

Regiokampioenschappen Midwest deel 2
Veenendaal, 18 - 19/11/2017

Programmanr. 22
18/11/2017 - 14:25

Heren, 400m wisselslag

Junioren 1 en ouder
Resultaten

| rang | naam | vereniging | intijd | | tijd | RT |
|---------------------|---|---------------------|---------|-----------|----------------|-----|
| Junioren 2 | | | | | | |
| 1. | Simon, CLAASEN | ZPC AMERSFOORT | 5:10.13 | 200400229 | 5:01.26 | 530 |
| | 50m: 31.36 | 31.36 150m: | | 250m: | 350m: | |
| | 100m: 1:08.95 | 37.59 200m: | | 300m: | 400m: 5:01.26 | |
| 2. | Rick, DIJKHUIZEN | Zwemclub Zeist | 6:27.97 | 200400197 | 6:05.97 | 296 |
| | 50m: 40.00 | 40.00 150m: | | 250m: | 350m: | |
| | 100m: 1:28.75 | 48.75 200m: | | 300m: | 400m: 6:05.97 | |
| 3. | Marijn, SNEL | ZPC AMERSFOORT | 5:58.73 | 200400001 | 6:08.46 | 290 |
| | 50m: 37.39 | 37.39 150m: | | 250m: | 350m: | |
| | 100m: 1:27.54 | 50.15 200m: | | 300m: | 400m: 6:08.46 | |
| 4. | Joop, van den HOVEN | LZ&PC De Haaien | 6:31.06 | 200403029 | 6:15.58 | 274 |
| | 50m: 37.46 | 37.46 150m: | | 250m: | 350m: | |
| | 100m: 1:24.48 | 47.02 200m: | | 300m: | 400m: 6:15.58 | |
| Junioren 3 | | | | | | |
| 1. | Nigel, WERRING | Zwemlust-den Hommel | 6:00.06 | 200301503 | 5:29.88 | 404 |
| | 50m: 35.34 | 35.34 150m: | | 250m: | 350m: | |
| | 100m: 1:17.09 | 41.75 200m: | | 300m: | 400m: 5:29.88 | |
| 2. | Jorick, van BON | ZPC AMERSFOORT | 6:15.62 | 200300091 | 6:18.05 | 268 |
| | 50m: 46.42 | 46.42 150m: | | 250m: | 350m: | |
| | 100m: 1:43.02 | 56.60 200m: | | 300m: | 400m: 6:18.05 | |
| DIS | Rijk, HEERE | ZPC AMERSFOORT | 5:17.45 | 200300897 | | |
| | <i>RD - Rugligging verlaten en stuwbewegingen met armen en/of benen gemaakt zonder het keerpunt in te zetten.</i> | | | | | |
| Junioren 4 | | | | | | |
| 1. | Daniël, RYKOV | ZPC AMERSFOORT | 5:10.75 | 200200447 | 5:03.00 | 521 |
| | 50m: 31.17 | 31.17 150m: | | 250m: | 350m: | |
| | 100m: 1:07.45 | 36.28 200m: | | 300m: | 400m: 5:03.00 | |
| 2. | Tom, BLANKESTIJN | ZPC AMERSFOORT | 5:21.61 | 200201185 | 5:15.63 | 461 |
| | 50m: 32.35 | 32.35 150m: | | 250m: | 350m: | |
| | 100m: 1:09.13 | 36.78 200m: | | 300m: | 400m: 5:15.63 | |
| Jeugd 1 en 2 | | | | | | |
| 1. | Sten, POSTMA | VZC | 4:34.22 | 200000011 | 4:32.17 | 719 |
| | 50m: 29.08 | 29.08 150m: | | 250m: | 350m: | |
| | 100m: 1:02.13 | 33.05 200m: | | 300m: | 400m: 4:32.17 | |
| 2. | Austin, NAMESNIK | ZPC AMERSFOORT | 4:37.44 | 200101817 | 4:39.10 | 667 |
| | 50m: 27.98 | 27.98 150m: | | 250m: | 350m: | |
| | 100m: 1:01.72 | 33.74 200m: | | 300m: | 400m: 4:39.10 | |
| 3. | Sander, CROOIJMANS | VZC | 4:38.08 | 200100383 | 4:39.89 | 661 |
| | 50m: 29.59 | 29.59 150m: | | 250m: | 350m: | |
| | 100m: 1:04.51 | 34.92 200m: | | 300m: | 400m: 4:39.89 | |
| 4. | A., HENDRIKSEN OF HENDRIK | LZ&PC De Haaien | 4:47.79 | 200002711 | 4:45.85 | 621 |
| | 50m: 29.27 | 29.27 150m: | | 250m: | 350m: | |
| | 100m: 1:04.95 | 35.68 200m: | | 300m: | 400m: 4:45.85 | |
| 5. | Bas, MORELISSSEN | ZPC AMERSFOORT | 4:53.45 | 200100861 | 4:46.79 | 615 |
| | 50m: 29.31 | 29.31 150m: | | 250m: | 350m: | |
| | 100m: 1:05.28 | 35.97 200m: | | 300m: | 400m: 4:46.79 | |
| 6. | Mats, van de WEERD | ZPC AMERSFOORT | 5:34.89 | 200101649 | 5:09.46 | 489 |
| | 50m: 31.63 | 31.63 150m: | | 250m: | 350m: | |
| | 100m: 1:08.75 | 37.12 200m: | | 300m: | 400m: 5:09.46 | |
| 7. | Wim, van DUUREN | ZPC Woerden | 5:24.34 | 200102103 | 5:11.21 | 481 |
| | 50m: 33.68 | 33.68 150m: | | 250m: | 350m: | |
| | 100m: 1:12.64 | 38.96 200m: | | 300m: | 400m: 5:11.21 | |
| 8. | Fayssal, LANTEMA | De Fuut | 5:25.32 | 200101379 | 5:16.77 | 456 |
| | 50m: 33.04 | 33.04 150m: | | 250m: | 350m: | |
| | 100m: 1:14.92 | 41.88 200m: | | 300m: | 400m: 5:16.77 | |
| 9. | Julian, SIEBRAND | LZ&PC De Haaien | 5:17.49 | 200104051 | 5:17.11 | 455 |
| | 50m: 29.54 | 29.54 150m: | | 250m: | 350m: | |
| | 100m: 1:06.44 | 36.90 200m: | | 300m: | 400m: 5:17.11 | |
| 10. | Sjoerd, GÜNTHER | VZC | 5:33.93 | 200000451 | 5:30.26 | 402 |
| | 50m: 34.46 | 34.46 150m: | | 250m: | 350m: | |
| | 100m: 1:13.86 | 39.40 200m: | | 300m: | 400m: 5:30.26 | |

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Senioren 1 en ouder

| | | | | | |
|--------------------|----------------|---------|-----------|----------------|-----|
| 1. Dave, HOLWEG | ZPC AMERSFOORT | 4:42.61 | 199701521 | 4:46.52 | 616 |
| 50m: 29.80 | 29.80 | 150m: | 250m: | 350m: | |
| 100m: 1:04.97 | 35.17 | 200m: | 300m: | 400m: 4:46.52 | |
| 2. Menno, BAS | Zwemclub Zeist | 5:14.94 | 199902947 | 5:02.84 | 522 |
| 50m: 32.52 | 32.52 | 150m: | 250m: | 350m: | |
| 100m: 1:10.46 | 37.94 | 200m: | 300m: | 400m: 5:02.84 | |
| 3. Ruben, de BRUIN | Zwemclub Zeist | 5:07.12 | 199804057 | 5:25.03 | 422 |
| 50m: 31.56 | 31.56 | 150m: | 250m: | 350m: | |
| 100m: 1:11.70 | 40.14 | 200m: | 300m: | 400m: 5:25.03 | |