

Regionale Zomerkampioenschappen
Drachten; 26, 27 mei en 2, 3 juni 2018

Programmanr. 29
3-6-2018 - 14:00

Heren, 1500m vrije slag

Junioren 1 en ouder
Resultaten

rang	naam	vereniging	intijd	tijd	RT	
Junioren 1						
1.	David, DA SILVA MIRANDA	SG FZC54-De Vikings 1	19:44.19	200500019	20:01.43 +0,91	
	100m: 1:14.00	1:14.00	500m: 6:40.47	1:21.62	900m: 12:04.73	121.34
	200m: 2:34.90	1:20.90	600m: 8:01.23	1:20.76	1000m: 13:27.07	122.34
	300m: 3:56.98	1:22.08	700m: 9:21.94	1:20.71	1100m: 14:48.56	121.49
	400m: 5:18.85	1:21.87	800m: 10:43.39	1:21.45	1200m: 16:10.80	122.24
1300m:	17:31.20					120.40
1400m:	18:50.75					1:19.55
1500m:	20:01.43					1:10.68
2.	Flynn, PEEKS	ZPC Hoogeveen	20:56.57	200500231	20:50.82 +0,86	
	100m: 1:17.18	1:17.18	500m: 6:49.78	1:22.89	900m: 12:28.52	126.15
	200m: 2:39.99	1:22.81	600m: 8:13.29	1:23.51	1000m: 13:54.00	125.48
	300m: 4:02.86	1:22.87	700m: 9:37.66	1:24.37	1100m: 15:18.83	124.83
	400m: 5:26.89	1:24.03	800m: 11:02.37	1:24.71	1200m: 16:43.42	124.59
1300m:	18:07.85					1:24.43
1400m:	19:30.46					1:22.61
1500m:	20:50.82					1:20.36
Junioren 2						
1.	Mac, PEEKS	ZPC Hoogeveen	19:18.74	200400153	19:11.63 +0,72	
	100m: 1:10.84	1:10.84	500m: 6:22.97	1:18.02	900m: 11:34.57	1:16.93
	200m: 2:28.51	1:17.67	600m: 7:41.46	1:18.49	1000m: 12:51.85	1:17.28
	300m: 3:47.07	1:18.56	700m: 8:59.48	1:18.02	1100m: 14:08.55	1:16.70
	400m: 5:04.95	1:17.88	800m: 10:17.64	1:18.16	1200m: 15:25.56	1:17.01
1300m:	16:41.92					1:16.36
1400m:	17:57.77					1:15.85
1500m:	19:11.63					1:13.86
2.	Kevin, van GELDEREN	TriVia	19:46.89	200402325	20:10.79 +0,72	
	100m: 1:13.17	1:13.17	500m: 6:35.53	1:22.01	900m: 12:04.97	1:22.57
	200m: 2:31.97	1:18.80	600m: 7:58.32	1:22.79	1000m: 13:25.74	1:20.77
	300m: 3:52.06	1:20.09	700m: 9:19.67	1:21.35	1100m: 14:49.13	1:23.39
	400m: 5:13.52	1:21.46	800m: 10:42.40	1:22.73	1200m: 16:12.33	1:23.20
1300m:	17:34.09					1:21.76
1400m:	18:53.74					1:19.65
1500m:	20:10.79					1:17.05
AFGEM	Wouter, ZIJLSTRA	De Forel	18:48.09	200401545		
Junioren 4						
1.	Makai, van HAREN	Ksn (Sg)	18:21.73	200200627	18:08.93 +0,84	
	100m: 1:05.75	1:05.75	500m: 5:58.08	1:14.34	900m: 10:53.34	1:14.35
	200m: 2:16.79	1:11.04	600m: 7:11.93	1:13.85	1000m: 12:05.78	1:12.44
	300m: 3:30.03	1:13.24	700m: 8:25.43	1:13.50	1100m: 13:18.28	1:12.50
	400m: 4:43.74	1:13.71	800m: 9:38.99	1:13.56	1200m: 14:30.92	1:12.64
1300m:	15:43.79					1:12.87
1400m:	16:58.20					1:14.41
1500m:	18:08.93					1:10.73
2.	Rik, STAHLIE	TriVia	18:06.55	200201915	18:36.75 +0,75	
	100m: 1:07.61	1:07.61	500m: 6:05.03	1:15.52	900m: 11:07.11	1:15.19
	200m: 2:20.56	1:12.95	600m: 7:20.37	1:15.34	1000m: 12:22.90	1:15.79
	300m: 3:34.56	1:14.00	700m: 8:35.64	1:15.27	1100m: 13:38.54	1:15.64
	400m: 4:49.51	1:14.95	800m: 9:51.92	1:16.28	1200m: 14:54.64	1:16.10
1300m:	16:10.97					1:16.33
1400m:	17:25.79					1:14.82
1500m:	18:36.75					1:10.96
3.	Jesper, TJASSING	Azuro	18:33.58	200201499	20:01.97 +0,87	
	100m: 1:09.40	1:09.40	500m: 6:28.40	1:21.23	900m: 11:57.55	1:22.79
	200m: 2:28.10	1:18.70	600m: 7:48.99	1:20.59	1000m: 13:20.99	1:23.44
	300m: 3:46.82	1:18.72	700m: 9:11.55	1:22.56	1100m: 14:44.90	1:23.91
	400m: 5:07.17	1:20.35	800m: 10:34.76	1:23.21	1200m: 16:07.57	1:22.67
1300m:	17:30.53					1:22.96
1400m:	18:50.05					1:19.52
1500m:	20:01.97					1:11.92
Jeugd 1 en 2						
1.	David, ANTHONIO	Ksn (Sg)	17:59.56	200102551	17:10.76 +0,86	
	100m: 1:06.37	1:06.37	500m: 5:47.14	1:08.59	900m: 10:24.05	1:09.14
	200m: 2:17.26	1:10.89	600m: 6:56.55	1:09.41	1000m: 11:33.51	1:09.46
	300m: 3:28.54	1:11.28	700m: 8:05.33	1:08.78	1100m: 12:42.88	1:09.37
	400m: 4:38.55	1:10.01	800m: 9:14.91	1:09.58	1200m: 13:51.18	1:08.30
1300m:	14:58.15					1:06.97
1400m:	16:03.78					1:05.63
1500m:	17:10.76					1:06.98
2.	Owen, PEEKS	ZPC Hoogeveen	17:15.14	200100765	17:16.45 +0,85	
	100m: 1:07.00	1:07.00	500m: 5:47.43	1:09.05	900m: 10:26.12	1:08.90
	200m: 2:18.04	1:11.04	600m: 6:56.97	1:09.54	1000m: 11:34.89	1:08.77
	300m: 3:28.73	1:10.69	700m: 8:06.93	1:09.96	1100m: 12:42.87	1:07.98
	400m: 4:38.38	1:09.65	800m: 9:17.22	1:10.29	1200m: 13:50.83	1:07.96
1300m:	14:59.08					1:08.25
1400m:	16:07.95					1:08.87
1500m:	17:16.45					1:08.50
3.	Darren, CHEN	Ksn (Sg)	18:16.13	200001149	18:28.95 +0,88	
	100m: 1:08.93	1:08.93	500m: 6:09.40	1:14.68	900m: 11:07.60	1:13.90
	200m: 2:24.16	1:15.23	600m: 7:24.45	1:15.05	1000m: 12:22.68	1:15.08
	300m: 3:39.71	1:15.55	700m: 8:39.75	1:15.30	1100m: 13:41.96	1:19.28
	400m: 4:54.72	1:15.01	800m: 9:53.70	1:13.95	1200m: 14:54.47	1:12.51
1300m:	16:07.70					1:13.23
1400m:	17:23.49					1:15.79
1500m:	18:28.95					1:05.46

Regionale Zomerkampioenschappen
Drachten; 26, 27 mei en 2, 3 juni 2018

Programmanr. 29, Heren, 1500m vrije slag

Senioren 1 en ouder

1. Erik, NIJHOLT	Dz&Pc	15:56.81	199401349	16:26.23	+0,80
100m: 1:02.23	1:02.23	500m: 5:27.94	1:06.23	900m: 9:53.59	1:05.80
200m: 2:08.86	1:06.63	600m: 6:34.37	1:06.43	1000m: 10:59.67	1:06.08
300m: 3:15.39	1:06.53	700m: 7:41.00	1:06.63	1100m: 12:05.73	1:06.06
400m: 4:21.71	1:06.32	800m: 8:47.79	1:06.79	1200m: 13:12.10	1:06.37
1300m: 14:18.15					1:06.05
1400m: 15:24.21					1:06.06
1500m: 16:26.23					1:02.02
2. Rowan, KEEN	ZC Borger	15:55.31	199500727	16:56.06	+0,84
100m: 1:02.84	1:02.84	500m: 5:34.70	1:08.48	900m: 10:09.10	1:08.67
200m: 2:10.08	1:07.24	600m: 6:43.37	1:08.67	1000m: 11:17.70	1:08.60
300m: 3:17.77	1:07.69	700m: 7:52.56	1:09.19	1100m: 12:26.08	1:08.38
400m: 4:26.22	1:08.45	800m: 9:00.43	1:07.87	1200m: 13:34.69	1:08.61
1300m: 14:42.92					1:08.23
1400m: 15:50.59					1:07.67
1500m: 16:56.06					1:05.47
3. Niels, WIERSEMA	TriVia	16:23.04	199703221	17:10.24	+0,95
100m: 1:03.54	1:03.54	500m: 5:36.50	1:08.98	900m: 10:13.75	1:09.40
200m: 2:10.92	1:07.38	600m: 6:45.59	1:09.09	1000m: 11:23.50	1:09.75
300m: 3:18.99	1:08.07	700m: 7:54.77	1:09.18	1100m: 12:33.52	1:10.02
400m: 4:27.52	1:08.53	800m: 9:04.35	1:09.58	1200m: 13:43.66	1:10.14
1300m: 14:54.05					1:10.39
1400m: 16:03.46					1:09.41
1500m: 17:10.24					1:06.78
4. Erwin, HEINSIUS	ZPC Hoogeveen	17:22.15	199900695	18:46.66	+0,74
100m: 1:06.96	1:06.96	500m: 6:04.63	1:15.29	900m: 11:08.16	1:16.06
200m: 2:20.09	1:13.13	600m: 7:19.94	1:15.31	1000m: 12:24.76	1:16.60
300m: 3:34.37	1:14.28	700m: 8:35.84	1:15.90	1100m: 13:41.70	1:16.94
400m: 4:49.34	1:14.97	800m: 9:52.10	1:16.26	1200m: 14:58.55	1:16.85
1300m: 16:15.12					1:16.57
1400m: 17:31.25					1:16.13
1500m: 18:46.66					1:15.41