

Limietwedstrijd HZ&PC Heerenveen
Heerenveen, 28-4-2019

Programmanr. 16
28-4-2019 - 15:21

Heren, 400m vrije slag

Senioren Open
Resultaten

rang	naam	vereniging	intijd	tijd	RT			
1.	Meindert Dekkinga	HZ&PC Heerenveen	4:38.05	200400377	4:38.42 +0,91			
	50m: 30.26	30.26	150m: 1:38.55	34.74	250m: 2:50.66	36.28	350m: 4:03.37	35.88
	100m: 1:03.81	33.55	200m: 2:14.38	35.83	300m: 3:27.49	36.83	400m: 4:38.42	35.05
2.	Siete Bootsma	SG. Bolsward-Workum	5:46.34	200600065	5:25.38 +0,82			
	50m: 34.94	34.94	150m: 1:59.25	42.91	250m: 3:24.88	42.69	350m: 4:49.76	43.34
	100m: 1:16.34	41.40	200m: 2:42.19	42.94	300m: 4:06.42	41.54	400m: 5:25.38	35.62
3.	Luc Kerpels	Moby Dick	NT	200503015	5:48.77			
	50m: 36.42	36.42	150m: 2:05.53	45.54	250m: 3:36.97	45.96	350m: 5:07.75	45.14
	100m: 1:19.99	43.57	200m: 2:51.01	45.48	300m: 4:22.61	45.64	400m: 5:48.77	41.02
4.	Dennis Teitsma	Aqualero	6:13.76	200600381	6:12.61			
	50m: 40.55	40.55	150m: 2:13.66	47.32	250m: 3:50.50	48.15	350m: 5:27.21	48.53
	100m: 1:26.34	45.79	200m: 3:02.35	48.69	300m: 4:38.68	48.18	400m: 6:12.61	45.40
5.	Jesse Stel	HZ&PC Heerenveen	NT	200700589	6:37.00 3			
	50m: 44.72	44.72	150m: 2:23.86	50.28	250m: 4:07.71	52.74	350m: 5:50.13	51.26
	100m: 1:33.58	48.86	200m: 3:14.97	51.11	300m: 4:58.87	51.16	400m: 6:37.00	46.87