

Programmanr. 20
20-5-2017

Heren, 400m wisselslag

Junioren 1 en ouder
Resultaten

Rang				In.tijd	Tijd	RT
Junioren 1						
1.	Hessel Broekstra	SG FZC54-De Vikings	200400253	5:15.01	5:29.48	
	100m: 1:17.24	1:17.24	400m: 5:29.48	4:12.24		
2.	Meindert Dekkinga	HZ&PC Heerenveen	200400377	5:47.35	5:45.72	
	100m: 1:22.95	1:22.95	400m: 5:45.72	4:22.77		
3.	Wouter Zijlstra	De Forel	200401545	5:48.99	5:54.04	
	100m: 1:23.59	1:23.59	400m: 5:54.04	4:30.45		
4.	Ruben van Veenen	Zcnf34	200400425	5:56.27	5:59.02	
	100m: 1:22.30	1:22.30	400m: 5:59.02	4:36.72		
Junioren 2						
1.	Frederik Adema	de Granaet	200300253	5:15.54	5:28.89	
	100m: 1:15.62	1:15.62	400m: 5:28.89	4:13.27		
2.	Ivo Kroes	ZPCA Eemsrobben (SG200300079		5:19.35	5:32.53	
	100m: 1:21.21	1:21.21	400m: 5:32.53	4:11.32		
3.	Jovanny Timmer	De Spatters	200302369	5:55.46	5:48.00	
	100m: 1:22.37	1:22.37	400m: 5:48.00	4:25.63		
4.	Erwin Boer	TriVia	200302619	5:56.26	6:08.68	
	100m: 1:30.73	1:30.73	400m: 6:08.68	4:37.95		
Junioren 3						
1.	Maurice Pater	TriVia	200200909	4:53.03	5:09.80	
	100m: 1:08.71	1:08.71	400m: 5:09.80	4:01.09		
2.	Dushan de Bruijn	De Forel	200201273	5:07.76	5:13.14	
	100m: 1:12.81	1:12.81	400m: 5:13.14	4:00.33		
3.	Raoul Witten	ZPC Hoogeveen	200200231	5:32.47	5:22.91	
	100m: 1:18.27	1:18.27	400m: 5:22.91	4:04.64		
4.	Jurek Frik	ZPCA Eemsrobben (SG200203335		5:35.34	5:45.18	
	100m: 1:17.58	1:17.58	400m: 5:45.18	4:27.60		
5.	Josse Reinders	ZPC Hoogeveen	200201729	5:38.78	5:49.91	
	100m: 1:20.02	1:20.02	400m: 5:49.91	4:29.89		
6.	Arnoud Bos	Bubble	200203241	5:26.25	5:52.69	
	100m: 1:16.63	1:16.63	400m: 5:52.69	4:36.06		
NG	Makai van Haren	De Forel	200200627	5:12.96		
Junioren 4						
1.	Marcel Delfstra	Orca	200100037	4:41.35	4:57.88	
	100m: 1:06.76	1:06.76	400m: 4:57.88	3:51.12		
2.	Emile Dost	ZC Borger	200100731	5:02.25	4:58.10	
	100m: 1:09.51	1:09.51	400m: 4:58.10	3:48.59		

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Rang				In.tijd	Tijd	RT
3.	David Anthonio	De Kikker	200102551	4:45.61	4:59.07	
	100m: 1:09.24	1:09.24	400m: 4:59.07	3:49.83		
4.	Coen de Lang	ZPC Hoozeveen	200100067	5:06.11	5:05.78	
	100m: 1:13.48	1:13.48	400m: 5:05.78	3:52.30		
5.	Owen Peeks	ZPC Hoozeveen	200100765	5:10.84	5:10.94	
	100m: 1:10.82	1:10.82	400m: 5:10.94	4:00.12		

Jeugd 1 en 2

1.	Jari Groenhart	TriVia	200000271	4:23.05	4:33.28	
	100m: 1:02.31	1:02.31	400m: 4:33.28	3:30.97		
2.	Erwin Heinsius	HZ&PC Heerenveen	199900695	4:45.89	4:58.23	
	100m: 1:06.40	1:06.40	400m: 4:58.23	3:51.83		
3.	Darren Chen	De Kikker	200001149	4:54.94	5:02.94	
	100m: 1:08.49	1:08.49	400m: 5:02.94	3:54.45		
4.	Junior de Bruin	ZPC Hoozeveen	200000839	4:54.53	5:15.42	
	100m: 1:08.31	1:08.31	400m: 5:15.42	4:07.11		
5.	Maik Huser	ZPC Hoozeveen	199900265	5:23.25	5:17.78	
	100m: 1:14.11	1:14.11	400m: 5:17.78	4:03.67		
6.	Sjoerd de Jong	Avena	199903907	5:09.07	5:18.64	
	100m: 1:11.91	1:11.91	400m: 5:18.64	4:06.73		
7.	Jeroen Louwinger	Nova	199900583	5:13.78	5:30.57	
	100m: 1:13.76	1:13.76	400m: 5:30.57	4:16.81		
8.	Jasper Zuidema	SG. Bolsward-Workum	200004409	5:22.04	5:33.60	
	100m: 1:11.29	1:11.29	400m: 5:33.60	4:22.31		
9.	Max Pathuis	ZPC Stadskanaal	200000979	5:16.67	5:42.81	
	100m: 1:11.44	1:11.44	400m: 5:42.81	4:31.37		
10.	Wouter van Asperen	De Spatters	200000125	5:33.00	5:44.02	
	100m: 1:16.35	1:16.35	400m: 5:44.02	4:27.67		
AFGEM	Frank Scheltens	ZC Polaris	199903935	5:35.57		

Senioren 1 en ouder

1.	Rowan Keen	ZC Borger	199500727	4:22.68	4:43.73	
	100m: 1:05.70	1:05.70	400m: 4:43.73	3:38.03		
2.	Koen Lems	ZPC Hoozeveen	199603709	4:49.03	4:54.22	
	100m: 1:08.18	1:08.18	400m: 4:54.22	3:46.04		
3.	Richard Kuipers	Orca	199704171	4:44.19	4:58.15	
	100m: 1:08.84	1:08.84	400m: 4:58.15	3:49.31		
4.	Ardi Knol	ZPC Hoozeveen	199603447	5:06.41	5:14.39	
	100m: 1:07.55	1:07.55	400m: 5:14.39	4:06.84		
5.	Dennis Wijbenga	ZPC Stadskanaal	199003283	5:00.30	5:21.14	
	100m: 1:15.84	1:15.84	400m: 5:21.14	4:05.30		
AFGEM	David Scheffer	TriVia	199500175	4:51.11		
AFGEM	Gerko Wilkens	ZPC Stadskanaal	199800261	5:06.96		

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Algemeen klassement

1. Jari Groenhart	TriVia	200000271	4:23.05	4:33.28
100m: 1:02.31	1:02.31	400m: 4:33.28	3:30.97	
2. Rowan Keen	ZC Borger	199500727	4:22.68	4:43.73
100m: 1:05.70	1:05.70	400m: 4:43.73	3:38.03	
3. Koen Lems	ZPC Hoogeveen	199603709	4:49.03	4:54.22
100m: 1:08.18	1:08.18	400m: 4:54.22	3:46.04	
4. Marcel Delfstra	Orca	200100037	4:41.35	4:57.88
100m: 1:06.76	1:06.76	400m: 4:57.88	3:51.12	
5. Emile Dost	ZC Borger	200100731	5:02.25	4:58.10
100m: 1:09.51	1:09.51	400m: 4:58.10	3:48.59	
6. Richard Kuipers	Orca	199704171	4:44.19	4:58.15
100m: 1:08.84	1:08.84	400m: 4:58.15	3:49.31	
7. Erwin Heinsius	HZ&PC Heerenveen	199900695	4:45.89	4:58.23
100m: 1:06.40	1:06.40	400m: 4:58.23	3:51.83	
8. David Anthonio	De Kikker	200102551	4:45.61	4:59.07
100m: 1:09.24	1:09.24	400m: 4:59.07	3:49.83	
9. Darren Chen	De Kikker	200001149	4:54.94	5:02.94
100m: 1:08.49	1:08.49	400m: 5:02.94	3:54.45	
10. Coen de Lang	ZPC Hoogeveen	200100067	5:06.11	5:05.78
100m: 1:13.48	1:13.48	400m: 5:05.78	3:52.30	
11. Maurice Pater	TriVia	200200909	4:53.03	5:09.80
100m: 1:08.71	1:08.71	400m: 5:09.80	4:01.09	
12. Owen Peeks	ZPC Hoogeveen	200100765	5:10.84	5:10.94
100m: 1:10.82	1:10.82	400m: 5:10.94	4:00.12	
13. Dushan de Bruijn	De Forel	200201273	5:07.76	5:13.14
100m: 1:12.81	1:12.81	400m: 5:13.14	4:00.33	
14. Ardi Knol	ZPC Hoogeveen	199603447	5:06.41	5:14.39
100m: 1:07.55	1:07.55	400m: 5:14.39	4:06.84	
15. Junior de Bruin	ZPC Hoogeveen	200000839	4:54.53	5:15.42
100m: 1:08.31	1:08.31	400m: 5:15.42	4:07.11	
16. Maik Huser	ZPC Hoogeveen	199900265	5:23.25	5:17.78
100m: 1:14.11	1:14.11	400m: 5:17.78	4:03.67	
17. Sjoerd de Jong	Avena	199903907	5:09.07	5:18.64
100m: 1:11.91	1:11.91	400m: 5:18.64	4:06.73	
18. Dennis Wijbenga	ZPC Stadskanaal	199003283	5:00.30	5:21.14
100m: 1:15.84	1:15.84	400m: 5:21.14	4:05.30	
19. Raoul Witten	ZPC Hoogeveen	200200231	5:32.47	5:22.91
100m: 1:18.27	1:18.27	400m: 5:22.91	4:04.64	
20. Frederik Adema	de Granaet	200300253	5:15.54	5:28.89
100m: 1:15.62	1:15.62	400m: 5:28.89	4:13.27	
21. Hessel Broekstra	SG FZC54-De Vikings	200400253	5:15.01	5:29.48
100m: 1:17.24	1:17.24	400m: 5:29.48	4:12.24	

Programmanr. 20, Heren, 400m wisselslag, Algemeen klassement

Rang				In.tijd	Tijd	RT
22.	Jeroen Louwinger	Nova	199900583	5:13.78	5:30.57	
	100m: 1:13.76	1:13.76	400m: 5:30.57	4:16.81		
23.	Ivo Kroes	ZPCA Eemsrobben (SG200300079		5:19.35	5:32.53	
	100m: 1:21.21	1:21.21	400m: 5:32.53	4:11.32		
24.	Jasper Zuidema	SG. Bolsward-Workum 200004409		5:22.04	5:33.60	
	100m: 1:11.29	1:11.29	400m: 5:33.60	4:22.31		
25.	Max Pathuis	ZPC Stadskanaal	200000979	5:16.67	5:42.81	
	100m: 1:11.44	1:11.44	400m: 5:42.81	4:31.37		
26.	Wouter van Asperen	De Spatters	200000125	5:33.00	5:44.02	
	100m: 1:16.35	1:16.35	400m: 5:44.02	4:27.67		
27.	Jurek Frik	ZPCA Eemsrobben (SG200203335		5:35.34	5:45.18	
	100m: 1:17.58	1:17.58	400m: 5:45.18	4:27.60		
28.	Meindert Dekkinga	HZ&PC Heerenveen	200400377	5:47.35	5:45.72	
	100m: 1:22.95	1:22.95	400m: 5:45.72	4:22.77		
29.	Jovanny Timmer	De Spatters	200302369	5:55.46	5:48.00	
	100m: 1:22.37	1:22.37	400m: 5:48.00	4:25.63		
30.	Josse Reinders	ZPC Hogeveen	200201729	5:38.78	5:49.91	
	100m: 1:20.02	1:20.02	400m: 5:49.91	4:29.89		
31.	Arnoud Bos	Bubble	200203241	5:26.25	5:52.69	
	100m: 1:16.63	1:16.63	400m: 5:52.69	4:36.06		
32.	Wouter Zijlstra	De Forel	200401545	5:48.99	5:54.04	
	100m: 1:23.59	1:23.59	400m: 5:54.04	4:30.45		
33.	Ruben van Veenen	Zcnf34	200400425	5:56.27	5:59.02	
	100m: 1:22.30	1:22.30	400m: 5:59.02	4:36.72		
34.	Erwin Boer	TriVia	200302619	5:56.26	6:08.68	
	100m: 1:30.73	1:30.73	400m: 6:08.68	4:37.95		
AFGEM	David Scheffer	TriVia	199500175	4:51.11		
AFGEM	Gerko Wilkens	ZPC Stadskanaal	199800261	5:06.96		
AFGEM	Frank Scheltens	ZC Polaris	199903935	5:35.57		
NG	Makai van Haren	De Forel	200200627	5:12.96		