

Programmanr. 22
2-6-2018 - 15:40

Heren, 400m wisselslag

Junioren 1 en ouder
Resultaten

| rang naam | vereniging | intijd | tijd | RT | 100m | 200m | 300m | 400m |
|---|---------------|-------------------|----------------|-----------|---------|---------|---------|---------|
| Junioren 1 | | | | | | | | |
| 1. Domingo, KUIPERS | Orca 1 | 5:40.01 200501787 | 5:42.40 | +0,73 361 | 1:24.21 | 1:27.04 | 1:35.98 | 1:15.17 |
| 2. Wouter, SIES | TriVia | 6:14.19 200500369 | 5:50.15 | +0,77 337 | 1:27.08 | 1:30.94 | 1:35.47 | 1:16.66 |
| 3. Flynn, PEEKS | ZPC Hoogeveen | 5:59.95 200500231 | 5:54.46 | +0,78 325 | 1:24.92 | 1:27.53 | 1:41.08 | 1:20.93 |
| 4. Vincent, BANUS | Ksn (Sg) | 6:06.82 200501533 | 6:27.41 | +0,89 249 | 1:27.53 | 1:38.98 | 1:47.56 | 1:33.34 |
| DIS Robin, van der BURG | ZPC Hoogeveen | 6:09.21 200500791 | | | | | | |
| <i>RH - Het eindpunt niet in rugligging aangeraakt.</i> | | | | | | | | |

Junioren 2

| | | | | | | | | |
|-----------------------|--------------------|-------------------|----------------|-----------|---------|---------|---------|---------|
| 1. Wouter, ZIJLSTRA | De Forel | 5:18.87 200401545 | 5:24.06 | +0,73 426 | 1:14.97 | 1:24.38 | 1:30.65 | 1:14.06 |
| 2. Meindert, DEKKINGA | HZ&PC Heerenveen 1 | 5:21.48 200400377 | 5:31.60 | +0,89 397 | 1:15.69 | 1:21.09 | 1:40.06 | 1:14.76 |
| 3. Ruben, van VEENEN | Zcnf'34 | 5:24.05 200400425 | 5:35.03 | +0,70 385 | 1:17.68 | 1:29.33 | 1:36.46 | 1:11.56 |
| 4. Sander, HEINSIUS | ZPC Hoogeveen | 5:54.16 200400013 | 6:07.13 | +0,74 292 | 1:26.90 | 1:31.61 | 1:42.92 | 1:25.70 |

Junioren 3

| | | | | | | | | |
|--------------------|------------|-------------------|----------------|-----------|---------|---------|---------|---------|
| 1. Frederik, ADEMA | de Granaet | 5:15.61 200300253 | 5:11.64 | +0,80 479 | 1:13.70 | 1:19.16 | 1:28.52 | 1:10.26 |
|--------------------|------------|-------------------|----------------|-----------|---------|---------|---------|---------|

Junioren 4

| | | | | | | | | |
|------------------------|---------------------|--------------------|----------------|-----------|---------|---------|---------|---------|
| 1. Makai, van HAREN | Ksn (Sg) | 5:05.41 200200627 | 5:18.05 | +0,81 450 | 1:13.07 | 1:17.85 | 1:36.63 | 1:10.50 |
| 2. Yoram, van der TUIN | SG FZC54-De Vikings | 15:20.98 200202439 | 5:28.25 | +0,66 409 | 1:17.71 | 1:23.25 | 1:35.12 | 1:12.17 |
| 3. Quinten, STUUT | Aqua 68 | 5:16.18 200203239 | 5:29.47 | +0,72 405 | 1:14.11 | 1:24.87 | 1:36.78 | 1:13.71 |
| 4. Lars, ARENDS | TriVia | 5:15.44 200204101 | 5:30.39 | +0,75 402 | 1:16.86 | 1:22.91 | 1:36.58 | 1:14.04 |

Jeugd 1 en 2

| | | | | | | | | |
|-----------------------|-------------------|-------------------|----------------|-----------|---------|---------|---------|---------|
| 1. Emile, DOST | ZC Borger | 4:51.69 200100731 | 4:50.40 | +0,86 592 | 1:07.43 | 1:15.33 | 1:21.55 | 1:06.09 |
| 2. Arjan, DEKKER | ReVeLie Swim Team | 4:48.44 200000499 | 4:59.91 | +0,79 537 | 1:08.40 | 1:15.49 | 1:26.99 | 1:09.03 |
| 3. Darren, CHEN | Ksn (Sg) | 5:02.29 200001149 | 5:01.16 | +0,72 530 | 1:08.63 | 1:20.19 | 1:25.83 | 1:06.51 |
| 4. Owen, PEEKS | ZPC Hoogeveen | 4:59.95 200100765 | 5:01.81 | +0,85 527 | 1:12.70 | 1:14.82 | 1:29.21 | 1:05.08 |
| 5. Coen, de LANG | ZPC Hoogeveen | 5:00.49 200100067 | 5:06.08 | +0,81 505 | 1:10.47 | 1:17.55 | 1:29.42 | 1:08.64 |
| 6. Derk Jan, van DUYN | Ksn (Sg) | 5:17.06 200104517 | 5:21.83 | +0,84 434 | 1:13.18 | 1:25.25 | 1:26.20 | 1:17.20 |

Senioren 1 en ouder

| | | | | | | | | |
|--------------------|---------------|-------------------|----------------|-----------|---------|---------|---------|---------|
| 1. Rowan, KEEN | ZC Borger | 4:42.23 199500727 | 4:48.93 | +0,89 601 | 1:08.20 | 1:15.65 | 1:21.46 | 1:03.62 |
| 2. Erwin, HEINSIUS | ZPC Hoogeveen | 4:56.71 199900695 | 4:57.59 | +0,77 550 | 1:08.82 | 1:19.44 | 1:22.19 | 1:07.14 |
| 3. Sjoerd, de JONG | Avena | 4:59.16 199903907 | 5:15.30 | +0,86 462 | 1:08.36 | 1:20.91 | 1:30.19 | 1:15.84 |