

Regio A kampioenschappen
Emmen, 16- - 24-11-2019

Programmanr. 20
17-11-2019 - 13:50

Heren, 400m vrije slag

Junioren 1 en ouder
Resultaten

rang	naam	vereniging	intijd	tijd	RT
Junioren 1 en 2					
1.	Senna Hof	Dz&Pc	4:27.11	200600761	4:33.76 +0,69
	50m: 31.01	31.01 150m: 1:40.96	34.88	250m: 2:50.71	34.99 350m: 4:00.17
	100m: 1:06.08	35.07 200m: 2:15.72	34.76	300m: 3:25.61	34.90 400m: 4:33.76
2.	Tiamo van der Veen	ZPC Hoogeveen	4:38.69	200600033	4:35.76 +0,91
	50m: 31.26	31.26 150m: 1:41.59	35.41	250m: 2:53.04	35.74 350m: 4:01.84
	100m: 1:06.18	34.92 200m: 2:17.30	35.71	300m: 3:27.93	34.89 400m: 4:35.76
3.	Olivier Wilbers	ZPC Hoogeveen	4:36.58	200600181	4:38.97 +0,73
	50m: 32.01	32.01 150m: 1:42.67	35.47	250m: 2:54.29	35.66 350m: 4:05.01
	100m: 1:07.20	35.19 200m: 2:18.63	35.96	300m: 3:29.93	35.64 400m: 4:38.97
4.	Jip Bakker	Orca 1	5:02.07	200600287	4:46.31 +0,75
	50m: 31.59	31.59 150m: 1:42.65	36.08	250m: 2:56.40	36.94 350m: 4:10.42
	100m: 1:06.57	34.98 200m: 2:19.46	36.81	300m: 3:33.46	37.06 400m: 4:46.31
5.	Thomas Boer	ZC Polaris	4:54.24	200600769	4:47.78 +0,63
	50m: 30.25	30.25 150m: 1:41.86	36.68	250m: 2:56.73	37.83 350m: 4:12.37
	100m: 1:05.18	34.93 200m: 2:18.90	37.04	300m: 3:34.78	38.05 400m: 4:47.78
6.	Siete Bootsma	SG. Bolsward-Workum	5:13.89	200600065	5:06.67 +0,85
	50m: 32.59	32.59 150m: 1:52.97	40.38	250m: 3:12.58	38.91 350m: 4:32.68
	100m: 1:12.59	40.00 200m: 2:33.67	40.70	300m: 3:52.48	39.90 400m: 5:06.67
7.	Tieme Wiersma	Dz&Pc	5:09.49	200701031	5:07.59 +0,66
	50m: 34.21	34.21 150m: 1:51.37	39.03	250m: 3:10.91	39.93 350m: 4:29.23
	100m: 1:12.34	38.13 200m: 2:30.98	39.61	300m: 3:50.36	39.45 400m: 5:07.59
8.	Q. Brouwer von Gonzenbach	TriVia	5:18.22	200700001	5:08.43 40,19
	50m: 32.99	32.99 150m: 1:51.67	39.88	250m: 3:12.89	40.37 350m: 4:33.71
	100m: 1:11.79	38.80 200m: 2:32.52	40.85	300m: 3:53.52	40.63 400m: 5:08.43
9.	Cai Mink	ZPC Hoogeveen	5:13.36	200601683	5:11.53 +0,83
	50m: 34.03	34.03 150m: 1:52.28	39.84	250m: 3:12.96	40.36 350m: 4:32.48
	100m: 1:12.44	38.41 200m: 2:32.60	40.32	300m: 3:53.30	40.34 400m: 5:11.53
10.	Jordey Thole	ZPC Hoogeveen	5:33.02	200700385	5:23.97 +0,84
	50m: 35.93	35.93 150m: 1:58.07	40.86	250m: 3:21.46	41.54 350m: 4:45.46
	100m: 1:17.21	41.28 200m: 2:39.92	41.85	300m: 4:03.42	41.96 400m: 5:23.97
11.	Stefan van der Feer	Bubble	5:30.88	200701607	5:32.03 +0,80
	50m: 36.07	36.07 150m: 1:59.05	41.99	250m: 3:24.61	43.35 350m: 4:50.57
	100m: 1:17.06	40.99 200m: 2:41.26	42.21	300m: 4:07.18	42.57 400m: 5:32.03
12.	Jesse Stel	HZ&PC Heerenveen	6:26.32	200700589	6:13.17 +0,96 17
	50m: 41.52	41.52 150m: 2:16.32	47.95	250m: 3:54.33	49.35 350m: 5:29.94
	100m: 1:28.37	46.85 200m: 3:04.98	48.66	300m: 4:43.61	49.28 400m: 6:13.17
DIS	Joachim Wolbersen	Aqua 68	5:14.87	200600771	+0,64
	<i>AA - Gestart voor het startsignaal (en wel gezwommen).</i>				
AFGEM	Jere Wiersma	Dz&Pc	5:24.64	200701037	
Junioren 3 en 4					
1.	Wouter Zijlstra	HZ&PC Heerenveen	4:20.46	200401545	4:19.79 +0,63
	50m: 29.37	29.37 150m: 1:34.03	32.68	250m: 2:40.70	33.64 350m: 3:47.62
	100m: 1:01.35	31.98 200m: 2:07.06	33.03	300m: 3:14.38	33.68 400m: 4:19.79
2.	Quinn Heederik	ZPC Hoogeveen	4:20.40	200400093	4:20.67 +0,77
	50m: 30.02	30.02 150m: 1:35.26	32.93	250m: 2:41.91	33.65 350m: 3:49.14
	100m: 1:02.33	32.31 200m: 2:08.26	33.00	300m: 3:15.63	33.72 400m: 4:20.67
3.	Colin Bes	ZC Polaris	4:21.49	200500201	4:22.87 +0,76
	50m: 28.56	28.56 150m: 1:34.44	33.56	250m: 2:42.45	33.64 350m: 3:50.35
	100m: 1:00.88	32.32 200m: 2:08.81	34.37	300m: 3:16.61	34.16 400m: 4:22.87
4.	Mac Peeks	ZPC Hoogeveen	4:26.63	200400153	4:25.54 +0,76
	50m: 30.38	30.38 150m: 1:38.39	34.45	250m: 2:47.66	34.54 350m: 3:54.87
	100m: 1:03.94	33.56 200m: 2:13.12	34.73	300m: 3:21.73	34.07 400m: 4:25.54
5.	Meindert Dekkinga	HZ&PC Heerenveen	4:22.43	200400377	4:34.45 +0,91
	50m: 29.87	29.87 150m: 1:37.19	34.15	250m: 2:46.80	34.75 350m: 3:59.70
	100m: 1:03.04	33.17 200m: 2:12.05	34.86	300m: 3:23.69	36.89 400m: 4:34.45
6.	David da Silva Miranda	SG FZC54-De Vikings 1	4:37.07	200500019	4:34.94 +0,81
	50m: 30.55	30.55 150m: 1:40.35	35.27	250m: 2:51.50	35.56 350m: 4:01.83
	100m: 1:05.08	34.53 200m: 2:15.94	35.59	300m: 3:26.73	35.23 400m: 4:34.94
7.	Wouter Sies	TriVia	4:45.00	200500369	4:42.26 +0,77
	50m: 30.57	30.57 150m: 1:41.13	35.68	250m: 2:53.54	35.99 350m: 4:06.86
	100m: 1:05.45	34.88 200m: 2:17.55	36.42	300m: 3:30.02	36.48 400m: 4:42.26

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Programmanr. 20, Jongens, 400m vrije slag, Junioren 3 en 4

rang	naam	vereniging	intijd	tijd	RT
8.	Mats Meyer	ZPC Nova	4:43.49	200500095	4:44.69 +0,79
	50m: 30.81	30.81 150m: 1:41.29	35.77	250m: 2:54.27	36.27 350m: 4:08.00
	100m: 1:05.52	34.71 200m: 2:18.00	36.71	300m: 3:30.73	36.46 400m: 4:44.69
9.	Djurre van der Wal	Apexswim	4:56.88	200500301	4:48.76
	50m: 31.58	31.58 150m: 1:43.20	36.46	250m: 2:57.12	37.33 350m: 4:12.17
	100m: 1:06.74	35.16 200m: 2:19.79	36.59	300m: 3:34.74	37.62 400m: 4:48.76
10.	Flynn Peeks	ZPC Hooogveen	4:46.76	200500231	4:49.10 +0,76
	50m: 31.72	31.72 150m: 1:44.17	37.02	250m: 2:59.82	37.70 350m: 4:15.03
	100m: 1:07.15	35.43 200m: 2:22.12	37.95	300m: 3:37.70	37.88 400m: 4:49.10
11.	Eise van der Zee	Orca 1	4:59.69	200501437	4:56.78 +0,69
	50m: 31.87	31.87 150m: 1:46.37	38.04	250m: 3:03.44	38.61 350m: 4:19.88
	100m: 1:08.33	36.46 200m: 2:24.83	38.46	300m: 3:41.83	38.39 400m: 4:56.78
AFGEM	Domingo Kuipers	Orca 1	4:28.47	200501787	

Jeugd 1 en 2

1.	Kylian Heederik	ZPC Hooogveen	4:12.92	200300353	4:17.74 +0,66
	50m: 29.30	29.30 150m: 1:34.96	33.30	250m: 2:41.64	33.22 350m: 3:46.70
	100m: 1:01.66	32.36 200m: 2:08.42	33.46	300m: 3:14.09	32.45 400m: 4:17.74
2.	Yoram van der Tuin	SG FZC54-De Vikings 1	4:24.21	200202439	4:24.74 +0,69
	50m: 30.16	30.16 150m: 1:36.68	33.51	250m: 2:44.23	33.53 350m: 3:52.33
	100m: 1:03.17	33.01 200m: 2:10.70	34.02	300m: 3:18.44	34.21 400m: 4:24.74
3.	Frederik Adema	de Granaet	4:31.95	200300253	4:29.34 +0,73
	50m: 28.40	28.40 150m: 1:34.71	33.91	250m: 2:45.32	35.60 350m: 3:55.60
	100m: 1:00.80	32.40 200m: 2:09.72	35.01	300m: 3:20.55	35.23 400m: 4:29.34
AFGEM	Makai van Haren	Apexswim	4:24.75	200200627	

Senioren 1 en ouder

1.	Erik Nijholt	Dz&Pc	3:52.71	199401349	3:57.89 +0,79
	50m: 27.44	27.44 150m: 1:28.27	30.57	250m: 2:29.28	30.42 350m: 3:28.95
	100m: 57.70	30.26 200m: 1:58.86	30.59	300m: 2:59.30	30.02 400m: 3:57.89
2.	Owen Peeks	ZPC Hooogveen	4:04.13	200100765	4:06.99 +0,82
	50m: 29.02	29.02 150m: 1:31.38	30.94	250m: 2:34.32	31.47 350m: 3:36.63
	100m: 1:00.44	31.42 200m: 2:02.85	31.47	300m: 3:05.77	31.45 400m: 4:06.99
3.	David Kuipers	Orca 1	4:04.56	200003633	4:10.14 +0,77
	50m: 29.38	29.38 150m: 1:33.67	32.30	250m: 2:39.68	32.89 350m: 3:42.46
	100m: 1:01.37	31.99 200m: 2:06.79	33.12	300m: 3:12.60	32.92 400m: 4:10.14
4.	Niels Wiersema	TriVia	4:07.61	199703221	4:11.04 +0,85
	50m: 29.41	29.41 150m: 1:33.44	32.09	250m: 2:37.45	31.92 350m: 3:41.05
	100m: 1:01.35	31.94 200m: 2:05.53	32.09	300m: 3:09.20	31.75 400m: 4:11.04
5.	Arjan Dekker	ReVeLie Swim Team	4:20.93	200000499	4:12.91 +0,90
	50m: 28.14	28.14 150m: 1:30.87	32.10	250m: 2:35.73	32.46 350m: 3:40.88
	100m: 58.77	30.63 200m: 2:03.27	32.40	300m: 3:08.39	32.66 400m: 4:12.91
6.	David Anthonio	ReVeLie Swim Team	4:03.36	200102551	4:14.01 +0,69
	50m: 28.67	28.67 150m: 1:32.85	32.07	250m: 2:38.25	32.91 350m: 3:42.68
	100m: 1:00.78	32.11 200m: 2:05.34	32.49	300m: 3:11.13	32.88 400m: 4:14.01
7.	Coen de Lang	ZPC Hooogveen	4:16.30	200100067	4:15.57 +0,81
	50m: 29.14	29.14 150m: 1:32.10	31.84	250m: 2:36.81	32.52 350m: 3:43.10
	100m: 1:00.26	31.12 200m: 2:04.29	32.19	300m: 3:09.91	33.10 400m: 4:15.57
8.	Darren Chen	ZC Borger	4:11.85	200001149	4:20.77 +0,68
	50m: 29.58	29.58 150m: 1:35.59	33.19	250m: 2:43.12	32.86 350m: 3:48.98
	100m: 1:02.40	32.82 200m: 2:10.26	34.67	300m: 3:16.36	33.24 400m: 4:20.77
9.	Darryl Lubbinge	ZPC Hooogveen	4:20.56	199701045	4:26.83 +0,75
	50m: 29.92	29.92 150m: 1:38.01	34.34	250m: 2:45.73	32.98 350m: 3:53.40
	100m: 1:03.67	33.75 200m: 2:12.75	34.74	300m: 3:19.66	33.93 400m: 4:26.83
10.	Sjoerd de Jong	Avena	4:24.81	199903907	4:27.13 +0,82
	50m: 29.50	29.50 150m: 1:36.01	33.77	250m: 2:44.87	34.65 350m: 3:54.00
	100m: 1:02.24	32.74 200m: 2:10.22	34.21	300m: 3:19.41	34.54 400m: 4:27.13
AFGEM	Rowan Keen	ZC Borger	4:01.05	199500727	