

Programmanr. 28  
1-12-2024 - 16:45

Heren, 400m vrije slag

11 jaar en ouder  
Resultaten

rang	naam	vereniging	intijd	tijd	RT
1.	WELLINK, Thijs	Zpc Amersfoort	4:14.43	200600715	<b>4:17.90</b>
	50m: 27.65	27.65	150m:	250m:	350m:
	100m: 59.18	31.53	200m: 2:04.59	300m:	400m: 4:17.90
2.	BALADURAGE, Suraj	Dwt	4:24.90	200801291	<b>4:24.04</b>
	50m: 28.52	28.52	150m:	250m:	350m:
	100m: 1:00.86	32.34	200m: 2:08.94	300m:	400m: 4:24.04
3.	SCHIFFLERS, Brent	ZPC Woerden	4:24.28	200902041	<b>4:25.06</b>
	50m: 29.56	29.56	150m:	250m:	350m:
	100m: 1:02.38	32.82	200m: 2:10.47	300m:	400m: 4:25.06
4.	KNIJNENBURG, Finn	De Columbiaan	5:09.97	201101319	<b>5:06.68</b>
	50m: 33.41	33.41	150m:	250m:	350m:
	100m: 1:11.75	38.34	200m: 2:30.43	300m:	400m: 5:06.68
5.	PESCH, Jan	Dülkener SV 06 e.V.	5:10.16	397301	<b>5:32.85</b>
	50m: 36.17	36.17	150m:	250m:	350m:
	100m: 1:18.61	42.44	200m: 2:44.87	300m:	400m: 5:32.85
6.	POSTMA, Jens	Daw	7:26.03	201201605	<b>6:26.46</b>
	50m: 43.75	43.75	150m:	250m:	350m:
	100m: 1:32.39	48.64	200m: 3:12.31	300m:	400m: 6:26.46