

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

Programmanr. 32
25-11-2018 - 14:15

Heren, 400m wisselslag

Junioren 1 en ouder
Resultaten

Rang	Geb.		In.tijd	punten		Tijd						
Junioren 1												
DIS	Senna Hof		06	Dz&Pc		5:36.14						
	<i>RC - Rugligging verlaten tijdens de race zonder het keerpunt in te zetten.</i>											
	50m:	35.36	35.36	150m:		250m:		350m:				
	100m:	1:19.45	44.09	200m:		300m:		400m:				
Junioren 2												
1.	Domingo Kuipers		05	Orca 1		5:40.01		5:13.94				
	50m:	35.11	35.11	150m:	1:54.56	38.31	250m:	3:17.84	44.62	350m:	4:38.80	35.05
	100m:	1:16.25	41.14	200m:	2:33.22	38.66	300m:	4:03.75	45.91	400m:	5:13.94	35.14
2.	Wouter Sies		05	TriVia		5:34.33		5:25.44				
	50m:	35.78	35.78	150m:	2:02.12	42.60	250m:	3:28.11	44.83	350m:	4:50.84	37.18
	100m:	1:19.52	43.74	200m:	2:43.28	41.16	300m:	4:13.66	45.55	400m:	5:25.44	34.60
3.	David da Silva Miranda		05	SG FZC54-De Viking		5:46.50		5:30.96				
	50m:	35.79	35.79	150m:	2:05.90	43.56	250m:	3:32.68	44.85	350m:	4:56.25	38.43
	100m:	1:22.34	46.55	200m:	2:47.83	41.93	300m:	4:17.82	45.14	400m:	5:30.96	34.71
4.	Flynn Peeks		05	ZPC Hoogeveen		5:34.77		5:34.61				
	50m:	36.27	36.27	150m:	2:00.69	41.39	250m:	3:29.47	49.00	350m:	4:57.62	38.21
	100m:	1:19.30	43.03	200m:	2:40.47	39.78	300m:	4:19.41	49.94	400m:	5:34.61	36.99
5.	David Wesseling		05	Polaris		5:50.83		5:41.15				
	<i>* Backup-tijd</i>											
	50m:	39.71	39.71	150m:	2:08.06	42.11	250m:	3:35.86	46.36	350m:	5:03.14	40.61
	100m:	1:25.95	46.24	200m:	2:49.50	41.44	300m:	4:22.53	46.67	400m:	5:41.15	38.01
Junioren 3												
1.	Wouter Zijlstra		04	HZ&PC Heerenveen		5:09.89		5:05.44				
	50m:	33.26	33.26	150m:	1:51.96	38.84	250m:	3:13.03	42.04	350m:	4:31.67	34.72
	100m:	1:13.12	39.86	200m:	2:30.99	39.03	300m:	3:56.95	43.92	400m:	5:05.44	33.77
2.	Meindert Dekkinga		04	HZ&PC Heerenveen		5:21.48		5:20.24				
	50m:	33.07	33.07	150m:	1:51.21	38.27	250m:	3:19.80	49.66	350m:	4:45.32	38.17
	100m:	1:12.94	39.87	200m:	2:30.14	38.93	300m:	4:07.15	47.35	400m:	5:20.24	34.92
3.	Ruben van Veenen		04	Zcnf'34		5:24.05		5:21.97				
	50m:	33.12	33.12	150m:	1:56.90	42.45	250m:	3:23.46	46.16	350m:	4:48.02	37.37
	100m:	1:14.45	41.33	200m:	2:37.30	40.40	300m:	4:10.65	47.19	400m:	5:21.97	33.95
4.	Sander Heinsius		04	Dz&Pc		5:50.38		5:35.53				
	50m:	36.95	36.95	150m:	2:02.46	41.80	250m:	3:30.89	46.49	350m:	4:56.91	39.59
	100m:	1:20.66	43.71	200m:	2:44.40	41.94	300m:	4:17.32	46.43	400m:	5:35.53	38.62
AFGEM	Mac Peeks		04	ZPC Hoogeveen		5:25.82						
Junioren 4												
1.	Frederik Adema		03	de Granaet		5:15.61		4:57.70				
	50m:	30.77	30.77	150m:	1:45.85	37.44	250m:	3:05.29	42.34	350m:	4:24.27	35.48
	100m:	1:08.41	37.64	200m:	2:22.95	37.10	300m:	3:48.79	43.50	400m:	4:57.70	33.43

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Jeugd 1 en 2

1.	Emile Dost		01	ZC Borger	4:34.68					4:37.77		
	50m:	29.73	29.73	150m:	1:40.12	35.75	250m:	2:55.86	40.78	350m:	4:07.09	31.73
	100m:	1:04.37	34.64	200m:	2:15.08	34.96	300m:	3:35.36	39.50	400m:	4:37.77	30.68
2.	David Anthonio		01	Ksn (Sg)	4:45.04					4:38.68		
	50m:	29.97	29.97	150m:	1:40.91	35.99	250m:	2:56.62	39.87	350m:	4:08.44	31.47
	100m:	1:04.92	34.95	200m:	2:16.75	35.84	300m:	3:36.97	40.35	400m:	4:38.68	30.24
3.	Marcel Delfstra		01	Wetterwille	4:44.55					4:42.20		
	50m:	28.83	28.83	150m:	1:39.24	36.10	250m:	2:55.74	40.42	350m:	4:10.18	34.38
	100m:	1:03.14	34.31	200m:	2:15.32	36.08	300m:	3:35.80	40.06	400m:	4:42.20	32.02
4.	Coen de Lang		01	ZPC Hoozeveen	4:46.45					4:50.31		
	50m:	30.65	30.65	150m:	1:41.30	36.27	250m:	3:01.03	43.61	350m:	4:17.77	33.73
	100m:	1:05.03	34.38	200m:	2:17.42	36.12	300m:	3:44.04	43.01	400m:	4:50.31	32.54
5.	Owen Peeks		01	ZPC Hoozeveen	4:47.34					4:50.41		
	50m:	32.07	32.07	150m:	1:45.30	35.91	250m:	3:03.54	42.73	350m:	4:19.41	32.25
	100m:	1:09.39	37.32	200m:	2:20.81	35.51	300m:	3:47.16	43.62	400m:	4:50.41	31.00
6.	Makai van Haren		02	Apexswim	5:05.41					5:00.67		
	50m:	31.74	31.74	150m:	1:45.99	36.62	250m:	3:07.68	46.11	350m:	4:28.32	34.26
	100m:	1:09.37	37.63	200m:	2:21.57	35.58	300m:	3:54.06	46.38	400m:	5:00.67	32.35
7.	Quinten Stuu		02	Aqua 68 1	5:16.18					5:14.18		
	50m:	32.99	32.99	150m:	1:50.19	38.57	250m:	3:14.17	45.40	350m:	4:38.41	37.80
	100m:	1:11.62	38.63	200m:	2:28.77	38.58	300m:	4:00.61	46.44	400m:	5:14.18	35.77
8.	Yoram van der Tuin		02	SG FZC54-De Viking	5:20.98					5:14.88		
	50m:	31.62	31.62	150m:	1:50.58	39.87	250m:	3:15.67	47.14	350m:	4:40.41	36.60
	100m:	1:10.71	39.09	200m:	2:28.53	37.95	300m:	4:03.81	48.14	400m:	5:14.88	34.47
9.	Jurek Frik		02	Azuro	5:19.52					5:19.47		
	50m:	31.77	31.77	150m:	1:52.06	40.95	250m:	3:19.22	47.29	350m:	4:45.07	37.29
	100m:	1:11.11	39.34	200m:	2:31.93	39.87	300m:	4:07.78	48.56	400m:	5:19.47	34.40

AFGEM Maurice Pater 02 Gzww 4:54.74

Senioren 1 en ouder

1.	Rowan Keen		95	ZC Borger	4:23.66					4:31.18		
	50m:	29.53	29.53	150m:	1:38.34	34.75	250m:	2:50.44	37.98	350m:	4:00.89	31.34
	100m:	1:03.59	34.06	200m:	2:12.46	34.12	300m:	3:29.55	39.11	400m:	4:31.18	30.29
2.	David Kuipers		00	Orca 1	4:34.34					4:40.95		
	50m:	29.49	29.49	150m:	1:39.41	36.56	250m:	2:57.30	42.30	350m:	4:11.12	31.58
	100m:	1:02.85	33.36	200m:	2:15.00	35.59	300m:	3:39.54	42.24	400m:	4:40.95	29.83
3.	Darren Chen		00	Ksn (Sg)	4:49.94					4:48.04		
	50m:	30.38	30.38	150m:	1:43.76	38.25	250m:	3:02.93	41.30	350m:	4:17.46	32.59
	100m:	1:05.51	35.13	200m:	2:21.63	37.87	300m:	3:44.87	41.94	400m:	4:48.04	30.58
4.	Sjoerd de Jong		99	Avena	4:59.16					5:04.47		
	50m:	32.39	32.39	150m:	1:49.32	39.44	250m:	3:11.03	43.90	350m:	4:31.02	35.50
	100m:	1:09.88	37.49	200m:	2:27.13	37.81	300m:	3:55.52	44.49	400m:	5:04.47	33.45