



Limietwedstrijd HZ&PC Heerenveen
Heerenveen, 1-5-2022



Programmanr. 32
1-5-2022 - 17:10

Heren, 400m wisselslag

Senioren Open
Resultaten

rang	naam	vereniging	intijd	tijd	RT			
1.	Torben Rijkels	Dedemvaart-AC	5:50.44	200404603	5:19.37 +0,81			
	50m: 33.79	33.79	150m: 1:59.69	43.24	250m: 3:24.93	43.38	350m: 4:44.35	36.70
	100m: 1:16.45	42.66	200m: 2:41.55	41.86	300m: 4:07.65	42.72	400m: 5:19.37	35.02
2.	Lars van Zessen	HZ&PC Heerenveen	5:44.45	200603045	5:25.79 +0,77			
	50m: 37.10	37.10	150m: 2:01.73	40.82	250m: 3:27.33	44.98	350m: 4:50.40	37.12
	100m: 1:20.91	43.81	200m: 2:42.35	40.62	300m: 4:13.28	45.95	400m: 5:25.79	35.39
3.	Daan van de Belt	MZ&PC De Reest	6:10.08	200601221	5:28.70			
	50m: 32.91	32.91	150m: 1:58.97	45.16	250m: 3:29.58	44.74	350m: 4:54.12	36.94
	100m: 1:13.81	40.90	200m: 2:44.84	45.87	300m: 4:17.18	47.60	400m: 5:28.70	34.58
4.	Sven Koornstra	De Vikings	NT	200900189	5:36.89 +0,75			
	50m: 38.46	38.46	150m: 2:06.64	44.46	250m: 3:37.44	47.71	350m: 5:03.42	37.32
	100m: 1:22.18	43.72	200m: 2:49.73	43.09	300m: 4:26.10	48.66	400m: 5:36.89	33.47
5.	Niek Evers	O Z & P C	6:01.12	200700079	6:10.51			
	50m: 38.78	38.78	150m: 2:15.03	49.82	250m: 3:54.05	50.79	350m: 5:28.60	43.71
	100m: 1:25.21	46.43	200m: 3:03.26	48.23	300m: 4:44.89	50.84	400m: 6:10.51	41.91
6.	Mika Hebing	WZ&PC Purmerend	NT	200800027	6:14.84			
	50m: 41.83	41.83	150m: 2:16.97	45.73	250m: 3:58.07	55.38	350m: 5:34.75	41.56
	100m: 1:31.24	49.41	200m: 3:02.69	45.72	300m: 4:53.19	55.12	400m: 6:14.84	40.09