

Limiet wedstrijd HZ&PC
Heerenveen, 29-10-2017

Programmanr. 1
29-10-2017 - 14:15

Heren, 400m vrije slag

11 jaar en ouder
Resultaten

rang	naam	vereniging	intijd	intijd	tijd	RT	
1.	Owen, PEEKS	ZPC Hoogeveen	4:25.67	200100765	4:20.81	+0,72 601	
	50m: 28.80	28.80 150m: 1:32.99	32.44	250m: 2:39.67	33.57	350m: 3:47.25	34.12
	100m: 1:00.55	31.75 200m: 2:06.10	33.11	300m: 3:13.13	33.46	400m: 4:20.81	33.56
2.	Coen, de LANG	ZPC Hoogeveen	4:28.68	200100067	4:26.45	+0,62 563	
	50m: 30.11	30.11 150m: 1:36.46	33.61	250m: 2:43.93	33.67	350m: 3:52.79	34.61
	100m: 1:02.85	32.74 200m: 2:10.26	33.80	300m: 3:18.18	34.25	400m: 4:26.45	33.66
3.	Jelle, HEIJMAN	Steenwijk 1934	4:45.03	200000635	4:44.95	+0,89 461	
	50m: 30.93	30.93 150m: 1:41.60	36.11	250m: 2:55.18	37.24	350m: 4:09.75	37.13
	100m: 1:05.49	34.56 200m: 2:17.94	36.34	300m: 3:32.62	37.44	400m: 4:44.95	35.20
4.	Meindert, DEKKINGA	HZ&PC Heerenveen	4:54.58	200400377	4:55.50	413	
	50m: 31.59	31.59 150m: 1:44.54	37.17	250m: 3:00.88	38.60	350m: 4:18.79	38.98
	100m: 1:07.37	35.78 200m: 2:22.28	37.74	300m: 3:39.81	38.93	400m: 4:55.50	36.71
5.	Josse, REINDERS	ZPC Hoogeveen	4:59.18	200201729	4:57.81	+0,82 404	
	50m: 33.06	33.06 150m: 1:46.79	37.63	250m: 3:03.97	38.18	350m: 4:21.22	38.57
	100m: 1:09.16	36.10 200m: 2:25.79	39.00	300m: 3:42.65	38.68	400m: 4:57.81	36.59
6.	Kristian, KIERS	Deltasteur	5:20.18	200100349	5:07.84	+0,80 365	
	50m: 31.59	31.59 150m: 1:45.05	38.03	250m: 3:04.77	40.56	350m: 4:27.60	41.47
	100m: 1:07.02	35.43 200m: 2:24.21	39.16	300m: 3:46.13	41.36	400m: 5:07.84	40.24
7.	Marco, WAGTER	Steenwijk 1934	5:53.54	200500003	5:55.83	237	
	50m: 39.89	39.89 150m: 2:09.92	46.03	250m: 3:42.26	46.49	350m: 5:13.87	45.74
	100m: 1:23.89	44.00 200m: 2:55.77	45.85	300m: 4:28.13	45.87	400m: 5:55.83	41.96