

Provinciale kampioenschappen lange baan
Den Haag, 14- - 15-5-2022

Programmanr. 15
15-5-2022 - 11:05

Heren, 1500m vrije slag

Senioren open
Resultaten

rang	naam	vereniging	intijd	tijd	RT	
Junioren 1 en 2						
1.	Xiaoyu Yin	Blue Marlins (SG)	17:03.13	200803363	17:50.34 +0,71	
	100m: 1:02.94	1:02.94	500m: 5:45.63	1:12.01	900m: 10:33.87	1:11.88
	200m: 2:12.26	1:09.32	600m: 6:56.87	1:11.24	1000m: 11:47.37	1:13.50
	300m: 3:22.65	1:10.39	700m: 8:08.49	1:11.62	1100m: 12:59.55	1:12.18
	400m: 4:33.62	1:10.97	800m: 9:21.99	1:13.50	1200m: 14:13.02	1:13.47
1300m:						15:26.37
1400m:						17:50.34
1500m:						
2.	Yarno van Dam	ACZ	17:58.20	200800115	18:24.88 +0,70	
	100m: 1:07.42	1:07.42	500m: 6:03.64	1:14.95	900m: 11:02.45	1:14.70
	200m: 2:20.82	1:13.40	600m: 7:17.12	1:13.48	1000m: 12:16.51	1:14.06
	300m: 3:34.66	1:13.84	700m: 8:32.40	1:15.28	1100m: 13:30.89	1:14.38
	400m: 4:48.69	1:14.03	800m: 9:47.75	1:15.35	1200m: 14:45.56	1:14.67
1300m:						18:24.88
1400m:						
1500m:						
3.	Joey Pop	ZV Vlaardingen-Schiedam	18:05.43	200800277	18:28.35 +0,67	
	100m: 1:08.82	1:08.82	500m: 6:07.30	1:15.11	900m: 11:06.13	1:14.70
	200m: 2:23.54	1:14.72	600m: 7:22.71	1:15.41	1000m: 12:19.60	1:13.47
	300m: 3:37.93	1:14.39	700m: 8:36.79	1:14.08	1100m: 13:33.04	1:13.44
	400m: 4:52.19	1:14.26	800m: 9:51.43	1:14.64	1200m: 14:47.67	1:14.63
1300m:						18:28.35
1400m:						
1500m:						
4.	Gijs Hartwijk	ZVL-1886 Center	18:46.86	200800573	19:12.26 +0,61	
	100m: 1:15.14	1:15.14	500m: 6:28.50	1:17.41	900m: 11:37.74	1:17.44
	200m: 2:34.54	1:19.40	600m: 7:46.10	1:17.60	1000m:	
	300m: 3:53.43	1:18.89	700m: 9:03.43	1:17.33	1100m:	
	400m: 5:11.09	1:17.66	800m: 10:20.30	1:16.87	1200m:	
1300m:						19:12.26
1400m:						
1500m:						
5.	Sebastian Lopes Cardozo	WZK Zwemmen	19:50.09	200800187	19:40.58 +0,80	
	100m: 1:15.98	1:15.98	500m: 6:36.81	1:19.60	900m: 11:54.39	1:19.17
	200m: 2:36.23	1:20.25	600m: 7:56.17	1:19.36	1000m:	
	300m: 3:56.36	1:20.13	700m: 9:15.47	1:19.30	1100m:	
	400m: 5:17.21	1:20.85	800m: 10:35.22	1:19.75	1200m:	
1300m:						19:40.58
1400m:						
1500m:						
6.	Sverre van der Zwaan	WVZ	20:21.70	200900737	20:03.68	
	100m: 1:11.95	1:11.95	500m: 6:35.23	1:22.38	900m: 12:01.30	1:21.73
	200m: 2:31.02	1:19.07	600m: 7:56.66	1:21.43	1000m: 13:22.88	1:21.58
	300m: 3:50.94	1:19.92	700m: 9:17.89	1:21.23	1100m: 14:43.87	1:20.99
	400m: 5:12.85	1:21.91	800m: 10:39.57	1:21.68	1200m: 16:04.92	1:21.05
1300m:						20:03.68
1400m:						
1500m:						
7.	Aidan van der Stelt	De Geul	20:48.47	200900901	20:30.08 +0,68	
	100m: 1:15.83	1:15.83	500m: 6:46.68	1:23.29	900m: 12:19.27	1:23.67
	200m: 2:37.50	1:21.67	600m: 8:08.68	1:22.00	1000m: 13:42.84	1:23.57
	300m: 4:00.64	1:23.14	700m: 9:32.10	1:23.42	1100m: 15:06.38	1:23.54
	400m: 5:23.39	1:22.75	800m: 10:55.60	1:23.50	1200m: 16:30.24	1:23.86
1300m:						20:30.08
1400m:						
1500m:						
8.	Owen Houdé	De Geul	21:13.17	200900903	21:33.05 +0,84	
	100m: 1:17.97	1:17.97	500m: 7:05.96	1:28.27	900m: 12:56.31	1:28.97
	200m: 2:45.28	1:27.31	600m: 8:32.26	1:26.30	1000m: 14:23.44	1:27.13
	300m: 4:11.66	1:26.38	700m: 9:59.67	1:27.41	1100m: 15:49.46	1:26.02
	400m: 5:37.69	1:26.03	800m: 11:27.34	1:27.67	1200m:	
1300m:						21:33.05
1400m:						
1500m:						
9.	Lucas Vermeulen	Blue Marlins (SG)	5:09.21	200900683	21:59.84 +0,76	
	100m: 1:17.80	1:17.80	500m: 7:08.75	1:29.30	900m: 13:09.00	1:31.13
	200m: 2:43.01	1:25.21	600m: 8:37.85	1:29.10	1000m: 14:39.14	1:30.14
	300m: 4:10.81	1:27.80	700m: 10:07.75	1:29.90	1100m: 16:08.78	1:29.64
	400m: 5:39.45	1:28.64	800m: 11:37.87	1:30.12	1200m:	
1300m:						21:59.84
1400m:						
1500m:						
10.	Luka Arkesteijn	ACZ	22:48.47	200903023	23:41.19 +0,75	
	100m: 1:28.14	1:28.14	500m: 7:49.20	1:35.65	900m: 14:14.98	1:37.02
	200m: 3:01.93	1:33.79	600m: 9:25.00	1:35.80	1000m: 15:52.17	1:37.19
	300m: 4:37.87	1:35.94	700m: 11:01.41	1:36.41	1100m:	
	400m: 6:13.55	1:35.68	800m: 12:37.96	1:36.55	1200m:	
1300m:						23:41.19
1400m:						
1500m:						
AFGEM	Adriaan Coppelmans	AZC	NT	200903243		
Junioren 3 en 4						
1.	Björn Mulder	Zoetermeer	17:45.53	200601517	18:19.13 +0,71	
	100m: 1:05.08	1:05.08	500m: 5:57.80	1:14.58	900m: 10:56.26	1:14.70
	200m: 2:16.39	1:11.31	600m: 7:12.45	1:14.65	1000m: 12:10.72	1:14.46
	300m: 3:29.42	1:13.03	700m: 8:27.11	1:14.66	1100m: 13:24.29	1:13.57
	400m: 4:43.22	1:13.80	800m: 9:41.56	1:14.45	1200m: 14:39.01	1:14.72
1300m:						18:19.13
1400m:						
1500m:						
2.	Bas Blanker	SG SCOM/de Zeehond'73	17:36.93	200601497	18:26.63 +0,70	
	<i>*eindtijd is backup tijd</i>					
	100m: 1:06.44	1:06.44	500m: 5:59.26	1:14.24	900m: 10:57.63	1:14.79
	200m: 2:18.83	1:12.39	600m: 7:13.59	1:14.33	1000m: 12:12.33	1:14.70
	300m: 3:31.71	1:12.88	700m: 8:28.09	1:14.50	1100m: 13:27.57	1:15.24
	400m: 4:45.02	1:13.31	800m: 9:42.84	1:14.75	1200m: 14:42.94	1:15.37
1300m:						18:26.63
1400m:						
1500m:						
3.	Denzel Barthen	WVZ	19:18.46	200700147	18:37.67 +0,83	
	100m: 1:08.58	1:08.58	500m: 6:06.05	1:15.17	900m: 11:12.43	1:15.69
	200m: 2:22.62	1:14.04	600m: 7:22.70	1:16.65	1000m:	
	300m: 3:36.40	1:13.78	700m: 8:39.46	1:16.76	1100m:	
	400m: 4:50.88	1:14.48	800m: 9:56.74	1:17.28	1200m:	
1300m:						18:37.67
1400m:						
1500m:						

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Den Haag, 14- - 15-5-2022

Programmanr. 15, Jongens, 1500m vrije slag, Junioren 3 en 4

rang	naam	vereniging	intijd	2000	tijd	RT
4.	Roan van der Weide	Widex Gzc Donk	18:50.69	200601629	18:38.15	+0,76
	100m: 1:09.20	1:09.20	500m: 6:04.71	1:14.57	900m: 11:09.71	1:16.93
	200m: 2:22.97	1:13.77	600m: 7:19.91	1:15.20	1000m: 13:04.41	1:20.44
	300m: 3:36.13	1:13.16	700m: 8:35.79	1:15.88	1100m: 14:24.96	1:20.55
	400m: 4:50.14	1:14.01	800m: 9:52.78	1:16.99	1200m: 15:43.65	1:18.69
1300m:						17:02.70
1400m:						19:31.26
1500m:						18:38.15
5.	Jisse Lousma	WVZ	NT	200701493	19:31.26	+0,60
	100m: 1:11.69	1:11.69	500m: 6:24.72	1:20.90	900m: 11:43.97	1:20.14
	200m: 2:26.85	1:15.16	600m: 7:46.02	1:21.30	1000m: 13:04.41	1:20.44
	300m: 3:44.26	1:17.41	700m: 9:04.14	1:18.12	1100m: 14:24.96	1:20.55
	400m: 5:03.82	1:19.56	800m: 10:23.83	1:19.69	1200m: 15:43.65	1:18.69
1300m:						17:02.70
1400m:						19:31.26
1500m:						19:31.26
6.	Bjorn Duijvestijn	Blue Marlins (SG)	20:26.14	200703233	19:48.63	+0,79
	100m: 1:08.95	1:08.95	500m: 6:27.11	1:20.35	900m: 11:48.93	1:21.47
	200m: 2:27.59	1:18.64	600m: 7:46.83	1:19.72	1000m: 13:09.56	1:20.63
	300m: 3:46.65	1:19.06	700m: 9:07.42	1:20.59	1100m: 14:28.77	1:19.21
	400m: 5:06.76	1:20.11	800m: 10:27.46	1:20.04	1200m: 15:48.81	1:20.04
1300m:						17:08.96
1400m:						19:48.63
1500m:						19:48.63
7.	Jasper Groen	ACZ	19:29.28	200602325	20:01.65	+0,67
	100m: 1:09.59	1:09.59	500m: 6:29.02	1:20.71	900m: 11:59.83	1:22.39
	200m: 2:27.84	1:18.25	600m: 7:51.84	1:22.82	1000m: 13:09.56	1:20.63
	300m: 3:47.44	1:19.60	700m: 9:14.59	1:22.75	1100m: 14:28.77	1:19.21
	400m: 5:08.31	1:20.87	800m: 10:37.44	1:22.85	1200m: 15:48.81	1:20.04
1300m:						20:01.65
1400m:						
1500m:						

Jeugd 1 en 2

1.	Efe Öngören	Blue Marlins (SG)	15:49.13	200504459	16:44.64	+0,68
	100m: 59.55	59.55	500m: 5:22.15	1:05.71	900m: 9:54.32	1:09.14
	200m: 2:04.88	1:05.33	600m: 6:29.84	1:07.69	1000m: 11:04.39	1:10.07
	300m: 3:10.35	1:05.47	700m: 7:37.75	1:07.91	1100m: 12:14.36	1:09.97
	400m: 4:16.44	1:06.09	800m: 8:45.18	1:07.43	1200m: 13:24.07	1:09.71
1300m:						14:33.23
1400m:						16:44.64
1500m:						16:44.64
2.	Nathan Janssen	De Geul	17:09.22	200401565	17:59.49	+0,68
	100m: 1:04.75	1:04.75	500m: 5:50.75	1:12.96	900m: 10:44.90	1:13.78
	200m: 2:14.86	1:10.11	600m: 7:03.98	1:13.23	1000m: 11:58.19	1:13.29
	300m: 3:25.77	1:10.91	700m: 8:17.59	1:13.61	1100m: 13:10.90	1:12.71
	400m: 4:37.79	1:12.02	800m: 9:31.12	1:13.53	1200m: 14:23.85	1:12.95
1300m:						17:59.49
1400m:						
1500m:						
3.	Thijs Huizer <i>*200m is backup tijd</i>	Noordwijkerhout	NT	200502523	20:50.35	+0,70
	100m: 1:12.43	1:12.43	500m: 6:47.19	1:25.99	900m: 12:30.13	1:25.75
	200m: 2:34.88	1:22.45	600m: 8:11.26	1:24.07	1000m: 13:55.83	1:25.70
	300m: 3:57.52	1:22.64	700m: 9:36.82	1:25.56	1100m: 15:20.95	1:25.12
	400m: 5:21.20	1:23.68	800m: 11:04.38	1:27.56	1200m: 16:48.07	1:27.12
1300m:						20:50.35
1400m:						
1500m:						

Senioren 1 en ouder

1.	Guus Hoogduin	ZVL-1886 Center	17:01.71	200201069	17:59.29	+0,73
	100m: 1:04.03	1:04.03	500m: 5:50.32	1:12.38	900m: 10:44.93	1:13.70
	200m: 2:14.81	1:10.78	600m: 7:03.76	1:13.44	1000m: 11:58.91	1:13.98
	300m: 3:25.78	1:10.97	700m: 8:17.63	1:13.87	1100m: 13:10.37	1:11.46
	400m: 4:37.94	1:12.16	800m: 9:31.23	1:13.60	1200m: 14:24.45	1:14.08
1300m:						17:59.29
1400m:						
1500m:						
2.	Jordy van Oel	WVZ	18:23.30	199802003	19:01.54	+0,72
	100m: 1:08.47	1:08.47	500m: 6:16.04	1:17.88	900m: 11:25.72	1:16.97
	200m: 2:24.33	1:15.86	600m: 7:33.23	1:17.19	1000m: 12:42.91	1:16.97
	300m: 3:41.17	1:16.84	700m: 8:51.28	1:18.05	1100m: 14:00.96	1:16.97
	400m: 4:58.16	1:16.99	800m: 10:08.75	1:17.47	1200m: 15:18.22	1:16.97
1300m:						19:01.54
1400m:						
1500m:						
3.	Niels Albrechts	z.c De Schotejil	18:24.69	198800039	19:02.58	+0,82
	100m: 1:13.47	1:13.47	500m: 6:22.94	1:17.59	900m: 11:30.13	1:16.68
	200m: 2:30.86	1:17.39	600m: 7:39.74	1:16.80	1000m: 12:47.93	1:16.68
	300m: 3:48.10	1:17.24	700m: 8:56.70	1:16.96	1100m: 14:00.96	1:16.68
	400m: 5:05.35	1:17.25	800m: 10:13.45	1:16.75	1200m: 15:18.22	1:16.68
1300m:						19:02.58
1400m:						
1500m:						
4.	Sybren Groenewegen	z.c De Schotejil	19:06.49	199306223	19:41.00	+0,87
	100m: 1:14.18	1:14.18	500m: 6:26.13	1:18.51	900m: 11:42.36	1:20.40
	200m: 2:30.85	1:16.67	600m: 7:44.60	1:18.47	1000m: 13:00.76	1:20.40
	300m: 3:49.90	1:19.05	700m: 9:02.88	1:18.28	1100m: 14:19.16	1:20.40
	400m: 5:07.62	1:17.72	800m: 10:21.96	1:19.08	1200m: 15:37.56	1:20.40
1300m:						19:41.00
1400m:						
1500m:						