

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

Programmanr. 33
24-11-2019 - 11:30

Heren, 1500m vrije slag

Junioren 1 en ouder
Resultaten

rang	naam	vereniging	intijd	intijd	tijd	RT	
Junioren 1 en 2							
1.	Tiamo van der Veen	ZPC Hooogveen	18:52.93	200600033	18:09.43	+0,93	
	100m: 1:07.49	1:07.49 500m: 5:59.39	1:13.01	900m: 10:52.16	1:13.51	1300m: 15:45.14	1:12.59
	200m: 2:20.75	1:13.26 600m: 7:12.20	1:12.81	1000m: 12:05.80	1:13.64	1400m: 16:57.88	1:12.74
	300m: 3:33.36	1:12.61 700m: 8:25.02	1:12.82	1100m: 13:19.04	1:13.24	1500m: 18:09.43	1:11.55
	400m: 4:46.38	1:13.02 800m: 9:38.65	1:13.63	1200m: 14:32.55	1:13.51		
2.	Olivier Wilbers	ZPC Hooogveen	18:48.33	200600181	18:13.81	+0,91	
	100m: 1:08.32	1:08.32 500m: 5:58.89	1:12.94	900m: 10:52.49	1:13.65	1300m: 15:48.62	1:14.11
	200m: 2:20.64	1:12.32 600m: 7:11.92	1:13.03	1000m: 12:06.48	1:13.99	1400m: 17:02.53	1:13.91
	300m: 3:33.04	1:12.40 700m: 8:25.13	1:13.21	1100m: 13:20.47	1:13.99	1500m: 18:13.81	1:11.28
	400m: 4:45.95	1:12.91 800m: 9:38.84	1:13.71	1200m: 14:34.51	1:14.04		
AFGEM	Jip Bakker	Orca 1	20:51.50	200600287			
Junioren 3 en 4							
1.	Quinn Heederik	ZPC Hooogveen	17:01.81	200400093	17:01.16	+0,90	
	100m: 1:03.17	1:03.17 500m: 5:34.37	1:08.53	900m: 10:10.11	1:08.84	1300m: 14:47.41	1:09.12
	200m: 2:09.64	1:06.47 600m: 6:43.22	1:08.85	1000m: 11:19.62	1:09.51	1400m: 15:56.44	1:09.03
	300m: 3:17.49	1:07.85 700m: 7:51.94	1:08.72	1100m: 12:29.07	1:09.45	1500m: 17:01.16	1:04.72
	400m: 4:25.84	1:08.35 800m: 9:01.27	1:09.33	1200m: 13:38.29	1:09.22		
2.	Wouter Zijlstra	HZ&PC Heerenveen	17:24.30	200401545	17:09.88	+0,78	
	100m: 1:03.72	1:03.72 500m: 5:38.79	1:09.83	900m: 10:15.59	1:09.11	1300m: 14:52.10	1:09.66
	200m: 2:11.59	1:07.87 600m: 6:48.11	1:09.32	1000m: 11:24.44	1:08.85	1400m: 16:01.88	1:09.78
	300m: 3:19.95	1:08.36 700m: 7:57.51	1:09.40	1100m: 12:33.03	1:08.59	1500m: 17:09.88	1:08.00
	400m: 4:28.96	1:09.01 800m: 9:06.48	1:08.97	1200m: 13:42.44	1:09.41		
3.	Mac Peeks	ZPC Hooogveen	17:49.08	200400153	17:44.73	+0,75	
	100m: 1:06.19	1:06.19 500m: 5:49.73	1:11.26	900m: 10:36.04	1:11.89	1300m: 15:23.94	1:12.20
	200m: 2:16.44	1:10.25 600m: 7:00.96	1:11.23	1000m: 11:47.74	1:11.70	1400m: 16:35.18	1:11.24
	300m: 3:27.37	1:10.93 700m: 8:12.67	1:11.71	1100m: 12:59.82	1:12.08	1500m: 17:44.73	1:09.55
	400m: 4:38.47	1:11.10 800m: 9:24.15	1:11.48	1200m: 14:11.74	1:11.92		
4.	David da Silva Miranda	SG FZC54-De Vikings 1	19:17.25	200500019	17:51.50	+0,87	
	100m: 1:05.04	1:05.04 500m: 5:54.02	1:13.25	900m: 10:44.40	1:12.32	1300m: 15:32.52	1:12.12
	200m: 2:16.06	1:11.02 600m: 7:07.24	1:13.22	1000m: 11:56.58	1:12.18	1400m: 16:44.26	1:11.74
	300m: 3:28.12	1:12.06 700m: 8:19.67	1:12.43	1100m: 13:08.54	1:11.96	1500m: 17:51.50	1:07.24
	400m: 4:40.77	1:12.65 800m: 9:32.08	1:12.41	1200m: 14:20.40	1:11.86		
5.	Domingo Kuipers	Orca 1	18:33.93	200501787	18:02.18	+0,61	
	100m: 1:04.84	1:04.84 500m: 5:51.27	1:12.63	900m: 10:44.62	1:13.20	1300m: 15:38.32	1:13.14
	200m: 2:15.11	1:10.27 600m: 7:04.74	1:13.47	1000m: 11:58.10	1:13.48	1400m: 16:52.07	1:13.75
	300m: 3:26.14	1:11.03 700m: 8:18.15	1:13.41	1100m: 13:11.56	1:13.46	1500m: 18:02.18	1:10.11
	400m: 4:38.64	1:12.50 800m: 9:31.42	1:13.27	1200m: 14:25.18	1:13.62		
6.	Meindert Dekkinga	HZ&PC Heerenveen	17:44.86	200400377	18:19.58	+0,81	
	100m: 1:05.86	1:05.86 500m: 5:58.10	1:14.87	900m: 10:55.08	1:13.98	1300m: 15:52.41	1:13.81
	200m: 2:16.74	1:10.88 600m: 7:12.10	1:14.00	1000m: 12:09.79	1:14.71	1400m: 17:07.04	1:14.63
	300m: 3:29.21	1:12.47 700m: 8:26.36	1:14.26	1100m: 13:24.24	1:14.45	1500m: 18:19.58	1:12.54
	400m: 4:43.23	1:14.02 800m: 9:41.10	1:14.74	1200m: 14:38.60	1:14.36		
7.	Kevin van Gelderen	TriVia	18:41.63	200402325	18:30.10		
	100m: 1:03.14	1:03.14 500m: 5:55.00	1:15.20	900m: 10:56.54	1:16.02	1300m: 15:59.64	1:15.20
	200m: 2:13.99	1:10.85 600m: 7:09.79	1:14.79	1000m: 12:10.99	1:14.45	1400m: 17:16.27	1:16.63
	300m: 3:26.24	1:12.25 700m: 8:25.59	1:15.80	1100m: 13:29.03	1:18.04	1500m: 18:30.10	1:13.83
	400m: 4:39.80	1:13.56 800m: 9:40.52	1:14.93	1200m: 14:44.44	1:15.41		
8.	Djurre van der Wal	Apexswim	19:17.93	200500301	18:55.26		
	100m: 1:08.09	1:08.09 500m: 6:09.73	1:16.83	900m: 11:16.73	1:16.79	1300m: 16:24.90	1:17.11
	200m: 2:21.69	1:13.60 600m: 7:25.93	1:16.20	1000m: 12:33.58	1:16.85	1400m: 17:41.34	1:16.44
	300m: 3:36.11	1:14.42 700m: 8:42.32	1:16.39	1100m: 13:50.85	1:17.27	1500m: 18:55.26	1:13.92
	400m: 4:52.90	1:16.79 800m: 9:59.94	1:17.62	1200m: 15:07.79	1:16.94		
9.	Flynn Peeks	ZPC Hooogveen	18:38.87	200500231	19:12.19	+0,83	
	100m: 1:09.55	1:09.55 500m: 6:13.51	1:16.63	900m: 11:24.97	1:18.00	1300m: 16:40.62	1:19.67
	200m: 2:24.24	1:14.69 600m: 7:30.82	1:17.31	1000m: 12:43.35	1:18.38	1400m: 17:57.19	1:16.57
	300m: 3:40.34	1:16.10 700m: 8:49.02	1:18.20	1100m: 14:01.67	1:18.32	1500m: 19:12.19	1:15.00
	400m: 4:56.88	1:16.54 800m: 10:06.97	1:17.95	1200m: 15:20.95	1:19.28		
10.	Luc Kerpels	ZPC Hooogveen	19:46.47	200503015	19:49.64	+0,78	
	100m: 1:09.03	1:09.03 500m: 6:26.34	1:20.10	900m: 11:49.74	1:21.28	1300m: 17:17.58	1:22.27
	200m: 2:27.24	1:18.21 600m: 7:46.75	1:20.41	1000m: 13:11.18	1:21.44	1400m: 18:35.90	1:18.32
	300m: 3:46.48	1:19.24 700m: 9:07.72	1:20.97	1100m: 14:33.37	1:22.19	1500m: 19:49.64	1:13.74
	400m: 5:06.24	1:19.76 800m: 10:28.46	1:20.74	1200m: 15:55.31	1:21.94		

Jeugd 1 en 2

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

Programmanr. 33, Jongens, 1500m vrije slag, Jeugd 1 en 2

rang	naam	vereniging	intijd	intijd	tijd	RT		
1.	Kylian Heederik	ZPC Hoozeveen	17:11.68	200300353	16:53.46	+0,72		
	100m: 1:03.28	1:03.28	500m: 5:32.66	1:07.98	900m: 10:05.94	1:08.74	1300m: 14:38.97	1:08.65
	200m: 2:10.72	1:07.44	600m: 6:40.99	1:08.33	1000m: 11:14.35	1:08.41	1400m: 15:47.30	1:08.33
	300m: 3:17.87	1:07.15	700m: 7:49.29	1:08.30	1100m: 12:22.06	1:07.71	1500m: 16:53.46	1:06.16
	400m: 4:24.68	1:06.81	800m: 8:57.20	1:07.91	1200m: 13:30.32	1:08.26		
AFGEM	Makai van Haren	Apexswim	17:08.63	200200627				

Senioren 1 en ouder

1.	Erik Nijholt	Dz&Pc	15:43.12	199401349	15:46.65	+0,78		
	100m: 59.74	59.74	500m: 5:13.23	1:03.68	900m: 9:27.12	1:03.67	1300m: 13:41.62	1:03.40
	200m: 2:03.06	1:03.32	600m: 6:16.62	1:03.39	1000m: 10:30.83	1:03.71	1400m: 14:44.82	1:03.20
	300m: 3:06.10	1:03.04	700m: 7:20.18	1:03.56	1100m: 11:34.65	1:03.82	1500m: 15:46.65	1:01.83
	400m: 4:09.55	1:03.45	800m: 8:23.45	1:03.27	1200m: 12:38.22	1:03.57		
2.	Owen Peeks	ZPC Hoozeveen	16:23.68	200100765	16:09.51	+0,70		
	100m: 1:02.73	1:02.73	500m: 5:20.11	1:03.98	900m: 9:39.37	1:05.16	1300m: 14:00.17	1:05.37
	200m: 2:07.84	1:05.11	600m: 6:24.56	1:04.45	1000m: 10:44.37	1:05.00	1400m: 15:05.85	1:05.68
	300m: 3:12.14	1:04.30	700m: 7:29.44	1:04.88	1100m: 11:49.75	1:05.38	1500m: 16:09.51	1:03.66
	400m: 4:16.13	1:03.99	800m: 8:34.21	1:04.77	1200m: 12:54.80	1:05.05		
3.	David Kuipers	Orca 1	16:20.76	200003633	16:32.80	+0,80		
	100m: 1:01.53	1:01.53	500m: 5:26.09	1:06.18	900m: 9:52.44	1:05.57	1300m: 14:22.63	1:06.93
	200m: 2:06.92	1:05.39	600m: 6:33.36	1:07.27	1000m: 11:00.57	1:08.13	1400m: 15:32.46	1:09.83
	300m: 3:13.07	1:06.15	700m: 7:39.22	1:05.86	1100m: 12:06.56	1:05.99	1500m: 16:32.80	1:00.34
	400m: 4:19.91	1:06.84	800m: 8:46.87	1:07.65	1200m: 13:15.70	1:09.14		