

## KNZB Regio Oost Circuit deel 1

Programmanr. 12  
14-10-2023 - 15:30

Heren, 200m wisselslag

Junioren 1 en ouder  
Resultaten

Punten: FINA 2022

rang naam	vereniging	intijd	tijd	Pnt	50m	100m	150m	200m
<b>Junioren 1 en 2</b>								
1. Abe Pasop	De Grunte	2:46.97 201000501	<b>2:44.45</b>	296	37.78	1:21.18	2:07.33	2:44.45
2. Joep van Nijen	Z&PV de Veene	3:07.93 201000545	<b>2:56.37</b>	240	39.64	1:29.22	2:17.99	2:56.37
3. Dewin Volker	WS Twente	NT 201101935	<b>3:11.41</b>	187	46.38	1:38.22	2:29.62	3:11.41
4. Hidde de Jonge	De Grunte	3:12.79 201101213	<b>3:16.65</b>	173	44.20	1:33.81	2:30.79	3:16.65
5. Pepijn Hutten	De Grunte	3:51.81 201102183	<b>3:49.98</b>	108	48.60	1:50.53	3:00.14	3:49.98
DIS Fabian Pol	WS Twente	3:05.36 201001179						

*RD - Rugligging verlaten en stuwbewegingen met armen en/of benen gemaakt zonder het keerpunt in te zetten.*

**Junioren 3 en 4**

1. Bjorn Scholten	WS Twente	2:26.57 200801143	<b>2:26.19</b>	421	31.68	1:08.18	1:54.14	2:26.19
2. Teun van Weeren	WS Twente	2:29.04 200801145	<b>2:34.57</b>	356	33.12	1:13.82	2:00.73	2:34.57
3. Bram Kulpe	Z&PV de Veene	2:42.68 200900329	<b>2:38.54</b>	330	37.84	1:19.00	2:04.21	2:38.54
4. Dani Yefimov	WS Twente	2:39.46 200901305	<b>2:39.59</b>	324	34.34	1:17.44	2:03.20	2:39.59
5. Giovanni Dessi	V Z & P C	2:58.51 200801211	<b>2:46.49</b>	285	35.44	1:19.60	2:10.70	2:46.49
6. Mees Elfring	WS Twente	2:59.29 200800009	<b>2:48.80</b>	273	34.29	1:20.69	2:11.80	2:48.80
7. Viktor Post	WS Twente	2:59.48 200802201	<b>2:52.07</b>	258	38.45	1:23.15	2:12.48	2:52.07
8. Silvio Overbeeke	Z&PV de Veene	2:45.66 200801889	<b>2:52.65</b>	256	39.43	1:21.14	2:13.75	2:52.65
9. Rinse de Jonge	De Grunte	3:04.88 200900705	<b>2:56.18</b>	240	38.32	1:23.10	2:18.04	2:56.18
10. Joas Norden	De Grunte	3:09.61 200902705	<b>3:00.87</b>	222	38.26	1:29.11	2:17.98	3:00.87
11. Niek Eijsink	De Grunte	2:57.04 200801827	<b>3:00.93</b>	222	34.13	1:17.96	2:17.98	3:00.93

**Jeugd 1 en 2**

1. Tijs Kruithof	Het Ravijn	2:30.39 200701181	<b>2:25.35</b>	429	31.21	1:08.69	1:52.49	2:25.35
2. Lars Haytink	WS Twente	2:28.25 200601815	<b>2:30.65</b>	385	31.63	1:10.54	1:55.32	2:30.65
3. Quinten Tuitert	WS Twente	2:47.39 200600447	<b>2:47.69</b>	279	36.04	1:20.98	2:07.40	2:47.69
4. Luuk Tangenberg	De Grunte	2:48.85 200601183	<b>2:47.97</b>	278	35.60	1:18.96	2:14.20	2:47.97
5. Haiying Jacobs	WS Twente	2:51.16 200703299	<b>2:49.49</b>	270	38.28	1:23.42	2:11.25	2:49.49
6. Jarrod Kanselaar	Z&PV de Veene	4:03.71 200701895	<b>3:07.33</b>	200	42.42	1:29.94	2:23.62	3:07.33

**Senioren 1 en ouder**

1. Lasse Ophuis	WS Twente	2:37.10 200400027	<b>2:36.05</b>	346	36.08	1:19.99	2:00.69	2:36.05
2. Bram Siebers	Sg - E Z C L	2:41.90 199302241	<b>2:36.42</b>	344	30.95	1:12.70	1:59.19	2:36.42
3. Eric Hoekman	WS Twente	2:55.64 197401531	<b>2:45.71</b>	289	33.54	1:16.12	2:09.01	2:45.71
4. Harm-Jan Otter	V Z & P C	2:36.73 198101283	<b>2:49.95</b>	268	37.02	1:23.49	2:09.60	2:49.95
5. Lanco Manaf	Het Ravijn	2:52.47 200402715	<b>2:50.61</b>	265	39.97	1:27.43	2:17.46	2:50.61
6. Mathijs Krieger	Sg - E Z C L	3:14.08 199905361	<b>3:02.73</b>	215	37.61	1:28.12	2:21.10	3:02.73
7. Jan Willem Heuten	WS Twente	3:41.94 196000883	<b>3:45.18</b>	115	49.68	1:52.09	2:57.54	3:45.18