 6:29.35 | 200602119 | 6:17.67 198 |
| | 50m: 39.70 | 39.70 150m: 2:15.84 | 48.47 | 250m: 3:53.83 | 48.23 350m: 5:32.17 |
| | 100m: 1:27.37 | 47.67 200m: 3:05.60 | 49.76 | 300m: 4:43.32 | 49.49 400m: 6:17.67 |
| 19. | Sem Ligtoet | HZ&PC Heerenveen | 6:42.82 | 200602919 | 6:28.94 181 |
| | 50m: 42.37 | 42.37 150m: 2:20.17 | 50.08 | 250m: 4:01.65 | 51.18 350m: 5:43.97 |
| | 100m: 1:30.09 | 47.72 200m: 3:10.47 | 50.30 | 300m: 4:53.21 | 51.56 400m: 6:28.94 |
| 20. | Sietse de Wit | FZC'54-De Vikings (SG) | 7:12.18 | 200602891 | 6:34.34 174 |
| | 50m: 45.02 | 45.02 150m: 2:25.32 | 51.11 | 250m: 4:07.40 | 51.33 350m: 5:49.00 |
| | 100m: 1:34.21 | 49.19 200m: 3:16.07 | 50.75 | 300m: 4:58.80 | 51.40 400m: 6:34.34 |
| 21. | Rick Smit | Aqua'68 | 6:29.89 | 200602435 | 6:38.71 +0,66 168 |
| | 50m: 41.49 | 41.49 150m: 2:21.68 | 51.57 | 250m: 4:07.11 | 54.88 350m: 5:50.61 |
| | 100m: 1:30.11 | 48.62 200m: 3:12.23 | 50.55 | 300m: 5:01.47 | 54.36 400m: 6:38.71 |
| 22. | Jochum van Hattum | Dz&Pc | 6:47.13 | 200601231 | 6:49.94 155 |
| | 50m: 44.04 | 44.04 150m: 2:32.48 | 54.76 | 250m: 4:17.21 | 52.25 350m: 6:01.54 |
| | 100m: 1:37.72 | 53.68 200m: 3:24.96 | 52.48 | 300m: 5:10.59 | 53.38 400m: 6:49.94 |

Regionale Minioren Finales 2018
Heerenveen, 9- - 10-6-2018

Programmanr. 2, Jongens, 400m vrije slag, Minioren 6

| rang | naam | vereniging | | | | intijd | | tijd | | RT | | | |
|------|-----------------|------------------|-------|-------|---------|---------|-------|-----------|-------|----------------|---------|-------|-----|
| 23. | Lars van Zessen | HZ&PC Heerenveen | | | | 7:40.88 | | 200603045 | | 7:14.45 | | +0,64 | 130 |
| | 50m: | 44.87 | 44.87 | 150m: | 2:36.76 | 56.13 | 250m: | 4:28.12 | 55.46 | 350m: | 6:21.06 | 56.88 | |
| | 100m: | 1:40.63 | 55.76 | 200m: | 3:32.66 | 55.90 | 300m: | 5:24.18 | 56.06 | 400m: | 7:14.45 | 53.39 | |