

Provinciale kampioenschappen lange baan
Den Haag, 13- - 14-5-2023

Programmanr. 4
13-5-2023 - 11:10

Heren, 1500m vrije slag

Juniores 1 en ouder
Resultaten

rang	naam	vereniging				intijd		tijd		RT
Juniores 1 en 2										
1.	Sverre van der Zwaan	WVZ		18:36.33		200900737		18:43.49		+0,91
	100m:	1:09.53	1:09.53	500m:	6:09.93	1:15.43	900m:	11:13.29	1:16.44	1300m: 16:16.32 1:15.77
	200m:	2:24.38	1:14.85	600m:	7:24.61	1:14.68	1000m:	12:29.14	1:15.85	1400m: 17:31.76 1:15.44
	300m:	3:39.56	1:15.18	700m:	8:40.52	1:15.91	1100m:	13:44.33	1:15.19	1500m: 18:43.49 1:11.73
	400m:	4:54.50	1:14.94	800m:	9:56.85	1:16.33	1200m:	15:00.55	1:16.22	
2.	Aidan van der Stelt	De Geul		18:19.17		200900901		19:09.74		+0,69
	100m:	1:09.95	1:09.95	500m:	6:19.34	1:18.69	900m:	11:31.84	1:17.67	1300m: 16:41.10 1:17.02
	200m:	2:25.73	1:15.78	600m:	7:37.94	1:18.60	1000m:	12:49.82	1:17.98	1400m: 17:57.66 1:16.56
	300m:	3:42.79	1:17.06	700m:	8:56.12	1:18.18	1100m:	14:08.03	1:18.21	1500m: 19:09.74 1:12.08
	400m:	5:00.65	1:17.86	800m:	10:14.17	1:18.05	1200m:	15:24.08	1:16.05	
3.	Adriaan Coppelmans	AZC		18:24.36		200903243		19:35.18		+0,69
	100m:	1:09.28	1:09.28	500m:	6:19.70	1:18.97	900m:	11:37.34	1:20.12	1300m: 16:58.70 1:21.08
	200m:	2:25.39	1:16.11	600m:	7:38.84	1:19.14	1000m:	12:56.57	1:19.23	1400m: 18:17.95 1:19.25
	300m:	3:42.30	1:16.91	700m:	8:59.03	1:20.19	1100m:	14:16.60	1:20.03	1500m: 19:35.18 1:17.23
	400m:	5:00.73	1:18.43	800m:	10:17.22	1:18.19	1200m:	15:37.62	1:21.02	
4.	Dax van den Noulend	Blue Marlins		20:06.51		201000071		19:59.47		+0,63
	100m:	1:13.05	1:13.05	500m:	6:33.89	1:19.75	900m:	11:57.01	1:20.69	1300m: 17:19.94 1:21.08
	200m:	2:33.23	1:20.18	600m:	7:54.33	1:20.44	1000m:	13:18.01	1:21.00	1400m: 18:40.98 1:21.04
	300m:	3:53.86	1:20.63	700m:	9:15.37	1:21.04	1100m:	14:38.20	1:20.19	1500m: 19:59.47 1:18.49
	400m:	5:14.14	1:20.28	800m:	10:36.32	1:20.95	1200m:	15:58.86	1:20.66	
5.	Vince van Dam	ACZ		21:04.34		201000405		20:56.94		+0,74
	100m:	1:15.42	1:15.42	500m:	6:51.72	1:25.09	900m:	12:31.27	1:25.22	1300m: 18:11.39 1:25.00
	200m:	2:37.92	1:22.50	600m:	8:17.15	1:25.43	1000m:	13:56.58	1:25.31	1400m: 19:34.95 1:23.56
	300m:	4:01.59	1:23.67	700m:	9:42.04	1:24.89	1100m:	15:21.14	1:24.56	1500m: 20:56.94 1:21.99
	400m:	5:26.63	1:25.04	800m:	11:06.05	1:24.01	1200m:	16:46.39	1:25.25	
6.	Jochem Evers	ZVL-1886 Center		22:54.58		200903423		21:55.77		+0,78
	100m:	1:20.67	1:20.67	500m:	7:16.06	1:28.70	900m:	13:11.01	1:28.66	1300m: 19:02.96 1:27.56
	200m:	2:49.09	1:28.42	600m:	8:44.58	1:28.52	1000m:	14:39.64	1:28.63	1400m: 20:30.62 1:27.66
	300m:	4:18.26	1:29.17	700m:	10:13.41	1:28.83	1100m:	16:07.52	1:27.88	1500m: 21:55.77 1:25.15
	400m:	5:47.36	1:29.10	800m:	11:42.35	1:28.94	1200m:	17:35.40	1:27.88	
7.	Duncan Hoogendijk	Blue Marlins		23:42.19		200901815		22:31.64		+0,85
	100m:	1:20.02	1:20.02	500m:	7:25.49	1:31.71	900m:	13:29.63	1:31.47	1300m: 19:35.47 1:31.66
	200m:	2:50.75	1:30.73	600m:	8:56.95	1:31.46	1000m:	15:01.33	1:31.70	1400m: 21:06.36 1:30.89
	300m:	4:21.98	1:31.23	700m:	10:27.30	1:30.35	1100m:	16:32.93	1:31.60	1500m: 22:31.64 1:25.28
	400m:	5:53.78	1:31.80	800m:	11:58.16	1:30.86	1200m:	18:03.81	1:30.88	
Juniores 3 en 4										
1.	Denzel Barthen	WVZ		17:35.79		200700147		17:38.38		+0,79
	100m:	1:04.51	1:04.51	500m:	5:49.01	1:10.76	900m:	10:35.16	1:11.89	1300m: 15:20.69 1:11.01
	200m:	2:14.93	1:10.42	600m:	7:00.41	1:11.40	1000m:	11:47.33	1:12.17	1400m: 16:32.19 1:11.50
	300m:	3:26.56	1:11.63	700m:	8:11.44	1:11.03	1100m:	12:58.56	1:11.23	1500m: 17:38.38 1:06.19
	400m:	4:38.25	1:11.69	800m:	9:23.27	1:11.83	1200m:	14:09.68	1:11.12	
2.	Yarno van Dam	ACZ		17:57.03		200800115		17:46.81		+0,73
	100m:	1:05.03	1:05.03	500m:	5:51.25	1:12.01	900m:	10:40.10	1:11.87	1300m: 15:27.32 1:11.97
	200m:	2:15.78	1:10.75	600m:	7:04.00	1:12.75	1000m:	11:52.23	1:12.13	1400m: 16:38.51 1:11.19
	300m:	3:27.11	1:11.33	700m:	8:16.00	1:12.00	1100m:	13:03.16	1:10.93	1500m: 17:46.81 1:08.30
	400m:	4:39.24	1:12.13	800m:	9:28.23	1:12.23	1200m:	14:15.35	1:12.19	
3.	Gijs Hartwijk	ZVL-1886 Center		18:22.86		200800573		18:04.75		+0,58
	100m:	1:06.42	1:06.42	500m:	5:55.83	1:12.94	900m:	10:49.63	1:13.19	1300m: 15:41.22 1:12.49
	200m:	2:18.19	1:11.77	600m:	7:09.31	1:13.48	1000m:	12:02.67	1:13.04	1400m: 16:53.46 1:12.24
	300m:	3:30.25	1:12.06	700m:	8:23.20	1:13.89	1100m:	13:15.54	1:12.87	1500m: 18:04.75 1:11.29
	400m:	4:42.89	1:12.64	800m:	9:36.44	1:13.24	1200m:	14:28.73	1:13.19	
4.	Kaan Sudak	Blue Marlins		NT		200803733		18:19.56		+0,91
	100m:	1:02.94	1:02.94	500m:	5:55.02	1:15.13	900m:	10:55.37	1:14.87	1300m: 15:54.01 1:14.94
	200m:	2:13.61	1:10.67	600m:	7:09.66	1:14.64	1000m:	12:10.53	1:15.16	1400m: 17:08.34 1:14.33
	300m:	3:26.23	1:12.62	700m:	8:25.13	1:15.47	1100m:	13:24.36	1:13.83	1500m: 18:19.56 1:11.22
	400m:	4:39.89	1:13.66	800m:	9:40.50	1:15.37	1200m:	14:39.07	1:14.71	
5.	Gaëtan Spicq	Blue Marlins		18:33.04		200701807		18:48.89		+0,77
	100m:	1:07.28	1:07.28	500m:	6:14.12	1:18.03	900m:	11:23.64	1:16.69	1300m: 16:25.68 1:14.84
	200m:	2:22.34	1:15.06	600m:	7:32.12	1:18.00	1000m:	12:40.23	1:16.59	1400m: 17:38.77 1:13.09
	300m:	3:38.68	1:16.34	700m:	8:49.64	1:17.52	1100m:	13:55.74	1:15.51	1500m: 18:48.89 1:10.12
	400m:	4:56.09	1:17.41	800m:	10:06.95	1:17.31	1200m:	15:10.84	1:15.10	
6.	Niels Meijer	Blue Marlins		19:35.75		200701645		19:12.91		+0,64
	100m:	1:10.05	1:10.05	500m:	6:16.62	1:17.91	900m:	11:29.96	1:18.85	1300m: 16:42.53 1:17.61
	200m:	2:25.68	1:15.63	600m:	7:34.42	1:17.80	1000m:	12:48.52	1:18.56	1400m: 17:58.89 1:16.36
	300m:	3:42.25	1:16.57	700m:	8:52.85	1:18.43	1100m:	14:06.64	1:18.12	1500m: 19:12.91 1:14.02
	400m:	4:58.71	1:16.46	800m:	10:11.11	1:18.26	1200m:	15:24.92	1:18.28	

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

rang	naam	vereniging				intijd		tijd		RT		
7.	Twan Hoogervorst	De Columbiaan				NT		200700741		19:15.89	+0,74	
	100m:	1:12.39	1:12.39	500m:	6:25.04	1:19.10	900m:	11:40.18	1:17.91	1300m:	16:46.83	1:15.57
	200m:	2:28.98	1:16.59	600m:	7:44.83	1:19.79	1000m:	12:57.84	1:17.66	1400m:	18:02.38	1:15.55
	300m:	3:46.96	1:17.98	700m:	9:04.29	1:19.46	1100m:	14:15.06	1:17.22	1500m:	19:15.89	1:13.51
	400m:	5:05.94	1:18.98	800m:	10:22.27	1:17.98	1200m:	15:31.26	1:16.20			

Jeugd 1 en 2

1.	Borys Rudman	Blue Marlins			16:04.75		200504479		16:59.22		+0,75	
	100m:	1:02.47	1:02.47	500m:	5:37.73	1:08.79	900m:	10:12.97	1:08.97	1300m:	14:47.01	1:08.76
	200m:	2:11.11	1:08.64	600m:	6:46.90	1:09.17	1000m:	11:21.02	1:08.05	1400m:	15:56.08	1:09.07
	300m:	3:20.03	1:08.92	700m:	7:55.54	1:08.64	1100m:	12:29.81	1:08.79	1500m:	16:59.22	1:03.14
	400m:	4:28.94	1:08.91	800m:	9:04.00	1:08.46	1200m:	13:38.25	1:08.44			
2.	Bas Blanker	SG SCOM/de Zeehond'73			17:10.29		200601497		17:15.20		+0,74	
	100m:	1:04.37	1:04.37	500m:	5:39.22	1:09.36	900m:	10:17.57	1:09.54	1300m:	14:57.75	1:10.20
	200m:	2:12.54	1:08.17	600m:	6:48.60	1:09.38	1000m:	11:27.33	1:09.76	1400m:	16:07.89	1:10.14
	300m:	3:20.94	1:08.40	700m:	7:57.96	1:09.36	1100m:	12:37.33	1:10.00	1500m:	17:15.20	1:07.31
	400m:	4:29.86	1:08.92	800m:	9:08.03	1:10.07	1200m:	13:47.55	1:10.22			
3.	Laurens Kalle	z.c De Schoteijl			17:16.33		200600161		17:54.91		+0,81	
	100m:	1:05.29	1:05.29	500m:	5:50.88	1:11.42	900m:	10:42.83	1:13.59	1300m:	15:34.05	1:12.75
	200m:	2:15.83	1:10.54	600m:	7:03.95	1:13.07	1000m:	11:55.24	1:12.41	1400m:	16:46.91	1:12.86
	300m:	3:27.16	1:11.33	700m:	8:17.00	1:13.05	1100m:	13:08.42	1:13.18	1500m:	17:54.91	1:08.00
	400m:	4:39.46	1:12.30	800m:	9:29.24	1:12.24	1200m:	14:21.30	1:12.88			
4.	Björn Mulder	Zoetermeer			17:30.12		200601517		18:58.34		+0,76	
	100m:	1:06.28	1:06.28	500m:	6:10.58	1:18.52	900m:	11:19.49	1:17.01	1300m:	16:27.60	1:17.05
	200m:	2:19.43	1:13.15	600m:	7:27.96	1:17.38	1000m:	12:36.42	1:16.93	1400m:	17:43.16	1:15.56
	300m:	3:34.77	1:15.34	700m:	8:45.15	1:17.19	1100m:	13:53.60	1:17.18	1500m:	18:58.34	1:15.18
	400m:	4:52.06	1:17.29	800m:	10:02.48	1:17.33	1200m:	15:10.55	1:16.95			

Senioren 1 en ouder

1.	Jacob Mackloet	z.c De Schoteijl			17:11.54		200001171		18:08.19		+0,77	
	100m:	1:05.58	1:05.58	500m:	5:58.39	1:13.31	900m:	10:50.60	1:12.95	1300m:	15:44.67	1:13.69
	200m:	2:18.54	1:12.96	600m:	7:11.62	1:13.23	1000m:	12:04.17	1:13.57	1400m:	16:57.89	1:13.22
	300m:	3:32.04	1:13.50	700m:	8:24.75	1:13.13	1100m:	13:17.41	1:13.24	1500m:	18:08.19	1:10.30
	400m:	4:45.08	1:13.04	800m:	9:37.65	1:12.90	1200m:	14:30.98	1:13.57			