

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

Programmanr. 4
16-11-2019 - 15:00

Heren, 400m wisselslag

Junioren 1 en ouder
Resultaten

rang	naam	vereniging	intijd		tijd	RT
Junioren 1 en 2						
1.	Olivier Wilbers	ZPC Hoogeveen	5:25.33	200600181	5:19.08	+0,72
	50m: 36.92	36.92 150m: 1:57.98	38.14	250m: 3:23.15	46.46 350m: 4:44.23	35.28
	100m: 1:19.84	42.92 200m: 2:36.69	38.71	300m: 4:08.95	45.80 400m: 5:19.08	34.85
2.	Tiamo van der Veen	ZPC Hoogeveen	5:33.38	200600033	5:32.19	
	50m:	150m:		250m:	350m:	
	100m:	200m:		300m:	400m: 5:32.19	
3.	Cai Mink	ZPC Hoogeveen	5:41.76	200601683	5:42.25	
	50m:	150m:		250m:	350m:	
	100m:	200m:		300m:	400m: 5:42.25	
AFGEM	Jip Bakker	Orca 1	5:43.59	200600287		
Junioren 3 en 4						
1.	Colin Bes	ZC Polaris	5:02.33	200500201	4:55.50	+0,76
	50m: 30.01	30.01 150m: 1:43.25	37.35	250m: 3:03.48	43.01 350m: 4:21.93	34.20
	100m: 1:05.90	35.89 200m: 2:20.47	37.22	300m: 3:47.73	44.25 400m: 4:55.50	33.57
2.	Wouter Zijlstra	HZ&PC Heerenveen	4:54.89	200401545	4:57.20	+0,78
	50m: 31.71	31.71 150m: 1:49.56	39.82	250m: 3:09.50	40.53 350m: 4:25.13	34.32
	100m: 1:09.74	38.03 200m: 2:28.97	39.41	300m: 3:50.81	41.31 400m: 4:57.20	32.07
3.	Domingo Kuipers	Orca 1	5:03.64	200501787	5:00.30	+0,67
	50m: 32.96	32.96 150m: 1:50.11	38.33	250m: 3:09.80	42.72 350m: 4:28.11	34.77
	100m: 1:11.78	38.82 200m: 2:27.08	36.97	300m: 3:53.34	43.54 400m: 5:00.30	32.19
4.	Mac Peeks	ZPC Hoogeveen	5:11.75	200400153	5:01.03	+0,77
	50m: 34.17	34.17 150m: 1:51.47	38.11	250m: 3:11.51	42.94 350m: 4:29.28	33.54
	100m: 1:13.36	39.19 200m: 2:28.57	37.10	300m: 3:55.74	44.23 400m: 5:01.03	31.75
5.	Quinn Heederik	ZPC Hoogeveen	5:06.18	200400093	5:05.71	+0,80
	50m: 30.72	30.72 150m: 1:45.96	39.74	250m: 3:09.19	44.60 350m: 4:31.90	36.05
	100m: 1:06.22	35.50 200m: 2:24.59	38.63	300m: 3:55.85	46.66 400m: 5:05.71	33.81
6.	David da Silva Miranda	SG FZC54-De Vikings 1	5:27.02	200500019	5:17.00	+0,83
	50m: 34.88	34.88 150m: 1:58.81	41.09	250m: 3:21.10	42.34 350m: 4:43.01	37.39
	100m: 1:17.72	42.84 200m: 2:38.76	39.95	300m: 4:05.62	44.52 400m: 5:17.00	33.99
7.	Ruben van Veenen	Zcnf'34	5:21.97	200400425	5:21.26	+0,73
	50m: 32.33	32.33 150m: 1:52.02	42.29	250m: 3:20.12	47.67 350m: 4:46.19	37.80
	100m: 1:09.73	37.40 200m: 2:32.45	40.43	300m: 4:08.39	48.27 400m: 5:21.26	35.07
8.	Flynn Peeks	ZPC Hoogeveen	5:22.31	200500231	5:27.98	+0,71
	50m: 34.87	34.87 150m: 1:57.27	40.57	250m: 3:23.27	46.67 350m: 4:50.51	39.62
	100m: 1:16.70	41.83 200m: 2:36.60	39.33	300m: 4:10.89	47.62 400m: 5:27.98	37.47
9.	Djurre van der Wal	Apexswim	5:49.07	200500301	5:28.41	
	50m:	150m:		250m:	350m:	
	100m:	200m:		300m:	400m: 5:28.41	
10.	David Wesseling	ZC Polaris	5:41.15	200500251	5:29.47	
	50m:	150m:		250m:	350m:	
	100m:	200m:		300m:	400m: 5:29.47	
11.	Wouter Sies	TriVia	5:22.30	200500369	5:36.71	+0,78
	50m: 33.53	33.53 150m: 2:01.67	45.02	250m: 3:31.46	46.97 350m: 4:57.92	39.03
	100m: 1:16.65	43.12 200m: 2:44.49	42.82	300m: 4:18.89	47.43 400m: 5:36.71	38.79
12.	Eise van der Zee	Orca 1	5:44.28	200501437	5:45.38	
	50m:	150m:		250m:	350m:	
	100m:	200m:		300m:	400m: 5:45.38	
Jeugd 1 en 2						
1.	Kylian Heederik	ZPC Hoogeveen	4:45.22	200300353	4:45.92	+0,71
	50m: 30.98	30.98 150m: 1:43.89	36.98	250m: 3:00.07	39.33 350m: 4:13.79	34.47
	100m: 1:06.91	35.93 200m: 2:20.74	36.85	300m: 3:39.32	39.25 400m: 4:45.92	32.13
2.	Frederik Adema	de Granaet	4:57.70	200300253	4:55.32	+0,75
	50m: 30.89	30.89 150m: 1:46.57	38.08	250m: 3:05.10	41.09 350m: 4:22.69	35.05
	100m: 1:08.49	37.60 200m: 2:24.01	37.44	300m: 3:47.64	42.54 400m: 4:55.32	32.63
3.	Yoram van der Tuin	SG FZC54-De Vikings 1	5:14.88	200202439	5:04.89	+0,66
	50m: 30.94	30.94 150m: 1:45.81	38.61	250m: 3:07.59	44.29 350m: 4:30.17	36.59
	100m: 1:07.20	36.26 200m: 2:23.30	37.49	300m: 3:53.58	45.99 400m: 5:04.89	34.72
4.	Quinten Stuut	Aqua 68	5:14.18	200203239	5:19.16	+0,72
	50m: 31.52	31.52 150m: 1:51.31	41.61	250m: 3:17.20	45.45 350m: 4:44.00	39.32
	100m: 1:09.70	38.18 200m: 2:31.75	40.44	300m: 4:04.68	47.48 400m: 5:19.16	35.16

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Programmanr. 4, Jongens, 400m wisselslag, Jeugd 1 en 2

rang	naam	vereniging	intijd	tijd	RT	
5.	Jurek Frik	Azuro	5:19.47	200203335	5:20.84 +0,90	
	50m: 31.88	31.88 150m: 1:52.85	41.06	250m: 3:19.35	47.30 350m: 4:46.47	38.53
	100m: 1:11.79	39.91 200m: 2:32.05	39.20	300m: 4:07.94	48.59 400m: 5:20.84	34.37
AFGEM	Makai van Haren	Apexswim	4:56.48	200200627		
Senioren 1 en ouder						
1.	Emile Dost	ZC Borger	4:29.18	200100731	4:36.61 +0,77	
	50m: 29.43	29.43 150m: 1:39.39	35.05	250m: 2:51.87	38.30 350m: 4:04.63	33.07
	100m: 1:04.34	34.91 200m: 2:13.57	34.18	300m: 3:31.56	39.69 400m: 4:36.61	31.98
2.	David Anthonio	ReVeLie Swim Team	4:33.54	200102551	4:42.68 +0,80	
	50m: 29.99	29.99 150m: 1:41.46	36.29	250m: 2:58.40	40.68 350m: 4:12.14	32.08
	100m: 1:05.17	35.18 200m: 2:17.72	36.26	300m: 3:40.06	41.66 400m: 4:42.68	30.54
3.	Coen de Lang	ZPC Hoogeveen	4:40.83	200100067	4:43.74 +0,84	
	50m: 32.03	32.03 150m: 1:44.29	34.67	250m: 2:59.50	40.80 350m: 4:12.64	31.92
	100m: 1:09.62	37.59 200m: 2:18.70	34.41	300m: 3:40.72	41.22 400m: 4:43.74	31.10
4.	Owen Peeks	ZPC Hoogeveen	4:40.32	200100765	4:44.15 +0,84	
	50m: 31.45	31.45 150m: 1:42.62	35.00	250m: 2:58.49	41.38 350m: 4:13.67	33.17
	100m: 1:07.62	36.17 200m: 2:17.11	34.49	300m: 3:40.50	42.01 400m: 4:44.15	30.48
5.	Richard Kuipers	TriVia	4:45.69	199704171	4:46.00 +0,80	
	50m: 29.87	29.87 150m: 1:42.68	37.73	250m: 3:00.69	41.17 350m: 4:15.43	33.19
	100m: 1:04.95	35.08 200m: 2:19.52	36.84	300m: 3:42.24	41.55 400m: 4:46.00	30.57
6.	David Kuipers	Orca 1	4:37.87	200003633	4:46.03 +0,75	
	50m: 29.98	29.98 150m: 1:41.72	36.76	250m: 2:59.31	41.66 350m: 4:14.96	32.72
	100m: 1:04.96	34.98 200m: 2:17.65	35.93	300m: 3:42.24	42.93 400m: 4:46.03	31.07
7.	Darren Chen	ZC Borger	4:46.01	200001149	4:54.24 +0,71	
	50m: 30.26	30.26 150m: 1:45.56	40.15	250m: 3:04.74	40.66 350m: 4:21.38	35.39
	100m: 1:05.41	35.15 200m: 2:24.08	38.52	300m: 3:45.99	41.25 400m: 4:54.24	32.86
8.	Sjoerd de Jong	Avena	4:57.46	199903907	4:56.71 +0,84	
	50m: 31.35	31.35 150m: 1:44.52	37.71	250m: 3:04.96	43.33 350m: 4:23.08	35.00
	100m: 1:06.81	35.46 200m: 2:21.63	37.11	300m: 3:48.08	43.12 400m: 4:56.71	33.63
AFGEM	Rowan Keen	ZC Borger	4:25.94	199500727		