

Programmanr. 2
19-5-2017

Heren, 400m vrije slag

Junioren 1 en ouder
Resultaten

Rang							In.tijd	Tijd	RT
Junioren 1									
1.	Meindert Dekkinga	HZ&PC Heerenveen		200400377		5:02.38	4:58.58	+0,80	
	100m: 1:10.24	1:10.24	200m: 2:26.73	1:16.49	300m: 3:44.65	1:17.92	400m: 4:58.58	1:13.93	
2.	Mac Peeks	ZPC Hoogeveen		200400153		5:03.50	5:06.68	+0,79	
	100m: 1:11.47	1:11.47	200m: 2:30.70	1:19.23	300m: 3:50.80	1:20.10	400m: 5:06.68	1:15.88	
3.	Kevin van Gelderen	TriVia		200402325		5:12.80	5:10.29		
	100m: 1:13.23	1:13.23	200m: 2:33.04	1:19.81	300m: 3:53.20	1:20.16	400m: 5:10.29	1:17.09	
4.	Quint van Haren	De Forel		200400215		5:12.13	5:24.20	+0,99	
	100m: 1:14.54	1:14.54	200m: 2:37.95	1:23.41	300m: 4:02.37	1:24.42	400m: 5:24.20	1:21.83	
Junioren 2									
1.	Frederik Adema	de Granaet		200300253		4:52.59	4:51.40	+0,80	
	<i>handgeklokt</i>								
	100m: 1:06.45	1:06.45	200m: 2:20.86	1:14.41	300m: 3:36.39	1:15.53	400m: 4:51.40	1:15.01	
2.	Ivo Kroes	ZPCA Eemsrobben (SG200300079)				4:55.81	4:56.85	+0,82	
	100m: 1:08.98	1:08.98	200m: 2:25.94	1:16.96	300m: 3:42.79	1:16.85	400m: 4:56.85	1:14.06	
3.	Ruben Kooi	Nova		200300829		4:57.67	4:59.57	+0,82	
	*								
	100m: 1:09.19	1:09.19	200m: 2:25.62	1:16.43	300m: 3:44.71	1:19.09	400m: 4:59.57	1:14.86	
4.	Mathijs Baarda	Orca		200300633		4:59.23	5:08.86	+0,73	
	100m: 1:10.09	1:10.09	200m: 2:29.73	1:19.64	300m: 3:52.06	1:22.33	400m: 5:08.86	1:16.80	
5.	Erwin Boer	TriVia		200302619		5:01.84	5:09.98	+0,84	
	100m: 1:13.86	1:13.86	200m: 2:33.14	1:19.28	300m: 3:52.84	1:19.70	400m: 5:09.98	1:17.14	
Junioren 3									
1.	Maurice Pater	TriVia		200200909		4:19.60	4:35.17	+0,92	
	*								
	100m: 1:04.17	1:04.17	200m: 2:14.30	1:10.13	300m: 3:24.70	1:10.40	400m: 4:35.17	1:10.47	
2.	Raoul Witten	ZPC Hoogeveen		200200231		4:45.57	4:41.90	+0,76	
	*								
	100m: 1:05.92	1:05.92	200m: 2:17.58	1:11.66	300m: 3:30.00	1:12.42	400m: 4:41.90	1:11.90	
3.	Dushan de Bruijn	De Forel		200201273		4:33.95	4:43.75	+0,81	
	100m: 1:05.05	1:05.05	200m: 2:16.62	1:11.57	300m: 3:30.88	1:14.26	400m: 4:43.75	1:12.87	
4.	Lars Arends	TriVia		200204101		4:44.34	4:44.11	+0,73	
	100m: 1:05.39	1:05.39	200m: 2:18.01	1:12.62	300m: 3:32.21	1:14.20	400m: 4:44.11	1:11.90	
5.	Rik Stahlie	TriVia		200201915		4:37.16	4:45.64	+0,77	
	100m: 1:07.32	1:07.32	200m: 2:22.04	1:14.72	300m: 3:36.12	1:14.08	400m: 4:45.64	1:09.52	
6.	Makai van Haren	De Forel		200200627		4:35.84	4:45.92	+0,81	
	100m: 1:07.93	1:07.93	200m: 2:21.93	1:14.00	300m: 3:35.43	1:13.50	400m: 4:45.92	1:10.49	

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Junioren 4

1. David Anthonio	De Kikker	200102551	4:15.71	4:23.98	+0,89
100m: 1:01.98	1:01.98	200m: 2:10.39	1:08.41	300m: 3:18.61	1:08.22
				400m: 4:23.98	1:05.37
2. Owen Peeks	ZPC Hoogeveen	200100765	4:28.85	4:30.47	+0,87
100m: 1:04.65	1:04.65	200m: 2:13.88	1:09.23	300m: 3:22.94	1:09.06
				400m: 4:30.47	1:07.53
3. Coen de Lang	ZPC Hoogeveen	200100067	4:42.37	4:36.51	+0,89
100m: 1:04.34	1:04.34	200m: 2:13.82	1:09.48	300m: 3:24.97	1:11.15
				400m: 4:36.51	1:11.54

Jeugd 1 en 2

1. David Kuipers	Orca	200003633	4:03.94	4:17.40	+0,79
100m: 1:00.91	1:00.91	200m: 2:05.84	1:04.93	300m: 3:11.50	1:05.66
				400m: 4:17.40	1:05.90
2. Junior de Bruin	ZPC Hoogeveen	200000839	4:24.51	4:25.01	+0,77
100m: 1:02.79	1:02.79	400m: 4:25.01	3:22.22		
3. Darren Chen	De Kikker	200001149	4:23.89	4:29.70	+0,77
100m: 1:03.67	1:03.67	200m: 2:13.17	1:09.50	300m: 3:22.45	1:09.28
				400m: 4:29.70	1:07.25
4. Sjoerd de Jong	Avena	199903907	4:35.59	4:45.44	+0,96
100m: 1:05.88	1:05.88	200m: 2:18.21	1:12.33	300m: 3:32.03	1:13.82
				400m: 4:45.44	1:13.41
5. Jeroen Louwinger	Nova	199900583	4:28.64	4:50.41	+0,76
100m: 1:06.82	1:06.82	200m: 2:22.21	1:15.39	300m: 3:37.72	1:15.51
				400m: 4:50.41	1:12.69
6. Hugo Jan Bosscher	Orca	200000185	4:38.85	4:55.61	+0,76
100m: 1:07.99	1:07.99	200m: 2:23.48	1:15.49	300m: 3:40.21	1:16.73
				400m: 4:55.61	1:15.40

Senioren 1 en ouder

1. Erik Nijholt	Dz&Pc	199401349	3:57.69	4:07.61	+0,83
100m: 1:00.34	1:00.34	200m: 2:04.51	1:04.17	300m: 3:07.15	1:02.64
				400m: 4:07.61	1:00.46
2. Rowan Keen	ZC Borger	199500727	3:57.19	4:11.93	+0,87
100m: 1:01.10	1:01.10	200m: 2:05.82	1:04.72	300m: 3:09.18	1:03.36
				400m: 4:11.93	1:02.75
3. Berjen Mellema	Nova	199800615	4:09.77	4:13.60	+0,79
100m: 1:00.02	1:00.02	200m: 2:04.93	1:04.91	300m: 3:10.42	1:05.49
				400m: 4:13.60	1:03.18
4. Koen Lems	ZPC Hoogeveen	199603709	4:19.26	4:20.99	+0,85
100m: 1:01.41	1:01.41	200m: 2:06.65	1:05.24	300m: 3:13.11	1:06.46
				400m: 4:20.99	1:07.88
5. Richard Kuipers	Orca	199704171	4:14.76	4:25.08	+0,75
100m: 1:00.86	1:00.86	200m: 2:07.36	1:06.50	300m: 3:16.58	1:09.22
				400m: 4:25.08	1:08.50
6. Friso van der Meulen	TriVia	199800617	4:17.84	4:33.40	+0,74
100m: 1:02.93	1:02.93	200m: 2:11.56	1:08.63	300m: 3:22.09	1:10.53
				400m: 4:33.40	1:11.31
7. Dennis Wijbenga	ZPC Stadskanaal	199003283	4:33.83	4:48.54	+0,92
100m: 1:08.09	1:08.09	200m: 2:21.44	1:13.35	300m: 3:35.31	1:13.87
				400m: 4:48.54	1:13.23

AFGEM Gerko Wilkens ZPC Stadskanaal 199800261 4:35.99

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Algemeen klassement

1.	Erik Nijholt	Dz&Pc	199401349	3:57.69	4:07.61	+0,83
	100m: 1:00.34	1:00.34	200m: 2:04.51	1:04.17	300m: 3:07.15	1:02.64
					400m: 4:07.61	1:00.46
2.	Rowan Keen	ZC Borger	199500727	3:57.19	4:11.93	+0,87
	100m: 1:01.10	1:01.10	200m: 2:05.82	1:04.72	300m: 3:09.18	1:03.36
					400m: 4:11.93	1:02.75
3.	Berjen Mellema	Nova	199800615	4:09.77	4:13.60	+0,79
	100m: 1:00.02	1:00.02	200m: 2:04.93	1:04.91	300m: 3:10.42	1:05.49
					400m: 4:13.60	1:03.18
4.	David Kuipers	Orca	200003633	4:03.94	4:17.40	+0,79
	100m: 1:00.91	1:00.91	200m: 2:05.84	1:04.93	300m: 3:11.50	1:05.66
					400m: 4:17.40	1:05.90
5.	Koen Lems	ZPC Hoozeveen	199603709	4:19.26	4:20.99	+0,85
	100m: 1:01.41	1:01.41	200m: 2:06.65	1:05.24	300m: 3:13.11	1:06.46
					400m: 4:20.99	1:07.88
6.	David Anthonio	De Kikker	200102551	4:15.71	4:23.98	+0,89
	100m: 1:01.98	1:01.98	200m: 2:10.39	1:08.41	300m: 3:18.61	1:08.22
					400m: 4:23.98	1:05.37
7.	Junior de Bruin	ZPC Hoozeveen	200000839	4:24.51	4:25.01	+0,77
	100m: 1:02.79	1:02.79	400m: 4:25.01	3:22.22		
8.	Richard Kuipers	Orca	199704171	4:14.76	4:25.08	+0,75
	100m: 1:00.86	1:00.86	200m: 2:07.36	1:06.50	300m: 3:16.58	1:09.22
					400m: 4:25.08	1:08.50
9.	Darren Chen	De Kikker	200001149	4:23.89	4:29.70	+0,77
	100m: 1:03.67	1:03.67	200m: 2:13.17	1:09.50	300m: 3:22.45	1:09.28
					400m: 4:29.70	1:07.25
10.	Owen Peeks	ZPC Hoozeveen	200100765	4:28.85	4:30.47	+0,87
	100m: 1:04.65	1:04.65	200m: 2:13.88	1:09.23	300m: 3:22.94	1:09.06
					400m: 4:30.47	1:07.53
11.	Friso van der Meulen	TriVia	199800617	4:17.84	4:33.40	+0,74
	100m: 1:02.93	1:02.93	200m: 2:11.56	1:08.63	300m: 3:22.09	1:10.53
					400m: 4:33.40	1:11.31
12.	Maurice Pater	TriVia	200200909	4:19.60	4:35.17	+0,92
	100m: 1:04.17	1:04.17	200m: 2:14.30	1:10.13	300m: 3:24.70	1:10.40
					400m: 4:35.17	1:10.47
13.	Coen de Lang	ZPC Hoozeveen	200100067	4:42.37	4:36.51	+0,89
	100m: 1:04.34	1:04.34	200m: 2:13.82	1:09.48	300m: 3:24.97	1:11.15
					400m: 4:36.51	1:11.54
14.	Raoul Witten	ZPC Hoozeveen	200200231	4:45.57	4:41.90	+0,76
	100m: 1:05.92	1:05.92	200m: 2:17.58	1:11.66	300m: 3:30.00	1:12.42
					400m: 4:41.90	1:11.90
15.	Dushan de Bruijn	De Forel	200201273	4:33.95	4:43.75	+0,81
	100m: 1:05.05	1:05.05	200m: 2:16.62	1:11.57	300m: 3:30.88	1:14.26
					400m: 4:43.75	1:12.87
16.	Lars Arends	TriVia	200204101	4:44.34	4:44.11	+0,73
	100m: 1:05.39	1:05.39	200m: 2:18.01	1:12.62	300m: 3:32.21	1:14.20
					400m: 4:44.11	1:11.90
17.	Sjoerd de Jong	Avena	199903907	4:35.59	4:45.44	+0,96
	100m: 1:05.88	1:05.88	200m: 2:18.21	1:12.33	300m: 3:32.03	1:13.82
					400m: 4:45.44	1:13.41
18.	Rik Stahlie	TriVia	200201915	4:37.16	4:45.64	+0,77
	100m: 1:07.32	1:07.32	200m: 2:22.04	1:14.72	300m: 3:36.12	1:14.08
					400m: 4:45.64	1:09.52
19.	Makai van Haren	De Forel	200200627	4:35.84	4:45.92	+0,81
	100m: 1:07.93	1:07.93	200m: 2:21.93	1:14.00	300m: 3:35.43	1:13.50
					400m: 4:45.92	1:10.49
20.	Dennis Wijbenga	ZPC Stadskanaal	199003283	4:33.83	4:48.54	+0,92
	100m: 1:08.09	1:08.09	200m: 2:21.44	1:13.35	300m: 3:35.31	1:13.87
					400m: 4:48.54	1:13.23

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Rang							In.tijd	Tijd	RT
21.	Jeroen Louwinger	Nova	199900583				4:28.64	4:50.41	+0,76
	100m: 1:06.82	1:06.82	200m: 2:22.21	1:15.39	300m: 3:37.72	1:15.51	400m: 4:50.41	1:12.69	
22.	Frederik Adema <i>handgeklokt</i>	de Granaet	200300253				4:52.59	4:51.40	+0,80
	100m: 1:06.45	1:06.45	200m: 2:20.86	1:14.41	300m: 3:36.39	1:15.53	400m: 4:51.40	1:15.01	
23.	Hugo Jan Bosscher	Orca	200000185				4:38.85	4:55.61	+0,76
	100m: 1:07.99	1:07.99	200m: 2:23.48	1:15.49	300m: 3:40.21	1:16.73	400m: 4:55.61	1:15.40	
24.	Ivo Kroes	ZPCA Eemsrobber (SG200300079)					4:55.81	4:56.85	+0,82
	100m: 1:08.98	1:08.98	200m: 2:25.94	1:16.96	300m: 3:42.79	1:16.85	400m: 4:56.85	1:14.06	
25.	Meindert Dekkinga	HZ&PC Heerenveen	200400377				5:02.38	4:58.58	+0,80
	100m: 1:10.24	1:10.24	200m: 2:26.73	1:16.49	300m: 3:44.65	1:17.92	400m: 4:58.58	1:13.93	
26.	Ruben Kooi *	Nova	200300829				4:57.67	4:59.57	+0,82
	100m: 1:09.19	1:09.19	200m: 2:25.62	1:16.43	300m: 3:44.71	1:19.09	400m: 4:59.57	1:14.86	
27.	Mac Peeks	ZPC Hoogeveen	200400153				5:03.50	5:06.68	+0,79
	100m: 1:11.47	1:11.47	200m: 2:30.70	1:19.23	300m: 3:50.80	1:20.10	400m: 5:06.68	1:15.88	
28.	Mathijs Baarda	Orca	200300633				4:59.23	5:08.86	+0,73
	100m: 1:10.09	1:10.09	200m: 2:29.73	1:19.64	300m: 3:52.06	1:22.33	400m: 5:08.86	1:16.80	
29.	Erwin Boer	TriVia	200302619				5:01.84	5:09.98	+0,84
	100m: 1:13.86	1:13.86	200m: 2:33.14	1:19.28	300m: 3:52.84	1:19.70	400m: 5:09.98	1:17.14	
30.	Kevin van Gelderen	TriVia	200402325				5:12.80	5:10.29	
	100m: 1:13.23	1:13.23	200m: 2:33.04	1:19.81	300m: 3:53.20	1:20.16	400m: 5:10.29	1:17.09	
31.	Quint van Haren	De Forel	200400215				5:12.13	5:24.20	+0,99
	100m: 1:14.54	1:14.54	200m: 2:37.95	1:23.41	300m: 4:02.37	1:24.42	400m: 5:24.20	1:21.83	
AFGEM	Gerko Wilkens	ZPC Stadskanaal	199800261				4:35.99		