

Programmanr. 5  
 8-3-2014 - 14:20

Heren, 400m wisselslag

 Heren Senioren Open  
 Resultaten

Rang							In.tijd	Tijd	
1.	Jan Willem v.d. Graaf		Psv			4:50.06	198901023	4:53.94	
	50m:	30.08 30.08	150m:	1:42.69 37.50	250m:	3:01.80 43.81	350m:	4:20.91 34.24	
	100m:	1:05.19 35.11	200m:	2:17.99 35.30	300m:	3:46.67 44.87	400m:	4:53.94 33.03	
2.	Joeri Prins		SBC2000			5:11.87	199302037	5:05.13	
	50m:	29.63 29.63	150m:	1:45.79 39.90	250m:	3:09.39 43.93	350m:	4:30.98 36.12	
	100m:	1:05.89 36.26	200m:	2:25.46 39.67	300m:	3:54.86 45.47	400m:	5:05.13 34.15	
3.	Rick Minkman		zc AquaDream			5:16.44	199701097	5:16.44	
	50m:	32.03 32.03	150m:	1:52.07 41.15	250m:	3:16.90 44.38	350m:	4:39.90 37.78	
	100m:	1:10.92 38.89	200m:	2:32.52 40.45	300m:	4:02.12 45.22	400m:	5:16.44 36.54	
4.	Ronaldo Nagtzaam		O.Z. & P.C. De Warande			5:48.81	199803293	5:26.09	
	50m:	29.30 29.30	150m:	1:49.66 43.10	250m:	3:18.58 46.72	350m:	4:48.37 40.78	
	100m:	1:06.56 37.26	200m:	2:31.86 42.20	300m:	4:07.59 49.01	400m:	5:26.09 37.72	
5.	Bram van Ginneken		Hieronymus			6:03.40	199501385	6:04.47	
	50m:	34.85 34.85	150m:	2:12.24 47.97	250m:	3:50.02 49.80	350m:	5:23.59 41.66	
	100m:	1:24.27 49.42	200m:	3:00.22 47.98	300m:	4:41.93 51.91	400m:	6:04.47 40.88	
6.	Janne Englebert		Hieronymus			NT	200101561	6:12.43	
	50m:	41.55 41.55	150m:	2:17.80 44.12	250m:	3:55.04 55.14	350m:	5:33.82 41.79	
	100m:	1:33.68 52.13	200m:	2:59.90 42.10	300m:	4:52.03 56.99	400m:	6:12.43 38.61	
DIS	Shawn Leeflang		Psv			5:37.26	199506109		
	RC - Rugligging verlaten tijdens de race zonder het keerpunt in te zetten.								
	50m:		150m:		250m:		350m:		
	100m:		200m:		300m:		400m:		