

Programmanr. 23
20-12-2015 - 13:43

Heren, 400m wisselslag

Junioren 1 en ouder
Resultaten

rang	naam	vereniging	inschrijftijd			tijd		RT
1.	Arjan Knipping	PSV	4:16.40			199401667	4:16.80	+0,71
	50m: 27.69	27.69	150m: 1:32.05	33.18	250m: 2:40.69	35.38	350m: 3:47.67	31.06
	100m: 58.87	31.18	200m: 2:05.31	33.26	300m: 3:16.61	35.92	400m: 4:16.80	29.13
2.	Jens Bakker	De Dolfijn	4:27.74			199300021	4:22.98	+0,72
	50m: 27.56	27.56	150m: 1:33.00	34.42	250m: 2:43.58	36.29	350m: 3:52.41	31.90
	100m: 58.58	31.02	200m: 2:07.29	34.29	300m: 3:20.51	36.93	400m: 4:22.98	30.57
3.	Ivar de Jong	De Dolfijn	4:36.95			199700869	4:34.64	+0,71
	50m: 29.64	29.64	150m: 1:41.69	37.14	250m: 2:54.40	37.08	350m: 4:04.28	31.69
	100m: 1:04.55	34.91	200m: 2:17.32	35.63	300m: 3:32.59	38.19	400m: 4:34.64	30.36
4.	Jorgos Skotadis	De Dolfijn	4:37.60			199803317	4:35.53	+0,71
	50m: 28.40	28.40	150m: 1:38.74	36.03	250m: 2:52.75	38.57	350m: 4:05.24	31.76
	100m: 1:02.71	34.31	200m: 2:14.18	35.44	300m: 3:33.48	40.73	400m: 4:35.53	30.29
5.	Stijn Simons	PSV	4:37.59			199900813	4:37.20	+0,69
	50m: 29.19	29.19	150m: 1:37.58	34.80	250m: 2:51.55	39.82	350m: 4:04.90	32.37
	100m: 1:02.78	33.59	200m: 2:11.73	34.15	300m: 3:32.53	40.98	400m: 4:37.20	32.30
6.	Arjan Hanse	ZPC Amersfoort	4:50.45			199500657	4:38.79	+0,76
	50m: 29.36	29.36	150m: 1:39.57	34.88	250m: 2:55.05	41.13	350m: 4:08.01	32.24
	100m: 1:04.69	35.33	200m: 2:13.92	34.35	300m: 3:35.77	40.72	400m: 4:38.79	30.78
7.	Matthew Dullemond	MNC Dordrecht	4:51.33			199805005	4:47.42	+0,73
	50m: 30.44	30.44	150m: 1:41.76	35.67	250m: 2:59.63	43.03	350m: 4:15.45	32.46
	100m: 1:06.09	35.65	200m: 2:16.60	34.84	300m: 3:42.99	43.36	400m: 4:47.42	31.97
8.	Yannick Vijver	ZV De Zaan	4:38.36			199600469	4:47.55	+0,72
	50m: 29.67	29.67	150m: 1:41.57	36.60	250m: 2:58.63	40.56	350m: 4:14.09	34.47
	100m: 1:04.97	35.30	200m: 2:18.07	36.50	300m: 3:39.62	40.99	400m: 4:47.55	33.46
9.	Sten Postma	VZC-E&P	4:52.30			200000011	4:49.64	+0,76
	50m: 30.85	30.85	150m: 1:43.51	36.77	250m: 3:01.68	42.03	350m: 4:17.19	33.41
	100m: 1:06.74	35.89	200m: 2:19.65	36.14	300m: 3:43.78	42.10	400m: 4:49.64	32.45
10.	Jesse van Dijk	De Houtrib	4:48.54			199903259	4:51.39	+0,63
	50m: 29.05	29.05	150m: 1:42.32	37.99	250m: 3:01.13	41.23	350m: 4:17.42	34.50
	100m: 1:04.33	35.28	200m: 2:19.90	37.58	300m: 3:42.92	41.79	400m: 4:51.39	33.97
11.	Nick van Nijburg	De Dolfijn	5:01.92			199902169	4:52.15	+0,73
	50m: 30.87	30.87	150m: 1:45.83	39.11	250m: 3:05.20	41.13	350m: 4:20.83	32.50
	100m: 1:06.72	35.85	200m: 2:24.07	38.24	300m: 3:48.33	43.13	400m: 4:52.15	31.32
12.	Thomas Jansen	WVZ	4:54.26			200100143	4:52.26	+0,77
	50m: 30.70	30.70	150m: 1:43.58	36.93	250m: 3:02.13	42.84	350m: 4:19.99	33.93
	100m: 1:06.65	35.95	200m: 2:19.29	35.71	300m: 3:46.06	43.93	400m: 4:52.26	32.27
13.	Thijs Molendijk	VZC-E&P	4:55.41			199900477	4:53.24	+0,66
	50m: 29.54	29.54	150m: 1:40.89	36.44	250m: 3:01.61	44.90	350m: 4:21.00	34.05
	100m: 1:04.45	34.91	200m: 2:16.71	35.82	300m: 3:46.95	45.34	400m: 4:53.24	32.24
14.	Sander Crooijmans	VZC-E&P	4:59.48			200100383	4:54.38	+0,79
	50m: 33.03	33.03	150m: 1:48.12	37.09	250m: 3:06.87	42.13	350m: 4:21.63	33.46
	100m: 1:11.03	38.00	200m: 2:24.74	36.62	300m: 3:48.88	42.01	400m: 4:54.38	32.04
15.	Dave Holweg	Livo	4:50.02			199701521	4:54.60	+0,76
	50m: 29.99	29.99	150m: 1:43.65	37.52	250m: 3:02.48	42.09	350m: 4:20.35	35.02
	100m: 1:06.13	36.14	200m: 2:20.39	36.74	300m: 3:45.33	42.85	400m: 4:54.60	34.25
16.	Bas Verdoes	De Columbiaan	4:55.94			199801487	4:55.36	+0,77
	50m: 29.25	29.25	150m: 1:42.86	37.44	250m: 3:02.88	42.44	350m: 4:21.63	35.70
	100m: 1:05.42	36.17	200m: 2:20.44	37.58	300m: 3:45.93	43.05	400m: 4:55.36	33.73
17.	Timos Skotadis	De Dolfijn	4:59.27			199804615	4:55.64	+0,76
	50m: 30.62	30.62	150m: 1:44.88	37.57	250m: 3:04.64	42.83	350m: 4:22.41	33.52
	100m: 1:07.31	36.69	200m: 2:21.81	36.93	300m: 3:48.89	44.25	400m: 4:55.64	33.23
18.	Dave Jansen	Albion	4:56.11			199805299	4:56.73	+0,76
	50m: 31.31	31.31	150m: 1:44.11	36.23	250m: 3:05.62	44.18	350m: 4:24.12	35.62
	100m: 1:07.88	36.57	200m: 2:21.44	37.33	300m: 3:48.50	42.88	400m: 4:56.73	32.61
19.	Olivier Jans	De Fuut	4:55.14			200001815	4:56.78	+0,82
	50m: 32.39	32.39	150m: 1:47.60	37.85	250m: 3:06.08	41.93	350m: 4:23.47	35.04
	100m: 1:09.75	37.36	200m: 2:24.15	36.55	300m: 3:48.43	42.35	400m: 4:56.78	33.31
20.	Tyrese Wilson	De Fuut	5:09.65			200000223	4:58.10	+0,66
	50m: 30.63	30.63	150m: 1:41.78	36.54	250m: 3:01.02	43.14	350m: 4:20.20	35.31
	100m: 1:05.24	34.61	200m: 2:17.88	36.10	300m: 3:44.89	43.87	400m: 4:58.10	37.90
21.	Jeffrey Camphens	DWT	4:56.85			199503113	4:59.27	+0,72
	50m: 30.64	30.64	150m: 1:46.67	39.54	250m: 3:08.37	42.59	350m: 4:26.19	34.50
	100m: 1:07.13	36.49	200m: 2:25.78	39.11	300m: 3:51.69	43.32	400m: 4:59.27	33.08

Programmanr. 23, Heren, 400m wisselslag, Junioren 1 en ouder

rang	naam	vereniging	inschrijftijd	tijd	RT			
22.	Vincent Crooijmans	VZC-E&P	5:04.02	200100381	5:01.24 +0,82			
	50m: 32.41	32.41	150m: 1:50.79	38.11	250m: 3:10.59	43.23	350m: 4:28.54	34.20
	100m: 1:12.68	40.27	200m: 2:27.36	36.57	300m: 3:54.34	43.75	400m: 5:01.24	32.70
23.	Erno Vriens	WZ&PC Purmerend	5:02.76	199902587	5:02.36 +0,71			
	50m: 30.20	30.20	150m: 1:44.36	38.30	250m: 3:07.53	45.47	350m: 4:27.62	34.75
	100m: 1:06.06	35.86	200m: 2:22.06	37.70	300m: 3:52.87	45.34	400m: 5:02.36	34.74
RES	Olivier van de Voort	NTC PARA-DZ&PC	5:00.04	199703035				