

Programmanr. 4  
21-12-2019 - 14:30

Jongens, 1500m vrije slag

Junioren 3 en 4  
Resultaten

|                              |          |                              |              |            |
|------------------------------|----------|------------------------------|--------------|------------|
| Nederlands Record Junioren   | 15:45.34 | Arthur de Rouw               | Hengelo      | 04-03-1983 |
| Nederlands Record 15 jaar    | 15:52.90 | Arthur de Rouw               | Uden         | 28-11-1982 |
| Nederlands Record 14 jaar    | 16:05.88 | Stephan de Freitas Steverink | Santos (BRA) | 23-05-2018 |
| Kamp. Record Junioren 3 en 4 | 16:02.52 | Maarten van der Weijden      | Utrecht      | 07-12-1996 |

| rang | naam              | vereniging              | startnr.              | tijd                  | RT        |
|------|-------------------|-------------------------|-----------------------|-----------------------|-----------|
| 1.   | David Groenewegen | PSV                     | 200400469             | <b>16:17.01</b>       | +0,77 654 |
|      | 50m: 29.85        | 29.85 450m: 4:52.24     | 33.17 850m: 9:16.84   | 33.08 1250m: 13:37.00 | 32.76     |
|      | 100m: 1:02.47     | 32.62 500m: 5:25.27     | 33.03 900m: 9:49.70   | 32.86 1300m: 14:09.52 | 32.52     |
|      | 150m: 1:35.01     | 32.54 550m: 5:58.36     | 33.09 950m: 10:22.48  | 32.78 1350m: 14:42.00 | 32.48     |
|      | 200m: 2:07.87     | 32.86 600m: 6:31.33     | 32.97 1000m: 10:54.71 | 32.23 1400m: 15:14.08 | 32.08     |
|      | 250m: 2:40.60     | 32.73 650m: 7:04.66     | 33.33 1050m: 11:27.21 | 32.50 1450m: 15:45.93 | 31.85     |
|      | 300m: 3:13.53     | 32.93 700m: 7:37.90     | 33.24 1100m: 11:59.62 | 32.41 1500m: 16:17.01 | 31.08     |
|      | 350m: 3:46.35     | 32.82 750m: 8:10.82     | 32.92 1150m: 12:31.66 | 32.04                 |           |
|      | 400m: 4:19.07     | 32.72 800m: 8:43.76     | 32.94 1200m: 13:04.24 | 32.58                 |           |
| 2.   | Merlin Belmon     | De Dolfijn              | 200403191             | <b>16:25.83</b>       | +0,86 636 |
|      | 50m: 30.08        | 30.08 450m: 4:52.84     | 32.77 850m: 9:17.12   | 33.17 1250m: 13:40.28 | 32.91     |
|      | 100m: 1:02.71     | 32.63 500m: 5:25.67     | 32.83 900m: 9:50.20   | 33.08 1300m: 14:13.40 | 33.12     |
|      | 150m: 1:35.29     | 32.58 550m: 5:58.62     | 32.95 950m: 10:23.12  | 32.92 1350m: 14:46.35 | 32.95     |
|      | 200m: 2:08.38     | 33.09 600m: 6:31.61     | 32.99 1000m: 10:55.62 | 32.50 1400m: 15:19.59 | 33.24     |
|      | 250m: 2:41.11     | 32.73 650m: 7:04.95     | 33.34 1050m: 11:28.40 | 32.78 1450m: 15:53.07 | 33.48     |
|      | 300m: 3:13.97     | 32.86 700m: 7:38.07     | 33.12 1100m: 12:01.33 | 32.93 1500m: 16:25.83 | 32.76     |
|      | 350m: 3:46.90     | 32.93 750m: 8:11.12     | 33.05 1150m: 12:34.08 | 32.75                 |           |
|      | 400m: 4:20.07     | 33.17 800m: 8:43.95     | 32.83 1200m: 13:07.37 | 33.29                 |           |
| 3.   | Abel te Riele     | WVZ                     | 200402317             | <b>16:46.92</b>       | +0,77 597 |
|      | 50m: 29.86        | 29.86 450m: 4:59.89     | 33.63 850m: 9:31.40   | 33.60 1250m: 14:01.40 | 33.30     |
|      | 100m: 1:03.41     | 33.55 500m: 5:33.72     | 33.83 900m: 10:05.08  | 33.68 1300m: 14:35.29 | 33.89     |
|      | 150m: 1:37.25     | 33.84 550m: 6:07.59     | 33.87 950m: 10:39.18  | 34.10 1350m: 15:09.00 | 33.71     |
|      | 200m: 2:11.33     | 34.08 600m: 6:41.62     | 34.03 1000m: 11:12.97 | 33.79 1400m: 15:42.76 | 33.76     |
|      | 250m: 2:44.66     | 33.33 650m: 7:15.57     | 33.95 1050m: 11:46.94 | 33.97 1450m: 16:15.87 | 33.11     |
|      | 300m: 3:18.25     | 33.59 700m: 7:49.41     | 33.84 1100m: 12:20.69 | 33.75 1500m: 16:46.92 | 31.05     |
|      | 350m: 3:52.31     | 34.06 750m: 8:23.31     | 33.90 1150m: 12:54.75 | 34.06                 |           |
|      | 400m: 4:26.26     | 33.95 800m: 8:57.80     | 34.49 1200m: 13:28.10 | 33.35                 |           |
| 4.   | Yanieck Frijstein | The Hague Swimming (SG) | 200500329             | <b>16:54.06</b>       | +0,69 584 |
|      | 50m: 29.71        | 29.71 450m: 5:01.98     | 34.52 850m: 9:36.53   | 34.58 1250m: 14:07.86 | 33.69     |
|      | 100m: 1:02.66     | 32.95 500m: 5:36.23     | 34.25 900m: 10:10.41  | 33.88 1300m: 14:41.58 | 33.72     |
|      | 150m: 1:36.43     | 33.77 550m: 6:10.78     | 34.55 950m: 10:44.44  | 34.03 1350m: 15:15.35 | 33.77     |
|      | 200m: 2:10.44     | 34.01 600m: 6:45.51     | 34.73 1000m: 11:18.33 | 33.89 1400m: 15:49.21 | 33.86     |
|      | 250m: 2:44.58     | 34.14 650m: 7:19.74     | 34.23 1050m: 11:52.43 | 34.10 1450m: 16:22.54 | 33.33     |
|      | 300m: 3:18.84     | 34.26 700m: 7:53.87     | 34.13 1100m: 12:26.41 | 33.98 1500m: 16:54.06 | 31.52     |
|      | 350m: 3:53.03     | 34.19 750m: 8:27.92     | 34.05 1150m: 13:00.32 | 33.91                 |           |
|      | 400m: 4:27.46     | 34.43 800m: 9:01.95     | 34.03 1200m: 13:34.17 | 33.85                 |           |
| 5.   | Quinn Heederik    | ZPC Hooerveen           | 200400093             | <b>16:55.54</b>       | +0,82 582 |
|      | 50m: 30.89        | 30.89 450m: 5:02.41     | 33.68 850m: 9:35.63   | 34.08 1250m: 14:09.08 | 34.50     |
|      | 100m: 1:04.22     | 33.33 500m: 5:36.87     | 34.46 900m: 10:09.79  | 34.16 1300m: 14:42.87 | 33.79     |
|      | 150m: 1:38.41     | 34.19 550m: 6:10.63     | 33.76 950m: 10:44.14  | 34.35 1350m: 15:16.96 | 34.09     |
|      | 200m: 2:12.59     | 34.18 600m: 6:44.71     | 34.08 1000m: 11:18.03 | 33.89 1400m: 15:50.78 | 33.82     |
|      | 250m: 2:46.94     | 34.35 650m: 7:18.89     | 34.18 1050m: 11:52.35 | 34.32 1450m: 16:24.72 | 33.94     |
|      | 300m: 3:20.93     | 33.99 700m: 7:52.82     | 33.93 1100m: 12:26.41 | 34.06 1500m: 16:55.54 | 30.82     |
|      | 350m: 3:54.64     | 33.71 750m: 8:27.10     | 34.28 1150m: 13:00.53 | 34.12                 |           |
|      | 400m: 4:28.73     | 34.09 800m: 9:01.55     | 34.45 1200m: 13:34.58 | 34.05                 |           |
| 6.   | Emile Fouzai      | The Hague Swimming (SG) | 200500263             | <b>16:57.91</b>       | +0,70 578 |
|      | 50m: 30.53        | 30.53 450m: 5:01.52     | 33.88 850m: 9:34.64   | 33.92 1250m: 14:08.58 | 34.23     |
|      | 100m: 1:03.83     | 33.30 500m: 5:36.15     | 34.63 900m: 10:09.17  | 34.53 1300m: 14:42.88 | 34.30     |
|      | 150m: 1:37.51     | 33.68 550m: 6:09.96     | 33.81 950m: 10:42.96  | 33.79 1350m: 15:17.26 | 34.38     |
|      | 200m: 2:11.40     | 33.89 600m: 6:44.14     | 34.18 1000m: 11:17.02 | 34.06 1400m: 15:51.83 | 34.57     |
|      | 250m: 2:45.32     | 33.92 650m: 7:18.49     | 34.35 1050m: 11:50.96 | 33.94 1450m: 16:25.82 | 33.99     |
|      | 300m: 3:19.37     | 34.05 700m: 7:52.63     | 34.14 1100m: 12:25.42 | 34.46 1500m: 16:57.91 | 32.09     |
|      | 350m: 3:53.58     | 34.21 750m: 8:26.87     | 34.24 1150m: 12:59.88 | 34.46                 |           |
|      | 400m: 4:27.64     | 34.06 800m: 9:00.72     | 33.85 1200m: 13:34.35 | 34.47                 |           |
| 7.   | Wouter Zijlstra   | HZ&PC Heerenvveen       | 200401545             | <b>17:06.83</b>       | +0,69 563 |
|      | 50m: 30.10        | 30.10 450m: 5:01.38     | 34.40 850m: 9:36.76   | 34.57 1250m: 14:13.33 | 35.53     |
|      | 100m: 1:02.91     | 32.81 500m: 5:36.17     | 34.79 900m: 10:10.92  | 34.16 1300m: 14:48.16 | 34.83     |
|      | 150m: 1:36.77     | 33.86 550m: 6:10.53     | 34.36 950m: 10:45.06  | 34.14 1350m: 15:23.27 | 35.11     |
|      | 200m: 2:10.51     | 33.74 600m: 6:45.29     | 34.76 1000m: 11:19.01 | 33.95 1400m: 15:58.47 | 35.20     |
|      | 250m: 2:44.58     | 34.07 650m: 7:19.77     | 34.48 1050m: 11:53.61 | 34.60 1450m: 16:33.70 | 35.23     |
|      | 300m: 3:18.44     | 33.86 700m: 7:53.85     | 34.08 1100m: 12:28.13 | 34.52 1500m: 17:06.83 | 33.13     |
|      | 350m: 3:52.43     | 33.99 750m: 8:28.06     | 34.21 1150m: 13:02.72 | 34.59                 |           |
|      | 400m: 4:26.98     | 34.55 800m: 9:02.19     | 34.13 1200m: 13:37.80 | 35.08                 |           |

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

| rang  | naam              | vereniging                     | startnr.      | tijd            | RT               |       |                 |       |
|-------|-------------------|--------------------------------|---------------|-----------------|------------------|-------|-----------------|-------|
| 8.    | Nathan Janssen    | MNC Dordrecht                  | 200401565     | <b>17:09.22</b> | <b>+0,72</b> 559 |       |                 |       |
|       | 50m: 29.99        | 29.99                          | 450m: 5:01.71 | 34.20           | 850m: 9:38.88    | 34.72 | 1250m: 14:17.76 | 34.41 |
|       | 100m: 1:02.98     | 32.99                          | 500m: 5:35.97 | 34.26           | 900m: 10:13.49   | 34.61 | 1300m: 14:52.53 | 34.77 |
|       | 150m: 1:36.64     | 33.66                          | 550m: 6:10.72 | 34.75           | 950m: 10:48.53   | 35.04 | 1350m: 15:27.22 | 34.69 |
|       | 200m: 2:10.38     | 33.74                          | 600m: 6:45.25 | 34.53           | 1000m: 11:23.63  | 35.10 | 1400m: 16:02.17 | 34.95 |
|       | 250m: 2:44.43     | 34.05                          | 650m: 7:19.86 | 34.61           | 1050m: 11:58.61  | 34.98 | 1450m: 16:36.36 | 34.19 |
|       | 300m: 3:18.68     | 34.25                          | 700m: 7:54.49 | 34.63           | 1100m: 12:33.51  | 34.90 | 1500m: 17:09.22 | 32.86 |
|       | 350m: 3:53.04     | 34.36                          | 750m: 8:29.33 | 34.84           | 1150m: 13:08.44  | 34.93 |                 |       |
|       | 400m: 4:27.51     | 34.47                          | 800m: 9:04.16 | 34.83           | 1200m: 13:43.35  | 34.91 |                 |       |
| 9.    | Koen Vissers      | PSV                            | 200401429     | <b>17:12.40</b> | <b>+0,87</b> 554 |       |                 |       |
|       | 50m: 30.55        | 30.55                          | 450m: 4:59.19 | 34.11           | 850m: 9:36.20    | 35.19 | 1250m: 14:17.01 | 35.26 |
|       | 100m: 1:03.82     | 33.27                          | 500m: 5:33.59 | 34.40           | 900m: 10:11.18   | 34.98 | 1300m: 14:51.94 | 34.93 |
|       | 150m: 1:37.30     | 33.48                          | 550m: 6:08.04 | 34.45           | 950m: 10:45.63   | 34.45 | 1350m: 15:27.94 | 36.00 |
|       | 200m: 2:10.31     | 33.01                          | 600m: 6:42.70 | 34.66           | 1000m: 11:20.73  | 35.10 | 1400m: 16:03.52 | 35.58 |
|       | 250m: 2:44.89     | 33.58                          | 650m: 7:17.48 | 34.78           | 1050m: 11:55.80  | 35.07 | 1450m: 16:38.66 | 35.14 |
|       | 300m: 3:17.24     | 33.35                          | 700m: 7:51.73 | 34.25           | 1100m: 12:31.12  | 35.32 | 1500m: 17:12.40 | 33.74 |
|       | 350m: 3:51.18     | 33.94                          | 750m: 8:26.43 | 34.70           | 1150m: 13:06.88  | 35.76 |                 |       |
|       | 400m: 4:25.08     | 33.90                          | 800m: 9:01.01 | 34.58           | 1200m: 13:41.75  | 34.87 |                 |       |
| 10.   | Gabriel Been      | The Hague Swimming (SG)        | 200501467     | <b>17:20.30</b> | <b>+0,85</b> 541 |       |                 |       |
|       | 50m: 30.20        | 30.20                          | 450m: 5:02.73 | 34.34           | 850m: 9:41.84    | 35.26 | 1250m: 14:24.33 | 35.42 |
|       | 100m: 1:03.60     | 33.40                          | 500m: 5:37.38 | 34.65           | 900m: 10:17.01   | 35.17 | 1300m: 14:59.87 | 35.54 |
|       | 150m: 1:37.72     | 34.12                          | 550m: 6:12.26 | 34.88           | 950m: 10:52.37   | 35.36 | 1350m: 15:35.21 | 35.34 |
|       | 200m: 2:11.69     | 33.97                          | 600m: 6:46.83 | 34.57           | 1000m: 11:27.71  | 35.34 | 1400m: 16:10.80 | 35.59 |
|       | 250m: 2:45.53     | 33.84                          | 650m: 7:21.83 | 35.00           | 1050m: 12:02.80  | 35.09 | 1450m: 16:45.95 | 35.15 |
|       | 300m: 3:19.62     | 34.09                          | 700m: 7:56.71 | 34.88           | 1100m: 12:38.29  | 35.49 | 1500m: 17:20.30 | 34.35 |
|       | 350m: 3:53.98     | 34.36                          | 750m: 8:31.57 | 34.86           | 1150m: 13:13.56  | 35.27 |                 |       |
|       | 400m: 4:28.39     | 34.41                          | 800m: 9:06.58 | 35.01           | 1200m: 13:48.91  | 35.35 |                 |       |
| 11.   | Mac Peekes        | ZPC Hoogeveen                  | 200400153     | <b>17:39.94</b> | <b>+0,74</b> 512 |       |                 |       |
|       | 50m: 31.42        | 31.42                          | 450m: 5:09.71 | 35.20           | 850m: 9:51.47    | 35.42 | 1250m: 14:40.82 | 36.64 |
|       | 100m: 1:05.44     | 34.02                          | 500m: 5:44.82 | 35.11           | 900m: 10:27.15   | 35.68 | 1300m: 15:17.14 | 36.32 |
|       | 150m: 1:39.91     | 34.47                          | 550m: 6:19.74 | 34.92           | 950m: 11:02.94   | 35.79 | 1350m: 15:53.44 | 36.30 |
|       | 200m: 2:14.54     | 34.63                          | 600m: 6:55.05 | 35.31           | 1000m: 11:38.92  | 35.98 | 1400m: 16:29.55 | 36.11 |
|       | 250m: 2:49.41     | 34.87                          | 650m: 7:30.17 | 35.12           | 1050m: 12:15.24  | 36.32 | 1450m: 17:05.66 | 36.11 |
|       | 300m: 3:24.38     | 34.97                          | 700m: 8:05.36 | 35.19           | 1100m: 12:51.56  | 36.32 | 1500m: 17:39.94 | 34.28 |
|       | 350m: 3:59.34     | 34.96                          | 750m: 8:40.81 | 35.45           | 1150m: 13:27.87  | 36.31 |                 |       |
|       | 400m: 4:34.51     | 35.17                          | 800m: 9:16.05 | 35.24           | 1200m: 14:04.18  | 36.31 |                 |       |
| 12.   | Andrei Turta      | Zwemvereniging New Wave Almere | 200404549     | <b>17:49.06</b> | <b>+0,80</b> 499 |       |                 |       |
|       | 50m: 30.27        | 30.27                          | 450m: 5:04.93 | 35.29           | 850m: 9:52.37    | 36.30 | 1250m: 14:48.14 | 37.25 |
|       | 100m: 1:03.46     | 33.19                          | 500m: 5:40.74 | 35.81           | 900m: 10:29.09   | 36.72 | 1300m: 15:24.94 | 36.80 |
|       | 150m: 1:37.04     | 33.58                          | 550m: 6:16.62 | 35.88           | 950m: 11:06.00   | 36.91 | 1350m: 16:02.43 | 37.49 |
|       | 200m: 2:11.13     | 34.09                          | 600m: 6:52.30 | 35.68           | 1000m: 11:42.86  | 36.86 | 1400m: 16:39.09 | 36.66 |
|       | 250m: 2:45.36     | 34.23                          | 650m: 7:28.02 | 35.72           | 1050m: 12:20.35  | 37.49 | 1450m: 17:14.64 | 35.55 |
|       | 300m: 3:19.70     | 34.34                          | 700m: 8:03.74 | 35.72           | 1100m: 12:56.86  | 36.51 | 1500m: 17:49.06 | 34.42 |
|       | 350m: 3:54.63     | 34.93                          | 750m: 8:39.63 | 35.89           | 1150m: 13:33.66  | 36.80 |                 |       |
|       | 400m: 4:29.64     | 35.01                          | 800m: 9:16.07 | 36.44           | 1200m: 14:10.89  | 37.23 |                 |       |
| 13.   | Rens Stijf        | NDD                            | 200501419     | <b>17:51.02</b> | <b>+0,64</b> 496 |       |                 |       |
|       | 50m: 30.14        | 30.14                          | 450m: 5:11.12 | 36.41           | 850m: 10:02.82   | 36.42 | 1250m: 14:54.17 | 35.60 |
|       | 100m: 1:03.69     | 33.55                          | 500m: 5:47.50 | 36.38           | 900m: 10:39.39   | 36.57 | 1300m: 15:30.31 | 36.14 |
|       | 150m: 1:38.05     | 34.36                          | 550m: 6:24.09 | 36.59           | 950m: 11:15.98   | 36.59 | 1350m: 16:06.40 | 36.09 |
|       | 200m: 2:12.61     | 34.56                          | 600m: 7:00.25 | 36.16           | 1000m: 11:52.45  | 36.47 | 1400m: 16:42.43 | 36.03 |
|       | 250m: 2:47.23     | 34.62                          | 650m: 7:36.63 | 36.38           | 1050m: 12:29.30  | 36.85 | 1450m: 17:17.95 | 35.52 |
|       | 300m: 3:23.04     | 35.81                          | 700m: 8:13.06 | 36.43           | 1100m: 13:06.15  | 36.85 | 1500m: 17:51.02 | 33.07 |
|       | 350m: 3:58.61     | 35.57                          | 750m: 8:49.93 | 36.87           | 1150m: 13:42.59  | 36.44 |                 |       |
|       | 400m: 4:34.71     | 36.10                          | 800m: 9:26.40 | 36.47           | 1200m: 14:18.57  | 35.98 |                 |       |
| 14.   | Meindert Dekkinga | HZ&PC Heerenvveen              | 200400377     | <b>18:18.16</b> | <b>+0,43</b> 460 |       |                 |       |
|       | 50m: 29.80        | 29.80                          | 450m: 5:14.52 | 36.73           | 850m: 10:13.08   | 38.24 | 1250m: 15:14.58 | 37.16 |
|       | 100m: 1:03.75     | 33.95                          | 500m: 5:51.66 | 37.14           | 900m: 10:49.65   | 36.57 | 1300m: 15:53.50 | 38.92 |
|       | 150m: 1:37.88     | 34.13                          | 550m: 6:29.00 | 37.34           | 950m: 11:28.00   | 38.35 | 1350m: 16:30.86 | 37.36 |
|       | 200m: 2:13.07     | 35.19                          | 600m: 7:06.23 | 37.23           | 1000m: 12:06.32  | 38.32 | 1400m: 17:08.27 | 37.41 |
|       | 250m: 2:48.61     | 35.54                          | 650m: 7:43.44 | 37.21           | 1050m: 12:43.80  | 37.48 | 1450m: 17:41.89 | 33.62 |
|       | 300m: 3:24.57     | 35.96                          | 700m: 8:20.84 | 37.40           | 1100m: 13:20.76  | 36.96 | 1500m: 18:18.16 | 36.27 |
|       | 350m: 4:01.12     | 36.55                          | 750m: 8:57.98 | 37.14           | 1150m: 13:58.99  | 38.23 |                 |       |
|       | 400m: 4:37.79     | 36.67                          | 800m: 9:34.84 | 36.86           | 1200m: 14:37.42  | 38.43 |                 |       |
| AFGEM | Collin Schouten   | MSV-Zeemacht                   | 200400697     |                 |                  |       |                 |       |