

Regiokampioenschappen MidWest KB  
Veenendaal, 11- - 12-11-2017

Programmanr. 17  
12-11-2017 - 14:35

Heren, 400m vrije slag

Senioren Open  
Resultaten

rang	naam	vereniging	intijd		tijd	RT
<b>Junioren 1</b>						
1.	Yardan, TAYA	Zwemlust-den Hommel	5:23.03	200501343	<b>5:07.56</b>	366
	50m: 33.56	33.56	150m:	250m:	350m:	
	100m: 1:11.97	38.41	200m: 2:32.53	300m:	400m: 5:07.56	
2.	Daan, HOOGENDOORN	ZPC Woerden	5:16.28	200500113	<b>5:16.72</b>	335
	50m: 35.92	35.92	150m:	250m:	350m:	
	100m: 1:15.56	39.64	200m: 2:37.07	300m:	400m: 5:16.72	
3.	Duncan, van de WEERDHOF	VZC	5:27.88	200501227	<b>5:21.09</b>	322
	50m: 35.24	35.24	150m:	250m:	350m:	
	100m: 1:15.64	40.40	200m: 2:38.61	300m:	400m: 5:21.09	
4.	Koen, MARSMAN	ZPC AMERSFOORT	5:27.38	200502763	<b>5:39.80</b>	272
	50m: 35.72	35.72	150m:	250m:	350m:	
	100m: 1:16.27	40.55	200m: 2:41.93	300m:	400m: 5:39.80	
5.	Thijmen, PEETERS	Zwemlust-den Hommel	5:49.74	200502945	<b>5:40.11</b>	271
	50m: 36.73	36.73	150m:	250m:	350m:	
	100m: 1:19.54	42.81	200m: 2:47.56	300m:	400m: 5:40.11	
<b>Junioren 2</b>						
1.	Simon, CLAASEN	ZPC AMERSFOORT	4:28.34	200400229	<b>4:27.86</b>	555
	50m: 29.41	29.41	150m:	250m:	350m:	
	100m: 1:03.57	34.16	200m: 2:12.80	300m:	400m: 4:27.86	
2.	Amun, MAJIDZADA	Zwemlust-den Hommel	5:22.66	200401391	<b>5:02.72</b>	384
	50m: 32.91	32.91	150m:	250m:	350m:	
	100m: 1:11.38	38.47	200m: 2:30.51	300m:	400m: 5:02.72	
3.	Danny, van GRONDELLE	Zwemlust-den Hommel	5:41.66	200400901	<b>5:21.20</b>	322
	50m: 36.11	36.11	150m:	250m:	350m:	
	100m: 1:17.22	41.11	200m: 2:40.95	300m:	400m: 5:21.20	
4.	Rick, DIJKHUIZEN	Zwemclub Zeist	5:30.01	200400197	<b>5:26.20</b>	307
	50m: 34.68	34.68	150m:	250m:	350m:	
	100m: 1:15.18	40.50	200m: 2:38.56	300m:	400m: 5:26.20	
<b>Junioren 3</b>						
1.	Bram, SCHAAFSTMA	VZC	4:37.86	200302159	<b>4:28.39</b>	551
	50m: 30.21	30.21	150m:	250m:	350m:	
	100m: 1:04.14	33.93	200m: 2:14.20	300m:	400m: 4:28.39	
2.	Rijk, HEERE	ZPC AMERSFOORT	4:32.69	200300897	<b>4:34.03</b>	518
	50m: 30.01	30.01	150m:	250m:	350m:	
	100m: 1:04.24	34.23	200m: 2:14.63	300m:	400m: 4:34.03	
3.	Sam, van der DRIFT	VZC	4:46.57	200301485	<b>4:48.71</b>	443
	50m: 31.56	31.56	150m:	250m:	350m:	
	100m: 1:07.77	36.21	200m: 2:20.69	300m:	400m: 4:48.71	
4.	Nigel, WERRING	Zwemlust-den Hommel	4:49.33	200301503	<b>4:48.86</b>	442
	50m: 33.15	33.15	150m:	250m:	350m:	
	100m: 1:10.39	37.24	200m: 2:25.73	300m:	400m: 4:48.86	
5.	Tim, TIELKEMEIJER	Zwemvereniging Hoogland	5:11.09	200301393	<b>4:51.19</b>	432
	50m: 31.99	31.99	150m:	250m:	350m:	
	100m: 1:09.09	37.10	200m: 2:25.13	300m:	400m: 4:51.19	
<b>Junioren 4</b>						
1.	Bjorn, van DOESBURG	Aquarijn	4:23.31	200201867	<b>4:18.57</b>	617
	50m: 27.46	27.46	150m:	250m:	350m:	
	100m: 59.52	32.06	200m: 2:07.24	300m:	400m: 4:18.57	
2.	Sam, JANMAAT	ZPC AMERSFOORT	4:30.37	200203017	<b>4:20.80</b>	815
	50m: 28.78	28.78	150m:	250m:	350m:	
	100m: 1:01.15	32.37	200m: 2:07.44	300m:	400m: 4:20.80	
3.	Lars, VERHALLE	VZC	4:28.22	200200019	<b>4:21.37</b>	597
	50m: 29.99	29.99	150m:	250m:	350m:	
	100m: 1:02.67	32.68	200m: 2:09.71	300m:	400m: 4:21.37	
4.	Tom, BLANKESTIJN	ZPC AMERSFOORT	4:30.13	200201185	<b>4:30.01</b>	541
	50m: 30.28	30.28	150m:	250m:	350m:	
	100m: 1:04.36	34.08	200m: 2:13.38	300m:	400m: 4:30.01	

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rang	naam	vereniging	intijd		tijd	RT
5.	Ben, de KOK	Watervlo	4:42.36	200200881	<b>4:44.35</b>	464
	50m: 30.69	30.69 150m:		250m:	350m:	
	100m: 1:05.22	34.53 200m: 2:16.08		300m:	400m: 4:44.35	
6.	Midas, JAGER	LZ&PC De Haaien	4:41.39	200202983	<b>4:47.80</b>	447
	50m: 31.09	31.09 150m:		250m:	350m:	
	100m: 1:06.54	35.45 200m: 2:19.61		300m:	400m: 4:47.80	
7.	Jasper, van VEEN	De Zwoer	4:52.21	200201325	<b>4:57.70</b>	404
	50m: 31.81	31.81 150m:		250m:	350m:	
	100m: 1:09.15	37.34 200m: 2:24.81		300m:	400m: 4:57.70	

Jeugd 1 en 2

1.	Sander, CROOIJMANS	VZC	4:03.00	200100383	<b>4:01.15</b>	760
	50m: 27.49	27.49 150m:		250m:	350m:	
	100m: 57.56	30.07 200m: 1:59.11		300m:	400m: 4:01.15	
2.	Vincent, CROOIJMANS	VZC	4:00.19	200100381	<b>4:01.22</b>	759
	50m: 27.42	27.42 150m:		250m:	350m:	
	100m: 57.60	30.18 200m: 1:59.05		300m:	400m: 4:01.22	
3.	Sten, POSTMA	VZC	4:01.25	200000011	<b>4:06.66</b>	710
	50m: 27.19	27.19 150m:		250m:	350m:	
	100m: 57.84	30.65 200m: 2:00.52		300m:	400m: 4:06.66	
4.	Daniël, CLAASEN	ZPC AMERSFOORT	4:13.08	200100787	<b>4:16.93</b>	628
	50m: 28.03	28.03 150m:		250m:	350m:	
	100m: 59.12	31.09 200m: 2:04.10		300m:	400m: 4:16.93	
5.	Rijk, DRAGSTRA	ZPC AMERSFOORT	4:18.55	200102473	<b>4:18.53</b>	617
	50m: 28.55	28.55 150m:		250m:	350m:	
	100m: 1:00.66	32.11 200m: 2:07.15		300m:	400m: 4:18.53	
6.	Thom, DELNO	VZC	4:24.85	200000013	<b>4:20.71</b>	601
	50m: 28.94	28.94 150m:		250m:	350m:	
	100m: 1:00.69	31.75 200m: 2:06.22		300m:	400m: 4:20.71	
7.	Fayssal, LANTEMA	De Fuut	4:29.26	200101379	<b>4:24.63</b>	575
	50m: 30.07	30.07 150m:		250m:	350m:	
	100m: 1:02.84	32.77 200m: 2:09.83		300m:	400m: 4:24.63	
8.	Daen, SPOOR	VZC	4:23.35	200101117	<b>4:24.83</b>	574
	50m: 29.15	29.15 150m:		250m:	350m:	
	100m: 1:02.01	32.86 200m: 2:09.33		300m:	400m: 4:24.83	
9.	Mats, van de WEERD	ZPC AMERSFOORT	4:33.66	200101649	<b>4:32.84</b>	525
	50m: 29.61	29.61 150m:		250m:	350m:	
	100m: 1:02.92	33.31 200m: 2:12.75		300m:	400m: 4:32.84	
10.	Wim, van DUUREN	ZPC Woerden	4:34.00	200102103	<b>4:33.09</b>	523
	50m: 30.09	30.09 150m:		250m:	350m:	
	100m: 1:03.91	33.82 200m: 2:13.91		300m:	400m: 4:33.09	
11.	Ian, TERLOUW	ZPC Woerden	4:34.78	200002345	<b>4:40.30</b>	484
	50m: 30.80	30.80 150m:		250m:	350m:	
	100m: 1:05.76	34.96 200m: 2:17.80		300m:	400m: 4:40.30	
12.	Nathan, van WEES	ZPC AMERSFOORT	4:56.72	200101427	<b>4:40.60</b>	654
	50m: 30.18	30.18 150m:		250m:	350m:	
	100m: 1:04.44	34.26 200m: 2:16.75		300m:	400m: 4:40.60	
13.	Jonah, STEKELENBURG	Zwemlust-den Hommel	4:47.21	200101667	<b>4:57.25</b>	406
	50m: 32.45	32.45 150m:		250m:	350m:	
	100m: 1:08.26	35.81 200m: 2:23.36		300m:	400m: 4:57.25	

Senioren 1 en ouder

1.	Dave, HOLWEG	ZPC AMERSFOORT	4:18.00	199701521	<b>4:18.88</b>	614
	50m: 28.29	28.29 150m:		250m:	350m:	
	100m: 1:00.40	32.11 200m: 2:07.24		300m:	400m: 4:18.88	
2.	Jelle, BLANKESTIJN	ZPC AMERSFOORT	4:18.20	199803737	<b>4:21.70</b>	595
	50m: 29.09	29.09 150m:		250m:	350m:	
	100m: 1:00.92	31.83 200m: 2:07.40		300m:	400m: 4:21.70	
3.	Arie, van der VLIST	VZC	4:30.48	199804945	<b>4:33.88</b>	519
	50m: 30.12	30.12 150m:		250m:	350m:	
	100m: 1:04.16	34.04 200m: 2:13.68		300m:	400m: 4:33.88	
4.	Thijs, van HOFWEEGEN	ZPC AMERSFOORT	5:10.13	199605253	<b>5:24.01</b>	700
	50m: 33.22	33.22 150m:		250m:	350m:	
	100m: 1:12.36	39.14 200m: 2:35.07		300m:	400m: 5:24.01	

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Programmanr. 17, Heren, 400m vrije slag

Senioren Open

1.	Sam, JANMAAT	ZPC AMERSFOORT	4:30.37	200203017	S10	<b>4:20.80</b>	815
	50m: 28.78	28.78	150m:	250m:	350m:	4:20.80	
	100m: 1:01.15	32.37	200m: 2:07.44	300m:	400m:		
2.	Nathan, van WEES	ZPC AMERSFOORT	4:56.72	200101427	S10	<b>4:40.60</b>	654
	50m: 30.18	30.18	150m:	250m:	350m:	4:40.60	
	100m: 1:04.44	34.26	200m: 2:16.75	300m:	400m:		
3.	Thijs, van HOFWEEGEN	ZPC AMERSFOORT	5:10.13	199605253	S6	<b>5:24.01</b>	700
	50m: 33.22	33.22	150m:	250m:	350m:	5:24.01	
	100m: 1:12.36	39.14	200m: 2:35.07	300m:	400m:		