

Open Nederlandse Kampioenschappen 2009
Amsterdam, 18. - 20.12.2009

Programmanr. 29
19.12.2009 - 12:28

Jongens, 1500m vrije slag
Progr. nr. 29 en 30 zijn samengevoegd

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	16:21.53	Maarten van der Weijden	Eindhoven	09.12.1995
Kamp. Record Junioren 4	16:02.52	Maarten van der Weijden	Utrecht	07.12.1996
Kamp. Record Junioren 3	16:21.53	Maarten van der Weijden	Eindhoven	09.12.1995

rang naam vereniging intijd tijd RT niv.

Junioren 3

1.	Lucas Greven	ZC Valkenburg	17:08.58	9501941	16:50.77 *	+0,88	B
	50m: 30.30	450m: 4:58.66	850m: 9:30.46	33.80	1250m: 14:01.59		33.82
	100m: 1:02.81	500m: 5:32.68	900m: 10:04.52	34.06	1300m: 14:35.40		33.81
	150m: 1:35.71	550m: 6:06.73	950m: 10:38.22	33.70	1350m: 15:09.29		33.89
	200m: 2:08.96	600m: 6:40.68	1000m: 11:12.19	33.97	1400m: 15:43.31		34.02
	250m: 2:42.40	650m: 7:14.69	1050m: 11:46.04	33.85	1450m: 16:17.41		34.10
	300m: 3:16.60	700m: 7:48.53	1100m: 12:20.15	34.11	1500m: 16:50.77		33.36
	350m: 3:50.60	750m: 8:22.52	1150m: 12:54.15	34.00			
	400m: 4:24.67	800m: 8:56.66	1200m: 13:27.77	33.62			
2.	Maarten Brzoskowski	Eiffel Swimmers PSV	17:24.27	9500769	16:56.87	+0,80	C
	50m: 30.10	450m: 4:58.80	850m: 9:32.04	34.42	1250m: 14:07.16		34.32
	100m: 1:02.85	500m: 5:33.13	900m: 10:06.55	34.51	1300m: 14:41.38		34.22
	150m: 1:35.86	550m: 6:07.32	950m: 10:40.86	34.31	1350m: 15:15.76		34.38
	200m: 2:09.39	600m: 6:41.24	1000m: 11:15.43	34.57	1400m: 15:49.95		34.19
	250m: 2:42.81	650m: 7:15.40	1050m: 11:49.92	34.49	1450m: 16:23.78		33.83
	300m: 3:16.82	700m: 7:49.38	1100m: 12:23.93	34.01	1500m: 16:56.87		33.09
	350m: 3:50.94	750m: 8:23.34	1150m: 12:58.49	34.56			
	400m: 4:25.00	800m: 8:57.62	1200m: 13:32.84	34.35			
3.	Luc van der Wolde	Stadskanaal	17:20.07	9500281	17:02.15	+0,89	C
	50m: 28.61	450m: 5:00.75	850m: 9:37.61	34.69	1250m: 14:12.79		34.13
	100m: 1:01.31	500m: 5:35.58	900m: 10:12.44	34.83	1300m: 14:47.24		34.45
	150m: 1:35.12	550m: 6:09.79	950m: 10:46.89	34.45	1350m: 15:21.22		33.98
	200m: 2:08.97	600m: 6:44.50	1000m: 11:21.31	34.42	1400m: 15:55.44		34.22
	250m: 2:42.64	650m: 7:18.98	1050m: 11:55.65	34.34	1450m: 16:28.95		33.51
	300m: 3:17.05	700m: 7:53.53	1100m: 12:30.02	34.37	1500m: 17:02.15		33.20
	350m: 3:51.56	750m: 8:28.27	1150m: 13:04.22	34.20			
	400m: 4:25.87	800m: 9:02.92	1200m: 13:38.66	34.44			
4.	Damon Peperkamp	De Dinkel	17:22.40	9501101	17:26.01	+1,09	D
	50m: 30.53	450m: 5:03.11	850m: 9:42.56	35.79	1250m: 14:29.24		35.95
	100m: 1:03.95	500m: 5:37.52	900m: 10:18.56	36.00	1300m: 15:05.64		36.40
	150m: 1:38.14	550m: 6:12.33	950m: 10:54.90	36.34	1350m: 15:42.92		37.28
	200m: 2:12.56	600m: 6:46.23	1000m: 11:30.99	36.09	1400m: 16:17.84		34.92
	250m: 2:46.21	650m: 7:21.26	1050m: 12:07.75	36.76	1450m: 16:51.47		33.63
	300m: 3:20.26	700m: 7:56.06	1100m: 12:44.70	36.95	1500m: 17:26.01		34.54
	350m: 3:54.49	750m: 8:30.79	1150m: 13:18.51	33.81			
	400m: 4:28.12	800m: 9:06.77	1200m: 13:53.29	34.78			
5.	Ruben Tol	Ed-Vo	17:56.65	9501119	17:30.03	+0,94	D
	50m: 30.39	450m: 5:04.72	850m: 9:47.12	35.43	1250m: 14:32.32		35.57
	100m: 1:04.09	500m: 5:39.64	900m: 10:22.77	35.65	1300m: 15:08.30		35.98
	150m: 1:38.34	550m: 6:14.90	950m: 10:58.33	35.56	1350m: 15:44.13		35.83
	200m: 2:13.13	600m: 6:49.99	1000m: 11:33.97	35.64	1400m: 16:20.04		35.91
	250m: 2:47.54	650m: 7:25.16	1050m: 12:09.94	35.97	1450m: 16:56.25		36.21
	300m: 3:21.52	700m: 8:00.78	1100m: 12:45.59	35.65	1500m: 17:30.03		33.78
	350m: 3:55.50	750m: 8:36.50	1150m: 13:21.22	35.63			
	400m: 4:29.99	800m: 9:11.69	1200m: 13:56.75	35.53			
6.	Jeffrey Reijnders	Oceanus	17:27.76	9500877	17:39.01	+0,82	D
	50m: 30.66	450m: 5:07.39	850m: 9:51.13	35.37	1250m: 14:39.89		36.23
	100m: 1:04.07	500m: 5:42.66	900m: 10:26.88	35.75	1300m: 15:15.99		36.10
	150m: 1:38.56	550m: 6:17.84	950m: 11:02.79	35.91	1350m: 15:52.58		36.59
	200m: 2:13.04	600m: 6:52.95	1000m: 11:38.82	36.03	1400m: 16:28.70		36.12
	250m: 2:47.49	650m: 7:28.14	1050m: 12:15.32	36.50	1450m: 17:04.46		35.76
	300m: 3:21.96	700m: 8:04.00	1100m: 12:51.50	36.18	1500m: 17:39.01		34.55
	350m: 3:56.78	750m: 8:39.50	1150m: 13:27.70	36.20			
	400m: 4:31.80	800m: 9:15.76	1200m: 14:03.66	35.96			
7.	Lars Schoffemeer	Numansdorp	17:42.08	9501907	17:46.09	+0,86	E
	50m: 30.03	450m: 5:09.97	850m: 9:56.67	35.60	1250m: 14:44.88		37.03
	100m: 1:03.96	500m: 5:45.79	900m: 10:32.95	36.28	1300m: 15:21.41		36.53
	150m: 1:38.33	550m: 6:21.50	950m: 11:09.33	36.38	1350m: 15:59.29		37.88
	200m: 2:13.55	600m: 6:57.40	1000m: 11:45.17	35.84	1400m: 16:35.90		36.61
	250m: 2:48.42	650m: 7:33.40	1050m: 12:20.39	35.22	1450m: 17:11.64		35.74
	300m: 3:23.46	700m: 8:09.28	1100m: 12:56.28	35.89	1500m: 17:46.09		34.45
	350m: 3:59.04	750m: 8:45.16	1150m: 13:32.35	36.07			
	400m: 4:34.69	800m: 9:21.07	1200m: 14:07.85	35.50			

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Programmanr. 29, Jongens, 1500m vrije slag, Junioren 3

rang	naam	vereniging	intijd	tijd	RT	niv.
8.	Kevin Wolters	Hellas-Glana	18:15.36	9501965	17:54.31	+0,86 E
	50m: 31.61	31.61	450m: 5:18.55	36.04	850m: 10:08.80	35.56
	100m: 1:06.91	35.30	500m: 5:54.91	36.36	900m: 10:44.58	35.78
	150m: 1:42.63	35.72	550m: 6:31.42	36.51	950m: 11:20.96	36.38
	200m: 2:18.56	35.93	600m: 7:07.61	36.19	1000m: 11:57.13	36.17
	250m: 2:54.22	35.66	650m: 7:43.89	36.28	1050m: 12:32.86	35.73
	300m: 3:30.46	36.24	700m: 8:20.44	36.55	1100m: 13:08.74	35.88
	350m: 4:06.63	36.17	750m: 8:56.90	36.46	1150m: 13:44.97	36.23
	400m: 4:42.51	35.88	800m: 9:33.24	36.34	1200m: 14:21.10	36.13
9.	Duane Wemmers	MNC Dordrecht	18:05.83	9501397	18:39.04	+0,84
	50m: 31.09	31.09	450m: 5:21.78	37.39	850m: 10:22.99	38.03
	100m: 1:05.45	34.36	500m: 5:59.32	37.54	900m: 11:01.33	38.34
	150m: 1:41.04	35.59	550m: 6:36.45	37.13	950m: 11:39.71	38.38
	200m: 2:17.41	36.37	600m: 7:13.72	37.27	1000m: 12:18.01	38.30
	250m: 2:54.22	36.81	650m: 7:50.78	37.06	1050m: 12:56.21	38.20
	300m: 3:31.13	36.91	700m: 8:28.64	37.86	1100m: 13:32.93	36.72
	350m: 4:07.73	36.60	750m: 9:06.73	38.09	1150m: 14:10.49	37.56
	400m: 4:44.39	36.66	800m: 9:44.96	38.23	1200m: 14:49.51	39.02

Junioren 4

1.	Lester Snackers	ZC Valkenburg	16:36.27	9400947	16:33.82	+0,86 C
	50m: 28.97	28.97	450m: 4:52.76	34.31	850m: 9:17.94	32.76
	100m: 1:00.34	31.37	500m: 5:26.45	33.69	900m: 9:51.54	33.60
	150m: 1:32.56	32.22	550m: 5:59.51	33.06	950m: 10:25.20	33.66
	200m: 2:05.43	32.87	600m: 6:32.26	32.75	1000m: 10:59.12	33.92
	250m: 2:38.07	32.64	650m: 7:05.14	32.88	1050m: 11:32.68	33.56
	300m: 3:11.33	33.26	700m: 7:38.08	32.94	1100m: 12:06.24	33.56
	350m: 3:44.74	33.41	750m: 8:11.54	33.46	1150m: 12:40.30	34.06
	400m: 4:18.45	33.71	800m: 8:45.18	33.64	1200m: 13:14.40	34.10
2.	Willem Kees Roos	Orca	17:23.72	9402693	16:35.56	+1,06 C
	50m: 29.74	29.74	450m: 4:56.48	33.44	850m: 9:23.57	33.47
	100m: 1:02.23	32.49	500m: 5:29.88	33.40	900m: 9:56.42	32.85
	150m: 1:35.01	32.78	550m: 6:03.35	33.47	950m: 10:29.79	33.37
	200m: 2:08.22	33.21	600m: 6:36.71	33.36	1000m: 11:03.45	33.66
	250m: 2:41.78	33.56	650m: 7:10.37	33.66	1050m: 11:37.22	33.77
	300m: 3:15.46	33.68	700m: 7:43.69	33.32	1100m: 12:10.86	33.64
	350m: 3:49.25	33.79	750m: 8:17.04	33.35	1150m: 12:44.74	33.88
	400m: 4:23.04	33.79	800m: 8:50.10	33.06	1200m: 13:18.89	34.15
3.	Date v.d. Zaag	Eiffel Swimmers PSV	17:30.89	9403919	16:35.95	+0,78 C
	50m: 29.30	29.30	450m: 4:52.15	33.55	850m: 9:21.71	33.99
	100m: 1:01.17	31.87	500m: 5:26.00	33.85	900m: 9:55.49	33.78
	150m: 1:33.48	32.31	550m: 5:59.50	33.50	950m: 10:29.49	34.00
	200m: 2:06.02	32.54	600m: 6:33.07	33.57	1000m: 11:03.60	34.11
	250m: 2:38.86	32.84	650m: 7:06.40	33.33	1050m: 11:37.33	33.73
	300m: 3:11.83	32.97	700m: 7:40.16	33.71	1100m: 12:11.20	33.87
	350m: 3:45.24	33.41	750m: 8:14.07	33.91	1150m: 12:45.19	33.99
	400m: 4:18.60	33.36	800m: 8:47.72	33.65	1200m: 13:19.11	33.92
4.	Vincent Moolhuijsen	Oceanus	17:07.75	9401215	16:49.70	+0,87 D
	50m: 29.64	29.64	450m: 4:57.17	33.64	850m: 9:28.86	33.83
	100m: 1:02.13	32.49	500m: 5:31.14	33.97	900m: 10:02.48	33.62
	150m: 1:35.32	33.19	550m: 6:04.82	33.68	950m: 10:36.46	33.98
	200m: 2:08.68	33.36	600m: 6:38.76	33.94	1000m: 11:10.50	34.04
	250m: 2:42.02	33.34	650m: 7:12.80	34.04	1050m: 11:44.48	33.98
	300m: 3:15.91	33.89	700m: 7:46.68	33.88	1100m: 12:18.68	34.20
	350m: 3:49.68	33.77	750m: 8:20.58	33.90	1150m: 12:52.78	34.10
	400m: 4:23.53	33.85	800m: 8:55.03	34.45	1200m: 13:27.02	34.24
5.	Huib van Houwelingen	AZ&PC	17:35.74	9406019	17:26.32	+0,83 E
	50m: 30.01	30.01	450m: 5:08.30	34.70	850m: 9:50.14	35.58
	100m: 1:04.25	34.24	500m: 5:43.02	34.72	900m: 10:25.50	35.36
	150m: 1:39.40	35.15	550m: 6:18.30	35.28	950m: 11:01.01	35.51
	200m: 2:14.42	35.02	600m: 6:53.28	34.98	1000m: 11:35.74	34.73
	250m: 2:49.61	35.19	650m: 7:29.00	35.72	1050m: 12:11.42	35.68
	300m: 3:24.02	34.41	700m: 8:04.03	35.03	1100m: 12:47.03	35.61
	350m: 3:58.69	34.67	750m: 8:39.38	35.35	1150m: 13:22.16	35.13
	400m: 4:33.60	34.91	800m: 9:14.56	35.18	1200m: 13:57.85	35.69
6.	Jacco Doest	DWK	17:37.05	9400711	17:34.01	+0,92 E
	50m: 30.11	30.11	450m: 5:06.65	35.10	850m: 9:49.50	35.78
	100m: 1:03.42	33.31	500m: 5:41.53	34.88	900m: 10:25.53	36.03
	150m: 1:37.41	33.99	550m: 6:16.27	34.74	950m: 11:01.67	36.14
	200m: 2:11.98	34.57	600m: 6:51.96	35.69	1000m: 11:37.45	35.78
	250m: 2:47.00	35.02	650m: 7:27.31	35.35	1050m: 12:13.39	35.94
	300m: 3:21.86	34.86	700m: 8:02.96	35.65	1100m: 12:49.80	36.41
	350m: 3:56.76	34.90	750m: 8:38.28	35.32	1150m: 13:25.35	35.55
	400m: 4:31.55	34.79	800m: 9:13.72	35.44	1200m: 14:00.93	35.58

Open Nederlandse Kampioenschappen 2009
Amsterdam, 18. - 20.12.2009

Programmanr. 29, Jongens, 1500m vrije slag, Junioren 4

rang	naam		vereniging			intijd			tijd	RT	niv.	
7.	Ivar van Ginkel		DWK			17:29.84		9400025	17:39.21	+0,73	E	
	50m:	30.94	30.94	450m:	5:10.31	35.03	850m:	9:53.90	35.52	1250m:	14:40.63	35.88
	100m:	1:04.86	33.92	500m:	5:45.41	35.10	900m:	10:30.21	36.31	1300m:	15:16.99	36.36
	150m:	1:39.60	34.74	550m:	6:20.74	35.33	950m:	11:05.78	35.57	1350m:	15:51.92	34.93
	200m:	2:14.70	35.10	600m:	6:56.21	35.47	1000m:	11:41.29	35.51	1400m:	16:28.97	37.05
	250m:	2:49.79	35.09	650m:	7:31.46	35.25	1050m:	12:17.46	36.17	1450m:	17:04.96	35.99
	300m:	3:24.85	35.06	700m:	8:07.14	35.68	1100m:	12:53.36	35.90	1500m:	17:39.21	34.25
	350m:	3:59.73	34.88	750m:	8:42.64	35.50	1150m:	13:28.88	35.52			
	400m:	4:35.28	35.55	800m:	9:18.38	35.74	1200m:	14:04.75	35.87			