

Programmanr. 24
 6-7-2025 - 11:09

Heren, 400m wisselslag

alg. leeftijdsgroep
 Resultaten

rang	naam	vereniging				intijd				tijd				RT
1.	Sven Klink	SWOL 1894				4:24.49 200500349				4:28.35				+0,75
	50m: 27.49	27.49	150m: 1:33.31	33.84	250m: 2:45.06	37.98	350m: 3:57.43	32.76						
	100m: 59.47	31.98	200m: 2:07.08	33.77	300m: 3:24.67	39.61	400m: 4:28.35	30.92						
2.	Jesse van der Meij	De Dolfijn				4:46.01 200600841				4:47.68				+0,77
	50m: 30.16	30.16	150m: 1:43.94	38.55	250m: 3:02.17	39.81	350m: 4:15.74	33.42						
	100m: 1:05.39	35.23	200m: 2:22.36	38.42	300m: 3:42.32	40.15	400m: 4:47.68	31.94						
3.	Duco de Gelder	Blue Marlins				4:52.68 201000217				4:52.28				+0,69
	50m: 30.42	30.42	150m: 1:43.82	37.51	250m: 3:02.62	40.14	350m: 4:19.84	34.94						
	100m: 1:06.31	35.89	200m: 2:22.48	38.66	300m: 3:44.90	42.28	400m: 4:52.28	32.44						
4.	Kasper Lubbers	Orca Leeuwarden				5:03.51 201100025				4:56.88				+0,64
	50m: 32.79	32.79	150m: 1:49.21	38.84	250m: 3:07.94	41.41	350m: 4:23.54	34.04						
	100m: 1:10.37	37.58	200m: 2:26.53	37.32	300m: 3:49.50	41.56	400m: 4:56.88	33.34						
5.	Juan Cruz Slappendel	Orca Leeuwarden				5:06.01 200903053				4:58.08				+0,69
	50m: 29.92	29.92	150m: 1:46.37	40.52	250m: 3:10.23	45.88	350m: 4:28.32	32.26						
	100m: 1:05.85	35.93	200m: 2:24.35	37.98	300m: 3:56.06	45.83	400m: 4:58.08	29.76						
6.	Jelte de Boer	De Vikings				4:53.64 200700345				5:00.99				+0,64
	50m: 30.79	30.79	150m: 1:46.17	38.71	250m: 3:06.35	42.43	350m: 4:25.92	36.30						
	100m: 1:07.46	36.67	200m: 2:23.92	37.75	300m: 3:49.62	43.27	400m: 5:00.99	35.07						
7.	Max van der Spank	PSV				4:53.44 201000275				5:02.37				+0,66
	50m: 31.75	31.75	150m: 1:49.81	39.61	250m: 3:11.13	43.26	350m: 4:28.33	34.12						
	100m: 1:10.20	38.45	200m: 2:27.87	38.06	300m: 3:54.21	43.08	400m: 5:02.37	34.04						
8.	Rory Costello	De Dolfijn				6:24.27 201102755				6:28.63				+0,76
	50m: 42.82	42.82	150m: 2:26.27	49.23	250m: 4:08.16	52.08	350m: 5:48.10	44.05						
	100m: 1:37.04	54.22	200m: 3:16.08	49.81	300m: 5:04.05	55.89	400m: 6:28.63	40.53						