

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

Programmanr. 21  
24-11-2018 - 14:15

Heren, 1500m vrije slag

Junioren 1 en ouder  
Resultaten

Rang	Geb.	In.tijd	punten	Tijd
<b>Junioren 1</b>				
1.	Olivier Wilbers	06 ZPC Hoogeveen	19:32.49	<b>19:28.30</b>
	100m: 1:13.10 1:13.10	500m: 6:26.04 1:17.81	900m: 11:41.09 1:18.39	1300m: 16:54.75 1:18.07
	200m: 2:31.05 1:17.95	600m: 7:45.02 1:18.98	1000m: 12:59.86 1:18.77	1400m: 18:13.18 1:18.43
	300m: 3:49.54 1:18.49	700m: 9:03.90 1:18.88	1100m: 14:18.16 1:18.30	1500m: 19:28.30 1:15.12
	400m: 5:08.23 1:18.69	800m: 10:22.70 1:18.80	1200m: 15:36.68 1:18.52	
2.	Tiamo van der Veen	06 ZPC Hoogeveen	19:44.50	<b>19:33.61</b>
	100m: 1:13.79 1:13.79	500m: 6:30.05 1:19.18	900m: 11:47.39 1:19.35	1300m: 17:00.73 1:17.93
	200m: 2:32.24 1:18.45	600m: 7:49.28 1:19.23	1000m: 13:07.13 1:19.74	1400m: 18:19.26 1:18.53
	300m: 3:52.39 1:20.15	700m: 9:08.93 1:19.65	1100m: 14:24.43 1:17.30	1500m: 19:33.61 1:14.35
	400m: 5:10.87 1:18.48	800m: 10:28.04 1:19.11	1200m: 15:42.80 1:18.37	
<b>Junioren 3</b>				
1.	Hessel Broekstra	04 SG FZC54-De Vikir	18:17.95	<b>18:05.75</b>
	100m: 1:07.68 1:07.68	500m: 6:01.97 1:13.85	900m: 10:56.82 1:13.33	1300m: 15:47.65 1:12.64
	200m: 2:20.45 1:12.77	600m: 7:16.09 1:14.12	1000m: 12:09.99 1:13.17	1400m: 16:58.69 1:11.04
	300m: 3:34.48 1:14.03	700m: 8:30.01 1:13.92	1100m: 13:22.53 1:12.54	1500m: 18:05.75 1:07.06
	400m: 4:48.12 1:13.64	800m: 9:43.49 1:13.48	1200m: 14:35.01 1:12.48	
2.	Mac Peeks	04 ZPC Hoogeveen	18:46.02	<b>18:51.94</b>
	100m: 1:10.32 1:10.32	500m: 6:15.50 1:16.45	900m: 11:21.37 1:16.65	1300m: 16:23.98 1:15.11
	200m: 2:26.23 1:15.91	600m: 7:31.56 1:16.06	1000m: 12:37.53 1:16.16	1400m: 17:39.10 1:15.12
	300m: 3:42.84 1:16.61	700m: 8:48.25 1:16.69	1100m: 13:53.09 1:15.56	1500m: 18:51.94 1:12.84
	400m: 4:59.05 1:16.21	800m: 10:04.72 1:16.47	1200m: 15:08.87 1:15.78	
3.	Kevin van Gelderen	04 TriVia	19:46.89	<b>19:21.19</b>
	100m: 1:11.81 1:11.81	500m: 6:21.51 1:18.28	900m: 11:38.19 1:18.60	1300m: 16:51.28 1:17.86
	200m: 2:28.27 1:16.46	600m: 7:41.45 1:19.94	1000m: 12:57.66 1:19.47	1400m: 18:08.43 1:17.15
	300m: 3:45.07 1:16.80	700m: 9:00.16 1:18.71	1100m: 14:15.90 1:18.24	1500m: 19:21.19 1:12.76
	400m: 5:03.23 1:18.16	800m: 10:19.59 1:19.43	1200m: 15:33.42 1:17.52	
<b>Jeugd 1 en 2</b>				
1.	David Anthonio	01 Ksn (Sg)	17:07.54	<b>16:51.98</b>
	100m: 1:03.35 1:03.35	500m: 5:33.29 1:07.88	900m: 10:06.73 1:08.81	1300m: 14:43.29 1:08.02
	200m: 2:10.48 1:07.13	600m: 6:41.40 1:08.11	1000m: 11:16.33 1:09.60	1400m: 15:50.70 1:07.41
	300m: 3:17.80 1:07.32	700m: 7:49.85 1:08.45	1100m: 12:25.73 1:09.40	1500m: 16:51.98 1:01.28
	400m: 4:25.41 1:07.61	800m: 8:57.92 1:08.07	1200m: 13:35.27 1:09.54	
2.	Owen Peeks	01 ZPC Hoogeveen	16:39.39	<b>16:52.83</b>
	100m: 1:03.70 1:03.70	500m: 5:34.81 1:08.46	900m: 10:06.54 1:07.62	1300m: 14:39.94 1:08.44
	200m: 2:10.62 1:06.92	600m: 6:43.35 1:08.54	1000m: 11:14.68 1:08.14	1400m: 15:48.75 1:08.81
	300m: 3:18.23 1:07.61	700m: 7:51.03 1:07.68	1100m: 12:23.23 1:08.55	1500m: 16:52.83 1:04.08
	400m: 4:26.35 1:08.12	800m: 8:58.92 1:07.89	1200m: 13:31.50 1:08.27	
3.	Makai van Haren	02 Apexswim	17:16.17	<b>17:26.26</b>
	100m: 1:04.29 1:04.29	500m: 5:44.56 1:10.23	900m: 10:26.24 1:10.67	1300m: 15:08.41 1:10.67
	200m: 2:13.36 1:09.07	600m: 6:54.92 1:10.36	1000m: 11:36.50 1:10.26	1400m: 16:19.07 1:10.66
	300m: 3:23.48 1:10.12	700m: 8:04.93 1:10.01	1100m: 12:47.02 1:10.52	1500m: 17:26.26 1:07.19
	400m: 4:34.33 1:10.85	800m: 9:15.57 1:10.64	1200m: 13:57.74 1:10.72	
AFGEM	Rik Stahlie	02 TriVia	18:06.47	
<b>Senioren 1 en ouder</b>				
1.	Erik Nijholt	94 Dz&Pc	15:55.04	<b>15:44.21</b>
	100m: 1:00.50 1:00.50	500m: 5:13.56 1:02.89	900m: 9:27.18 1:03.62	1300m: 13:41.71 1:03.24
	200m: 2:03.96 1:03.46	600m: 6:16.76 1:03.20	1000m: 10:31.17 1:03.99	1400m: 14:44.29 1:02.58
	300m: 3:07.44 1:03.48	700m: 7:20.12 1:03.36	1100m: 11:34.89 1:03.72	1500m: 15:44.21 59.92
	400m: 4:10.67 1:03.23	800m: 8:23.56 1:03.44	1200m: 12:38.47 1:03.58	

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Programmanr. 21, Heren, 1500m vrije slag, Senioren 1 en ouder

Rang	Geb.		In.tijd	punten		Tijd		
2.	Rowan Keen	95	ZC Borger	15:55.31		<b>16:17.86</b>		
	100m: 1:01.42	1:01.42	500m: 5:21.35	1:05.38	900m: 9:43.09	1:05.38	1300m: 14:06.62	1:06.13
	200m: 2:05.86	1:04.44	600m: 6:26.67	1:05.32	1000m: 10:48.55	1:05.46	1400m: 15:13.10	1:06.48
	300m: 3:10.55	1:04.69	700m: 7:32.14	1:05.47	1100m: 11:54.06	1:05.51	1500m: 16:17.86	1:04.76
	400m: 4:15.97	1:05.42	800m: 8:37.71	1:05.57	1200m: 13:00.49	1:06.43		
3.	David Kuipers	00	Orca 1	15:56.93		<b>16:20.87</b>		
	100m: 1:01.72	1:01.72	500m: 5:24.41	1:05.83	900m: 9:48.84	1:05.77	1300m: 14:13.29	1:06.10
	200m: 2:06.75	1:05.03	600m: 6:31.07	1:06.66	1000m: 10:54.82	1:05.98	1400m: 15:18.88	1:05.59
	300m: 3:12.43	1:05.68	700m: 7:36.91	1:05.84	1100m: 12:01.20	1:06.38	1500m: 16:20.87	1:01.99
	400m: 4:18.58	1:06.15	800m: 8:43.07	1:06.16	1200m: 13:07.19	1:05.99		
4.	Niels Wiersema	97	TriVia	16:32.64		<b>16:25.98</b>		
	100m: 1:02.41	1:02.41	500m: 5:25.18	1:05.84	900m: 9:49.79	1:06.12	1300m: 14:15.43	1:06.82
	200m: 2:07.69	1:05.28	600m: 6:30.85	1:05.67	1000m: 10:55.69	1:05.90	1400m: 15:22.09	1:06.66
	300m: 3:13.61	1:05.92	700m: 7:36.85	1:06.00	1100m: 12:01.90	1:06.21	1500m: 16:25.98	1:03.89
	400m: 4:19.34	1:05.73	800m: 8:43.67	1:06.82	1200m: 13:08.61	1:06.71		
5.	Arjan Dekker	00	ReVeLie Swim Tear	17:30.31		<b>16:56.27</b>		
	100m: 1:04.00	1:04.00	500m: 5:33.88	1:07.89	900m: 10:07.26	1:08.24	1300m: 14:42.80	1:08.97
	200m: 2:11.00	1:07.00	600m: 6:42.04	1:08.16	1000m: 11:15.94	1:08.68	1400m: 15:50.83	1:08.03
	300m: 3:18.74	1:07.74	700m: 7:50.56	1:08.52	1100m: 12:24.76	1:08.82	1500m: 16:56.27	1:05.44
	400m: 4:25.99	1:07.25	800m: 8:59.02	1:08.46	1200m: 13:33.83	1:09.07		
AFGEM	Erik Schroder	84	TriVia	17:33.78				