

Limiet wedstrijd 1 Arethusa Oss
Oss, 4-12-2016

Programmanr. 2
4-12-2016 - 13:05

Heren, 400m wisselslag

Senioren Open
Resultaten

rang	naam	vereniging				intijd				tijd				RT
1.	Koen Koster	Hzpc				4:42.51 199900517				4:31.35				726
	50m: 27.39	27.39	150m: 1:34.74	34.91	250m: 2:46.96	37.58	350m: 3:59.02	33.26	400m: 4:31.35	32.33				
	100m: 59.83	32.44	200m: 2:09.38	34.64	300m: 3:25.76	38.80								
2.	Merlin Belmon	Het Y				5:55.00 200403191				5:30.61				401
	50m: 35.69	35.69	150m: 2:01.19	43.55	250m: 3:27.67	45.46	350m: 4:54.42	39.64	400m: 5:30.61	36.19				
	100m: 1:17.64	41.95	200m: 2:42.21	41.02	300m: 4:14.78	47.11								
3.	Chris Verhoeven	Z&PV Nuenen				NT 200400593				5:31.31				+0,63 399
	50m: 37.50	37.50	150m: 2:01.63	42.58	250m: 3:30.22	46.24	350m: 4:56.08	38.91	400m: 5:31.31	35.23				
	100m: 1:19.05	41.55	200m: 2:43.98	42.35	300m: 4:17.17	46.95								
4.	Pepijn Verschoor	Rzc				6:10.00 200300231				5:49.99				338
	50m: 36.50	36.50	150m: 2:06.90	45.05	250m: 3:40.49	50.20	350m: 5:10.95	40.65	400m: 5:49.99	39.04				
	100m: 1:21.85	45.35	200m: 2:50.29	43.39	300m: 4:30.30	49.81								
5.	Joep Lohschelder	Montferland				6:33.22 200103673				5:59.23				+0,80 313
	50m: 38.03	38.03	150m: 2:09.38	44.11	250m: 3:41.82	48.46	350m: 5:16.07	44.09	400m: 5:59.23	43.16				
	100m: 1:25.27	47.24	200m: 2:53.36	43.98	300m: 4:31.98	50.16								
6.	Nicky Valentijn	AquAmigos				6:30.00 198806175				6:28.97				+0,89 246
	50m: 42.41	42.41	150m: 2:26.61	56.48	250m: 4:10.22	49.97	350m: 5:46.52	46.12	400m: 6:28.97	42.45				
	100m: 1:30.13	47.72	200m: 3:20.25	53.64	300m: 5:00.40	50.18								