

Regio A zomerkampioenschappen
Drachten, 18- - 26-5-2019

Programmanr. 13
19-5-2019 - 11:40

Heren, 400m vrije slag

Junioren 1 en ouder
Resultaten

rang naam	vereniging	intijd	tijd	RT	100m	200m	300m	400m
Junioren 1								
1. Senna Hof	Dz&Pc	4:40.97	200600761	4:47.45 +0,87	1:08.41	2:22.58	3:36.19	4:47.45
50m: 31.63	31.63	150m: 1:45.52	37.11	250m: 2:59.32	36.74	350m: 4:11.95	35.76	
100m: 1:08.41	36.78	200m: 2:22.58	37.06	300m: 3:36.19	36.87	400m: 4:47.45	35.50	
2. Olivier Wilbers	ZPC Hoogeveen	4:44.48	200600181	4:52.38 +0,80	1:10.16	2:24.18	3:38.43	4:52.38
50m: 33.43	33.43	150m: 1:47.06	36.90	250m: 3:01.11	36.93	350m: 4:15.75	37.32	
100m: 1:10.16	36.73	200m: 2:24.18	37.12	300m: 3:38.43	37.32	400m: 4:52.38	36.63	
3. Tiamo van der Veen	ZPC Hoogeveen	4:46.54	200600033	4:54.90	1:11.44	2:25.95	3:41.73	4:54.90
50m: 34.32	34.32	150m: 1:48.54	37.10	250m: 3:03.42	37.47	350m: 4:19.09	37.36	
100m: 1:11.44	37.12	200m: 2:25.95	37.41	300m: 3:41.73	38.31	400m: 4:54.90	35.81	
4. Jip Bakker	Orca 1	5:26.00	200600287	5:08.87 +0,75	1:12.61	2:32.68	3:51.45	5:08.87
50m: 34.09	34.09	150m: 1:52.69	40.08	250m: 3:12.34	39.66	350m: 4:30.86	39.41	
100m: 1:12.61	38.52	200m: 2:32.68	39.99	300m: 3:51.45	39.11	400m: 5:08.87	38.01	
5. Siete Bootsma	SG. Bolsward-Workum	5:25.38	200600065	5:27.60 +0,93	1:15.50	2:40.45	4:06.82	5:27.60
50m: 34.37	34.37	150m: 1:57.34	41.84	250m: 3:23.24	42.79	350m: 4:48.80	41.98	
100m: 1:15.50	41.13	200m: 2:40.45	43.11	300m: 4:06.82	43.58	400m: 5:27.60	38.80	
6. Joachim Wolbersen	Aqua 68 1	5:29.51	200600771	5:27.78	1:15.71	2:40.20	4:06.34	5:27.78
50m: 34.76	34.76	150m: 1:57.54	41.83	250m: 3:23.54	43.34	350m: 4:48.89	42.55	
100m: 1:15.71	40.95	200m: 2:40.20	42.66	300m: 4:06.34	42.80	400m: 5:27.78	38.89	
7. Cai Mink	ZPC Hoogeveen	5:32.24	200601683	5:28.37 +0,90	1:17.16	2:41.17	4:06.59	5:28.37
50m: 36.69	36.69	150m: 1:58.71	41.55	250m: 3:23.15	41.98	350m: 4:48.33	41.74	
100m: 1:17.16	40.47	200m: 2:41.17	42.46	300m: 4:06.59	43.44	400m: 5:28.37	40.04	
8. Thomas Boer	ZC Polaris	5:29.87	200600769	5:30.24	1:16.52	2:41.09	4:07.88	5:30.24
50m: 36.12	36.12	150m: 1:58.85	42.33	250m: 3:24.38	43.29	350m: 4:50.65	42.77	
100m: 1:16.52	40.40	200m: 2:41.09	42.24	300m: 4:07.88	43.50	400m: 5:30.24	39.59	
9. Daan van de Belt	MZ&PC De Reest	5:38.38	200601221	5:48.79	1:17.32	2:44.97	4:17.57	5:48.79
50m: 36.13	36.13	150m: 2:00.13	42.81	250m: 3:31.33	46.36	350m: 5:05.04	47.47	
100m: 1:17.32	41.19	200m: 2:44.97	44.84	300m: 4:17.57	46.24	400m: 5:48.79	43.75	
Junioren 2								
1. Colin Bes	ZC Polaris	4:29.24	200500201	4:32.02	1:02.58	2:13.10	3:24.08	4:32.02
50m: 30.01	30.01	150m: 1:37.58	35.00	250m: 2:48.99	35.89	350m: 3:59.64	35.56	
100m: 1:02.58	32.57	200m: 2:13.10	35.52	300m: 3:24.08	35.09	400m: 4:32.02	32.38	
2. Wouter Sies	TriVia	4:45.00	200500369	4:44.69 +0,83	1:08.32	2:22.43	3:34.82	4:44.69
50m: 32.71	32.71	150m: 1:45.78	37.46	250m: 2:58.95	36.52	350m: 4:11.09	36.27	
100m: 1:08.32	35.61	200m: 2:22.43	36.65	300m: 3:34.82	35.87	400m: 4:44.69	33.60	
3. Domingo Kuipers	Orca 1	4:36.69	200501787	4:44.77	1:06.67	2:19.93	3:34.20	4:44.77
50m: 31.01	31.01	150m: 1:42.82	36.15	250m: 2:57.09	37.16	350m: 4:10.16	35.96	
100m: 1:06.67	35.66	200m: 2:19.93	37.11	300m: 3:34.20	37.11	400m: 4:44.77	34.61	
4. Mats Meyer	ZPC Nova	4:43.49	200500095	4:47.16	1:07.97	2:22.29	3:36.28	4:47.16
50m: 32.04	32.04	150m: 1:45.10	37.13	250m: 3:00.02	37.73	350m: 4:13.45	37.17	
100m: 1:07.97	35.93	200m: 2:22.29	37.19	300m: 3:36.28	36.26	400m: 4:47.16	33.71	
5. David da Silva Miranda	SG FZC54-De Vikings	14:46.92	200500019	4:50.63	1:09.03	2:23.83	3:38.75	4:50.63
50m: 32.79	32.79	150m: 1:46.81	37.78	250m: 3:01.50	37.67	350m: 4:15.99	37.24	
100m: 1:09.03	36.24	200m: 2:23.83	37.02	300m: 3:38.75	37.25	400m: 4:50.63	34.64	
6. Flynn Peeks	ZPC Hoogeveen	4:53.62	200500231	5:00.03	1:09.33	2:26.12	3:44.30	5:00.03
50m: 32.73	32.73	150m: 1:47.43	38.10	250m: 3:05.05	38.93	350m: 4:22.53	38.23	
100m: 1:09.33	36.60	200m: 2:26.12	38.69	300m: 3:44.30	39.25	400m: 5:00.03	37.50	
7. Eise van der Zee	Orca 1	4:59.69	200501437	5:16.94	1:12.71	2:34.52	3:57.13	5:16.94
50m: 33.53	33.53	150m: 1:53.86	41.15	250m: 3:15.93	41.41	350m: 4:38.77	41.64	
100m: 1:12.71	39.18	200m: 2:34.52	40.66	300m: 3:57.13	41.20	400m: 5:16.94	38.17	
Junioren 3								
1. Wouter Zijlstra	HZ&PC Heerenveen	4:28.18	200401545	4:32.69 +0,73	1:02.60	2:11.91	3:22.82	4:32.69
50m: 29.44	29.44	150m: 1:36.71	34.11	250m: 2:47.27	35.36	350m: 3:58.38	35.56	
100m: 1:02.60	33.16	200m: 2:11.91	35.20	300m: 3:22.82	35.55	400m: 4:32.69	34.31	
2. Mac Peeks	ZPC Hoogeveen	4:39.22	200400153	4:38.59	1:05.54	2:18.55	3:30.57	4:38.59
50m: 30.86	30.86	150m: 1:42.01	36.47	250m: 2:54.35	35.80	350m: 4:05.71	35.14	
100m: 1:05.54	34.68	200m: 2:18.55	36.54	300m: 3:30.57	36.22	400m: 4:38.59	32.88	
3. Meindert Dekkinga	HZ&PC Heerenveen	4:38.05	200400377	4:41.88 +0,94	1:06.38	2:16.75	3:30.12	4:41.88
50m: 31.07	31.07	150m: 1:40.86	34.48	250m: 2:52.57	35.82	350m: 4:06.64	36.52	
100m: 1:06.38	35.31	200m: 2:16.75	35.89	300m: 3:30.12	37.55	400m: 4:41.88	35.24	

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Programmanr. 13, Jongens, 400m vrije slag, Junioren 3

rang naam	vereniging	intijd	tijd	RT	100m	200m	300m	400m
4. Senna van den Hoed	HZ&PC Heerenveen	4:49.04 200400609	4:45.81	+0,81	1:08.38	2:22.60	3:37.14	4:45.81
50m: 31.53	31.53	150m: 1:44.73	36.35	250m: 2:59.15	36.55	350m: 4:13.33	36.19	
100m: 1:08.38	36.85	200m: 2:22.60	37.87	300m: 3:37.14	37.99	400m: 4:45.81	32.48	
5. Kevin van Gelderen	TriVia	4:54.12 200402325	4:49.92	+0,85	1:07.59	2:21.86	3:36.29	4:49.92
50m: 31.72	31.72	150m: 1:45.06	37.47	250m: 2:59.33	37.47	350m: 4:14.07	37.78	
100m: 1:07.59	35.87	200m: 2:21.86	36.80	300m: 3:36.29	36.96	400m: 4:49.92	35.85	

Junioren 4

1. Frederik Adema	de Granaet	4:31.95 200300253	4:43.30	+0,79	1:04.98	2:16.71	3:30.57	4:43.30
50m: 30.43	30.43	150m: 1:40.36	35.38	250m: 2:52.92	36.21	350m: 4:07.51	36.94	
100m: 1:04.98	34.55	200m: 2:16.71	36.35	300m: 3:30.57	37.65	400m: 4:43.30	35.79	

Jeugd 1 en 2

1. Owen Peeks	ZPC Hoogeveen	4:05.93 200100765	4:15.39	+0,90	1:02.68	2:07.83	3:13.01	4:15.39
50m: 30.19	30.19	150m: 1:35.22	32.54	250m: 2:40.65	32.82	350m: 3:45.41	32.40	
100m: 1:02.68	32.49	200m: 2:07.83	32.61	300m: 3:13.01	32.36	400m: 4:15.39	29.98	
2. Emile Dost	ZC Borger	4:10.90 200100731	4:16.64		1:01.62	2:07.49	3:12.91	4:16.64
50m: 29.24	29.24	150m: 1:34.34	32.72	250m: 2:40.10	32.61	350m: 3:45.23	32.32	
100m: 1:01.62	32.38	200m: 2:07.49	33.15	300m: 3:12.91	32.81	400m: 4:16.64	31.41	
3. David Anthonio	Ksn (Sg)	4:03.36 200102551	4:25.15		1:01.81	2:08.74	3:16.03	4:25.15
50m: 29.82	29.82	150m: 1:34.97	33.16	250m: 2:41.87	33.13	350m: 3:50.68	34.65	
100m: 1:01.81	31.99	200m: 2:08.74	33.77	300m: 3:16.03	34.16	400m: 4:25.15	34.47	
4. Coen de Lang	ZPC Hoogeveen	4:16.30 200100067	4:28.59		1:04.04	2:11.44	3:20.63	4:28.59
50m: 30.79	30.79	150m: 1:37.97	33.93	250m: 2:45.97	34.53	350m: 3:54.91	34.28	
100m: 1:04.04	33.25	200m: 2:11.44	33.47	300m: 3:20.63	34.66	400m: 4:28.59	33.68	
5. Makai van Haren	Apexswim	4:24.75 200200627	4:29.84		1:02.43	2:11.67	3:21.87	4:29.84
50m: 29.58	29.58	150m: 1:36.71	34.28	250m: 2:46.65	34.98	350m: 3:56.63	34.76	
100m: 1:02.43	32.85	200m: 2:11.67	34.96	300m: 3:21.87	35.22	400m: 4:29.84	33.21	
6. Yoram van der Tuin	SG FZC54-De Vikings	14:32.34 200202439	4:40.33	+0,68	1:04.02	2:14.25	3:28.07	4:40.33
50m: 30.67	30.67	150m: 1:38.88	34.86	250m: 2:51.21	36.96	350m: 4:05.17	37.10	
100m: 1:04.02	33.35	200m: 2:14.25	35.37	300m: 3:28.07	36.86	400m: 4:40.33	35.16	
7. Mees Niemeijer	Dz&Pc	4:37.60 200201275	4:44.18		1:05.19	2:16.92	3:31.25	4:44.18
50m: 31.27	31.27	150m: 1:40.49	35.30	250m: 2:54.33	37.41	350m: 4:08.65	37.40	
100m: 1:05.19	33.92	200m: 2:16.92	36.43	300m: 3:31.25	36.92	400m: 4:44.18	35.53	

Senioren 1 en ouder

1. Erik Nijholt	Dz&Pc	3:52.71 199401349	4:03.56	+0,79	57.80	2:00.35	3:02.36	4:03.56
50m: 27.39	27.39	150m: 1:29.09	31.29	250m: 2:31.19	30.84	350m: 3:33.38	31.02	
100m: 57.80	30.41	200m: 2:00.35	31.26	300m: 3:02.36	31.17	400m: 4:03.56	30.18	
2. Rowan Keen	ZC Borger	4:01.05 199500727	4:11.82	+0,83	59.55	2:03.90	3:07.91	4:11.82
50m: 28.34	28.34	150m: 1:31.54	31.99	250m: 2:35.65	31.75	350m: 3:39.94	32.03	
100m: 59.55	31.21	200m: 2:03.90	32.36	300m: 3:07.91	32.26	400m: 4:11.82	31.88	
3. David Kuipers	Orca 1	4:04.56 200003633	4:15.25	+0,80	1:00.98	2:06.28	3:12.17	4:15.25
50m: 28.91	28.91	150m: 1:33.33	32.35	250m: 2:38.92	32.64	350m: 3:44.66	32.49	
100m: 1:00.98	32.07	200m: 2:06.28	32.95	300m: 3:12.17	33.25	400m: 4:15.25	30.59	
4. Darryl Lubbinge	ZPC Hoogeveen	4:20.56 199701045	4:35.69	+0,80	1:04.47	2:15.89	3:26.14	4:35.69
50m: 30.33	30.33	150m: 1:39.68	35.21	250m: 2:50.58	34.69	350m: 4:01.48	35.34	
100m: 1:04.47	34.14	200m: 2:15.89	36.21	300m: 3:26.14	35.56	400m: 4:35.69	34.21	