

Provinciale kampioenschappen lange baan
Den Haag, 20- - 21-5-2023

Programmanr. 2
20-5-2023 - 10:25

Heren, 400m wisselslag

Junioren 1 en ouder
Resultaten

rang	naam	vereniging				intijd		tijd		RT	
Junioren 1 en 2											
voorlopige resultaten											
	Ivo Bot	Wiekslag				5:04.74		200900509		5:18.61	+0.73
	50m: 31.25	31.25	150m: 1:56.00	40.83	250m: 3:23.36	45.97	350m: 4:44.84	35.42			
	100m: 1:15.17	43.92	200m: 2:37.39	41.39	300m: 4:09.42	46.06	400m: 5:18.61	33.77			
	Sverre van der Zwaan	WVZ				5:21.16		200900737		5:21.27	+0.76
	50m: 33.54	33.54	150m: 1:52.74	40.40	250m: 3:19.24	48.77	350m: 4:45.52	37.20			
	100m: 1:12.34	38.80	200m: 2:30.47	37.73	300m: 4:08.32	49.08	400m: 5:21.27	35.75			
	Adriaan Coppelmans	AZC				5:13.57		200903243		5:22.81	+0.52
	50m: 33.11	33.11	150m: 1:55.60	42.06	250m: 3:21.35	44.63	350m: 4:46.25	38.45			
	100m: 1:13.54	40.43	200m: 2:36.72	41.12	300m: 4:07.80	46.45	400m: 5:22.81	36.56			
	Luca Boorsma	De Columbiaan				5:16.59		200902031		5:23.17	+0.64
	50m: 33.61	33.61	150m: 1:57.58	42.23	250m: 3:24.23	46.06	350m: 4:47.44	35.84			
	100m: 1:15.35	41.74	200m: 2:38.17	40.59	300m: 4:11.60	47.37	400m: 5:23.17	35.73			
	Aidan van der Stelt	De Geul				5:23.47		200900901		5:32.76	+0.72
	50m: 33.23	33.23	150m: 1:59.02	44.48	250m: 3:31.06	49.43	350m: 4:56.58	36.89			
	100m: 1:14.54	41.31	200m: 2:41.63	42.61	300m: 4:19.69	48.63	400m: 5:32.76	36.18			
	Paul Ruitenberg	De Geul				5:20.19		200900979		5:40.43	+0.70
	*BU 50m										
	50m: 34.13	34.13	150m: 2:02.10	46.02	250m: 3:33.17	47.00	350m: 5:01.63	39.45			
	100m: 1:16.08	41.95	200m: 2:46.17	44.07	300m: 4:22.18	49.01	400m: 5:40.43	38.80			
	Dax van den Noulend	Blue Marlins				5:33.10		201000071		5:44.26	+0.67
	50m: 36.47	36.47	150m: 2:05.00	43.12	250m: 3:35.51	48.54	350m: 5:04.49	40.73			
	100m: 1:21.88	45.41	200m: 2:46.97	41.97	300m: 4:23.76	48.25	400m: 5:44.26	39.77			
	Sven Mulder	Zoetermeer				6:02.86		200901655		5:59.69	+0.77
	50m: 37.44	37.44	150m: 2:11.85	43.37	250m: 3:46.84	53.69	350m: 5:22.43	40.25			
	100m: 1:28.48	51.04	200m: 2:53.15	41.30	300m: 4:42.18	55.34	400m: 5:59.69	37.26			
	Girish Nolden	Blue Marlins				NT		201000087		6:12.77	+0.70
	*BU 50m										
	50m: 36.07	36.07	150m: 2:09.09	47.24	250m: 3:50.13	55.19	350m: 5:31.04	44.21			
	100m: 1:21.85	45.78	200m: 2:54.94	45.85	300m: 4:46.83	56.70	400m: 6:12.77	41.73			
	Jordan Neyhoft	Wiekslag				6:03.90		201000765		6:13.62	
	50m: 38.23	38.23	150m: 2:13.75	47.81	250m: 3:56.89	56.04	350m: 5:35.82	42.98			
	100m: 1:25.94	47.71	200m: 3:00.85	47.10	300m: 4:52.84	55.95	400m: 6:13.62	37.80			
	Thijs Bijman	Niemo Barracuda				6:06.16		200901111		6:17.13	+0.89
	50m: 36.85	36.85	150m: 2:17.85	54.18	250m: 3:59.07	51.47	350m: 5:36.53	43.98			
	100m: 1:23.67	46.82	200m: 3:07.60	49.75	300m: 4:52.55	53.48	400m: 6:17.13	40.60			
	Luca Kamps	De Vliet (SG)				NT		200900891		6:21.70	+0.78
	50m: 39.13	39.13	150m: 2:18.28	47.71	250m: 3:59.76	55.53	350m: 5:40.33	43.23			
	100m: 1:30.57	51.44	200m: 3:04.23	45.95	300m: 4:57.10	57.34	400m: 6:21.70	41.37			
	Duncan Hoogendijk	Blue Marlins				NT		200901815		6:27.83	+0.83
	50m: 38.79	38.79	150m: 2:22.08	51.54	250m: 4:06.03	54.82	350m: 5:45.96	44.76			
	100m: 1:30.54	51.75	200m: 3:11.21	49.13	300m: 5:01.20	55.17	400m: 6:27.83	41.87			
	Tygo van Berkel	De Geul				6:37.65		201000327		6:30.72	+0.64
	50m: 42.94	42.94	150m: 2:28.46	52.09	250m: 4:12.56	54.46	350m: 5:51.03	42.00			
	100m: 1:36.37	53.43	200m: 3:18.10	49.64	300m: 5:09.03	56.47	400m: 6:30.72	39.69			
	Rens van der Es	De Geul				6:49.32		201000583		6:53.81	+0.59
	50m: 43.41	43.41	150m: 2:35.55	53.11	250m: 4:27.61	58.45	350m: 6:11.29	44.67			
	100m: 1:42.44	59.03	200m: 3:29.16	53.61	300m: 5:26.62	59.01	400m: 6:53.81	42.52			
DIS	Wanne van Geest	ZV Vlaardingen-Schiedam				5:19.13		200901425			
	SL - Het keer- en/of eindpunt met één hand aangetikt.										
NG	Ghalil Lodder	Wiekslag				6:42.17		201000711			
Junioren 3 en 4											
voorlopige resultaten											
	Denzel Barthen	WVZ				4:50.50		200700147		4:54.68	+0.64
	50m: 29.67	29.67	150m: 1:42.53	38.15	250m: 3:04.01	42.96	350m: 4:20.92	34.01			
	100m: 1:04.38	34.71	200m: 2:21.05	38.52	300m: 3:46.91	42.90	400m: 4:54.68	33.76			
	Yarno van Dam	ACZ				4:55.65		200800115		4:59.44	+0.71
	50m: 30.09	30.09	150m: 1:44.12	39.20	250m: 3:06.49	43.27	350m: 4:25.23	34.46			
	100m: 1:04.92	34.83	200m: 2:23.22	39.10	300m: 3:50.77	44.28	400m: 4:59.44	34.21			
	Gijs Hartwijk	ZVL-1886 Center				5:06.44		200800573		5:08.57	+0.65
	50m: 32.12	32.12	150m: 1:49.67	40.09	250m: 3:13.74	44.56	350m: 4:32.93	34.47			
	100m: 1:09.58	37.46	200m: 2:29.18	39.51	300m: 3:58.46	44.72	400m: 5:08.57	35.64			

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Den Haag, 20- - 21-5-2023

Programmanr. 2, Jongens, 400m wisselslag, Junioren 3 en 4

rang	naam	vereniging				intijd				tijd				RT	
	Boele Böhm	Blue Marlins				4:58.07				200700739				5:08.75	+0.72
	50m: 30.54	30.54	150m: 1:46.78	39.50	250m: 3:12.56	47.40	350m: 4:33.92	34.39							
	100m: 1:07.28	36.74	200m: 2:25.16	38.38	300m: 3:59.53	46.97	400m: 5:08.75	34.83							
	Tim Boerefijn	WVZ				NT				200802815				5:22.16	+0.83
	50m: 33.37	33.37	150m: 1:55.49	43.00	250m: 3:25.42	48.32	350m: 4:49.51	35.35							
	100m: 1:12.49	39.12	200m: 2:37.10	41.61	300m: 4:14.16	48.74	400m: 5:22.16	32.65							
	Twan Hoogervorst	De Columbiaan				5:32.12				200700741				5:27.10	+0.69
	50m: 33.25	33.25	150m: 1:56.05	41.22	250m: 3:23.61	47.42	350m: 4:49.87	38.54							
	100m: 1:14.83	41.58	200m: 2:36.19	40.14	300m: 4:11.33	47.72	400m: 5:27.10	37.23							
	Niek Sonneveld	WVZ				5:31.89				200802631				5:33.10	+0.70
	50m: 34.23	34.23	150m: 1:56.60	40.38	250m: 3:24.67	48.07	350m: 4:54.90	39.45							
	100m: 1:16.22	41.99	200m: 2:36.60	40.00	300m: 4:15.45	50.78	400m: 5:33.10	38.20							
	Mitchell van Dijk	Niemo Barracuda				6:16.19				200800577				6:29.98	+0.83
	*BU 50m														
	50m: 40.80	40.80	150m: 2:18.69	47.44	250m: 4:00.48	54.23	350m: 5:44.43	47.81							
	100m: 1:31.25	50.45	200m: 3:06.25	47.56	300m: 4:56.62	56.14	400m: 6:29.98	45.55							
	Esh Nolden	Blue Marlins				6:11.41				200800145				6:31.86	+0.59
	50m: 40.30	40.30	150m: 2:26.59	52.45	250m: 4:10.98	53.89	350m: 5:49.85	44.53							
	100m: 1:34.14	53.84	200m: 3:17.09	50.50	300m: 5:05.32	54.34	400m: 6:31.86	42.01							
	Roan van Veen	ZOB'66				6:31.70				200702085				6:35.92	+0.77
	50m: 39.15	39.15	150m: 2:24.02	52.41	250m: 4:08.29	54.90	350m: 5:49.63	46.51							
	100m: 1:31.61	52.46	200m: 3:13.39	49.37	300m: 5:03.12	54.83	400m: 6:35.92	46.29							
DIS	Fabian Riedijk	Blue Marlins				NT				200800603					
	SK - Het keer- en/of eindpunt niet gelijktijdig met twee handen aangetikt.														
NG	Gaëtan Spicq	Blue Marlins				5:04.57				200701807					
NG	Xiaoyu Yin	Blue Marlins				4:41.63				200803363					

Jeugd 1 en 2

voorlopige resultaten

Émile Fouzaï	Blue Marlins			4:30.77	200500263		4:40.55		+0.75
50m: 28.34	28.34	150m: 1:40.48	39.67	250m: 2:58.79	40.30	350m: 4:10.10	30.99		
100m: 1:00.81	32.47	200m: 2:18.49	38.01	300m: 3:39.11	40.32	400m: 4:40.55	30.45		
Daan Sonneveld	WVZ			4:51.41	200601085		4:50.44		+0.71
50m: 30.38	30.38	150m: 1:45.17	36.66	250m: 3:02.34	42.81	350m: 4:19.19	33.46		
100m: 1:08.51	38.13	200m: 2:19.53	34.36	300m: 3:45.73	43.39	400m: 4:50.44	31.25		
Lars Bulman	Blue Marlins			4:47.08	200600125		4:56.33		+0.68
50m: 29.60	29.60	150m: 1:42.31	38.58	250m: 3:04.81	43.63	350m: 4:22.86	34.50		
100m: 1:03.73	34.13	200m: 2:21.18	38.87	300m: 3:48.36	43.55	400m: 4:56.33	33.47		
Imme Bousema *BU 50m	Blue Marlins			4:58.32	200601873		5:02.59		+0.71
50m: 30.67	30.67	150m: 1:48.32	40.65	250m: 3:09.54	40.94	350m: 4:27.80	35.93		
100m: 1:07.67	37.00	200m: 2:28.60	40.28	300m: 3:51.87	42.33	400m: 5:02.59	34.79		
Laurens Kalle	z.c De Schoteijl			4:53.01	200600161		5:08.47		+0.81
50m: 30.22	30.22	150m: 1:47.80	41.00	250m: 3:14.22	46.03	350m: 4:36.60	36.14		
100m: 1:06.80	36.58	200m: 2:28.19	40.39	300m: 4:00.46	46.24	400m: 5:08.47	31.87		
Bas Blanker	SG SCOM/de Zeehond'73			4:58.53	200601497		5:09.46		+0.71
50m: 31.55	31.55	150m: 1:52.39	43.78	250m: 3:19.51	44.38	350m: 4:38.34	34.14		
100m: 1:08.61	37.06	200m: 2:35.13	42.74	300m: 4:04.20	44.69	400m: 5:09.46	31.12		
Bo Merkestein	WVZ			NT	200602451		5:27.01		+0.79
50m: 32.27	32.27	150m: 1:54.01	42.84	250m: 3:25.75	49.37	350m: 4:52.43	35.94		
100m: 1:11.17	38.90	200m: 2:36.38	42.37	300m: 4:16.49	50.74	400m: 5:27.01	34.58		
Björn Mulder	Zoetermeer			5:16.25	200601517		5:27.33		+0.69
50m: 32.29	32.29	150m: 1:57.68	43.09	250m: 3:24.75	44.68	350m: 4:49.70	38.47		
100m: 1:14.59	42.30	200m: 2:40.07	42.39	300m: 4:11.23	46.48	400m: 5:27.33	37.63		
Thijs Huizer	Noordwijkerhout			5:32.59	200502523		5:40.95		+0.72
50m: 33.00	33.00	150m: 1:58.37	44.01	250m: 3:32.39	50.78	350m: 5:04.21	41.41		
100m: 1:14.36	41.36	200m: 2:41.61	43.24	300m: 4:22.80	50.41	400m: 5:40.95	36.74		

Senioren 1 en ouder

1.	Abel te Riele	WVZ		4:24.73		200402317		4:45.31	
	50m: 28.93	28.93	150m: 1:41.73	38.45	250m: 2:58.25	39.65	350m: 4:12.75	33.75	
	100m: 1:03.28	34.35	200m: 2:18.60	36.87	300m: 3:39.00	40.75	400m: 4:45.31	32.56	
2.	Guus Hoogduin	ZVL-1886 Center		4:44.37		200201069		4:58.30	
	50m: 30.43	30.43	150m: 1:44.15	38.66	250m: 3:05.55	43.17	350m: 4:24.73	35.56	
	100m: 1:05.49	35.06	200m: 2:22.38	38.23	300m: 3:49.17	43.62	400m: 4:58.30	33.57	

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Programmanr. 2, Heren, 400m wisselslag, Senioren 1 en ouder

rang	naam		vereniging		intijd			tijd			RT	
3.	Daan Hogerhuis		De Columbiaan		4:48.49 200300317			5:05.39			+0.78	
	50m:	30.08	30.08	150m:	1:44.78	39.04	250m:	3:08.83	45.04	350m:	4:30.97	35.33
	100m:	1:05.74	35.66	200m:	2:23.79	39.01	300m:	3:55.64	46.81	400m:	5:05.39	34.42
4.	Pepijn van Egmond		WVZ		4:52.73 200402309			5:07.90			+0.74	
	50m:	30.08	30.08	150m:	1:45.35	39.58	250m:	3:10.78	44.94	350m:	4:33.38	36.39
	100m:	1:05.77	35.69	200m:	2:25.84	40.49	300m:	3:56.99	46.21	400m:	5:07.90	34.52
5.	Bert Duivenvoorde		Noordwijkerhout		4:55.38 199701805			5:08.64			+0.73	
	<i>*BU 50m</i>											
	50m:	29.57	29.57	150m:	1:44.75	41.19	250m:	3:10.00	45.65	350m:	4:33.32	36.56
	100m:	1:03.56	33.99	200m:	2:24.35	39.60	300m:	3:56.76	46.76	400m:	5:08.64	35.32
6.	Nathan Janssen		De Geul		5:01.04 200401565			5:12.75			+0.73	
	50m:	30.61	30.61	150m:	1:50.40	43.20	250m:	3:17.19	44.20	350m:	4:37.58	36.63
	100m:	1:07.20	36.59	200m:	2:32.99	42.59	300m:	4:00.95	43.76	400m:	5:12.75	35.17
7.	Bas Verdoes		De Columbiaan		5:18.15 199801487			5:22.80			+0.87	
	50m:	30.75	30.75	150m:	1:50.46	43.08	250m:	3:18.35	45.61	350m:	4:44.88	39.24
	100m:	1:07.38	36.63	200m:	2:32.74	42.28	300m:	4:05.64	47.29	400m:	5:22.80	37.92
8.	David Kievit		z.c De Schotejil		5:21.26 199900325			5:25.29			+0.85	
	<i>*BU eidntijd</i>											
	50m:	30.96	30.96	150m:	1:52.26	42.96	250m:	3:20.65	45.88	350m:	4:45.61	38.92
	100m:	1:09.30	38.34	200m:	2:34.77	42.51	300m:	4:06.69	46.04	400m:	5:25.29	39.68