

Regionale A winterkampioenschappen
Heerenveen, 17- - 25-11-2018

Programmanr. 13
18-11-2018 - 13:45

Heren, 400m vrije slag

Junioren 1 en ouder
Resultaten

Rang	Geb.		In.tijd		punten		Tijd		
Junioren 1									
1.	Senna Hof	06	Dz&Pc	5:02.12				4:51.39	
	50m: 33.30	33.30	150m: 1:47.68	37.33	250m: 3:02.07	37.71	350m: 4:16.70	37.01	
	100m: 1:10.35	37.05	200m: 2:24.36	36.68	300m: 3:39.69	37.62	400m: 4:51.39	34.69	
2.	Olivier Wilbers	06	ZPC Hoogeveen	4:58.47				4:55.32	
	50m: 33.12	33.12	150m: 1:47.29	37.21	250m: 3:04.12	38.53	350m: 4:19.25	37.06	
	100m: 1:10.08	36.96	200m: 2:25.59	38.30	300m: 3:42.19	38.07	400m: 4:55.32	36.07	
3.	Tiamo van der Veen	06	ZPC Hoogeveen	5:05.77				5:00.46	
	50m: 33.48	33.48	150m: 1:49.61	38.82	250m: 3:06.64	38.22	350m: 4:23.42	38.10	
	100m: 1:10.79	37.31	200m: 2:28.42	38.81	300m: 3:45.32	38.68	400m: 5:00.46	37.04	
4.	Hidde Boersma	06	SG FZC54-De Viking	5:27.27				5:18.13	
	50m: 34.33	34.33	150m: 1:53.67	40.40	250m: 3:16.13	41.20	350m: 4:38.39	40.89	
	100m: 1:13.27	38.94	200m: 2:34.93	41.26	300m: 3:57.50	41.37	400m: 5:18.13	39.74	
5.	Thomas Boer	06	Polaris	5:37.48				5:29.87	
	50m: 34.70	34.70	150m: 1:57.36	42.27	250m: 3:23.56	42.63	350m: 4:50.88	43.60	
	100m: 1:15.09	40.39	200m: 2:40.93	43.57	300m: 4:07.28	43.72	400m: 5:29.87	38.99	
AFGEM	Jip Bakker	06	SG FZC54-De Viking	5:35.31					
Junioren 2									
1.	Colin Bes	05	Polaris	4:56.30				4:41.49	
	50m: 31.29	31.29	150m: 1:43.77	36.89	250m: 2:57.54	36.56	350m: 4:09.32	35.91	
	100m: 1:06.88	35.59	200m: 2:20.98	37.21	300m: 3:33.41	35.87	400m: 4:41.49	32.17	
2.	David da Silva Miranda	05	SG FZC54-De Viking	4:58.53				4:46.92	
	50m: 31.87	31.87	150m: 1:44.23	36.89	250m: 2:58.75	37.04	350m: 4:12.17	36.51	
	100m: 1:07.34	35.47	200m: 2:21.71	37.48	300m: 3:35.66	36.91	400m: 4:46.92	34.75	
3.	Wouter Sies	05	TriVia	4:47.62				4:50.20	
	50m: 31.85	31.85	150m: 1:44.64	36.93	250m: 2:59.50	37.72	350m: 4:12.84	36.61	
	100m: 1:07.71	35.86	200m: 2:21.78	37.14	300m: 3:36.23	36.73	400m: 4:50.20	37.36	
4.	Flynn Peeks	05	ZPC Hoogeveen	4:59.84				4:53.62	
	50m: 32.81	32.81	150m: 1:46.78	37.46	250m: 3:01.58	37.34	350m: 4:16.86	37.49	
	100m: 1:09.32	36.51	200m: 2:24.24	37.46	300m: 3:39.37	37.79	400m: 4:53.62	36.76	
Junioren 3									
1.	Kai Zwerver	04	SG FZC54-De Viking	4:32.72				4:25.21	
	50m: 28.38	28.38	150m: 1:35.41	34.20	250m: 2:44.78	34.58	350m: 3:53.15	33.85	
	100m: 1:01.21	32.83	200m: 2:10.20	34.79	300m: 3:19.30	34.52	400m: 4:25.21	32.06	
2.	Wouter Zijlstra	04	HZ&PC Heerenveen	4:29.42				4:35.78	
	50m: 29.15	29.15	150m: 1:35.44	33.96	250m: 2:46.58	38.31	350m: 4:00.44	36.90	
	100m: 1:01.48	32.33	200m: 2:08.27	32.83	300m: 3:23.54	36.96	400m: 4:35.78	35.34	
3.	Meindert Dekkinga	04	HZ&PC Heerenveen	4:41.46				4:38.05	
	50m: 30.16	30.16	150m: 1:38.47	34.96	250m: 2:49.20	35.67	350m: 4:03.26	37.14	
	100m: 1:03.51	33.35	200m: 2:13.53	35.06	300m: 3:26.12	36.92	400m: 4:38.05	34.79	
4.	Mac Peeks	04	ZPC Hoogeveen	4:39.24				4:40.07	
	50m: 30.51	30.51	150m: 1:41.31	36.06	250m: 2:53.93	36.34	350m: 4:07.05	36.49	
	100m: 1:05.25	34.74	200m: 2:17.59	36.28	300m: 3:30.56	36.63	400m: 4:40.07	33.02	
5.	Kevin van Gelderen	04	TriVia	4:54.12				4:54.70	
	50m: 32.58	32.58	150m: 1:46.32	36.98	250m: 3:02.30	38.45	350m: 4:17.86	37.50	
	100m: 1:09.34	36.76	200m: 2:23.85	37.53	300m: 3:40.36	38.06	400m: 4:54.70	36.84	

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Junioren 4

1. Frederik Adema			03	de Granaet	4:39.13					4:31.95	
50m:	28.02	28.02	150m:	1:35.27	34.71	250m:	2:46.24	35.65	350m:	3:57.77	35.88
100m:	1:00.56	32.54	200m:	2:10.59	35.32	300m:	3:21.89	35.65	400m:	4:31.95	34.18

Jeugd 1 en 2

1. David Anthonio			01	Ksn (Sg)	4:11.01					4:08.26	
50m:	28.42	28.42	150m:	1:31.41	31.58	250m:	2:35.28	32.00	350m:	3:37.97	30.79
100m:	59.83	31.41	200m:	2:03.28	31.87	300m:	3:07.18	31.90	400m:	4:08.26	30.29
2. Owen Peeks			01	ZPC Hoogeveen	4:10.78					4:09.91	
50m:	28.78	28.78	150m:	1:31.83	31.58	250m:	2:35.66	31.76	350m:	3:39.31	31.23
100m:	1:00.25	31.47	200m:	2:03.90	32.07	300m:	3:08.08	32.42	400m:	4:09.91	30.60
3. Coen de Lang			01	ZPC Hoogeveen	4:18.56					4:17.27	
50m:	29.06	29.06	150m:	1:33.39	32.40	250m:	2:39.08	32.78	350m:	3:45.01	33.07
100m:	1:00.99	31.93	200m:	2:06.30	32.91	300m:	3:11.94	32.86	400m:	4:17.27	32.26
4. Makai van Haren			02	Apexswim	4:28.55					4:24.75	
50m:	29.63	29.63	150m:	1:36.49	33.79	250m:	2:45.17	34.23	350m:	3:52.59	33.54
100m:	1:02.70	33.07	200m:	2:10.94	34.45	300m:	3:19.05	33.88	400m:	4:24.75	32.16
5. Filip Cudic			01	TriVia	4:36.88					4:28.53	
50m:	28.72	28.72	150m:	1:35.30	34.16	250m:	2:45.26	34.72	350m:	3:54.95	34.75
100m:	1:01.14	32.42	200m:	2:10.54	35.24	300m:	3:20.20	34.94	400m:	4:28.53	33.58
6. Yoram van der Tuin			02	SG FZC54-De Viking	4:38.14					4:32.34	
50m:	29.60	29.60	150m:	1:36.05	33.71	250m:	2:45.81	35.17	350m:	3:58.29	36.79
100m:	1:02.34	32.74	200m:	2:10.64	34.59	300m:	3:21.50	35.69	400m:	4:32.34	34.05
7. Rik Stahlie			02	TriVia	4:31.23					4:41.60	
50m:	29.87	29.87	150m:	1:37.15	34.29	250m:	2:49.85	36.70	350m:	4:05.19	37.66
100m:	1:02.86	32.99	200m:	2:13.15	36.00	300m:	3:27.53	37.68	400m:	4:41.60	36.41
8. Jesper Tjassing			02	Azuro	4:33.92					4:51.67	
50m:	30.09	30.09	150m:	1:39.82	35.83	250m:	2:55.84	38.18	350m:	4:12.85	38.27
100m:	1:03.99	33.90	200m:	2:17.66	37.84	300m:	3:34.58	38.74	400m:	4:51.67	38.82

Senioren 1 en ouder

1. Erik Nijholt			94	Dz&Pc	3:55.17					3:55.89	
50m:	27.08	27.08	150m:	1:26.75	29.96	250m:	2:26.33	29.63	350m:	3:26.15	29.90
100m:	56.79	29.71	200m:	1:56.70	29.95	300m:	2:56.25	29.92	400m:	3:55.89	29.74
2. Rowan Keen			95	ZC Borger	3:59.95					4:01.05	
50m:	27.80	27.80	150m:	1:28.46	30.46	250m:	2:29.70	30.38	350m:	3:31.08	30.75
100m:	58.00	30.20	200m:	1:59.32	30.86	300m:	3:00.33	30.63	400m:	4:01.05	29.97
3. David Kuipers			00	Orca 1	4:00.81					4:04.56	
50m:	27.70	27.70	150m:	1:28.68	30.73	250m:	2:31.61	31.59	350m:	3:34.61	31.31
100m:	57.95	30.25	200m:	2:00.02	31.34	300m:	3:03.30	31.69	400m:	4:04.56	29.95
4. Niels Wiersema			97	TriVia	4:05.33					4:07.76	
50m:	28.46	28.46	150m:	1:30.79	31.28	250m:	2:33.22	30.96	350m:	3:36.74	31.78
100m:	59.51	31.05	200m:	2:02.26	31.47	300m:	3:04.96	31.74	400m:	4:07.76	31.02
5. Darren Chen			00	Ksn (Sg)	4:13.21					4:11.85	
50m:	28.80	28.80	150m:	1:33.44	32.73	250m:	2:37.69	31.73	350m:	3:41.45	31.73
100m:	1:00.71	31.91	200m:	2:05.96	32.52	300m:	3:09.72	32.03	400m:	4:11.85	30.40
6. Darryl Lubbinge			97	ZPC Hoogeveen	4:23.99					4:20.56	
50m:	29.35	29.35	150m:	1:35.74	33.74	250m:	2:42.52	32.35	350m:	3:48.46	32.75
100m:	1:02.00	32.65	200m:	2:10.17	34.43	300m:	3:15.71	33.19	400m:	4:20.56	32.10