

Regio Zomerkampioenschappen
Dordrecht, 28- - 29-5-2016

Programmanr. 14
29-5-2016 - 13:30

Heren, 400m vrije slag

Junioren 1 en ouder
Resultaten

rang naam	vereniging	intijd	tijd	RT	100m	200m	300m	400m		
Junioren 1										
1. Senna Mooldijk	De Kempvis	4:58.80	200301147	4:55.08 +0,73	1:07.84	1:16.86	1:17.23	1:13.15		
50m:	31.77	150m:	1:45.82	37.98	250m:	3:03.58	38.88	350m:	4:19.53	37.60
100m:	1:07.84	200m:	2:24.70	38.88	300m:	3:41.93	38.35	400m:	4:55.08	35.55
2. Perry Laarhoven	ZPCNumansdorp	5:02.97	200301321	4:57.06 +0,84	1:10.29	1:15.49	1:16.72	1:14.56		
50m:	33.15	150m:	1:47.99	37.70	250m:	3:04.09	38.31	350m:	4:20.72	38.22
100m:	1:10.29	200m:	2:25.78	37.79	300m:	3:42.50	38.41	400m:	4:57.06	36.34
3. Daan Hogerhuis	Z&PC Alkemade	5:15.95	200300317	5:07.78 +0,48	1:13.85	1:18.46	1:19.92	1:15.55		
50m:	35.05	150m:	1:52.96	39.11	250m:	3:12.32	40.01	350m:	4:31.31	39.08
100m:	1:13.85	200m:	2:32.31	39.35	300m:	3:52.23	39.91	400m:	5:07.78	36.47
4. Nils Mulder	MNC Dordrecht	5:10.17	200300049	5:09.51 +0,76	1:11.44	1:18.84	1:20.23	1:19.00		
50m:	33.08	150m:	1:50.39	38.95	250m:	3:10.10	39.82	350m:	4:30.36	39.85
100m:	1:11.44	200m:	2:30.28	39.89	300m:	3:50.51	40.41	400m:	5:09.51	39.15
5. Laren Schavemaker	The Hague Swimming (5:27.48	200300607	5:23.58 +0,76	1:14.49	1:23.35	1:24.20	1:21.54			
50m:	34.50	150m:	1:55.96	41.47	250m:	3:19.84	42.00	350m:	4:43.76	41.72
100m:	1:14.49	200m:	2:37.84	41.88	300m:	4:02.04	42.20	400m:	5:23.58	39.82
6. Yassine Maas	The Hague Swimming (5:25.01	200301505	5:38.44	1:21.36	1:26.45	1:26.27	1:24.36			
50m:	38.37	150m:	2:04.78	43.42	250m:	3:30.68	42.87	350m:	4:57.17	43.09
100m:	1:21.36	200m:	2:47.81	43.03	300m:	4:14.08	43.40	400m:	5:38.44	41.27
7. Daniel Stok	de Devel	5:18.27	200300569	5:40.92 +0,85	1:20.04	1:27.57	1:28.15	1:25.16		
50m:	38.40	150m:	2:04.04	44.00	250m:	3:31.37	43.76	350m:	4:59.37	43.61
100m:	1:20.04	200m:	2:47.61	43.57	300m:	4:15.76	44.39	400m:	5:40.92	41.55
8. Chris Vogelaar	Lz 1886	5:18.66	200302241	5:43.29 +0,74	1:15.10	1:27.39	1:31.29	1:29.51		
<i>*backuptijd 400m</i>										
50m:	34.31	150m:	1:57.91	42.81	250m:	3:27.52	45.03	350m:	4:58.93	45.15
100m:	1:15.10	200m:	2:42.49	44.58	300m:	4:13.78	46.26	400m:	5:43.29	44.36

DIS Bjarne Buijs The Hague Swimming (5:18.22 200301089
AA - Gestart voor het startsignaal (en wel gezwommen).

Junioren 2

1. Bryan Agterdenbos	MNC Dordrecht	4:12.54	200200003	4:23.83 +0,77	1:01.72	1:07.22	1:08.65	1:06.24		
50m:	28.92	150m:	1:34.95	33.23	250m:	2:42.96	34.02	350m:	3:51.83	34.24
100m:	1:01.72	200m:	2:08.94	33.99	300m:	3:17.59	34.63	400m:	4:23.83	32.00
2. Adriaan Provó Kluit	Wvz	4:31.78	200204397	4:37.86 +0,74	1:05.32	1:11.22	1:11.17	1:10.15		
50m:	30.55	150m:	1:40.73	35.41	250m:	2:51.42	34.88	350m:	4:03.23	35.52
100m:	1:05.32	200m:	2:16.54	35.81	300m:	3:27.71	36.29	400m:	4:37.86	34.63
3. Viktor Koets	Lz 1886	4:57.17	200201677	4:52.49 +0,81	1:06.61	1:16.38	1:16.61	1:12.89		
50m:	31.19	150m:	1:45.03	38.42	250m:	3:01.38	38.39	350m:	4:17.72	38.12
100m:	1:06.61	200m:	2:22.99	37.96	300m:	3:39.60	38.22	400m:	4:52.49	34.77
4. Cas Jansen	The Hague Swimming (4:49.03	200203263	4:55.62 +0,50	1:09.42	1:16.04	1:15.32	1:14.84			
50m:	32.14	150m:	1:47.48	38.06	250m:	3:02.22	36.76	350m:	4:19.12	38.34
100m:	1:09.42	200m:	2:25.46	37.98	300m:	3:40.78	38.56	400m:	4:55.62	36.50
5. Scott Jansen	Wvz	4:58.59	200202455	4:57.19 +0,87	1:07.34	1:15.66	1:17.95	1:16.24		
50m:	31.35	150m:	1:45.08	37.74	250m:	3:01.61	38.61	350m:	4:19.72	38.77
100m:	1:07.34	200m:	2:23.00	37.92	300m:	3:40.95	39.34	400m:	4:57.19	37.47
6. Robin van Peenen	De Columbian	4:54.54	200201059	4:57.91 +0,77	1:09.43	1:17.20	1:18.17	1:13.11		
50m:	32.31	150m:	1:47.64	38.21	250m:	3:05.58	38.95	350m:	4:22.54	37.74
100m:	1:09.43	200m:	2:26.63	38.99	300m:	3:44.80	39.22	400m:	4:57.91	35.37
7. Victor Simons	The Hague Swimming (4:55.37	200203261	5:01.62 +0,79	1:10.89	1:16.60	1:17.16	1:16.97			
50m:	33.83	150m:	1:48.96	38.07	250m:	3:05.80	38.31	350m:	4:23.62	38.97
100m:	1:10.89	200m:	2:27.49	38.53	300m:	3:44.65	38.85	400m:	5:01.62	38.00
8. Guus Hoogduin	Lz 1886	4:56.21	200201069	5:02.37 +0,77	1:10.01	1:16.75	1:18.51	1:17.10		
50m:	32.94	150m:	1:48.29	38.28	250m:	3:05.59	38.83	350m:	4:24.06	38.79
100m:	1:10.01	200m:	2:26.76	38.47	300m:	3:45.27	39.68	400m:	5:02.37	38.31
9. Robert Speksnijder	Zpb H&L	4:55.62	200200429	5:07.04 +0,86	1:11.52	1:18.40	1:19.62	1:17.50		
<i>*backuptijd 200m en 300 m</i>										
50m:	33.14	150m:	1:50.48	38.96	250m:	3:09.19	39.27	350m:	4:29.60	40.06
100m:	1:11.52	200m:	2:29.92	39.44	300m:	3:49.54	40.35	400m:	5:07.04	37.44

Regio Zomerkampioenschappen
Dordrecht, 28- - 29-5-2016

Programmanr. 14, Heren, 400m vrije slag

Junioren 3

1. Thomas Jansen	Wvz	4:09.82	200100143	4:16.75	+0,77	1:01.79	1:05.60	1:05.80	1:03.56		
50m:	29.35	29.35	150m:	1:34.40	32.61	250m:	2:40.20	32.81	350m:	3:45.84	32.65
100m:	1:01.79	32.44	200m:	2:07.39	32.99	300m:	3:13.19	32.99	400m:	4:16.75	30.91
2. Ivo Stolk	SG SCOM/de Zeehond	4:31.99	200100615	4:26.47	+0,61	1:03.37	1:07.38	1:07.76	1:07.96		
50m:	30.04	30.04	150m:	1:36.77	33.40	250m:	2:44.08	33.33	350m:	3:52.81	34.30
100m:	1:03.37	33.33	200m:	2:10.75	33.98	300m:	3:18.51	34.43	400m:	4:26.47	33.66
3. Freek Hollander	The Hague Swimming	(4:35.13	200103815	4:37.31	+0,70	1:06.16	1:10.97	1:11.85	1:08.33		
50m:	31.62	31.62	150m:	1:41.29	35.13	250m:	2:52.99	35.86	350m:	4:03.92	34.94
100m:	1:06.16	34.54	200m:	2:17.13	35.84	300m:	3:28.98	35.99	400m:	4:37.31	33.39
4. Quinn van den Heuvel	ZPCNumansdorp	4:38.45	200100297	4:40.70	+0,71	1:05.74	1:12.09	1:11.43	1:11.44		
50m:	30.74	30.74	150m:	1:41.34	35.60	250m:	2:53.68	35.85	350m:	4:05.79	36.53
100m:	1:05.74	35.00	200m:	2:17.83	36.49	300m:	3:29.26	35.58	400m:	4:40.70	34.91
5. Tjeerd van Stein	Lz 1886	4:47.72	200101439	4:41.51	+0,64	1:06.85	1:12.53	1:11.62	1:10.51		
50m:	31.68	31.68	150m:	1:42.85	36.00	250m:	2:55.26	35.88	350m:	4:06.51	35.51
100m:	1:06.85	35.17	200m:	2:19.38	36.53	300m:	3:31.00	35.74	400m:	4:41.51	35.00
6. Max Huige	SG SCOM/de Zeehond	4:48.24	200104355	4:47.90	+0,76	1:07.37	1:15.19	1:15.05	1:10.29		
50m:	31.44	31.44	150m:	1:45.21	37.84	250m:	2:59.99	37.43	350m:	4:14.87	37.26
100m:	1:07.37	35.93	200m:	2:22.56	37.35	300m:	3:37.61	37.62	400m:	4:47.90	33.03
7. Finn van Bommel	De Columbiaan	4:59.48	200103683	4:49.25	+0,75	1:09.23	1:15.59	1:14.59	1:09.84		
50m:	32.30	32.30	150m:	1:47.25	38.02	250m:	3:01.76	36.94	350m:	4:15.68	36.27
100m:	1:09.23	36.93	200m:	2:24.82	37.57	300m:	3:39.41	37.65	400m:	4:49.25	33.57
8. D. van den Nieuwendijk	De Columbiaan	4:45.32	200100475	4:53.89	+0,79	1:07.53	1:14.01	1:16.63	1:15.72		
50m:	31.43	31.43	150m:	1:44.23	36.70	250m:	2:59.74	38.20	350m:	4:16.37	38.20
100m:	1:07.53	36.10	200m:	2:21.54	37.31	300m:	3:38.17	38.43	400m:	4:53.89	37.52
9. Sander Iuga	Poseidon'56	5:01.06	200101389	4:58.51		1:10.11	1:17.61	1:17.49	1:13.30		
50m:	32.42	32.42	150m:	1:48.69	38.58	250m:	3:06.50	38.78	350m:	4:22.93	37.72
100m:	1:10.11	37.69	200m:	2:27.72	39.03	300m:	3:45.21	38.71	400m:	4:58.51	35.58

Junioren 4

1. Sander van Beek	Lz 1886	4:49.96	200002917	4:47.69	+0,69	1:06.90	1:13.28	1:14.53	1:12.98		
50m:	31.02	31.02	150m:	1:43.26	36.36	250m:	2:57.05	36.87	350m:	4:12.00	37.29
100m:	1:06.90	35.88	200m:	2:20.18	36.92	300m:	3:34.71	37.66	400m:	4:47.69	35.69
2. Otto Pranger	SG SCOM/de Zeehond	4:42.97	200000007	4:53.18	+0,75	1:05.14	1:13.22	1:17.02	1:17.80		
50m:	30.40	30.40	150m:	1:41.12	35.98	250m:	2:56.25	37.89	350m:	4:14.13	38.75
100m:	1:05.14	34.74	200m:	2:18.36	37.24	300m:	3:35.38	39.13	400m:	4:53.18	39.05
3. Doran Paap	The Hague Swimming	(4:48.11	200000301	4:53.86	+0,69	1:07.67	1:14.81	1:16.35	1:15.03		
50m:	31.52	31.52	150m:	1:44.58	36.91	250m:	3:00.56	38.08	350m:	4:16.94	38.11
100m:	1:07.67	36.15	200m:	2:22.48	37.90	300m:	3:38.83	38.27	400m:	4:53.86	36.92
4. Jari Voogt	De Duck	4:51.64	200004237	4:56.60	+0,77	1:09.24	1:15.79	1:17.67	1:13.90		
50m:	31.99	31.99	150m:	1:47.01	37.77	250m:	3:03.39	38.36	350m:	4:21.87	39.17
100m:	1:09.24	37.25	200m:	2:25.03	38.02	300m:	3:42.70	39.31	400m:	4:56.60	34.73
5. Thomas Hesper	Van Vliet-Barracuda	4:54.01	200004181	5:00.45	+0,77	1:07.27	1:16.78	1:19.95	1:16.45		
50m:	31.15	31.15	150m:	1:45.31	38.04	250m:	3:03.73	39.68	350m:	4:23.70	39.70
100m:	1:07.27	36.12	200m:	2:24.05	38.74	300m:	3:44.00	40.27	400m:	5:00.45	36.75
6. Ricardo van der Steen	ZV Vlaardingen-Schied	5:12.49	200000625	5:07.36	+0,70	1:09.36	1:18.42	1:19.79	1:19.79		
50m:	32.24	32.24	150m:	1:48.43	39.07	250m:	3:07.39	39.61	350m:	4:29.30	41.73
100m:	1:09.36	37.12	200m:	2:27.78	39.35	300m:	3:47.57	40.18	400m:	5:07.36	38.06

Jeugd 1

1. Jorian Tanis	zc De Schotelij	4:11.58	199900327	4:20.24	+0,87	1:02.29	1:06.92	1:06.51	1:04.52		
50m:	29.64	29.64	150m:	1:35.39	33.10	250m:	2:42.52	33.31	350m:	3:48.61	32.89
100m:	1:02.29	32.65	200m:	2:09.21	33.82	300m:	3:15.72	33.20	400m:	4:20.24	31.63
2. Ruben Griffioen	De Columbiaan	4:16.92	199900771	4:30.87	+0,72	1:02.40	1:08.04	1:10.39	1:10.04		
50m:	29.55	29.55	150m:	1:36.33	33.93	250m:	2:45.70	35.26	350m:	3:56.24	35.41
100m:	1:02.40	32.85	200m:	2:10.44	34.11	300m:	3:20.83	35.13	400m:	4:30.87	34.63
3. Rogier Dorsman	de Devel	4:35.57	199900211	4:39.47	+0,71	682	1:06.64	1:11.23	1:11.23	1:10.37	
50m:	31.70	31.70	150m:	1:42.06	35.42	250m:	2:53.52	35.65	350m:	4:04.94	35.84
100m:	1:06.64	34.94	200m:	2:17.87	35.81	300m:	3:29.10	35.58	400m:	4:39.47	34.53
4. Jaap van Trijp	The Hague Swimming	(4:47.32	199903225	4:39.72	+0,71	1:05.45	1:11.29	1:12.48	1:10.50		
50m:	31.05	31.05	150m:	1:40.90	35.45	250m:	2:52.86	36.12	350m:	4:05.28	36.06
100m:	1:05.45	34.40	200m:	2:16.74	35.84	300m:	3:29.22	36.36	400m:	4:39.72	34.44
5. David Kievit	zc De Schotelij	4:39.73	199900325	4:57.32	+0,78	1:09.72	1:15.59	1:16.36	1:15.65		
50m:	32.93	32.93	150m:	1:47.39	37.67	250m:	3:03.56	38.25	350m:	4:19.64	37.97
100m:	1:09.72	36.79	200m:	2:25.31	37.92	300m:	3:41.67	38.11	400m:	4:57.32	37.68
6. Tristan Stam	Zob'66	4:51.79	199903551	5:07.11	+0,72	1:10.41	1:18.33	1:20.76	1:17.61		
50m:	32.52	32.52	150m:	1:49.26	38.85	250m:	3:08.30	39.56	350m:	4:29.53	40.03
100m:	1:10.41	37.89	200m:	2:28.74	39.48	300m:	3:49.50	41.20	400m:	5:07.11	37.58

Regio Zomerkampioenschappen
Dordrecht, 28- - 29-5-2016

Programmanr. 14, Jongens, 400m vrije slag, Jeugd 1

rang naam	vereniging	intijd	tijd	RT	100m	200m	300m	400m
DIS Joris Bezemer	De Kempvis	4:24.66	199900527					
<i>AA - Gestart voor het startsignaal (en wel gezwommen).</i>								

Jeugd 2

1. Jonne Schaafsma	The Hague Swimming	(4:14.24	199800745	4:19.48	+0,74	1:00.77	1:04.11	1:06.49	1:08.11
50m: 29.14	29.14	150m: 1:32.65	31.88	250m: 2:37.25	32.37	350m: 3:45.71	34.34		
100m: 1:00.77	31.63	200m: 2:04.88	32.23	300m: 3:11.37	34.12	400m: 4:19.48	33.77		
2. Matthew Dullemond	MNC Dordrecht	4:30.93	199805005	4:26.16	+0,77	1:03.75	1:06.87	1:09.80	1:05.74
50m: 30.90	30.90	150m: 1:37.23	33.48	250m: 2:45.72	35.10	350m: 3:54.08	33.66		
100m: 1:03.75	32.85	200m: 2:10.62	33.39	300m: 3:20.42	34.70	400m: 4:26.16	32.08		
3. Dave Jansen	Albion	4:38.47	199805299	4:37.97	+0,66	1:03.76	1:11.23	1:13.21	1:09.77
50m: 29.51	29.51	150m: 1:39.26	35.50	250m: 2:51.30	36.31	350m: 4:05.14	36.94		
100m: 1:03.76	34.25	200m: 2:14.99	35.73	300m: 3:28.20	36.90	400m: 4:37.97	32.83		
4. Bas Verdoes	De Columbian	4:25.59	199801487	4:39.80	+0,79	1:04.65	1:11.95	1:13.25	1:09.95
50m: 30.12	30.12	150m: 1:40.40	35.75	250m: 2:53.24	36.64	350m: 4:06.22	36.37		
100m: 1:04.65	34.53	200m: 2:16.60	36.20	300m: 3:29.85	36.61	400m: 4:39.80	33.58		
5. Jordy van Oel	Wvz	4:34.37	199802003	4:42.74	+0,84	1:06.78	1:11.76	1:11.52	1:12.68
50m: 31.39	31.39	150m: 1:42.17	35.39	250m: 2:53.69	35.15	350m: 4:06.69	36.63		
100m: 1:06.78	35.39	200m: 2:18.54	36.37	300m: 3:30.06	36.37	400m: 4:42.74	36.05		
6. Ben Muller	De Geul	4:36.16	199801281	4:43.59	+0,70	1:04.61	1:10.60	1:12.98	1:15.40
50m: 30.59	30.59	150m: 1:39.80	35.19	250m: 2:51.28	36.07	350m: 4:05.95	37.76		
100m: 1:04.61	34.02	200m: 2:15.21	35.41	300m: 3:28.19	36.91	400m: 4:43.59	37.64		
7. Max Muller	De Geul	4:56.63	199800347	4:51.07	+0,67	1:02.72	1:12.19	1:17.64	1:18.52
50m: 29.10	29.10	150m: 1:38.24	35.52	250m: 2:53.25	38.34	350m: 4:12.47	39.92		
100m: 1:02.72	33.62	200m: 2:14.91	36.67	300m: 3:32.55	39.30	400m: 4:51.07	38.60		
8. Daan Siebenheller	Zob'66	4:34.28	199804955	4:52.40	+0,78	1:08.16	1:14.23	1:16.38	1:13.63
50m: 31.99	31.99	150m: 1:45.05	36.89	250m: 3:00.26	37.87	350m: 4:16.48	37.71		
100m: 1:08.16	36.17	200m: 2:22.39	37.34	300m: 3:38.77	38.51	400m: 4:52.40	35.92		
9. Roel van Grol	Widex Gzc Donk	4:51.83	199802277	5:02.06	+0,73	1:10.94	1:17.02	1:18.08	1:16.02
50m: 33.70	33.70	150m: 1:49.36	38.42	250m: 3:07.00	39.04	350m: 4:24.70	38.66		
100m: 1:10.94	37.24	200m: 2:27.96	38.60	300m: 3:46.04	39.04	400m: 5:02.06	37.36		

Senioren 1 en ouder

1. Lars Schoffelmeer	Zpb H&L	4:19.57	199501907	4:25.70	+0,78	1:03.17	1:08.22	1:08.28	1:06.03
50m: 29.84	29.84	150m: 1:36.98	33.81	250m: 2:45.51	34.12	350m: 3:53.30	33.63		
100m: 1:03.17	33.33	200m: 2:11.39	34.41	300m: 3:19.67	34.16	400m: 4:25.70	32.40		
2. Mike Hoek	De Duck	4:11.57	199702229	4:27.44	+0,76	1:00.50	1:07.86	1:09.70	1:09.38
50m: 28.28	28.28	150m: 1:34.05	33.55	250m: 2:42.80	34.44	350m: 3:53.83	35.77		
100m: 1:00.50	32.22	200m: 2:08.36	34.31	300m: 3:18.06	35.26	400m: 4:27.44	33.61		
3. Emiel van Beusekom	Van Vliet-Barracuda	4:22.40	199403951	4:27.58	+0,82	1:02.51	1:08.03	1:09.47	1:07.57
50m: 29.72	29.72	150m: 1:36.14	33.63	250m: 2:45.05	34.51	350m: 3:54.63	34.62		
100m: 1:02.51	32.79	200m: 2:10.54	34.40	300m: 3:20.01	34.96	400m: 4:27.58	32.95		
4. Robin van Beek	Lz 1886	4:19.51	199704023	4:29.13	+0,73	1:01.02	1:07.67	1:09.99	1:10.45
50m: 29.06	29.06	150m: 1:34.55	33.53	250m: 2:43.48	34.79	350m: 3:54.18	35.50		
100m: 1:01.02	31.96	200m: 2:08.69	34.14	300m: 3:18.68	35.20	400m: 4:29.13	34.95		
5. Jim Geestman	Rsw	4:34.96	198300699	4:42.60	+0,94	1:04.08	1:10.66	1:14.30	1:13.56
50m: 30.67	30.67	150m: 1:38.74	34.66	250m: 2:51.27	36.53	350m: 4:06.98	37.94		
100m: 1:04.08	33.41	200m: 2:14.74	36.00	300m: 3:29.04	37.77	400m: 4:42.60	35.62		
6. Remco Oskam	Widex Gzc Donk	4:51.69	199205583	4:57.89	+0,79	1:06.76	1:15.09	1:18.14	1:17.90
50m: 30.58	30.58	150m: 1:43.92	37.16	250m: 3:00.74	38.89	350m: 4:19.69	39.70		
100m: 1:06.76	36.18	200m: 2:21.85	37.93	300m: 3:39.99	39.25	400m: 4:57.89	38.20		