

Programmanr. 21  
20-03-2022

Heren, 400m wisselslag

Junioren 1 en ouder  
Resultaten

Punten: Rudolph Table 2020

Rang									Tijd	RT	Rudolph	
<b>Junioren 1</b>												
1.	Finn Hilders		De Dolfijn			200900283			<b>6:18.18</b>	+0,56	2,1	
	50m:	39.24	39.24	150m:	2:20.99	49.81	250m:	4:03.48	54.48	350m:	5:40.87	42.32
	100m:	1:31.18	51.94	200m:	3:09.00	48.01	300m:	4:58.55	55.07	400m:	6:18.18	37.31

**Junioren 3**

1.	Floris van der Salm		De Dolfijn			200700705			<b>5:43.27</b>	+0,73	3,0	
	<i>*100m</i>											
	50m:	36.04	36.04	150m:	2:04.94	45.84	250m:	3:35.81	47.83	350m:	5:04.26	39.98
	100m:	1:19.10	43.06	200m:	2:47.98	43.04	300m:	4:24.28	48.47	400m:	5:43.27	39.01
2.	Lars Kool		DAW			200700511			<b>6:01.40</b>	+0,79		
	50m:	40.01	40.01	150m:	2:18.08	47.52	250m:	3:50.35	47.42	350m:	5:19.86	40.72
	100m:	1:30.56	50.55	200m:	3:02.93	44.85	300m:	4:39.14	48.79	400m:	6:01.40	41.54

**Junioren 4**

AFGEM Joshua Agussalim NieMo Barracuda 200600153

**Senioren open**

1.	Guus Hoogduin		ZVL-1886 Center			200201069			<b>5:00.24</b>	+0,71	6,6	
	50m:	30.04	30.04	150m:	1:43.71	39.43	250m:	3:05.27	42.78	350m:	4:25.73	36.65
	100m:	1:04.28	34.24	200m:	2:22.49	38.78	300m:	3:49.08	43.81	400m:	5:00.24	34.51