

Programmanr. 40
03-11-2013

Heren, 1500m vrije slag

Jeugd/Senioren
Resultaten

rang naam vereniging intijd tijd RT niv.

Jeugd 1 en 2

1.	Ruben van Leeuwen	VZC E&P	16:18.03	199704803	16:02.28	+0,72	C
	100m: 59.49	500m: 5:18.12	1:04.40	900m: 9:37.15	1:04.85	1300m: 13:57.05	1:04.91
	200m: 2:04.07	600m: 6:22.78	1:04.66	1000m: 10:42.30	1:05.15	1400m: 15:00.55	1:03.50
	300m: 3:09.03	700m: 7:27.44	1:04.66	1100m: 11:47.54	1:05.24	1500m: 16:02.28	1:01.73
	400m: 4:13.72	800m: 8:32.30	1:04.86	1200m: 12:52.14	1:04.60		
2.	Pepijn Smits	PSV	16:24.83	199600691	16:18.62	+0,85	D
	100m: 1:00.02	500m: 5:19.83	1:05.29	900m: 9:43.53	1:06.21	1300m: 14:08.92	1:05.79
	200m: 2:04.65	600m: 6:25.51	1:05.68	1000m: 10:49.69	1:06.16	1400m: 15:14.19	1:05.27
	300m: 3:09.60	700m: 7:31.35	1:05.84	1100m: 11:56.38	1:06.69	1500m: 16:18.62	1:04.43
	400m: 4:14.54	800m: 8:37.32	1:05.97	1200m: 13:03.13	1:06.75		
3.	Daniël Buijs	AZ&PC	16:30.29	199600183	16:21.64	+0,70	
	100m: 58.47	500m: 5:22.98	1:06.25	900m: 9:47.24	1:05.86	1300m: 14:12.75	1:06.70
	200m: 2:04.83	600m: 6:28.64	1:05.66	1000m: 10:53.08	1:05.84	1400m: 15:19.39	1:06.64
	300m: 3:10.75	700m: 7:35.26	1:06.62	1100m: 11:59.24	1:06.16	1500m: 16:21.64	1:02.25
	400m: 4:16.73	800m: 8:41.38	1:06.12	1200m: 13:06.05	1:06.81		
4.	Stijn Avezaat	ZPC Woerden	16:34.85	199700729	16:38.94	+0,92	E
	100m: 59.15	500m: 5:23.03	1:07.52	900m: 9:53.12	1:07.67	1300m: 14:26.05	1:08.43
	200m: 2:03.94	600m: 6:29.87	1:06.84	1000m: 11:01.81	1:08.69	1400m: 15:34.45	1:08.40
	300m: 3:09.17	700m: 7:37.90	1:08.03	1100m: 12:09.59	1:07.78	1500m: 16:38.94	1:04.49
	400m: 4:15.51	800m: 8:45.45	1:07.55	1200m: 13:17.62	1:08.03		
5.	Lars Bottelier	VZV	16:55.09	199702681	17:01.16 *	+0,96	E
	100m: 59.39	500m: 5:23.47	1:07.63	900m: 10:01.02	1:09.87	1300m: 14:42.74	1:10.44
	200m: 2:04.16	600m: 6:31.12	1:07.65	1000m: 11:11.35	1:10.33	1400m: 15:53.24	1:10.50
	300m: 3:09.42	700m: 7:40.97	1:09.85	1100m: 12:21.79	1:10.44	1500m: 17:01.16	1:07.92
	400m: 4:15.84	800m: 8:51.15	1:10.18	1200m: 13:32.30	1:10.51		

all-in

1.	Ferry Weertman	KNZB-NTC	14:44.45	199201461	15:01.92	+0,76	A
	100m: 58.11	500m: 4:59.96	1:00.05	900m: 9:00.30	1:00.04	1300m: 13:02.27	1:00.59
	200m: 1:59.38	600m: 6:00.00	1:00.04	1000m: 10:00.64	1:00.34	1400m: 14:03.01	1:00.74
	300m: 3:00.16	700m: 6:59.93	59.93	1100m: 11:00.93	1:00.29	1500m: 15:01.92	58.91
	400m: 3:59.91	800m: 8:00.26	1:00.33	1200m: 12:01.68	1:00.75		
2.	Maarten Brzoskowski <i>Nederlands Record 18 jaar</i>	KNZB-RTC	15:20.66	199500769	15:13.39	+0,74	A
	100m: 59.15	500m: 5:04.60	1:01.02	900m: 9:08.46	1:01.18	1300m: 13:12.50	1:00.76
	200m: 2:01.13	600m: 6:05.56	1:00.96	1000m: 10:09.37	1:00.91	1400m: 14:13.65	1:01.15
	300m: 3:02.36	700m: 7:06.62	1:01.06	1100m: 11:10.62	1:01.25	1500m: 15:13.39	59.74
	400m: 4:03.58	800m: 8:07.28	1:00.66	1200m: 12:11.74	1:01.12		
3.	Marcel Schouten	KNZB-NTC	15:29.49	199300653	15:30.86	+0,75	C
	100m: 59.25	500m: 5:05.05	1:01.41	900m: 9:12.21	1:02.21	1300m: 13:25.64	1:03.74
	200m: 2:00.47	600m: 6:06.38	1:01.33	1000m: 10:14.86	1:02.65	1400m: 14:29.28	1:03.64
	300m: 3:02.08	700m: 7:08.17	1:01.79	1100m: 11:18.01	1:03.15	1500m: 15:30.86	1:01.58
	400m: 4:03.64	800m: 8:10.00	1:01.83	1200m: 12:21.90	1:03.89		
4.	Ruben van Leeuwen	VZC E&P	16:18.03	199704803	16:02.28	+0,72	C
	100m: 59.49	500m: 5:18.12	1:04.40	900m: 9:37.15	1:04.85	1300m: 13:57.05	1:04.91
	200m: 2:04.07	600m: 6:22.78	1:04.66	1000m: 10:42.30	1:05.15	1400m: 15:00.55	1:03.50
	300m: 3:09.03	700m: 7:27.44	1:04.66	1100m: 11:47.54	1:05.24	1500m: 16:02.28	1:01.73
	400m: 4:13.72	800m: 8:32.30	1:04.86	1200m: 12:52.14	1:04.60		
5.	Rowan Keen	Borger	16:15.98	199500727	16:07.59	+0,89	D
	100m: 1:00.67	500m: 5:17.85	1:04.23	900m: 9:37.36	1:04.69	1300m: 13:58.18	1:05.56
	200m: 2:04.89	600m: 6:22.38	1:04.53	1000m: 10:42.53	1:05.17	1400m: 15:03.79	1:05.61
	300m: 3:09.40	700m: 7:27.38	1:05.00	1100m: 11:47.80	1:05.27	1500m: 16:07.59	1:03.80
	400m: 4:13.62	800m: 8:32.67	1:05.29	1200m: 12:52.62	1:04.82		
6.	Pepijn Smits	PSV	16:24.83	199600691	16:18.62	+0,85	D
	100m: 1:00.02	500m: 5:19.83	1:05.29	900m: 9:43.53	1:06.21	1300m: 14:08.92	1:05.79
	200m: 2:04.65	600m: 6:25.51	1:05.68	1000m: 10:49.69	1:06.16	1400m: 15:14.19	1:05.27
	300m: 3:09.60	700m: 7:31.35	1:05.84	1100m: 11:56.38	1:06.69	1500m: 16:18.62	1:04.43
	400m: 4:14.54	800m: 8:37.32	1:05.97	1200m: 13:03.13	1:06.75		
7.	Daniël Buijs	AZ&PC	16:30.29	199600183	16:21.64	+0,70	
	100m: 58.47	500m: 5:22.98	1:06.25	900m: 9:47.24	1:05.86	1300m: 14:12.75	1:06.70
	200m: 2:04.83	600m: 6:28.64	1:05.66	1000m: 10:53.08	1:05.84	1400m: 15:19.39	1:06.64
	300m: 3:10.75	700m: 7:35.26	1:06.62	1100m: 11:59.24	1:06.16	1500m: 16:21.64	1:02.25
	400m: 4:16.73	800m: 8:41.38	1:06.12	1200m: 13:06.05	1:06.81		

Programmanr. 40, Heren, 1500m vrije slag, all-in

rang	naam	vereniging				intijd			tijd		RT	niv.
8.	Stijn Avezaat	ZPC Woerden				16:34.85			199700729	16:38.94	+0,92	E
	100m:	59.15	59.15	500m:	5:23.03	1:07.52	900m:	9:53.12	1:07.67	1300m:	14:26.05	1:08.43
	200m:	2:03.94	1:04.79	600m:	6:29.87	1:06.84	1000m:	11:01.81	1:08.69	1400m:	15:34.45	1:08.40
	300m:	3:09.17	1:05.23	700m:	7:37.90	1:08.03	1100m:	12:09.59	1:07.78	1500m:	16:38.94	1:04.49
	400m:	4:15.51	1:06.34	800m:	8:45.45	1:07.55	1200m:	13:17.62	1:08.03			
9.	Lars Bottelier	VZV				16:55.09			199702681	17:01.16 *	+0,96	E
	100m:	59.39	59.39	500m:	5:23.47	1:07.63	900m:	10:01.02	1:09.87	1300m:	14:42.74	1:10.44
	200m:	2:04.16	1:04.77	600m:	6:31.12	1:07.65	1000m:	11:11.35	1:10.33	1400m:	15:53.24	1:10.50
	300m:	3:09.42	1:05.26	700m:	7:40.97	1:09.85	1100m:	12:21.79	1:10.44	1500m:	17:01.16	1:07.92
	400m:	4:15.84	1:06.42	800m:	8:51.15	1:10.18	1200m:	13:32.30	1:10.51			
10.	Lars Schoffemeer	ZVVS				16:51.28			199501907	17:03.13	+0,74	
	100m:	1:00.54	1:00.54	500m:	5:29.92	1:08.46	900m:	10:07.30	1:09.17	1300m:	14:46.99	1:10.23
	200m:	2:07.33	1:06.79	600m:	6:38.30	1:08.38	1000m:	11:17.66	1:10.36	1400m:	15:55.48	1:08.49
	300m:	3:14.81	1:07.48	700m:	7:48.23	1:09.93	1100m:	12:27.12	1:09.46	1500m:	17:03.13	1:07.65
	400m:	4:21.46	1:06.65	800m:	8:58.13	1:09.90	1200m:	13:36.76	1:09.64			
11.	Vincent Moolhuijsen	Oceanus				16:21.17			199401215	17:12.50	+0,88	
	100m:	1:01.76	1:01.76	500m:	5:31.18	1:08.88	900m:	10:11.99	1:10.65	1300m:	14:53.59	1:10.40
	200m:	2:07.42	1:05.66	600m:	6:39.95	1:08.77	1000m:	11:22.34	1:10.35	1400m:	16:03.40	1:09.81
	300m:	3:13.67	1:06.25	700m:	7:49.17	1:09.22	1100m:	12:33.11	1:10.77	1500m:	17:12.50	1:09.10
	400m:	4:22.30	1:08.63	800m:	9:01.34	1:12.17	1200m:	13:43.19	1:10.08			