

Programmanr. 1
 24-3-2013 - 13:15

Heren, 1500m vrije slag

 Junioren 1 en ouder
 Resultaten

Rang			In.tijd		Tijd
Junioren 1					
1.	Niels de Boer	Eurode Kerkrade	20:13.68	200001977	20:27.58
	100m: 1:16.62 1:16.62	500m: 6:44.83 1:22.01	900m: 12:16.14 1:22.96	1300m: 17:48.35 1:23.35	
	200m: 2:38.16 1:21.54	600m: 8:07.34 1:22.51	1000m: 13:39.07 1:22.93	1400m: 19:09.58 1:21.23	
	300m: 4:00.52 1:22.36	700m: 9:30.49 1:23.15	1100m: 15:02.48 1:23.41	1500m: 20:27.58 1:18.00	
	400m: 5:22.82 1:22.30	800m: 10:53.18 1:22.69	1200m: 16:25.00 1:22.52		
2.	Rick Embregts	De Warande	20:40.51	200000449	21:05.28
	100m: 1:12.85 1:12.85	500m: 6:51.50 1:25.80	900m: 12:34.57 1:26.02	1300m: 18:18.89 1:27.14	
	200m: 2:35.29 1:22.44	600m: 8:17.26 1:25.76	1000m: 13:59.92 1:25.35	1400m: 19:43.66 1:24.77	
	300m: 4:00.81 1:25.52	700m: 9:43.15 1:25.89	1100m: 15:26.16 1:26.24	1500m: 21:05.28 1:21.62	
	400m: 5:25.70 1:24.89	800m: 11:08.55 1:25.40	1200m: 16:51.75 1:25.59		
Junioren 2					
1.	Lars van Tuijl	Arethusa	19:30.89	199900425	19:15.57
	100m: 1:09.51 1:09.51	500m: 6:21.18 1:18.83	900m: 11:36.85 1:17.80	1300m: 16:46.18 1:16.62	
	200m: 2:25.59 1:16.08	600m: 7:39.84 1:18.66	1000m: 12:55.29 1:18.44	1400m: 18:01.81 1:15.63	
	300m: 3:43.66 1:18.07	700m: 8:59.46 1:19.62	1100m: 14:12.68 1:17.39	1500m: 19:15.57 1:13.76	
	400m: 5:02.35 1:18.69	800m: 10:19.05 1:19.59	1200m: 15:29.56 1:16.88		
2.	Thomas van Ekert	Z&PV Nuenen	19:38.98	199901917	19:18.83
	100m: 1:10.82 1:10.82	500m: 6:25.70 1:18.59	900m: 11:39.62 1:18.12	1300m: 16:50.29 1:17.50	
	200m: 2:29.21 1:18.39	600m: 7:44.29 1:18.59	1000m: 12:57.95 1:18.33	1400m: 18:07.41 1:17.12	
	300m: 3:47.91 1:18.70	700m: 9:02.66 1:18.37	1100m: 14:14.99 1:17.04	1500m: 19:18.83 1:11.42	
	400m: 5:07.11 1:19.20	800m: 10:21.50 1:18.84	1200m: 15:32.79 1:17.80		
3.	Nicko Kamphuis	De Warande	18:57.15	199900887	19:22.66
	100m: 1:10.81 1:10.81	500m: 6:21.81 1:17.78	900m: 11:37.25 1:18.97	1300m: 16:53.38 1:18.00	
	200m: 2:28.88 1:18.07	600m: 7:40.21 1:18.40	1000m: 12:56.84 1:19.59	1400m: 18:12.92 1:19.54	
	300m: 3:46.57 1:17.69	700m: 8:58.19 1:17.98	1100m: 14:15.41 1:18.57	1500m: 19:22.66 1:09.74	
	400m: 5:04.03 1:17.46	800m: 10:18.28 1:20.09	1200m: 15:35.38 1:19.97		
4.	Joko Vievermanns	PSV	19:19.58	199901915	19:57.94
	100m: 1:12.44 1:12.44	500m: 6:30.47 1:20.07	900m: 11:53.00 1:20.47	1300m: 17:18.24 1:21.32	
	200m: 2:31.57 1:19.13	600m: 7:51.41 1:20.94	1000m: 13:14.03 1:21.03	1400m: 18:39.28 1:21.04	
	300m: 3:50.84 1:19.27	700m: 9:12.24 1:20.83	1100m: 14:35.26 1:21.23	1500m: 19:57.94 1:18.66	
	400m: 5:10.40 1:19.56	800m: 10:32.53 1:20.29	1200m: 15:56.92 1:21.66		
5.	Sven Westerlaken	Zvdo'74	19:49.83	199900271	21:15.05
	100m: 1:18.18 1:18.18	500m: 6:51.62 1:23.77	900m: 12:37.08 1:27.47	1300m: 18:26.78 1:27.56	
	200m: 2:41.83 1:23.65	600m: 8:17.29 1:25.67	1000m: 14:04.67 1:27.59	1400m: 19:54.15 1:27.37	
	300m: 4:04.52 1:22.69	700m: 9:43.82 1:26.53	1100m: 15:31.30 1:26.63	1500m: 21:15.05 1:20.90	
	400m: 5:27.85 1:23.33	800m: 11:09.61 1:25.79	1200m: 16:59.22 1:27.92		
Junioren 3					
1.	Robin van Lokven	De Treffers	19:05.90	199803077	19:06.43
	100m: 1:08.42 1:08.42	500m: 6:19.20 1:18.68	900m: 11:31.66 1:18.32	1300m: 16:39.65 1:16.73	
	200m: 2:24.52 1:16.10	600m: 7:37.25 1:18.05	1000m: 12:48.64 1:16.98	1400m: 17:55.56 1:15.91	
	300m: 3:41.35 1:16.83	700m: 8:55.58 1:18.33	1100m: 14:06.14 1:17.50	1500m: 19:06.43 1:10.87	
	400m: 5:00.52 1:19.17	800m: 10:13.34 1:17.76	1200m: 15:22.92 1:16.78		
2.	Tobias Geurts	Z&PV Nuenen	19:43.35	199801185	19:08.60
	100m: 1:13.34 1:13.34	500m: 6:26.09 1:18.71	900m: 11:39.53 1:17.84	1300m: 16:47.07 1:17.51	
	200m: 2:30.54 1:17.20	600m: 7:44.32 1:18.23	1000m: 12:56.65 1:17.12	1400m: 18:00.92 1:13.85	
	300m: 3:50.63 1:20.09	700m: 9:02.84 1:18.52	1100m: 14:12.39 1:15.74	1500m: 19:08.60 1:07.68	
	400m: 5:07.38 1:16.75	800m: 10:21.69 1:18.85	1200m: 15:29.56 1:17.17		
3.	Bas Gibbels	Z&PV Nuenen	19:38.41	199801973	19:43.65
	100m: 1:12.99 1:12.99	500m: 6:26.55 1:18.97	900m: 11:45.81 1:20.58	1300m: 17:07.63 1:20.52	
	200m: 2:30.51 1:17.52	600m: 7:45.72 1:19.17	1000m: 13:06.42 1:20.61	1400m: 18:26.86 1:19.23	
	300m: 3:49.64 1:19.13	700m: 9:05.19 1:19.47	1100m: 14:27.26 1:20.84	1500m: 19:43.65 1:16.79	
	400m: 5:07.58 1:17.94	800m: 10:25.23 1:20.04	1200m: 15:47.11 1:19.85		

Programmanr. 1, Jongens, 1500m vrije slag, Junioren 3

Rang			In.tijd	Tijd
NG	Jordy Severins	Eurode Kerkrade	17:51.02	199800559

Junioren 4

1.	Thomas Zielhorst	De Biesboschzweimmers	18:47.30	199702135	18:39.03
	100m: 1:05.79 1:05.79	500m: 6:03.79 1:15.35	900m: 11:07.97 1:16.42	1300m: 16:11.05 1:15.08	
	200m: 2:18.62 1:12.83	600m: 7:19.71 1:15.92	1000m: 12:24.12 1:16.15	1400m: 17:26.06 1:15.01	
	300m: 3:32.97 1:14.35	700m: 8:35.47 1:15.76	1100m: 13:40.29 1:16.17	1500m: 18:39.03 1:12.97	
	400m: 4:48.44 1:15.47	800m: 9:51.55 1:16.08	1200m: 14:55.97 1:15.68		
2.	Joeri Phaff	Z&PV Nuenen	18:55.39	199701099	19:07.20
	100m: 1:09.14 1:09.14	500m: 6:17.01 1:17.47	900m: 11:28.50 1:17.90	1300m: 16:38.00 1:17.50	
	200m: 2:24.72 1:15.58	600m: 7:34.76 1:17.75	1000m: 12:45.87 1:17.37	1400m: 17:54.36 1:16.36	
	300m: 3:41.54 1:16.82	700m: 8:52.78 1:18.02	1100m: 14:03.08 1:17.21	1500m: 19:07.20 1:12.84	
	400m: 4:59.54 1:18.00	800m: 10:10.60 1:17.82	1200m: 15:20.50 1:17.42		
3.	Rick Minkman	Hieronymus	18:36.58	199701097	19:23.24
	100m: 1:10.38 1:10.38	500m: 6:21.52 1:18.42	900m: 11:38.49 1:18.96	1300m: 16:50.83 1:17.42	
	200m: 2:27.18 1:16.80	600m: 7:40.83 1:19.31	1000m: 12:57.67 1:19.18	1400m: 18:07.82 1:16.99	
	300m: 3:44.34 1:17.16	700m: 9:00.21 1:19.38	1100m: 14:15.81 1:18.14	1500m: 19:23.24 1:15.42	
	400m: 5:03.10 1:18.76	800m: 10:19.53 1:19.32	1200m: 15:33.41 1:17.60		

Jeugd 1

1.	Pepijn Smits	PSV	17:23.48	199600691	17:29.89
	100m: 1:04.95 1:04.95	500m: 5:42.20 1:10.06	900m: 10:25.26 1:12.15	1300m: 15:10.66 1:11.54	
	200m: 2:13.74 1:08.79	600m: 6:52.65 1:10.45	1000m: 11:37.31 1:12.05	1400m: 16:22.09 1:11.43	
	300m: 3:22.69 1:08.95	700m: 8:03.21 1:10.56	1100m: 12:48.38 1:11.07	1500m: 17:29.89 1:07.80	
	400m: 4:32.14 1:09.45	800m: 9:13.11 1:09.90	1200m: 13:59.12 1:10.74		
2.	Mike van Herk	PSV	17:38.85	199601007	18:09.28
	100m: 1:06.01 1:06.01	500m: 5:52.25 1:12.37	900m: 10:46.35 1:14.03	1300m: 15:42.72 1:13.59	
	200m: 2:16.64 1:10.63	600m: 7:05.28 1:13.03	1000m: 12:00.07 1:13.72	1400m: 16:56.45 1:13.73	
	300m: 3:28.03 1:11.39	700m: 8:18.63 1:13.35	1100m: 13:14.78 1:14.71	1500m: 18:09.28 1:12.83	
	400m: 4:39.88 1:11.85	800m: 9:32.32 1:13.69	1200m: 14:29.13 1:14.35		
3.	Vincent Dermaux	Hieronymus	18:24.60	199600599	18:46.58
	100m: 1:06.78 1:06.78	500m: 6:07.41 1:15.68	900m: 11:11.94 1:16.03	1300m: 16:16.47 1:15.47	
	200m: 2:20.33 1:13.55	600m: 7:23.76 1:16.35	1000m: 12:28.55 1:16.61	1400m: 17:32.59 1:16.12	
	300m: 3:35.64 1:15.31	700m: 8:39.83 1:16.07	1100m: 13:45.28 1:16.73	1500m: 18:46.58 1:13.99	
	400m: 4:51.73 1:16.09	800m: 9:55.91 1:16.08	1200m: 15:01.00 1:15.72		
4.	Peter Rietveld	Trb/Res	18:54.28	199601081	19:35.20
	100m: 1:07.58 1:07.58	500m: 6:13.75 1:17.68	900m: 11:29.30 1:19.08	1300m: 16:54.78 1:21.49	
	200m: 2:22.12 1:14.54	600m: 7:31.75 1:18.00	1000m: 12:49.85 1:20.55	1400m: 18:16.14 1:21.36	
	300m: 3:38.46 1:16.34	700m: 8:51.24 1:19.49	1100m: 14:11.48 1:21.63	1500m: 19:35.20 1:19.06	
	400m: 4:56.07 1:17.61	800m: 10:10.22 1:18.98	1200m: 15:33.29 1:21.81		

NG	Timo Billman	Eurode Kerkrade	17:36.29	199601033
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Jeugd 2

1.	Melvin Prins	Sbc2000	17:24.57	199500201	17:52.00
	100m: 1:04.27 1:04.27	500m: 5:42.64 1:10.41	900m: 10:31.70 1:20.73	1300m: 15:31.90 1:14.34	
	200m: 2:12.69 1:08.42	600m: 6:53.53 1:10.89	1000m: 11:48.08 1:16.38	1400m: 16:44.78 1:12.88	
	300m: 3:22.09 1:09.40	700m: 8:03.75 1:10.22	1100m: 13:03.55 1:15.47	1500m: 17:52.00 1:07.22	
	400m: 4:32.23 1:10.14	800m: 9:10.97 1:07.22	1200m: 14:17.56 1:14.01		

Senioren 1 en ouder

1.	Remco van Althuis	Sbc2000	17:22.83	198300029	18:11.44
	100m: 1:06.17 1:06.17	500m: 5:50.00 1:11.89	900m: 10:42.78 1:14.08	1300m: 15:42.24 1:15.32	
	200m: 2:15.84 1:09.67	600m: 7:02.27 1:12.27	1000m: 11:57.19 1:14.41	1400m: 16:57.28 1:15.04	
	300m: 3:26.65 1:10.81	700m: 8:15.35 1:13.08	1100m: 13:11.87 1:14.68	1500m: 18:11.44 1:14.16	
	400m: 4:38.11 1:11.46	800m: 9:28.70 1:13.35	1200m: 14:26.92 1:15.05		



Programmanr. 1, Heren, 1500m vrije slag, Senioren 1 en ouder

Rang						In.tijd		Tijd				
2.	Joeri Prins		Sbc2000			17:39.75	199302037	18:39.75				
	100m:	1:06.35	1:06.35	500m:	6:03.65	1:16.86	900m:	11:13.74	1:16.74	1300m:	16:15.42	1:14.66
	200m:	2:18.61	1:12.26	600m:	7:22.09	1:18.44	1000m:	12:32.92	1:19.18	1400m:	17:30.32	1:14.90
	300m:	3:31.77	1:13.16	700m:	8:40.02	1:17.93	1100m:	13:46.47	1:13.55	1500m:	18:39.75	1:09.43
	400m:	4:46.79	1:15.02	800m:	9:57.00	1:16.98	1200m:	15:00.76	1:14.29			