



Programmanr. 21  
9-2-2025 - 15:39

Heren, 400m wisselslag

2012 en ouder  
Resultaten

| rang              | naam               | vereniging |               | intijd  |               | tijd      |               | RT      |       |
|-------------------|--------------------|------------|---------------|---------|---------------|-----------|---------------|---------|-------|
| Gebjr 2009 - 2010 |                    |            |               |         |               |           |               |         |       |
| 1.                | Adriaan Coppelmans | AZC        |               | 4:50.06 |               | 200903243 |               | 5:08.80 | +0,67 |
|                   | 50m: 32.52         | 32.52      | 150m: 1:51.15 | 39.15   | 250m: 3:14.77 | 46.10     | 350m: 4:35.66 | 35.53   |       |
|                   | 100m: 1:12.00      | 39.48      | 200m: 2:28.67 | 37.52   | 300m: 4:00.13 | 45.36     | 400m: 5:08.80 | 33.14   |       |

2006 en ouder

|    |                 |                      |               |         |               |           |               |               |
|----|-----------------|----------------------|---------------|---------|---------------|-----------|---------------|---------------|
| 1. | Samuel de Groot | Zwemlust- den Hommel |               | 4:37.53 |               | 199905451 |               | 4:57.40 +0,74 |
|    | 50m: 30.16      | 30.16                | 150m: 1:45.51 | 39.28   | 250m: 3:05.60 | 41.58     | 350m: 4:23.21 | 35.47         |
|    | 100m: 1:06.23   | 36.07                | 200m: 2:24.02 | 38.51   | 300m: 3:47.74 | 42.14     | 400m: 4:57.40 | 34.19         |