

Regiokampioenschappen KB Regio Midwest (Utrecht) deel 1 en 2  
Veenendaal, 17- - 18-11-2018

Programmanr. 18  
18-11-2018 - 15:00

Heren, 400m vrije slag

Senioren Open  
Resultaten

rang	naam	vereniging	intijd		tijd	RT
<b>Junioren 1</b>						
1.	Tenzing Geutjes	ZPC AMERSFOORT	5:08.70	200600441	<b>4:57.58</b>	404
	50m: 32.30	32.30	150m:	250m:	350m:	
	100m: 1:09.14	36.84	200m: 2:26.10	300m:	400m: 4:57.58	
2.	Thijs Wellink	Zwemlust den Hommel	5:16.42	200600715	<b>5:08.68</b>	362
	50m: 33.88	33.88	150m:	250m:	350m:	
	100m: 1:13.03	39.15	200m: 2:32.64	300m:	400m: 5:08.68	
3.	Marcelino Gómez González	ZPC AMERSFOORT	5:27.01	200601473	<b>5:21.62</b>	320
	50m: 36.49	36.49	150m:	250m:	350m:	
	100m: 1:16.72	40.23	200m: 2:38.24	300m:	400m: 5:21.62	
4.	Imme Bousema	Zwemclub Zeist	5:46.18	200601873	<b>5:29.25</b>	299
	50m: 35.13	35.13	150m:	250m:	350m:	
	100m: 1:16.73	41.60	200m: 2:41.48	300m:	400m: 5:29.25	
5.	Diesel Schaafsma	VZC	5:26.39	200600431	<b>5:43.37</b>	263
	50m: 36.07	36.07	150m:	250m:	350m:	
	100m: 1:18.73	42.66	200m: 2:47.83	300m:	400m: 5:43.37	
<b>Junioren 2</b>						
1.	Koen Marsman	ZPC AMERSFOORT	5:00.90	200502763	<b>4:54.58</b>	417
	50m: 32.83	32.83	150m:	250m:	350m:	
	100m: 1:09.76	36.93	200m: 2:25.33	300m:	400m: 4:54.58	
2.	Daan Hoogendoorn	ZPC Woerden	5:06.40	200500113	<b>4:58.78</b>	400
	50m: 33.54	33.54	150m:	250m:	350m:	
	100m: 1:11.14	37.60	200m: 2:27.57	300m:	400m: 4:58.78	
3.	Lasse Schrieken	VZC	5:21.67	200503145	<b>5:14.02</b>	344
	50m: 35.45	35.45	150m:	250m:	350m:	
	100m: 1:15.39	39.94	200m: 2:36.22	300m:	400m: 5:14.02	
4.	Thijmen Peeters	Zwemlust den Hommel	5:34.06	200502945	<b>5:17.63</b>	333
	50m: 34.56	34.56	150m:	250m:	350m:	
	100m: 1:14.41	39.85	200m: 2:36.87	300m:	400m: 5:17.63	
5.	Youri Voet	De Duinkickers	5:37.62	200502269	<b>5:29.07</b>	299
	50m: 36.12	36.12	150m:	250m:	350m:	
	100m: 1:16.63	40.51	200m: 2:40.24	300m:	400m: 5:29.07	
6.	Sven Rooijackers	GoSwim	5:39.21	200502013	<b>5:35.59</b>	282
	50m: 35.26	35.26	150m:	250m:	350m:	
	100m: 1:17.21	41.95	200m: 2:43.64	300m:	400m: 5:35.59	
7.	Tim Seising	VZC	5:43.91	200500107	<b>5:36.73</b>	279
	50m: 36.99	36.99	150m:	250m:	350m:	
	100m: 1:18.92	41.93	200m: 2:45.66	300m:	400m: 5:36.73	
<b>Junioren 3</b>						
1.	Anders van Norden	ZPC AMERSFOORT	4:34.99	200400039	<b>4:25.29</b>	571
	50m: 30.41	30.41	150m:	250m:	350m:	
	100m: 1:03.90	33.49	200m: 2:12.41	300m:	400m: 4:25.29	
2.	Amun Majidzada	Zwemlust den Hommel	4:57.55	200401391	<b>4:41.36</b>	479
	50m: 30.42	30.42	150m:	250m:	350m:	
	100m: 1:05.30	34.88	200m: 2:19.47	300m:	400m: 4:41.36	
3.	Auke Gielen	ZPC AMERSFOORT	5:21.59	200400041	<b>4:51.09</b>	432
	50m: 32.42	32.42	150m:	250m:	350m:	
	100m: 1:08.84	36.42	200m: 2:24.39	300m:	400m: 4:51.09	
4.	Rick Dijkhuizen	Zwemclub Zeist	5:01.62	200400197	<b>5:02.41</b>	385
	50m: 32.31	32.31	150m:	250m:	350m:	
	100m: 1:09.70	37.39	200m: 2:27.45	300m:	400m: 5:02.41	
<b>Junioren 4</b>						
1.	Rijk Heere	ZPC AMERSFOORT	4:29.78	200300897	<b>4:23.26</b>	584
	50m: 29.14	29.14	150m:	250m:	350m:	
	100m:		200m:	300m:	400m: 4:23.26	
2.	Bram Schaafsma	VZC	4:19.38	200302159	<b>4:30.64</b>	538
	50m: 28.51	28.51	150m:	250m:	350m:	
	100m: 1:01.43	32.92	200m: 2:11.11	300m:	400m: 4:30.64	

Regiokampioenschappen KB Regio Midwest (Utrecht) deel 1 en 2  
Veenendaal, 17- - 18-11-2018

Programmanr. 18, Jongens, 400m vrije slag, Junioren 4

rang	naam	vereniging	intijd		tijd	RT
3.	Nigel Werring	Zwemlust den Hommel	4:39.19	200301503	<b>4:40.88</b>	481
	50m: 30.40	30.40 150m:		250m:	350m:	
	100m: 1:06.25	35.85 200m: 2:18.91		300m:	400m: 4:40.88	
4.	Tim Tielkemeijer	Zwemvereniging Hoogland	4:51.19	200301393	<b>4:41.37</b>	478
	50m: 30.97	30.97 150m:		250m:	350m:	
	100m: 1:06.01	35.04 200m: 2:19.64		300m:	400m: 4:41.37	
5.	Sam van der Drift	VZC	4:45.32	200301485	<b>4:59.93</b>	395
	50m: 32.47	32.47 150m:		250m:	350m:	
	100m: 1:09.21	36.74 200m: 2:26.16		300m:	400m: 4:59.93	
AFGEM	Jorick van Bon	ZPC AMERSFOORT	4:58.96	200300091		

Jeugd 1 en 2

1.	Lars Verhale	VZC	4:14.60	200200019	<b>4:16.36</b>	633
	50m: 28.61	28.61 150m:		250m:	350m:	
	100m: 1:00.14	31.53 200m: 2:04.93		300m:	400m: 4:16.36	
2.	Sam Janmaat	ZPC AMERSFOORT	4:16.99	200203017	<b>4:17.82</b>	622
	50m: 27.67	27.67 150m:		250m:	350m:	
	100m: 59.54	31.87 200m: 2:05.96		300m:	400m: 4:17.82	
3.	Rijk Dragstra	ZPC AMERSFOORT	4:15.44	200102473	<b>4:18.01</b>	621
	50m: 29.07	29.07 150m:		250m:	350m:	
	100m: 1:10.18	41.11 200m: 2:07.57		300m:	400m: 4:18.01	
4.	Fayssal Lantema	De Fuut	4:24.63	200101379	<b>4:27.69</b>	556
	50m: 30.38	30.38 150m:		250m:	350m:	
	100m: 1:04.25	33.87 200m: 2:12.12		300m:	400m: 4:27.69	
5.	Tom Blankestijn	ZPC AMERSFOORT	4:30.01	200201185	<b>4:29.16</b>	547
	50m: 30.07	30.07 150m:		250m:	350m:	
	100m: 1:03.85	33.78 200m: 2:12.54		300m:	400m: 4:29.16	
6.	Wim van Duuren	ZPC Woerden	4:33.09	200102103	<b>4:34.76</b>	514
	50m: 29.67	29.67 150m:		250m:	350m:	
	100m: 1:03.29	33.62 200m: 2:13.57		300m:	400m: 4:34.76	
7.	Midas Jager	De Haaien	4:47.80	200202983	<b>4:41.44</b>	478
	50m: 30.77	30.77 150m:		250m:	350m:	
	100m: 1:05.70	34.93 200m: 2:18.60		300m:	400m: 4:41.44	
8.	Ruben Zwartebol	ZPC Woerden	4:57.76	200102651	<b>4:53.07</b>	423
	50m: 31.63	31.63 150m:		250m:	350m:	
	100m: 1:06.63	35.00 200m: 2:22.02		300m:	400m: 4:53.07	

Senioren 1 en ouder

1.	Koen Lems	ZPC AMERSFOORT	4:03.39	199603709	<b>4:09.95</b>	683
	50m: 27.97	27.97 150m:		250m:	350m:	
	100m: 59.15	31.18 200m: 2:04.45		300m:	400m: 4:09.95	
2.	Dave Holweg	ZPC AMERSFOORT	4:10.80	199701521	<b>4:18.71</b>	616
	50m:	150m:		250m:	350m:	
	100m:	200m:		300m:	400m: 4:18.71	
3.	Jelle Blankestijn	ZPC AMERSFOORT	4:21.70	199803737	<b>4:24.41</b>	577
	50m: 28.70	28.70 150m:		250m:	350m:	
	100m: 1:00.92	32.22 200m: 2:07.32		300m:	400m: 4:24.41	
AFGEM	Jesse van Dijk	ZPC AMERSFOORT	4:13.34	199903259		