

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

Programmanr. 4
18-5-2019 - 14:55

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. | Ivar Kleuver | ZV De Aalscholver | 5:36.93 | 200601457 | 5:45.94 +0,76 |
| | 50m: 37.86 | 37.86 150m: 2:03.58 | 40.33 | 250m: 3:36.23 | 53.08 350m: 5:08.21 |
| | 100m: 1:23.25 | 45.39 200m: 2:43.15 | 39.57 | 300m: 4:29.61 | 53.38 400m: 5:45.94 |
| 2. | Imme Bousema | Zwemclub Zeist | 6:05.92 | 200601873 | 5:45.99 +0,58 |
| | 50m: 37.93 | 37.93 150m: 2:06.36 | 43.97 | 250m: 3:39.76 | 48.94 350m: 5:07.06 |
| | 100m: 1:22.39 | 44.46 200m: 2:50.82 | 44.46 | 300m: 4:27.83 | 48.07 400m: 5:45.99 |
| 3. | Feico de Jonge | KZC | 5:47.04 | 200600047 | 5:59.61 |
| | 50m: 38.10 | 38.10 150m: 2:09.16 | 44.13 | 250m: 3:44.98 | 52.58 350m: 5:19.64 |
| | 100m: 1:25.03 | 46.93 200m: 2:52.40 | 43.24 | 300m: 4:38.54 | 53.56 400m: 5:59.61 |
| 4. | Ben Jackson | De Dolfijn | 6:03.71 | 200603399 | 6:00.15 +0,59 |
| | 50m: 38.31 | 38.31 150m: 2:11.13 | 44.77 | 250m: 3:46.80 | 52.79 350m: 5:22.74 |
| | 100m: 1:26.36 | 48.05 200m: 2:54.01 | 42.88 | 300m: 4:40.56 | 53.76 400m: 6:00.15 |
| 5. | Niek van Leeuwenkamp | De Duinkickers | 6:00.03 | 200600443 | 6:23.93 |
| | 50m: 40.84 | 40.84 150m: 2:21.75 | 49.60 | 250m: 4:03.45 | 52.69 350m: 5:41.47 |
| | 100m: 1:32.15 | 51.31 200m: 3:10.76 | 49.01 | 300m: 4:56.83 | 53.38 400m: 6:23.93 |
| 6. | Jan van Dreumel | ZV Haerlem | 6:40.47 | 200600167 | 6:31.13 |
| | 50m: 44.84 | 44.84 150m: 2:30.12 | 51.71 | 250m: 4:12.37 | 53.48 350m: 5:50.36 |
| | 100m: 1:38.41 | 53.57 200m: 3:18.89 | 48.77 | 300m: 5:06.69 | 54.32 400m: 6:31.13 |

Junioren 2

| | | | | | |
|-----|---|---------------------|---------|---------------|----------------------|
| 1. | Yardan Taya | Zwemlust-den Hommel | 5:32.06 | 200501343 | 5:32.18 +0,55 |
| | 50m: 33.84 | 33.84 150m: 1:55.90 | 41.79 | 250m: 3:24.85 | 46.98 350m: 4:53.18 |
| | 100m: 1:14.11 | 40.27 200m: 2:37.87 | 41.97 | 300m: 4:13.78 | 48.93 400m: 5:32.18 |
| 2. | Daniël Aling Levy | De Dolfijn | 5:38.18 | 200502273 | 5:48.59 +0,60 |
| | 50m: 35.70 | 35.70 150m: 2:06.65 | 46.94 | 250m: 3:40.90 | 49.23 350m: 5:11.17 |
| | 100m: 1:19.71 | 44.01 200m: 2:51.67 | 45.02 | 300m: 4:31.68 | 50.78 400m: 5:48.59 |
| 3. | Lasse Schrieken | VZC | 5:48.60 | 200503145 | 5:55.66 |
| | 50m: 38.36 | 38.36 150m: 2:15.17 | 47.39 | 250m: 3:50.81 | 50.29 350m: 5:20.25 |
| | 100m: 1:27.78 | 49.42 200m: 3:00.52 | 45.35 | 300m: 4:41.44 | 50.63 400m: 5:55.66 |
| 4. | Youri Voet | De Duinkickers | 6:09.76 | 200502269 | 6:05.25 |
| | 50m: 41.70 | 41.70 150m: 2:18.79 | 45.38 | 250m: 3:54.27 | 50.65 350m: 5:27.82 |
| | 100m: 1:33.41 | 51.71 200m: 3:03.62 | 44.83 | 300m: 4:45.36 | 51.09 400m: 6:05.25 |
| 5. | Sven Rooijackers | GoSwim | 5:51.52 | 200502013 | 6:08.34 +0,68 |
| | 50m: 37.45 | 37.45 150m: 2:09.56 | 46.87 | 250m: 3:46.48 | 52.30 350m: 5:23.91 |
| | 100m: 1:22.69 | 45.24 200m: 2:54.18 | 44.62 | 300m: 4:39.62 | 53.14 400m: 6:08.34 |
| 6. | Thijmen Wender | DWT | 6:00.09 | 200502339 | 6:15.84 +0,58 |
| | 50m: 41.85 | 41.85 150m: 2:19.54 | 45.60 | 250m: 3:57.11 | 51.74 350m: 5:33.41 |
| | 100m: 1:33.94 | 52.09 200m: 3:05.37 | 45.83 | 300m: 4:50.33 | 53.22 400m: 6:15.84 |
| 7. | Tim Seising | VZC | 6:10.06 | 200500107 | 6:18.15 +0,59 |
| | 50m: 40.03 | 40.03 150m: 2:24.14 | 49.14 | 250m: 4:01.92 | 50.07 350m: 5:35.67 |
| | 100m: 1:35.00 | 54.97 200m: 3:11.85 | 47.71 | 300m: 4:53.12 | 51.20 400m: 6:18.15 |
| DIS | Pepijn de Wit | De Dolfijn | 6:21.93 | 200502277 | |
| | <i>SR - Meer dan één vlinderbeenslag na start en/of keerpunt gemaakt.</i> | | | | |

Junioren 3

| | | | | | |
|----|--------------------|---------------------|---------|---------------|----------------------|
| 1. | Merlin Belmon | De Dolfijn | 4:42.69 | 200403191 | 5:03.05 +0,73 |
| | 50m: 29.77 | 29.77 150m: 1:45.53 | 40.14 | 250m: 3:09.13 | 44.62 350m: 4:29.39 |
| | 100m: 1:05.39 | 35.62 200m: 2:24.51 | 38.98 | 300m: 3:53.29 | 44.16 400m: 5:03.05 |
| 2. | Andrei Turta | ZV De Aalscholver | 5:03.34 | 200404549 | 5:17.50 +0,70 |
| | 50m: 31.49 | 31.49 150m: 1:48.53 | 39.77 | 250m: 3:14.83 | 47.25 350m: 4:40.81 |
| | 100m: 1:08.76 | 37.27 200m: 2:27.58 | 39.05 | 300m: 4:03.42 | 48.59 400m: 5:17.50 |
| 3. | Lucas Douwma | DWT | 5:37.90 | 200401337 | 5:38.39 +0,69 |
| | 50m: 36.01 | 36.01 150m: 2:06.65 | 45.07 | 250m: 3:33.76 | 42.70 350m: 4:59.91 |
| | 100m: 1:21.58 | 45.57 200m: 2:51.06 | 44.41 | 300m: 4:17.10 | 43.34 400m: 5:38.39 |
| 4. | Joop van den Hoven | De Haaien | 5:37.77 | 200403029 | 5:54.41 +0,73 |
| | 50m: 33.06 | 33.06 150m: 2:01.55 | 46.79 | 250m: 3:38.68 | 50.62 350m: 5:12.95 |
| | 100m: 1:14.76 | 41.70 200m: 2:48.06 | 46.51 | 300m: 4:30.90 | 52.22 400m: 5:54.41 |

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

Programmanr. 4, Jongens, 400m wisselslag, Junioren 3

| rang | naam | vereniging | intijd | tijd | RT | |
|-------|---------------------------|---------------------|---------|---------------|----------------------|-------|
| 5. | Dimitri Lans | ZV De Aalscholver | 5:41.20 | 200401325 | 5:55.13 +0,55 | |
| | 50m: 36.77 | 36.77 150m: 2:05.26 | 43.68 | 250m: 3:39.02 | 51.69 350m: 5:15.92 | 44.38 |
| | 100m: 1:21.58 | 44.81 200m: 2:47.33 | 42.07 | 300m: 4:31.54 | 52.52 400m: 5:55.13 | 39.21 |
| 6. | Rick Dijkhuizen | Zwemclub Zeist | 5:41.72 | 200400197 | 5:55.55 +0,63 | |
| | 50m: 36.50 | 36.50 150m: 2:07.88 | 45.00 | 250m: 3:44.90 | 52.93 350m: 5:18.58 | 39.37 |
| | 100m: 1:22.88 | 46.38 200m: 2:51.97 | 44.09 | 300m: 4:39.21 | 54.31 400m: 5:55.55 | 36.97 |
| 7. | Mikel Goncalves Fernandes | De Dolfijn | 5:51.12 | 200401245 | 6:07.97 | |
| | 50m: 38.69 | 38.69 150m: 2:16.03 | 49.85 | 250m: 3:54.54 | 52.51 350m: 5:27.70 | 40.31 |
| | 100m: 1:26.18 | 47.49 200m: 3:02.03 | 46.00 | 300m: 4:47.39 | 52.85 400m: 6:07.97 | 40.27 |
| AFGEM | Marijn Snel | IJsselmeer | 5:38.91 | 200400001 | | |
| AFGEM | Kelvin Douwma | DWT | 5:24.81 | 200400547 | | |

Junioren 4

| | | | | | | |
|----|---------------|---------------------|---------|---------------|----------------------|-------|
| 1. | Rick Offringa | OEZA | 5:20.29 | 200300979 | 5:30.27 +0,69 | |
| | 50m: 33.97 | 33.97 150m: 1:57.97 | 40.95 | 250m: 3:27.14 | 47.98 350m: 4:53.49 | 38.38 |
| | 100m: 1:17.02 | 43.05 200m: 2:39.16 | 41.19 | 300m: 4:15.11 | 47.97 400m: 5:30.27 | 36.78 |
| 2. | Anouar Visser | ZV De Aalscholver | 5:27.12 | 200301829 | 5:31.56 +0,52 | |
| | 50m: 33.42 | 33.42 150m: 1:57.97 | 43.32 | 250m: 3:28.51 | 48.48 350m: 4:55.32 | 37.55 |
| | 100m: 1:14.65 | 41.23 200m: 2:40.03 | 42.06 | 300m: 4:17.77 | 49.26 400m: 5:31.56 | 36.24 |

Jeugd 1 en 2

| | | | | | | |
|-------|-------------------|---------------------|---------|---------------|----------------------|-------|
| 1. | Finn Vos | De Dolfijn | 4:48.46 | 200200665 | 5:01.15 +0,53 | |
| | 50m: 30.30 | 30.30 150m: 1:48.46 | 42.54 | 250m: 3:10.90 | 42.05 350m: 4:28.91 | 35.34 |
| | 100m: 1:05.92 | 35.62 200m: 2:28.85 | 40.39 | 300m: 3:53.57 | 42.67 400m: 5:01.15 | 32.24 |
| 2. | Daen Spoor | VZC | 5:07.70 | 200101117 | 5:09.05 +0,70 | |
| | 50m: 29.94 | 29.94 150m: 1:48.81 | 41.78 | 250m: 3:09.84 | 40.68 350m: 4:31.57 | 38.36 |
| | 100m: 1:07.03 | 37.09 200m: 2:29.16 | 40.35 | 300m: 3:53.21 | 43.37 400m: 5:09.05 | 37.48 |
| 3. | Max Langerveld | Ed-Vo | 5:09.80 | 200203435 | 5:10.02 +0,68 | |
| | 50m: 31.42 | 31.42 150m: 1:48.20 | 39.50 | 250m: 3:13.26 | 45.98 350m: 4:34.75 | 35.31 |
| | 100m: 1:08.70 | 37.28 200m: 2:27.28 | 39.08 | 300m: 3:59.44 | 46.18 400m: 5:10.02 | 35.27 |
| 4. | Tom Blankestijn | ZPC AMERSFOORT | 5:10.43 | 200201185 | 5:28.76 | |
| | 50m: 31.06 | 31.06 150m: 1:51.28 | 43.21 | 250m: 3:24.34 | 49.84 350m: 4:53.13 | 36.85 |
| | 100m: 1:08.07 | 37.01 200m: 2:34.50 | 43.22 | 300m: 4:16.28 | 51.94 400m: 5:28.76 | 35.63 |
| AFGEM | Thomas Vastenhout | ZPCH | 5:07.35 | 200204545 | | |

Senioren 1 en ouder

| | | | | | | |
|----|---------------------------|---------------------|---------|---------------|----------------------|-------|
| 1. | Jelle Nap | VZC | 4:39.51 | 199502875 | 4:56.23 +0,62 | |
| | 50m: 30.71 | 30.71 150m: 1:47.98 | 42.14 | 250m: 3:09.17 | 40.65 350m: 4:23.62 | 33.15 |
| | 100m: 1:05.84 | 35.13 200m: 2:28.52 | 40.54 | 300m: 3:50.47 | 41.30 400m: 4:56.23 | 32.61 |
| 2. | Olivier Jans | De Fuut | 4:40.51 | 200001815 | 4:59.95 +0,73 | |
| | 50m: 31.78 | 31.78 150m: 1:47.46 | 38.44 | 250m: 3:08.34 | 41.94 350m: 4:26.30 | 34.85 |
| | 100m: 1:09.02 | 37.24 200m: 2:26.40 | 38.94 | 300m: 3:51.45 | 43.11 400m: 4:59.95 | 33.65 |
| 3. | A. Hendriksen of Hendriks | De Haaien | 4:48.07 | 200002711 | 5:05.97 +0,70 | |
| | 50m: 29.29 | 29.29 150m: 1:47.50 | 40.92 | 250m: 3:12.45 | 45.07 350m: 4:32.26 | 34.80 |
| | 100m: 1:06.58 | 37.29 200m: 2:27.38 | 39.88 | 300m: 3:57.46 | 45.01 400m: 5:05.97 | 33.71 |
| 4. | Brent Günther | VZC | 4:58.63 | 200000447 | 5:12.12 +0,68 | |
| | 50m: 31.21 | 31.21 150m: 1:48.15 | 41.70 | 250m: 3:14.21 | 45.75 350m: 4:36.93 | 37.03 |
| | 100m: 1:06.45 | 35.24 200m: 2:28.46 | 40.31 | 300m: 3:59.90 | 45.69 400m: 5:12.12 | 35.19 |