

Programmanr. 16
02-07-2022

Heren, 400m wisselslag

Junioren 1 en later
Resultaten

rang	naam	vereniging				startnr.	tijd				RT
1.	Thomas Jansen	Rijnhaeghe (SG)				200100143	4:11.81				+0,74
	50m: 26.68	26.68	150m: 1:27.78	30.65	250m: 2:34.32	36.15	350m: 3:41.78	30.46			
	100m: 57.13	30.45	200m: 1:58.17	30.39	300m: 3:11.32	37.00	400m: 4:11.81	30.03			
2.	Lars Verhalle	PSV				200200019	4:22.25				+0,70
	50m: 27.32	27.32	150m: 1:32.83	33.47	250m: 2:43.32	36.24	350m: 3:52.23	31.38			
	100m: 59.36	32.04	200m: 2:07.08	34.25	300m: 3:20.85	37.53	400m: 4:22.25	30.02			
3.	Efe Öngören	Blue Marlins (SG)				200504459	4:33.94				+0,64
	50m: 28.21	28.21	150m: 1:39.62	37.78	250m: 2:53.41	37.99	350m: 4:03.87	31.91			
	100m: 1:01.84	33.63	200m: 2:15.42	35.80	300m: 3:31.96	38.55	400m: 4:33.94	30.07			
4.	Kylian Heederik	SWOL 1894				200300353	4:40.95				+0,70
	50m: 29.91	29.91	150m: 1:41.41	36.23	250m: 2:55.50	38.92	350m: 4:08.64	33.91			
	100m: 1:05.18	35.27	200m: 2:16.58	35.17	300m: 3:34.73	39.23	400m: 4:40.95	32.31			
5.	Xiaoyu Yin	Blue Marlins (SG)				200803363	4:49.27				+0,74
	50m: 28.07	28.07	150m: 1:37.40	36.21	250m: 2:55.94	42.78	350m: 4:14.39	35.13			
	100m: 1:01.19	33.12	200m: 2:13.16	35.76	300m: 3:39.26	43.32	400m: 4:49.27	34.88			
6.	Bjorn van den Berge	ZPC De Zeeuwse Kust				200701991	5:07.48				+0,71
	50m: 32.34	32.34	150m: 1:53.68	42.51	250m: 3:17.14	42.47	350m: 4:34.77	35.86			
	100m: 1:11.17	38.83	200m: 2:34.67	40.99	300m: 3:58.91	41.77	400m: 5:07.48	32.71			
7.	Gaëtan Spicq	Blue Marlins (SG)				200701807	5:11.82				+0,73
	50m: 30.64	30.64	150m: 1:47.74	38.48	250m: 3:13.23	47.15	350m: 4:37.56	37.08			
	100m: 1:09.26	38.62	200m: 2:26.08	38.34	300m: 4:00.48	47.25	400m: 5:11.82	34.26			
8.	Thijs van den Berg	Blue Marlins (SG)				200600971	5:12.18				+0,79
	50m: 32.43	32.43	150m: 1:51.20	40.94	250m: 3:15.15	43.65	350m: 4:36.01	37.30			
	100m: 1:10.26	37.83	200m: 2:31.50	40.30	300m: 3:58.71	43.56	400m: 5:12.18	36.17			
9.	Lou van Leeuwen	De Dolfijn				200702779	5:26.47				+0,78
	50m: 34.30	34.30	150m: 1:56.87	41.91	250m: 3:25.00	45.58	350m: 4:50.45	37.72			
	100m: 1:14.96	40.66	200m: 2:39.42	42.55	300m: 4:12.73	47.73	400m: 5:26.47	36.02			
10.	Jasper Stoel	ZPC AMERSFOORT				200800543	6:01.90				+0,74
	50m: 39.05	39.05	150m: 2:14.63	47.30	250m: 3:52.99	52.64	350m: 5:25.11	39.55			
	100m: 1:27.33	48.28	200m: 3:00.35	45.72	300m: 4:45.56	52.57	400m: 6:01.90	36.79			
11.	Maxim Kotenok 100m*	Blue Marlins (SG)				200903549	7:01.64				+0,83
	50m: 40.22	40.22	150m: 2:32.85	58.83	250m: 4:27.51	56.93	350m: 6:15.28	49.70			
	100m: 1:34.02	53.80	200m: 3:30.58	57.73	300m: 5:25.58	58.07	400m: 7:01.64	46.36			