

Programmanr. 23
26-11-2017 - 13:17

Heren, 400m wisselslag

Junioren 1 en ouder
Resultaten

rang	naam	vereniging	inschrijftijd	tijd	RT			
1.	Arjan Knipping	PSV	4:08.85	199401667	4:15.91 +0,75			
	50m: 27.23	27.23	150m: 1:31.33	33.21	250m: 2:38.92	35.40	350m: 3:46.25	31.10
	100m: 58.12	30.89	200m: 2:03.52	32.19	300m: 3:15.15	36.23	400m: 4:15.91	29.66
2.	Jorgos Skotadis	RTC - De Dolfijn	4:28.92	199803317	4:30.98 +0,69			
	50m: 27.63	27.63	150m: 1:36.52	35.86	250m: 2:49.03	37.46	350m: 4:00.26	32.20
	100m: 1:00.66	33.03	200m: 2:11.57	35.05	300m: 3:28.06	39.03	400m: 4:30.98	30.72
3.	Dave Holweg	ZPC AMERSFOORT	4:42.61	199701521	4:42.33 +0,75			
	50m: 28.89	28.89	150m: 1:39.74	36.27	250m: 2:56.23	41.43	350m: 4:10.51	32.33
	100m: 1:03.47	34.58	200m: 2:14.80	35.06	300m: 3:38.18	41.95	400m: 4:42.33	31.82
4.	Matthew Dullemond	The Hague Swimming (SG)	4:44.07	199805005	4:46.88 +0,80			
	50m: 29.80	29.80	150m: 1:41.23	36.51	250m: 2:59.58	42.27	350m: 4:14.73	33.03
	100m: 1:04.72	34.92	200m: 2:17.31	36.08	300m: 3:41.70	42.12	400m: 4:46.88	32.15
5.	Bas Takken <i>NR Gehandicapten</i>	NTC PARA - De Dolfijn	4:55.22	199901643	4:46.95 +0,71			
	50m: 29.79	29.79	150m: 1:42.68	36.51	250m: 2:59.93	42.74	350m: 4:16.76	32.70
	100m: 1:06.17	36.38	200m: 2:17.19	34.51	300m: 3:44.06	44.13	400m: 4:46.95	30.19
6.	Jurre Hanstede	De Dinkel	4:56.16	200201019	4:51.53 +0,75			
	50m: 31.18	31.18	150m: 1:45.05	38.17	250m: 3:03.64	41.10	350m: 4:19.57	34.06
	100m: 1:06.88	35.70	200m: 2:22.54	37.49	300m: 3:45.51	41.87	400m: 4:51.53	31.96
7.	Finn Vos	De Dolfijn	5:06.19	200200665	4:51.62 +0,66			
	50m: 30.56	30.56	150m: 1:46.28	39.74	250m: 3:06.02	40.14	350m: 4:21.15	33.69
	100m: 1:06.54	35.98	200m: 2:25.88	39.60	300m: 3:47.46	41.44	400m: 4:51.62	30.47
8.	Tjeerd van Stein	LinK/z&pc Katwijk (SG)	4:53.99	200101439	4:55.40 +0,78			
	50m: 31.73	31.73	150m: 1:45.09	35.81	250m: 3:03.50	43.12	350m: 4:21.85	34.75
	100m: 1:09.28	37.55	200m: 2:20.38	35.29	300m: 3:47.10	43.60	400m: 4:55.40	33.55
9.	Guus Hoogduin	LZ 1886	4:59.32	200201069	4:57.54 +0,70			
	50m: 30.42	30.42	150m: 1:43.15	38.09	250m: 3:03.64	43.26	350m: 4:23.32	36.01
	100m: 1:05.06	34.64	200m: 2:20.38	37.23	300m: 3:47.31	43.67	400m: 4:57.54	34.22
10.	Nordin Termoshuizen	WVZ	4:53.51	199605401	5:00.38 +0,77			
	50m: 30.66	30.66	150m: 1:44.90	38.41	250m: 3:07.25	45.01	350m: 4:26.48	33.95
	100m: 1:06.49	35.83	200m: 2:22.24	37.34	300m: 3:52.53	45.28	400m: 5:00.38	33.90
11.	Daniël Rykov	ZPC AMERSFOORT	NT	200200447	5:00.96 +0,61			
	50m: 30.82	30.82	150m: 1:45.56	38.83	250m: 3:07.01	44.15	350m: 4:27.05	34.98
	100m: 1:06.73	35.91	200m: 2:22.86	37.30	300m: 3:52.07	45.06	400m: 5:00.96	33.91
12.	Viktor Koets	De Columbiaan	4:55.78	200201677	5:04.84 +0,72			
	50m: 30.44	30.44	150m: 1:45.28	38.31	250m: 3:07.26	42.53	350m: 4:28.54	36.83
	100m: 1:06.97	36.53	200m: 2:24.73	39.45	300m: 3:51.71	44.45	400m: 5:04.84	36.30
13.	Michael Smink	The Hague Swimming (SG)	5:14.04	200302169	5:09.87 +0,80			
	50m: 31.40	31.40	150m: 1:48.80	40.39	250m: 3:14.61	46.34	350m: 4:36.24	35.91
	100m: 1:08.41	37.01	200m: 2:28.27	39.47	300m: 4:00.33	45.72	400m: 5:09.87	33.63
14.	Lukas Binnekamp	De Dinkel	5:12.10	200300107	5:12.18 +0,75			
	50m: 32.06	32.06	150m: 1:51.53	38.41	250m: 3:15.95	46.60	350m: 4:37.61	36.49
	100m: 1:13.12	41.06	200m: 2:29.35	37.82	300m: 4:01.12	45.17	400m: 5:12.18	34.57
15.	Robin Kamps	De Dinkel	5:16.82	200200211	5:14.10 +0,68			
	50m: 34.18	34.18	150m: 1:53.59	38.90	250m: 3:17.39	45.52	350m: 4:39.16	36.15
	100m: 1:14.69	40.51	200m: 2:31.87	38.28	300m: 4:03.01	45.62	400m: 5:14.10	34.94
16.	Dylano Termoshuizen	WVZ	5:17.89	200202169	5:24.28 +0,72			
	50m: 31.75	31.75	150m: 1:52.63	40.54	250m: 3:18.50	46.87	350m: 4:47.25	38.92
	100m: 1:12.09	40.34	200m: 2:31.63	39.00	300m: 4:08.33	49.83	400m: 5:24.28	37.03
17.	Mika Heskamp	De Dinkel	5:36.84	200300339	5:24.31 +0,74			
	50m: 34.15	34.15	150m: 1:58.25	41.19	250m: 3:24.07	46.36	350m: 4:49.17	37.00
	100m: 1:17.06	42.91	200m: 2:37.71	39.46	300m: 4:12.17	48.10	400m: 5:24.31	35.14
18.	Meindert Dekkinga	HZ&PC Heerenveen	5:42.84	200400377	5:27.75 +0,86			
	50m: 34.82	34.82	150m: 1:55.31	38.70	250m: 3:24.02	49.57	350m: 4:51.05	38.53
	100m: 1:16.61	41.79	200m: 2:34.45	39.14	300m: 4:12.52	48.50	400m: 5:27.75	36.70
19.	Jordi Kamps	De Dinkel	5:15.99	200200213	5:29.32 +0,80			
	50m: 33.13	33.13	150m: 1:55.90	41.80	250m: 3:24.78	47.26	350m: 4:51.44	38.49
	100m: 1:14.10	40.97	200m: 2:37.52	41.62	300m: 4:12.95	48.17	400m: 5:29.32	37.88
20.	Mark Bom	LZ 1886	5:53.58	200201471	6:07.01 +0,59			
	50m: 35.06	35.06	150m: 2:07.49	44.47	250m: 3:45.45	54.04	350m: 5:23.56	43.85
	100m: 1:23.02	47.96	200m: 2:51.41	43.92	300m: 4:39.71	54.26	400m: 6:07.01	43.45
NG	Christiaan Smit	The Hague Swimming (SG)	4:47.51	200102463				