

Regiokampioenschappen A Regio Midwest LB deel 1 en 2
Amersfoort, 26- - 27-5-2018

Programmanr. 2
26-5-2018 - 14:27

Heren, 400m wisselslag

Junioren 1 en ouder
Resultaten

K Heren junioren 1 Jun 1 50m: 7:07.30 - 25m: 6:50.75 / J Heren junioren 2 Jun 2 50m: 6:32.09 - 25m: 6:18.68 /
I Heren junioren 3 Jun 3 50m: 6:04.99 - 25m: 5:52.51 / H Heren junioren 4 Jun 4 50m: 5:33.97 - 25m: 5:22.55 / G Heren jeugd 1-2 Jgd 1-
2 50m: 5:18.64 - 25m: 5:07.75 / G Heren senioren Sen. 50m: 5:13.06 - 25m: 5:02.35

rang	naam	vereniging	intijd		tijd	RT
Junioren 1						
1.	Koen Marsman	ZPC AMERSFOORT	5:49.54	200502763	5:53.65	+0,62 328
	50m: 37.36	37.36	150m: 2:09.35	44.87	250m: 3:44.50	51.62
	100m: 1:24.48	47.12	200m: 2:52.88	43.53	300m: 4:36.68	52.18
					350m: 5:17.05	40.37
					400m: 5:53.65	36.60
2.	Duncan van de Weerdhof	VZC	6:15.87	200501227	6:10.82	+0,86 284
	50m: 40.66	40.66	150m: 2:19.02	47.35	250m: 3:58.17	53.54
	100m: 1:31.67	51.01	200m: 3:04.63	45.61	300m: 4:51.02	52.85
					350m: 5:31.81	40.79
					400m: 6:10.82	39.01
3.	Pepijn de Wit	De Dolfijn	6:21.93	200502277	6:26.73	+0,65 251
	50m: 36.74	36.74	150m: 2:15.56	50.59	250m: 4:01.00	58.56
	100m: 1:24.97	48.23	200m: 3:02.44	46.88	300m: 5:01.19	1:00.19
					350m: 5:43.39	42.20
					400m: 6:26.73	43.34
4.	Matthew O'sullivan	DWT	6:28.04	200502609	6:27.69	+0,74 249
	50m: 41.54	41.54	150m: 2:25.25	49.81	250m: 4:05.58	52.41
	100m: 1:35.44	53.90	200m: 3:13.17	47.92	300m: 4:58.36	52.78
					350m: 5:43.75	45.39
					400m: 6:27.69	43.94
5.	Quinten van der Horst	ZV De Zaan	6:24.90	200501223	6:51.95	+0,82 207
	50m: 43.63	43.63	150m: 2:36.54	54.46	250m: 4:20.95	53.97
	100m: 1:42.08	58.45	200m: 3:26.98	50.44	300m: 5:19.28	58.33
					350m: 6:03.36	44.08
					400m: 6:51.95	48.59
DIS	Peer Bergman	VZC	6:42.02	200503223		
	<i>RF - Bij het loslaten van de wand na het keerpunt de rugligging niet aangenomen.</i>					

Junioren 2

1.	Simon Claasen	ZPC AMERSFOORT	4:58.04	200400231	5:01.49	+0,60 529
	50m: 30.51	30.51	150m: 1:46.58	39.55	250m: 3:08.85	43.33
	100m: 1:07.03	36.52	200m: 2:25.52	38.94	300m: 3:52.91	44.06
					350m: 4:28.47	35.56
					400m: 5:01.49	33.02
2.	Merlin Belmon	De Dolfijn	5:00.67	200403191	5:07.89	+0,73 497
	50m: 30.56	30.56	150m: 1:49.47	40.58	250m: 3:13.81	44.92
	100m: 1:08.89	38.33	200m: 2:28.89	39.42	300m: 4:00.19	46.38
					350m: 4:34.84	34.65
					400m: 5:07.89	33.05
3.	Joren Oldenhof	De Dolfijn	5:47.87	200400045	5:41.96	+0,74 363
	50m: 35.92	35.92	150m: 2:05.28	45.42	250m: 3:37.20	48.12
	100m: 1:19.86	43.94	200m: 2:49.08	43.80	300m: 4:26.56	49.36
					350m: 5:05.16	38.60
					400m: 5:41.96	36.80
4.	Kaito van Meeteren	AZ&PC De Futen	6:07.27	200404271	5:54.44	+0,85 326
	50m: 36.82	36.82	150m: 2:05.16	45.43	250m: 3:41.90	51.65
	100m: 1:19.73	42.91	200m: 2:50.25	45.09	300m: 4:35.65	53.75
					350m: 5:15.83	40.18
					400m: 5:54.44	38.61
5.	Rick Dijkhuizen	Zwemclub Zeist	5:53.68	200400197	6:01.93	+0,66 306
	50m: 36.33	36.33	150m: 2:07.35	45.02	250m: 3:44.97	53.10
	100m: 1:22.33	46.00	200m: 2:51.87	44.52	300m: 4:39.05	54.08
					350m: 5:21.42	42.37
					400m: 6:01.93	40.51
6.	Marijn Snel	ZPC AMERSFOORT	6:05.64	200400001	6:08.53	+0,77 290
	50m: 35.64	35.64	150m: 2:10.03	48.31	250m: 3:49.15	53.10
	100m: 1:21.72	46.08	200m: 2:56.05	46.02	300m: 4:44.13	54.98
					350m: 5:27.36	43.23
					400m: 6:08.53	41.17
7.	Dimitri Lans	ZV De Aalscholver	6:06.21	200401325	6:09.28	+0,61 288
	50m: 40.19	40.19	150m: 2:14.33	45.88	250m: 3:50.90	52.73
	100m: 1:28.45	48.26	200m: 2:58.17	43.84	300m: 4:44.69	53.79
					350m: 5:28.15	43.46
					400m: 6:09.28	41.13
8.	Joop van den Hoven	De Haaien	5:59.05	200403029	6:11.43	+0,84 283
	50m: 35.26	35.26	150m: 2:08.72	49.05	250m: 3:51.27	53.34
	100m: 1:19.67	44.41	200m: 2:57.93	49.21	300m: 4:46.44	55.17
					350m: 5:29.71	43.27
					400m: 6:11.43	41.72
9.	Giljano Palm	Kon AZ 1870	6:29.24	200403637	6:17.62	+0,85 269
	50m: 39.01	39.01	150m: 2:16.41	48.84	250m: 3:55.78	52.74
	100m: 1:27.57	48.56	200m: 3:03.04	46.63	300m: 4:49.83	54.05
					350m: 5:33.71	43.88
					400m: 6:17.62	43.91
10.	Liam Breebaart	Oceanus	6:22.58	200400247	6:19.59	+0,55 265
	50m: 41.28	41.28	150m: 2:24.03	51.16	250m: 4:01.39	50.90
	100m: 1:32.87	51.59	200m: 3:10.49	46.46	300m: 4:53.19	51.80
					350m: 5:38.33	45.14
					400m: 6:19.59	41.26

Junioren 3

1.	Rijk Heere	ZPC AMERSFOORT	5:06.63	200300897	5:09.83	+0,77 487
	50m: 32.57	32.57	150m: 1:53.73	41.53	250m: 3:17.76	43.71
	100m: 1:12.20	39.63	200m: 2:34.05	40.32	300m: 4:02.10	44.34
					350m: 4:37.10	35.00
					400m: 5:09.83	32.73
2.	Bram Daalman	ZV Haerlem	5:23.78	200300629	5:34.42	+0,84 671
	50m: 31.04	31.04	150m: 1:55.85	46.01	250m: 3:30.15	50.40
	100m: 1:09.84	38.80	200m: 2:39.75	43.90	300m: 4:21.31	51.16
					350m: 5:01.07	39.76
					400m: 5:34.42	33.35

Regiokampioenschappen A Regio Midwest LB deel 1 en 2
Amersfoort, 26- - 27-5-2018

Programmanr. 2, Jongens, 400m wisselslag, Junioren 3

rang	naam	vereniging	intijd	tijd	RT
3.	Anouar Visser	ZV De Aalscholver	5:55.35	200301829	5:35.53 +0,68 384
	50m: 35.57	35.57 150m: 2:01.67	42.35	250m: 3:32.77	49.02 350m: 4:59.32
	100m: 1:19.32	43.75 200m: 2:43.75	42.08	300m: 4:22.05	49.28 400m: 5:35.53
4.	Justin Jansen	ZV De Aalscholver	6:02.96	200302079	5:37.07 +0,79 379
	50m: 35.67	35.67 150m: 2:02.76	42.59	250m: 3:34.51	50.51 350m: 5:02.00
	100m: 1:20.17	44.50 200m: 2:44.00	41.24	300m: 4:25.29	50.78 400m: 5:37.07
5.	Sam van der Drift	VZC	5:34.71	200301485	5:55.07 +0,85 324
	50m: 33.54	33.54 150m: 2:06.46	46.13	250m: 3:43.36	53.60 350m: 5:16.41
	100m: 1:20.33	46.79 200m: 2:49.76	43.30	300m: 4:36.06	52.70 400m: 5:55.07
6.	Ruben de Vriend	ZV Haerlem	5:41.87	200300981	5:56.96 +0,73 319
	50m: 34.31	34.31 150m: 2:05.29	46.53	250m: 3:40.30	49.81 350m: 5:15.56
	100m: 1:18.76	44.45 200m: 2:50.49	45.20	300m: 4:31.32	51.02 400m: 5:56.96
7.	Rick Offringa	OEZA	5:37.31	200300979	5:57.25 +0,76 318
	50m: 35.30	35.30 150m: 2:08.18	44.55	250m: 3:44.13	52.09 350m: 5:16.79
	100m: 1:23.63	48.33 200m: 2:52.04	43.86	300m: 4:36.12	51.99 400m: 5:57.25
8.	Jorick van Bon	ZPC AMERSFOORT	6:00.21	200300091	6:06.65 +0,74 294
	50m: 36.55	36.55 150m: 2:08.87	48.42	250m: 3:53.22	56.29 350m: 5:28.13
	100m: 1:20.45	43.90 200m: 2:56.93	48.06	300m: 4:47.98	54.76 400m: 6:06.65

Junioren 4

1.	Lars Verhale	VZC	4:43.12	200200019	4:56.18 +0,77 558
	50m: 29.25	29.25 150m: 1:43.13	39.49	250m: 3:04.54	42.19 350m: 4:23.50
	100m: 1:03.64	34.39 200m: 2:22.35	39.22	300m: 3:48.32	43.78 400m: 4:56.18
2.	Finn Vos	De Dolfijn	4:51.62	200200665	5:01.81 +0,66 527
	50m: 31.10	31.10 150m: 1:49.80	42.85	250m: 3:12.65	41.85 350m: 4:30.37
	100m: 1:06.95	35.85 200m: 2:30.80	41.00	300m: 3:55.67	43.02 400m: 5:01.81
3.	Tom Blankestijn	ZPC AMERSFOORT	5:15.63	200201185	5:10.43 +0,76 485
	50m: 31.19	31.19 150m: 1:48.78	41.07	250m: 3:14.97	46.05 350m: 4:37.23
	100m: 1:07.71	36.52 200m: 2:28.92	40.14	300m: 4:02.53	47.56 400m: 5:10.43
4.	Daniël Rykov	ZPC AMERSFOORT	5:00.96	200200447	5:19.08 +0,63 446
	50m: 31.90	31.90 150m: 1:50.03	41.50	250m: 3:15.57	45.11 350m: 4:40.17
	100m: 1:08.53	36.63 200m: 2:30.46	40.43	300m: 4:02.48	46.91 400m: 5:19.08
5.	Thomas Vastenhout	ZPCH	5:17.10	200204545	5:26.67 +0,60 416
	50m: 33.76	33.76 150m: 1:58.74	46.20	250m: 3:28.72	45.46 350m: 4:51.61
	100m: 1:12.54	38.78 200m: 2:43.26	44.52	300m: 4:14.52	45.80 400m: 5:26.67

Jeugd 1 en 2

1.	Sten Postma	VZC	4:27.58	200000011	4:40.62 +0,70 656
	50m: 29.52	29.52 150m: 1:41.17	37.79	250m: 2:57.73	39.59 350m: 4:09.48
	100m: 1:03.38	33.86 200m: 2:18.14	36.97	300m: 3:37.41	39.68 400m: 4:40.62
2.	Thom Delno	VZC	4:48.33	200000013	4:59.73 +0,75 538
	50m: 30.54	30.54 150m: 1:46.75	39.82	250m: 3:07.70	41.92 350m: 4:26.37
	100m: 1:06.93	36.39 200m: 2:25.78	39.03	300m: 3:49.74	42.04 400m: 4:59.73
3.	A. Hendriksen of Hendriks	De Haaien	4:42.87	200002711	5:00.61 +0,70 534
	50m: 29.68	29.68 150m: 1:44.29	39.12	250m: 3:07.86	45.29 350m: 4:27.82
	100m: 1:05.17	35.49 200m: 2:22.57	38.28	300m: 3:52.75	44.89 400m: 5:00.61
4.	Daen Spoor	VZC	4:52.55	200101117	5:07.70 +0,74 498
	50m: 30.05	30.05 150m: 1:47.74	41.23	250m: 3:09.97	43.01 350m: 4:31.17
	100m: 1:06.51	36.46 200m: 2:26.96	39.22	300m: 3:54.34	44.37 400m: 5:07.70

Senioren 1 en ouder

1.	Koen Lems	ZPC AMERSFOORT	4:31.63	199603709	4:46.57 +0,77 616
	50m: 29.51	29.51 150m: 1:41.93	37.79	250m: 2:58.48	39.30 350m: 4:13.03
	100m: 1:04.14	34.63 200m: 2:19.18	37.25	300m: 3:37.91	39.43 400m: 4:46.57
2.	Dave Holweg	ZPC AMERSFOORT	4:37.65	199701521	4:51.69 +0,74 584
	50m: 29.53	29.53 150m: 1:42.64	38.21	250m: 3:01.73	42.31 350m: 4:18.38
	100m: 1:04.43	34.90 200m: 2:19.42	36.78	300m: 3:44.18	42.45 400m: 4:51.69
3.	Ivar de Jong	De Dolfijn	4:26.76	199700869	4:54.06 +0,70 570
	50m: 30.61	30.61 150m: 1:48.03	41.08	250m: 3:06.10	39.18 350m: 4:21.08
	100m: 1:06.95	36.34 200m: 2:26.92	38.89	300m: 3:46.76	40.66 400m: 4:54.06
4.	Nick Sijmons	De Amstel	4:56.56	199500491	5:09.86 +0,71 487
	50m: 29.85	29.85 150m: 1:47.44	42.41	250m: 3:13.47	44.62 350m: 4:34.23
	100m: 1:05.03	35.18 200m: 2:28.85	41.41	300m: 3:58.40	44.93 400m: 5:09.86
5.	Tim Bunnik	WZ&PC Triton	5:09.15	199000505	5:11.55 +0,80 479
	50m: 31.49	31.49 150m: 1:48.25	39.52	250m: 3:13.30	44.86 350m: 4:35.46
	100m: 1:08.73	37.24 200m: 2:28.44	40.19	300m: 4:00.04	46.74 400m: 5:11.55