

Competitie deel 4
Zwolle, 8-3-2025

Programmanr. 18
8-3-2025 - 13:48

Jongens, 400m wisselslag

Onder 16
Resultaten

rang	naam	vereniging	intijd	tijd	RT
1.	Ruben Kragt	Dedemsvaart-AC	4:58.05	201000007	4:58.58
	50m: 31.28	31.28 150m: 1:46.77	38.27	250m: 3:06.31	42.54
	100m: 1:08.50	37.22 200m: 2:23.77	37.00	300m: 3:49.67	43.36
				350m: 4:24.74	35.07
				400m: 4:58.58	33.84
2.	Mattias Stolk	HZ&PC Heerenveen	5:03.85	201000525	5:02.39
	50m: 34.05	34.05 150m: 1:57.56	40.03	250m: 3:15.17	39.96
	100m: 1:17.53	43.48 200m: 2:35.21	37.65	300m: 3:56.10	40.93
				350m: 4:30.10	34.00
				400m: 5:02.39	32.29
3.	Finn Eghuizen	HZ&PC Heerenveen	5:02.70	200900431	5:03.38
	50m: 31.61	31.61 150m: 1:50.43	38.90	250m: 3:12.53	45.39
	100m: 1:11.53	39.92 200m: 2:27.14	36.71	300m: 3:58.79	46.26
				350m: 4:31.98	33.19
				400m: 5:03.38	31.40
4.	Duuk Harms	Dedemsvaart-AC	5:04.23	200900201	5:06.99
	50m: 32.10	32.10 150m:		250m:	350m:
	100m: 1:11.66	39.56 200m:		300m:	400m: 5:06.99
5.	Sven Potappel	Dwk 1	5:11.35	201000127	5:13.36
	50m: 32.26	32.26 150m: 1:52.34	41.95	250m: 3:17.27	43.66
	100m: 1:10.39	38.13 200m: 2:33.61	41.27	300m: 4:01.29	44.02
				350m: 4:38.35	37.06
				400m: 5:13.36	35.01
6.	Victor de Haan	HZ&PC Heerenveen	5:44.87	201001921	5:26.09
	50m: 35.19	35.19 150m: 1:56.84	40.29	250m: 3:26.69	50.53
	100m: 1:16.55	41.36 200m: 2:36.16	39.32	300m: 4:15.97	49.28
				350m: 4:51.41	35.44
				400m: 5:26.09	34.68
7.	Tije Hempenius	HZ&PC Heerenveen	NT	200901365	5:26.95
	50m: 34.42	34.42 150m: 1:58.76	42.62	250m: 3:25.46	45.88
	100m: 1:16.14	41.72 200m: 2:39.58	40.82	300m: 4:14.15	48.69
				350m: 4:51.53	37.38
				400m: 5:26.95	35.42
8.	Tygo van de Wal	Dwk 1	5:29.62	201001329	5:32.41
	50m: 35.51	35.51 150m: 2:03.88	44.84	250m: 3:32.09	44.77
	100m: 1:19.04	43.53 200m: 2:47.32	43.44	300m: 4:17.58	45.49
				350m: 4:56.45	38.87
				400m: 5:32.41	35.96
9.	Stijn Dijkstra	Dz&Pc	5:40.86	201000279	5:34.39
	50m: 37.57	37.57 150m: 2:05.89	42.68	250m: 3:33.92	48.33
	100m: 1:23.21	45.64 200m: 2:45.59	39.70	300m: 4:21.99	48.07
				350m: 4:59.18	37.19
				400m: 5:34.39	35.21
10.	Abe Pasop	Dedemsvaart-AC	5:29.77	201000501	5:36.87
	50m: 35.16	35.16 150m: 2:02.24	43.19	250m: 3:30.71	45.54
	100m: 1:19.05	43.89 200m: 2:45.17	42.93	300m: 4:17.43	46.72
				350m: 4:57.61	40.18
				400m: 5:36.87	39.26
11.	Jelte Ruitenberg	HZ&PC Heerenveen	5:47.83	200900013	5:40.39
	50m: 35.89	35.89 150m: 2:06.16	43.52	250m: 3:39.30	50.90
	100m: 1:22.64	46.75 200m: 2:48.40	42.24	300m: 4:28.93	49.63
				350m: 5:05.78	36.85
				400m: 5:40.39	34.61
12.	Jorick Johannes	HZ&PC Heerenveen	5:49.78	201000403	5:49.93
	50m: 36.84	36.84 150m:		250m:	350m:
	100m: 1:25.09	48.25 200m:		300m:	400m: 5:49.93
DIS	Ruben Nooter	Dedemsvaart-AC	5:34.79	200901577	
	<i>VD - Schoolslagbenen gezwommen.</i>				