

Regionale Zomer Kampioenschappen  
Drachten, 27, 28 en 29 mei 2016

Medaillelijst per programmanr.

Alle wedstrijden

|                               |                            |                     |           |          |                          |
|-------------------------------|----------------------------|---------------------|-----------|----------|--------------------------|
| 12. Jongens, 800m vrije slag  |                            |                     |           |          | Minioren 5 en 6          |
| 1.                            | David da Silva Miranda     | SG FZC54-De Vikings | 200500019 | 11:29.25 | <b>10:31.39</b>          |
| 2.                            | Olivier Wilbers            | ZPC Hoogeveen       | 200600181 | 11:18.50 | <b>10:31.75</b>          |
| 3.                            | Tiamo van der Veen         | ZPC Hoogeveen       | 200600033 | 11:35.95 | <b>11:34.38</b>          |
| 13. Meisjes, 800m vrije slag  |                            |                     |           |          | Minioren 5 en Junioren 1 |
| 1.                            | Fleur Bos                  | Orca                | 200500674 | 11:56.68 | <b>11:23.07</b>          |
| 2.                            | Charley Blide              | ZPC Hoogeveen       | 200600164 | 11:54.30 | <b>11:24.66</b>          |
| 3.                            | Naomi Vellinga             | Wetterwille         | 200500504 | 11:50.89 | <b>11:30.52</b>          |
| 14. Jongens, 200m vrije slag  |                            |                     |           |          | Minioren 3 en 4          |
| 1.                            | Jelte de Boer              | SG FZC54-De Vikings | 200700345 | 3:03.29  | <b>2:54.92</b>           |
| 2.                            | Hielke van der Zwaag       | Wetterwille         | 200701197 | 3:43.46  | <b>3:44.91</b>           |
| 15. Meisjes, 200m vrije slag  |                            |                     |           |          | Minioren 3 en 4          |
| 1.                            | Gabriella da Silva Miranda | SG FZC54-De Vikings | 200700088 | 3:23.06  | <b>3:11.16</b>           |
| 2.                            | Danica Boek                | SG FZC54-De Vikings | 200700710 | 3:44.28  | <b>3:33.05</b>           |
| 3.                            | Esmee Vellinga             | Wetterwille         | 200700108 | 3:43.69  | <b>3:45.87</b>           |
| 16. Jongens, 1500m vrije slag |                            |                     |           |          | Jeugd 1 en 2             |
| 1.                            | David Kuipers              | Orca                | 200003633 | 16:34.17 | <b>16:32.77</b>          |
| 2.                            | Arjan Dekker               | ReVeLie Swim Team   | 200000499 | 17:09.49 | <b>16:58.20</b>          |
| 3.                            | Sjoerd de Jong             | Avena               | 199903907 | 18:07.75 | <b>18:29.57</b>          |
| 17. Heren, 1500m vrije slag   |                            |                     |           |          | Senioren 1 en ouder      |
| 1.                            | Marten de Groot            | HZ&PC Heerenveen    | 195800149 | 18:32.97 | <b>18:51.41</b>          |
| 2.                            | Rene Knijpstra             | isis                | 198806181 | 21:59.46 | <b>22:18.84</b>          |
| 18. Dames, 800m vrije slag    |                            |                     |           |          | Senioren 1 en ouder      |
| 1.                            | Alinda Dingshoff           | ZPC Hoogeveen       | 200000928 | 9:21.43  | <b>9:34.65</b>           |
| 2.                            | Hilde Dekker               | ReVeLie Swim Team   | 199901926 | 9:46.06  | <b>9:39.51</b>           |
| 3.                            | Renée Vanderheyden         | ReVeLie Swim Team   | 199903130 | 10:06.81 | <b>9:50.74</b>           |
| 19. Jongens, 400m wisselslag  |                            |                     |           |          | Junioren 1 en 2          |
| 1.                            | Hessel Broekstra           | SG FZC54-De Vikings | 200400253 | 5:15.01  | <b>5:20.40</b>           |
| 2.                            | Joël Malda                 | Orca                | 200301017 | 6:10.53  | <b>5:39.26</b>           |
| 3.                            | Meindert Dekkinga          | HZ&PC Heerenveen    | 200400377 | 5:47.35  | <b>5:43.90</b>           |
| 20. Jongens, 400m wisselslag  |                            |                     |           |          | Junioren 3 en 4          |
| 1.                            | Marcel Delfstra            | Orca                | 200100037 | 4:41.35  | <b>4:47.87</b>           |
| 2.                            | Coen de Lang               | ZPC Hoogeveen       | 200100067 | 4:51.80  | <b>4:57.18</b>           |
| 3.                            | Owen Peeks                 | ZPC Hoogeveen       | 200100765 | 4:57.65  | <b>5:00.58</b>           |

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21. Meisjes, 400m wisselslag Junioren 2 en 3

|                  |          |           |         |                |
|------------------|----------|-----------|---------|----------------|
| 1. Suze Kuipers  | Orca     | 200301714 | 5:18.81 | <b>5:15.07</b> |
| 2. Silke Huisman | Orca     | 200301182 | 5:32.39 | <b>5:15.21</b> |
| 3. Anna Tinga    | De Forel | 200302734 | 5:32.93 | <b>5:31.23</b> |

22. Meisjes, 400m wisselslag Jeugd 1 en 2

|                       |               |           |         |                |
|-----------------------|---------------|-----------|---------|----------------|
| 1. Wiktoria Redzimska | ZPC Hoogeveen | 200106042 | 5:16.60 | <b>5:16.41</b> |
| 2. Marike de Jong     | Avena         | 200101074 | 5:28.29 | <b>5:31.28</b> |
| 3. Esmee van Peer     | TriVia        | 200201114 | 5:50.38 | <b>5:45.62</b> |

1. Jongens, 400m vrije slag Minioren 3 en 4

|                         |             |           |         |                |
|-------------------------|-------------|-----------|---------|----------------|
| 1. Hielke van der Zwaag | Wetterwille | 200701197 | 7:43.49 | <b>7:41.53</b> |
|-------------------------|-------------|-----------|---------|----------------|

2. Meisjes, 400m vrije slag Minioren 3 en 4

|                               |                     |           |         |                |
|-------------------------------|---------------------|-----------|---------|----------------|
| 1. Celeste Suurd              | TriVia              | 200700556 | 6:49.86 | <b>6:30.10</b> |
| 2. Amber Lubbers              | SG FZC54-De Vikings | 200700398 | 6:52.87 | <b>6:34.26</b> |
| 3. Gabriella da Silva Miranda | SG FZC54-De Vikings | 200700088 | 6:49.71 | <b>6:41.83</b> |

3. Jongens, 400m vrije slag Minioren 5 en 6

|                           |                     |           |         |                |
|---------------------------|---------------------|-----------|---------|----------------|
| 1. David da Silva Miranda | SG FZC54-De Vikings | 200500019 | 5:25.02 | <b>5:07.90</b> |
| 2. Olivier Wilbers        | ZPC Hoogeveen       | 200600181 | 5:18.67 | <b>5:12.56</b> |
| 3. Wouter Sies            | TriVia              | 200500369 | 5:37.71 | <b>5:32.42</b> |

4. Meisjes, 400m vrije slag Minioren 5 en Junioren 1

|                            |                     |           |         |                |
|----------------------------|---------------------|-----------|---------|----------------|
| 1. Marte Hieke van der Kam | SG FZC54-De Vikings | 200500218 | 5:30.40 | <b>5:09.98</b> |
| 2. Sara Korthuis           | TriVia              | 200600494 | 5:26.07 | <b>5:28.28</b> |
| 3. Charley Blide           | ZPC Hoogeveen       | 200600164 | 5:30.49 | <b>5:29.04</b> |

5. Jongens, 1500m vrije slag Junioren 1 en 2

|                      |                     |           |          |                 |
|----------------------|---------------------|-----------|----------|-----------------|
| 1. Hessel Broekstra  | SG FZC54-De Vikings | 200400253 | 19:24.88 | <b>19:08.10</b> |
| 2. Mac Peeks         | ZPC Hoogeveen       | 200400153 | 20:32.98 | <b>19:27.84</b> |
| 3. Meindert Dekkinga | HZ&PC Heerenveen    | 200400377 | 20:40.16 | <b>19:33.50</b> |

6. Jongens, 1500m vrije slag Junioren 3 en 4

|                 |               |           |          |                 |
|-----------------|---------------|-----------|----------|-----------------|
| 1. Owen Peeks   | ZPC Hoogeveen | 200100765 | 17:06.74 | <b>17:11.06</b> |
| 2. Raoul Witten | ZPC Hoogeveen | 200200231 | 18:01.62 | <b>17:45.15</b> |
| 3. Coen de Lang | ZPC Hoogeveen | 200100067 | 19:13.36 | <b>17:47.88</b> |

7. Dames, 400m wisselslag Senioren 1 en ouder

|                       |                   |           |         |                |
|-----------------------|-------------------|-----------|---------|----------------|
| 1. Alinda Dingshoff   | ZPC Hoogeveen     | 200000928 | 5:05.96 | <b>5:09.75</b> |
| 2. Renée Vanderheyden | ReVeLie Swim Team | 199903130 | 5:24.32 | <b>5:25.76</b> |
| 3. Jill Blide         | ZPC Hoogeveen     | 200004734 | 5:30.65 | <b>5:33.31</b> |

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8. Jongens, 400m wisselslag Jeugd 1 en 2

|                  |                   |           |         |                |
|------------------|-------------------|-----------|---------|----------------|
| 1. David Kuipers | Orca              | 200003633 | 4:48.45 | <b>4:44.31</b> |
| 2. Arjan Dekker  | ReVeLie Swim Team | 200000499 | 4:47.62 | <b>4:48.44</b> |
| 3. Mark Vanger   | Wetterwille       | 199904565 | 5:59.73 | <b>6:09.42</b> |

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9. Heren, 400m wisselslag Senioren 1 en ouder

|                    |        |           |         |                |
|--------------------|--------|-----------|---------|----------------|
| 1. Richard Kuipers | Orca   | 199704171 | 4:44.19 | <b>4:44.16</b> |
| 2. David Scheffer  | TriVia | 199500175 | 4:51.11 | <b>4:56.68</b> |
| 3. Rene Knijpstra  | isis   | 198806181 | 6:11.96 | <b>6:17.53</b> |

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10. Meisjes, 800m vrije slag Junioren 2 en 3

|                      |               |           |          |                |
|----------------------|---------------|-----------|----------|----------------|
| 1. Suze Kuipers      | Orca          | 200301714 | 9:27.01  | <b>9:35.31</b> |
| 2. Charlotte Wilbers | ZPC Hoogeveen | 200400312 | 10:07.23 | <b>9:52.22</b> |
| 3. Mirthe Schenkel   | ZPC Hoogeveen | 200300666 | 10:12.16 | <b>9:57.24</b> |

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11. Meisjes, 800m vrije slag Jeugd 1 en 2

|                        |               |           |          |                |
|------------------------|---------------|-----------|----------|----------------|
| 1. Lize Janna de Vries | Orca          | 200101948 | 9:35.25  | <b>9:33.65</b> |
| 2. Wiktorija Redzimska | ZPC Hoogeveen | 200106042 | 10:09.19 | <b>9:41.13</b> |
| 3. Inge Dekker         | TriVia        | 200200476 | 10:07.50 | <b>9:45.89</b> |