

Regiokampioenschappen MidWest LB 2019 Deel 1 en 2
Amersfoort, 18- - 19-5-2019

Programmanr. 12
19-5-2019 - 14:15

Heren, 400m vrije slag

Junioren 1 en ouder
Resultaten

K Heren junioren 1 Jun 1 50m: 5:59.83 - 25m: 5:47.04 / J Heren junioren 2 Jun 2 50m: 5:31.36 - 25m: 5:19.59 /
I Heren junioren 3 Jun 3 50m: 5:09.54 - 25m: 4:58.54 / H Heren junioren 4 Jun 4 50m: 4:45.99 - 25m: 4:35.83 / G Heren jeugd 1-2 Jgd 1-
2 50m: 4:36.80 - 25m: 4:26.97 / G Heren senioren Sen. 50m: 4:31.50 - 25m: 4:21.85

rang	naam	vereniging	intijd	tijd	RT			
Junioren 1								
1.	Ivar Kleuver	ZV De Aalscholver	5:07.49	200601457	4:58.38			
	50m: 32.87	32.87	150m: 1:46.97	37.59	250m: 3:04.27	38.81	350m: 4:21.63	38.45
	100m: 1:09.38	36.51	200m: 2:25.46	38.49	300m: 3:43.18	38.91	400m: 4:58.38	36.75
2.	Feico de Jonge	KZC	5:08.04	200600047	5:13.89			
	50m: 34.21	34.21	150m: 1:53.35	39.88	250m: 3:13.81	40.11	350m: 4:35.25	40.46
	100m: 1:13.47	39.26	200m: 2:33.70	40.35	300m: 3:54.79	40.98	400m: 5:13.89	38.64
3.	Ben Jackson	De Dolfijn	5:19.76	200603399	5:17.94	+0,57		
	50m: 35.27	35.27	150m: 1:56.26	41.10	250m: 3:18.73	41.08	350m: 4:40.42	40.16
	100m: 1:15.16	39.89	200m: 2:37.65	41.39	300m: 4:00.26	41.53	400m: 5:17.94	37.52
4.	Thijs Wellink	Zwemlust-den Hommel	5:06.13	200600715	5:23.85	+0,61		
	50m: 33.72	33.72	150m: 1:55.03	41.39	250m: 3:18.13	41.41	350m: 4:42.55	42.74
	100m: 1:13.64	39.92	200m: 2:36.72	41.69	300m: 3:59.81	41.68	400m: 5:23.85	41.30
5.	Wessel Treffers	KZC	5:21.13	200600139	5:27.43	+0,55		
	50m: 34.02	34.02	150m: 1:51.50	39.95	250m: 3:16.15	42.95	350m: 4:44.82	44.25
	100m: 1:11.55	37.53	200m: 2:33.20	41.70	300m: 4:00.57	44.42	400m: 5:27.43	42.61
6.	Duncan Koridon	WZ&PC Purmerend	5:37.82	200600085	5:30.05	+0,60		
	50m: 37.21	37.21	150m: 2:01.45	42.69	250m: 3:26.67	42.84	350m: 4:50.84	41.89
	100m: 1:18.76	41.55	200m: 2:43.83	42.38	300m: 4:08.95	42.28	400m: 5:30.05	39.21
7.	Niek van Leeuwenkamp	De Duinkickers	5:30.70	200600443	5:32.88			
	50m: 35.29	35.29	150m: 2:01.39	43.52	250m: 3:28.96	43.96	350m: 4:54.09	42.49
	100m: 1:17.87	42.58	200m: 2:45.00	43.61	300m: 4:11.60	42.64	400m: 5:32.88	38.79
8.	Jan van Dreumel	ZV Haerlem	5:36.41	200600167	5:42.43			
	50m: 38.62	38.62	150m: 2:06.03	44.43	250m: 3:36.07	44.90	350m: 5:04.07	43.57
	100m: 1:21.60	42.98	200m: 2:51.17	45.14	300m: 4:20.50	44.43	400m: 5:42.43	38.36
9.	Max ten Bosch	ZV Haerlem	5:26.32	200603249	5:46.26	+0,75		
	50m: 38.32	38.32	150m: 2:04.69	43.33	250m: 3:34.28	44.31	350m: 5:05.50	44.95
	100m: 1:21.36	43.04	200m: 2:49.97	45.28	300m: 4:20.55	46.27	400m: 5:46.26	40.76
10.	Wadim Boudzovitch	Kon AZ 1870	5:37.91	200600359	5:48.38	+0,66		
	50m: 38.37	38.37	150m: 2:07.38	45.46	250m: 3:35.83	44.99	350m: 5:07.84	46.27
	100m: 1:21.92	43.55	200m: 2:50.84	43.46	300m: 4:21.57	45.74	400m: 5:48.38	40.54
Junioren 2								
1.	Koen Marsman	ZPC AMERSFOORT	4:42.29	200502763	4:47.92	**		
	50m:	150m:	250m:	350m:				
	100m:	200m:	300m:	400m:	4:47.92			
2.	Yardan Taya	Zwemlust-den Hommel	4:46.79	200501343	5:00.49	**		
	50m:	150m:	250m:	350m:				
	100m:	200m:	300m:	400m:	5:00.49			
3.	Lasse Schrieken	VZC	4:59.32	200503145	5:01.04			
	50m: 33.84	33.84	150m: 1:51.45	39.15	250m: 3:09.67	39.25	350m: 4:26.54	37.83
	100m: 1:12.30	38.46	200m: 2:30.42	38.97	300m: 3:48.71	39.04	400m: 5:01.04	34.50
4.	Daniël Aling Levy	De Dolfijn	4:55.58	200502273	5:01.59	+0,52		
	50m: 33.05	33.05	150m: 1:48.65	38.35	250m: 3:06.26	38.92	350m: 4:23.88	38.83
	100m: 1:10.30	37.25	200m: 2:27.34	38.69	300m: 3:45.05	38.79	400m: 5:01.59	37.71
5.	Thijmen Peeters	Zwemlust-den Hommel	5:08.14	200502945	5:03.20	+0,51		
	50m: 33.11	33.11	150m: 1:50.13	39.30	250m: 3:07.91	39.18	350m: 4:25.74	39.01
	100m: 1:10.83	37.72	200m: 2:28.73	38.60	300m: 3:46.73	38.82	400m: 5:03.20	37.46
6.	Liam Boon	DAW	5:03.17	200503137	5:16.78			
	50m: 34.00	34.00	150m: 1:53.27	40.37	250m: 3:15.66	40.89	350m: 4:37.67	41.16
	100m: 1:12.90	38.90	200m: 2:34.77	41.50	300m: 3:56.51	40.85	400m: 5:16.78	39.11
7.	Thijmen Wender	DWT	5:05.17	200502339	5:18.18			
	50m: 34.54	34.54	150m: 1:53.45	40.41	250m: 3:15.66	41.19	350m: 4:38.55	41.28
	100m: 1:13.04	38.50	200m: 2:34.47	41.02	300m: 3:57.27	41.61	400m: 5:18.18	39.63
8.	Hidde Sander Dragstra	ZPC AMERSFOORT	5:27.00	200500161	5:18.80			
	50m: 35.12	35.12	150m: 1:56.94	41.54	250m: 3:19.08	41.39	350m: 4:41.49	40.90
	100m: 1:15.40	40.28	200m: 2:37.69	40.75	300m: 4:00.59	41.51	400m: 5:18.80	37.31
9.	Leon van Gelder	WZ&PC Purmerend	5:25.37	200500621	5:20.60	+0,62		
	50m: 35.33	35.33	150m: 1:57.21	41.35	250m: 3:19.03	41.15	350m: 4:41.86	40.02
	100m: 1:15.86	40.53	200m: 2:37.88	40.67	300m: 4:01.84	42.81	400m: 5:20.60	38.74

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Programmanr. 12, Jongens, 400m vrije slag, Junioren 2

rang	naam	vereniging	intijd	tijd	RT
10.	Ben Aalsvel	De Dolfijn	5:13.10	200501255	5:21.08 +0,61
	50m: 35.03	35.03 150m: 1:56.60	41.28 250m: 3:19.06	40.66	350m: 4:41.90 41.19
	100m: 1:15.32	40.29 200m: 2:38.40	41.80 300m: 4:00.71	41.65	400m: 5:21.08 39.18
11.	Lucas Ambrose	De Dolfijn	5:05.68	200502275	5:21.23 +0,74
	50m: 34.47	34.47 150m: 1:52.96	40.30 250m: 3:15.96	41.85	350m: 4:40.25 42.29
	100m: 1:12.66	38.19 200m: 2:34.11	41.15 300m: 3:57.96	42.00	400m: 5:21.23 40.98
12.	Peer Bergman	VZC	5:11.67	200503223	5:27.11
	50m: 35.22	35.22 150m: 1:56.49	41.43 250m: 3:21.46	42.60	350m: 4:45.50 41.78
	100m: 1:15.06	39.84 200m: 2:38.86	42.37 300m: 4:03.72	42.26	400m: 5:27.11 41.61

Junioren 3

1.	Merlin Belmon	De Dolfijn	4:06.77	200403191	4:24.27 +0,78
	50m: 30.15	30.15 150m: 1:36.77	33.81 250m: 2:44.01	33.54	350m: 3:51.69 33.81
	100m: 1:02.96	32.81 200m: 2:10.47	33.70 300m: 3:17.88	33.87	400m: 4:24.27 32.58
2.	Kaito van Meeteren	De Dolfijn	4:37.62	200404271	4:36.62 **
	50m:	150m:	250m:		350m:
	100m:	200m:	300m:		400m: 4:36.62
3.	Tycho de Jonge	KZC	4:33.14	200400411	4:37.75 **
	50m:	150m:	250m:		350m:
	100m:	200m:	300m:		400m: 4:37.75
4.	Andrei Turta	ZV De Aalscholver	4:47.37	200404549	4:39.60 **
	50m:	150m:	250m:		350m:
	100m:	200m:	300m:		400m: 4:39.60
5.	Juiliano Soliani	DAW	4:50.10	200400353	4:45.45 **
	50m:	150m:	250m:		350m:
	100m:	200m:	300m:		400m: 4:45.45
6.	Anders van Norden	ZPC AMERSFOORT	4:21.55	200400039	4:48.27 +0,69
	50m: 31.38	31.38 150m: 1:43.00	36.61 250m: 2:56.84	36.91	350m: 4:11.27 37.50
	100m: 1:06.39	35.01 200m: 2:19.93	36.93 300m: 3:33.77	36.93	400m: 4:48.27 37.00
7.	Rick Dijkhuizen	Zwemclub Zeist	4:55.99	200400197	5:07.43 +0,60
	50m: 33.36	33.36 150m: 1:51.18	39.34 250m: 3:09.86	39.64	350m: 4:29.73 40.21
	100m: 1:11.84	38.48 200m: 2:30.22	39.04 300m: 3:49.52	39.66	400m: 5:07.43 37.70
8.	Joop van den Hoven	De Haaien	4:57.08	200403029	5:08.23 +0,74
	50m: 32.72	32.72 150m: 1:48.03	38.71 250m: 3:07.93	39.80	350m: 4:29.08 40.04
	100m: 1:09.32	36.60 200m: 2:28.13	40.10 300m: 3:49.04	41.11	400m: 5:08.23 39.15

Junioren 4

1.	Thijs Bosma	De Dolfijn	4:22.90	200302443	4:29.72 +0,55
	50m: 30.06	30.06 150m: 1:38.12	34.43 250m: 2:47.42	34.65	350m: 3:56.16 34.06
	100m: 1:03.69	33.63 200m: 2:12.77	34.65 300m: 3:22.10	34.68	400m: 4:29.72 33.56
2.	Nigel Werring	Zwemlust-den Hommel	4:39.19	200301503	4:37.03 **
	50m:	150m:	250m:		350m:
	100m:	200m:	300m:		400m: 4:37.03
AFGEM	Rijk Heere	ZPC AMERSFOORT	4:23.26	200300897	

Jeugd 1 en 2

1.	Luc Kroon	Ed-Vo	3:51.73	200100697	3:58.98 +0,79
	50m: 27.41	27.41 150m: 1:27.01	30.16 250m: 2:27.01	30.01	350m: 3:28.44 31.14
	100m: 56.85	29.44 200m: 1:57.00	29.99 300m: 2:57.30	30.29	400m: 3:58.98 30.54
2.	Elroy Schot	De Dolfijn	4:10.05	200200689	4:21.78 +0,63
	50m: 28.78	28.78 150m: 1:34.14	32.94 250m: 2:41.96	33.94	350m: 3:49.88 33.79
	100m: 1:01.20	32.42 200m: 2:08.02	33.88 300m: 3:16.09	34.13	400m: 4:21.78 31.90
3.	Lars Verhalle	VZC	4:08.25	200200019	4:22.71 +0,75
	50m: 28.71	28.71 150m: 1:33.65	33.27 250m: 2:39.56	33.62	350m: 3:49.63 34.97
	100m: 1:00.38	31.67 200m: 2:05.94	32.29 300m: 3:14.66	35.10	400m: 4:22.71 33.08
4.	Tom Blankestijn	ZPC AMERSFOORT	4:26.55	200201185	4:52.81 **
	50m:	150m:	250m:		350m:
	100m:	200m:	300m:		400m: 4:52.81

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Programmanr. 12, Heren, 400m vrije slag

Senioren 1 en ouder

1.	Bas Takken	De Dolfijn	4:03.89	199901643	S10	4:09.75	+0,76	862
	50m: 28.03	28.03	150m: 1:29.95	31.21	250m: 2:33.64	31.97	350m: 3:38.29	32.60
	100m: 58.74	30.71	200m: 2:01.67	31.72	300m: 3:05.69	32.05	400m: 4:09.75	31.46
2.	Dave Holweg	ZPC AMERSFOORT	4:10.80	199701521		4:23.59	+0,70	
	50m: 28.63	28.63	150m: 1:34.38	33.55	250m: 2:42.36	34.00	350m: 3:50.52	33.87
	100m: 1:00.83	32.20	200m: 2:08.36	33.98	300m: 3:16.65	34.29	400m: 4:23.59	33.07
3.	Nick van der Woude	ZV Haerlem	4:31.11	200001391		4:30.16 **		
	50m:		150m:		250m:		350m:	
	100m:		200m:		300m:		400m: 4:30.16	
4.	Jelle Blankestijn	ZPC AMERSFOORT	4:29.40	199803737		4:33.15 **		
	50m:		150m:		250m:		350m:	
	100m:		200m:		300m:		400m: 4:33.15	
5.	Thijs van Hofweegen	ZPC AMERSFOORT	5:09.96	199605253	S6	5:31.49	+0,90	747
	50m: 34.67	34.67	150m: 1:56.68	42.05	250m: 3:21.07	42.42	350m: 4:49.15	44.30
	100m: 1:14.63	39.96	200m: 2:38.65	41.97	300m: 4:04.85	43.78	400m: 5:31.49	42.34
AFGEM	Jesse van Dijk	ZPC AMERSFOORT	4:13.34	199903259				