



Programmanr. 21
12-3-2023 - 16:39

Heren, 400m wisselslag

Juniores 1 en ouder
Resultaten

Rang							Tijd	RT
1.	Olivier Wilbers		ZPC Hoogeveen		200600181		4:54.13	+0,78
	50m: 32.45	32.45	150m: 1:45.77	36.12	250m: 3:06.94	44.42	350m: 4:22.41	32.22
	100m: 1:09.65	37.20	200m: 2:22.52	36.75	300m: 3:50.19	43.25	400m: 4:54.13	31.72
2.	Luc Kerpels		ZPC Hoogeveen		200503015		5:01.68	+0,80
	50m: 32.65	32.65	150m: 1:48.03	37.60	250m: 3:09.90	44.53	350m: 4:28.13	34.29
	100m: 1:10.43	37.78	200m: 2:25.37	37.34	300m: 3:53.84	43.94	400m: 5:01.68	33.55
3.	Dax van den Nouland		Blue Marlins		201000071		5:35.37	+0,54
	50m: 36.73	36.73	150m: 2:01.62	42.32	250m: 3:30.94	48.17	350m: 4:57.22	39.30
	100m: 1:19.30	42.57	200m: 2:42.77	41.15	300m: 4:17.92	46.98	400m: 5:35.37	38.15
4.	Finn Hilders		De Dolfijn		200900283		5:43.58	+0,66
	50m: 34.96	34.96	150m: 2:04.41	44.27	250m: 3:37.02	49.35	350m: 5:05.44	38.79
	100m: 1:20.14	45.18	200m: 2:47.67	43.26	300m: 4:26.65	49.63	400m: 5:43.58	38.14
5.	Max van der Spank		Hieronymus		201000275		5:46.21	+0,77
	50m: 38.62	38.62	150m: 2:08.69	44.31	250m: 3:40.49	48.90	350m: 5:09.94	38.53
	100m: 1:24.38	45.76	200m: 2:51.59	42.90	300m: 4:31.41	50.92	400m: 5:46.21	36.27
6.	Mika Hebing		WZ&PC Purmerend		200800027		5:52.15	+0,70
	50m: 38.36	38.36	150m: 2:09.35	46.06	250m: 3:44.14	51.35	350m: 5:14.64	40.74
	100m: 1:23.29	44.93	200m: 2:52.79	43.44	300m: 4:33.90	49.76	400m: 5:52.15	37.51