

Programmanr. 5
13-3-2016 - 13:30

Heren, 400m wisselslag

Junioren 1 en ouder
Resultaten

rang	naam	vereniging				intijd				tijd				RT
1.	Thijmen van de Beek	ZCKoewacht				5:13.55		199901075		5:11.24		+0,68		
	50m: 30.35	30.35	150m: 1:48.54	42.78	250m: 3:13.78	43.07	350m: 4:36.22	38.17						
	100m: 1:05.76	35.41	200m: 2:30.71	42.17	300m: 3:58.05	44.27	400m: 5:11.24	35.02						
2.	Jordy Jongenelen	ZC Aquadream				5:16.13		199504995		5:17.18		+0,70		
	50m: 31.64	31.64	150m: 1:50.58	42.10	250m: 3:16.92	45.05	350m: 4:41.38	37.60						
	100m: 1:08.48	36.84	200m: 2:31.87	41.29	300m: 4:03.78	46.86	400m: 5:17.18	35.80						
3.	Rinke Hiel	ZCKoewacht				NT		200102131		5:51.64		+0,78		
	50m: 35.15	35.15	150m: 2:07.03	47.68	250m: 3:42.32	51.91	350m: 5:13.44	38.34						
	100m: 1:19.35	44.20	200m: 2:50.41	43.38	300m: 4:35.10	52.78	400m: 5:51.64	38.20						
4.	Bram van Ginneken	Hieronymus				6:04.47		199501385		5:54.48		+0,71		
	50m: 33.07	33.07	150m: 2:09.91	49.22	250m: 3:47.08	51.83	350m: 5:17.90	39.28						
	100m: 1:20.69	47.62	200m: 2:55.25	45.34	300m: 4:38.62	51.54	400m: 5:54.48	36.58						
5.	Sander Provoost	ZCKoewacht				7:05.87		200302121		7:08.43		+0,73		
	50m: 47.30	47.30	150m: 2:40.67	49.89	250m: 4:30.67	1:01.09	350m: 6:21.70	45.53						
	100m: 1:50.78	1:03.48	200m: 3:29.58	48.91	300m: 5:36.17	1:05.50	400m: 7:08.43	46.73						