

Programmanr. 23
21/12/2014 - 14:34

Heren, 400m wisselslag

Junioren 3 en ouder
Resultaten

rang	naam	vereniging	intijd	startnr.	tijd	RT	pnt	niv
1.	Sébas van Lith	Aqua-Novio '94	4:14.60	199001841	4:17.04	+0,83		B
	50m: 27.61	27.61 150m: 1:32.89	32.76	250m: 2:40.82	35.90	350m: 3:47.69	30.46	
	100m: 1:00.13	32.52 200m: 2:04.92	32.03	300m: 3:17.23	36.41	400m: 4:17.04	29.35	
2.	Ensgel Kotterink	Albion	4:29.55	199403391	4:30.33	+0,65		D
	50m: 27.67	27.67 150m: 1:32.69	33.37	250m: 2:45.35	38.89	350m: 3:58.15	32.46	
	100m: 59.32	31.65 200m: 2:06.46	33.77	300m: 3:25.69	40.34	400m: 4:30.33	32.18	
3.	Jorgos Skotadis	De Dolfijn	4:33.81	199803317	4:37.60	+0,72		D
	50m: 28.41	28.41 150m: 1:38.04	35.47	250m: 2:52.51	39.36	350m: 4:05.22	31.44	
	100m: 1:02.57	34.16 200m: 2:13.15	35.11	300m: 3:33.78	41.27	400m: 4:37.60	32.38	
4.	Marc Evers <i>NR Gehandicapten</i>	NTC Paralympisch	4:40.96	199107425	SM14	4:39.58	+0,88	1252 E
	50m: 29.76	29.76 150m: 1:39.53	36.05	250m: 2:54.67	40.38	350m: 4:08.35	32.68	
	100m: 1:03.48	33.72 200m: 2:14.29	34.76	300m: 3:35.67	41.00	400m: 4:39.58	31.23	
5.	Ivar de Jong	De Dolfijn	4:36.48	199700869	4:40.25	+0,77		E
	50m: 29.24	29.24 150m: 1:39.86	36.54	250m: 2:54.86	38.51	350m: 4:07.39	32.67	
	100m: 1:03.32	34.08 200m: 2:16.35	36.49	300m: 3:34.72	39.86	400m: 4:40.25	32.86	
6.	Bart Sommeling	De Dolfijn	4:48.90	199800765	4:45.87	+0,63		E
	50m: 29.54	29.54 150m: 1:42.47	37.89	250m: 2:59.51	40.78	350m: 4:13.87	32.58	
	100m: 1:04.58	35.04 200m: 2:18.73	36.26	300m: 3:41.29	41.78	400m: 4:45.87	32.00	
7.	Michel van Nieuwkerk	Albion	4:52.13	199702413	4:48.54	+0,69		E
	50m: 30.49	30.49 150m: 1:43.43	36.54	250m: 3:01.19	40.11	350m: 4:16.01	33.59	
	100m: 1:06.89	36.40 200m: 2:21.08	37.65	300m: 3:42.42	41.23	400m: 4:48.54	32.53	
8.	Matthew Dullemond	MNC Dordrecht	4:53.20	199805005	4:51.37	+0,75		E
	50m: 30.36	30.36 150m: 1:42.04	36.20	250m: 3:01.83	43.68	350m: 4:19.38	34.13	
	100m: 1:05.84	35.48 200m: 2:18.15	36.11	300m: 3:45.25	43.42	400m: 4:51.37	31.99	
9.	Max Voortman	De Berkelduikers	4:57.60	199902923	4:53.02	+0,61		E
	50m: 30.99	30.99 150m: 1:45.25	36.40	250m: 3:03.34	41.46	350m: 4:20.12	34.20	
	100m: 1:08.85	37.86 200m: 2:21.88	36.63	300m: 3:45.92	42.58	400m: 4:53.02	32.90	
10.	Ruben Griffioen	De Columbiaan	4:49.02	199900771	4:53.05	+0,73		E
	50m: 31.49	31.49 150m: 1:44.27	34.78	250m: 2:59.29	40.93	350m: 4:18.23	36.61	
	100m: 1:09.49	38.00 200m: 2:18.36	34.09	300m: 3:41.62	42.33	400m: 4:53.05	34.82	
11.	Timos Skotadis	De Dolfijn	4:51.25	199804615	4:59.27 *	+0,75		F
	50m: 29.78	29.78 150m: 1:42.12	37.43	250m: 3:03.71	44.22	350m: 4:24.62	34.57	
	100m: 1:04.69	34.91 200m: 2:19.49	37.37	300m: 3:50.05	46.34	400m: 4:59.27	34.65	
12.	Olivier Jans	De Dolfijn	5:05.44	200001815	5:05.55	+0,78		F
	50m: 32.54	32.54 150m: 1:49.41	37.85	250m: 3:10.49	44.06	350m: 4:31.40	35.89	
	100m: 1:11.56	39.02 200m: 2:26.43	37.02	300m: 3:55.51	45.02	400m: 5:05.55	34.15	
13.	Nick van Nijburg	De Otters Het Gooi	5:01.92	199902169	5:08.15	+0,84		F
	50m: 31.77	31.77 150m: 1:48.05	38.01	250m: 3:10.76	44.17	350m: 4:31.85	35.32	
	100m: 1:10.04	38.27 200m: 2:26.59	38.54	300m: 3:56.53	45.77	400m: 5:08.15	36.30	
AFGEM	Anis el Bachaoui	De Dolfijn	5:48.83	199702093				
AFGEM	Yannick Vijver	De Dolfijn	4:40.40	199600469				
AFGEM	Egbert Stolk	d'ELFT	4:46.30	197600889				