

Lange Afstand Wedstrijd  
Oss, 4-12-2016

Programmanr. 4  
4-12-2016 - 17:30

Heren, 1500m vrije slag

Heren Senioren Open  
Resultaten

rang	naam	vereniging		intijd		tijd		RT				
1.	Koen Koster	Hzpc		NT 199900517		<b>16:45.03</b>		651				
	100m:	1:03.42	1:03.42	500m:	5:33.45	1:08.11	900m:	10:03.19	1:06.89	1300m:	14:33.24	1:06.91
	200m:	2:10.77	1:07.35	600m:	6:41.39	1:07.94	1000m:	11:10.53	1:07.34	1400m:	15:40.23	1:06.99
	300m:	3:17.85	1:07.08	700m:	7:49.09	1:07.70	1100m:	12:18.27	1:07.74	1500m:	16:45.03	1:04.80
	400m:	4:25.34	1:07.49	800m:	8:56.30	1:07.21	1200m:	13:26.33	1:08.06			
2.	Stefan Timmermans	Rzc		18:00.00 199403015		<b>17:12.63</b>		600				
	100m:	1:04.92	1:04.92	500m:	5:45.21	1:09.85	900m:	10:22.00	1:09.56	1300m:	14:58.68	1:08.48
	200m:	2:14.97	1:10.05	600m:	6:55.00	1:09.79	1000m:	11:32.31	1:10.31	1400m:	16:06.95	1:08.27
	300m:	3:25.46	1:10.49	700m:	8:04.17	1:09.17	1100m:	12:41.61	1:09.30	1500m:	17:12.63	1:05.68
	400m:	4:35.36	1:09.90	800m:	9:12.44	1:08.27	1200m:	13:50.20	1:08.59			
3.	Rick van Hamond	Dommelbaarzen		19:10.39 199205873		<b>17:41.72</b>		552				
	100m:	1:03.58	1:03.58	500m:	5:44.11	1:10.99	900m:	10:32.75	1:12.84	1300m:	15:24.66	1:12.64
	200m:	2:12.46	1:08.88	600m:	6:55.63	1:11.52	1000m:	11:45.55	1:12.80	1400m:	16:35.84	1:11.18
	300m:	3:22.01	1:09.55	700m:	8:07.50	1:11.87	1100m:	12:58.59	1:13.04	1500m:	17:41.72	1:05.88
	400m:	4:33.12	1:11.11	800m:	9:19.91	1:12.41	1200m:	14:12.02	1:13.43			
4.	Jelmer North	Z&PV Nuenen		18:32.94 200200617		<b>18:30.15</b>		483				
	100m:	1:09.58	1:09.58	500m:	6:03.75	1:13.46	900m:	11:03.46	1:15.44	1300m:	16:02.20	1:14.94
	200m:	2:22.98	1:13.40	600m:	7:18.45	1:11.52	1000m:	12:17.40	1:13.94	1400m:	17:17.52	1:15.32
	300m:	3:36.86	1:13.88	700m:	8:33.13	1:14.68	1100m:	13:32.14	1:14.74	1500m:	18:30.15	1:12.63
	400m:	4:50.29	1:13.43	800m:	9:48.02	1:14.89	1200m:	14:47.26	1:15.12			
5.	Thijn Damen	O.Z. & P.C. De Warande		19:33.34 200300973		<b>19:21.81</b>		421				
	100m:	1:13.44	1:13.44	500m:	6:23.75	1:17.71	900m:	11:36.28	1:18.49	1300m:	16:50.91	1:18.60
	200m:	2:30.86	1:17.42	600m:	7:41.41	1:17.66	1000m:	12:55.39	1:19.11	1400m:	18:08.93	1:18.02
	300m:	3:48.24	1:17.38	700m:	8:59.63	1:18.22	1100m:	14:13.31	1:17.92	1500m:	19:21.81	1:12.88
	400m:	5:06.04	1:17.80	800m:	10:17.79	1:18.16	1200m:	15:32.31	1:19.00			
6.	Sam van der Drift	Vzc E&P		20:25.22 200301485		<b>19:21.92</b>		421				
	100m:	1:11.10	1:11.10	500m:	6:19.89	1:18.63	900m:	11:36.29	1:18.53	1300m:	16:49.67	1:17.16
	200m:	2:27.00	1:15.90	600m:	7:39.45	1:19.56	1000m:	12:55.13	1:18.84	1400m:	18:09.48	1:19.81
	300m:	3:43.29	1:16.29	700m:	8:59.39	1:19.94	1100m:	14:13.89	1:18.76	1500m:	19:21.92	1:12.44
	400m:	5:01.26	1:17.97	800m:	10:17.76	1:18.37	1200m:	15:32.51	1:18.62			
7.	Jo-an Mudde	Zeester Meerval		18:46.54 196701457		<b>19:28.61</b>		414				
	100m:	1:12.29	1:12.29	500m:	6:26.67	1:19.02	900m:	11:40.45	1:18.54	1300m:	16:54.91	1:18.85
	200m:	2:29.99	1:17.70	600m:	7:45.10	1:18.43	1000m:	12:58.91	1:18.46	1400m:	18:13.03	1:18.12
	300m:	3:48.86	1:18.87	700m:	9:03.38	1:18.28	1100m:	14:16.84	1:17.93	1500m:	19:28.61	1:15.58
	400m:	5:07.65	1:18.79	800m:	10:21.91	1:18.53	1200m:	15:36.06	1:19.22			
8.	Bram Schaafsma	Vzc E&P		NT 200302159		<b>19:36.57</b>		406				
	100m:	1:11.58	1:11.58	500m:	6:27.33	1:18.64	900m:	11:46.75	1:19.05	1300m:	17:01.71	1:18.76
	200m:	2:31.55	1:19.97	600m:	7:47.36	1:20.03	1000m:	13:06.07	1:19.32	1400m:	18:19.47	1:17.76
	300m:	3:49.70	1:18.15	700m:	9:07.05	1:19.69	1100m:	14:24.54	1:18.47	1500m:	19:36.57	1:17.10
	400m:	5:08.69	1:18.99	800m:	10:27.70	1:20.65	1200m:	15:42.95	1:18.41			
9.	Ricardo Jansen	Arethusa		NT 200301055		<b>20:18.74</b>		365				
	100m:	1:14.18	1:14.18	500m:	6:32.91	1:20.29	900m:	11:59.42	1:21.15	1300m:	17:31.64	1:21.60
	200m:	2:33.41	1:19.23	600m:	7:54.53	1:21.62	1000m:	13:23.55	1:24.13	1400m:	18:56.55	1:24.91
	300m:	3:52.59	1:19.18	700m:	9:15.64	1:21.11	1100m:	14:46.69	1:23.14	1500m:	20:18.74	1:22.19
	400m:	5:12.62	1:20.03	800m:	10:38.27	1:22.63	1200m:	16:10.04	1:23.35			