

Programmanr. 29
 19-11-2017 - 11:15

Heren, 1500m vrije slag

 Junioren 1 en ouder
 Resultaten

rang	naam	vereniging	intijd	tijd	RT
Junioren 1					
1.	David, DA SILVA MIRANDA	SG FZC54-De Vikings	20:42.37	200500019	20:22.05
	100m: 1:14.90	1:14.90	500m:	900m:	1300m:
	200m: 2:34.71	1:19.81	600m:	1000m:	1400m:
	300m:		700m:	1100m:	1500m: 20:22.05
	400m: 5:17.81		800m: 10:48.78	1200m:	
Junioren 2					
1.	Mac, PEEKS	ZPC Hoogeveen	19:14.15	200400153	19:07.59
	100m: 1:10.67	1:10.67	500m:	900m:	1300m:
	200m: 2:27.14	1:16.47	600m:	1000m:	1400m:
	300m:		700m:	1100m:	1500m: 19:07.59
	400m: 5:01.64		800m: 10:12.81	1200m:	
2.	Wouter, ZIJLSTRA	De Forel	20:35.25	200401545	19:10.44
	100m: 1:09.78	1:09.78	500m:	900m:	1300m:
	200m: 2:25.78	1:16.00	600m:	1000m:	1400m:
	300m:		700m:	1100m:	1500m: 19:10.44
	400m: 4:59.40		800m: 10:10.38	1200m:	
3.	Meindert, DEKKINGA	HZ&PC Heerenveen	19:33.50	200400377	19:28.11
	100m: 1:09.51	1:09.51	500m:	900m:	1300m:
	200m: 2:26.44	1:16.93	600m:	1000m:	1400m:
	300m:		700m:	1100m:	1500m: 19:28.11
	400m: 5:05.22		800m: 10:20.18	1200m:	
4.	Kevin, van GELDEREN	TriVia	20:27.58	200402325	20:04.71
	100m: 1:15.08	1:15.08	500m:	900m:	1300m:
	200m: 2:34.69	1:19.61	600m:	1000m:	1400m:
	300m:		700m:	1100m:	1500m: 20:04.71
	400m: 5:14.23		800m: 10:39.23	1200m:	
Junioren 3					
1.	Frederik, ADEMA	de Granaet	18:57.07	200300253	18:54.97
	100m: 1:07.36	1:07.36	500m:	900m:	1300m:
	200m: 2:20.29	1:12.93	600m:	1000m:	1400m:
	300m:		700m:	1100m:	1500m: 18:54.97
	400m: 4:51.67		800m: 10:01.16	1200m:	
2.	Mathijs, BAARDA	Orca	19:54.21	200300633	20:08.18
	100m: 1:11.31	1:11.31	500m:	900m:	1300m:
	200m: 2:29.56	1:18.25	600m:	1000m:	1400m:
	300m:		700m:	1100m:	1500m: 20:08.18
	400m: 5:12.39		800m: 10:39.68	1200m:	
Junioren 4					
1.	Makai, van HAREN	De Forel	17:49.58	200200627	17:47.01
	100m: 1:04.60	1:04.60	500m:	900m:	1300m:
	200m: 2:15.69	1:11.09	600m:	1000m:	1400m:
	300m:		700m:	1100m:	1500m: 17:47.01
	400m: 4:40.12		800m: 9:27.44	1200m:	
2.	Raoul, WITTEN	ZPC Hoogeveen	17:39.10	200200231	17:51.22
	100m: 1:07.83	1:07.83	500m:	900m:	1300m:
	200m: 2:19.32	1:11.49	600m:	1000m:	1400m:
	300m:		700m:	1100m:	1500m: 17:51.22
	400m: 4:44.09		800m: 9:34.70	1200m:	
Jeugd 1 en 2					
1.	Jari, GROENHART	TriVia	16:11.94	200000271	15:45.19
	100m: 58.39	58.39	500m:	900m:	1300m:
	200m: 2:01.77	1:03.38	600m:	1000m:	1400m:
	300m:		700m:	1100m:	1500m: 15:45.19
	400m: 4:06.92		800m: 8:19.87	1200m:	
2.	David, KUIPERS	Orca	16:16.05	200003633	16:11.07
	100m: 59.00	59.00	500m:	900m:	1300m:
	200m: 2:02.56	1:03.56	600m:	1000m:	1400m:
	300m:		700m:	1100m:	1500m: 16:11.07
	400m: 4:10.77		800m: 8:32.21	1200m:	

Programmanr. 29, Jongens, 1500m vrije slag, Jeugd 1 en 2

rang	naam	vereniging	intijd		tijd	RT
3.	David, ANTHONIO	Ksn (Sg)	17:12.19	200102551	17:07.54	609
	100m: 1:01.43	1:01.43	500m:	900m:	1300m:	
	200m: 2:08.47	1:07.04	600m:	1000m:	1400m:	
	300m:		700m:	1100m:	1500m: 17:07.54	
	400m: 4:25.32		800m: 9:02.33	1200m:		
4.	Owen, PEEKS	ZPC Hoogeveen	17:06.74	200100765	17:31.48	568
	100m: 1:05.98	1:05.98	500m:	900m:	1300m:	
	200m: 2:15.87	1:09.89	600m:	1000m:	1400m:	
	300m:		700m:	1100m:	1500m: 17:31.48	
	400m: 4:34.91		800m: 9:14.38	1200m:		
5.	Darren, CHEN	Ksn (Sg)	18:09.92	200001149	17:36.95	560
	100m: 1:07.25	1:07.25	500m:	900m:	1300m:	
	200m: 2:18.37	1:11.12	600m:	1000m:	1400m:	
	300m:		700m:	1100m:	1500m: 17:36.95	
	400m: 4:39.78		800m: 9:24.84	1200m:		
6.	Coen, de LANG	ZPC Hoogeveen	17:47.88	200100067	18:18.45	499
	100m: 1:07.17	1:07.17	500m:	900m:	1300m:	
	200m: 2:18.02	1:10.85	600m:	1000m:	1400m:	
	300m:		700m:	1100m:	1500m: 18:18.45	
	400m: 4:40.19		800m: 9:30.36	1200m:		

Senioren 1 en ouder

1.	Rowan, KEEN	ZC Borger	16:41.76	199500727	16:06.23	733
	100m: 59.36	59.36	500m:	900m:	1300m:	
	200m: 2:02.54	1:03.18	600m:	1000m:	1400m:	
	300m:		700m:	1100m:	1500m: 16:06.23	
	400m: 4:10.51		800m: 8:28.73	1200m:		
2.	Niels, WIERSEMA	TriVia	16:23.04	199703221	16:51.10	639
	100m: 1:02.04	1:02.04	500m:	900m:	1300m:	
	200m: 2:07.07	1:05.03	600m:	1000m:	1400m:	
	300m:		700m:	1100m:	1500m: 16:51.10	
	400m: 4:18.23		800m: 8:49.96	1200m:		