



Limietwedstrijd HZ&PC Heerenveen Minioren - Senioren
Heerenveen, 13-4-2024

Programmanr. 16
13-4-2024 - 18:10

Heren, 400m vrije slag

11 jaar en ouder
Resultaten

Baanrecords Sportstad Heerenveen 3:55.89 Erik Nijholt Heerenveen 17-11-2018

rang	naam	vereniging	intijd	tijd
1.	Mattias Stolk	HZ&PC Heerenveen	4:42.82 201000525	4:43.13
	50m: 32.43	32.43 150m: 1:44.08	35.73 250m: 2:56.54	36.41 350m: 4:08.79 35.74
	100m: 1:08.35	35.92 200m: 2:20.13	36.05 300m: 3:33.05	36.51 400m: 4:43.13 34.34
2.	Victor de Haan	HZ&PC Heerenveen	5:00.01 201001921	4:49.86
	50m: 33.12	33.12 150m: 1:46.53	37.21 250m: 3:01.17	37.34 350m: 4:14.53 36.60
	100m: 1:09.32	36.20 200m: 2:23.83	37.30 300m: 3:37.93	36.76 400m: 4:49.86 35.33
3.	Kasper Lubbers	Orca Leeuwarden	5:09.93 201100025	4:50.02
	50m: 33.19	33.19 150m: 1:46.82	36.86 250m: 3:01.00	37.28 350m: 4:15.22 37.07
	100m: 1:09.96	36.77 200m: 2:23.72	36.90 300m: 3:38.15	37.15 400m: 4:50.02 34.80
4.	Jorick Johannes	HZ&PC Heerenveen	5:06.25 201000403	4:58.40
	50m: 32.70	32.70 150m: 1:46.45	37.22 250m: 3:02.75	38.89 350m: 4:20.46 38.75
	100m: 1:09.23	36.53 200m: 2:23.86	37.41 300m: 3:41.71	38.96 400m: 4:58.40 37.94
5.	Yannick Dijks	Orca Leeuwarden	5:19.39 200700923	5:16.72
	50m: 35.74	35.74 150m: 1:56.71	40.48 250m: 3:18.15	40.50 350m: 4:38.61 40.11
	100m: 1:16.23	40.49 200m: 2:37.65	40.94 300m: 3:58.50	40.35 400m: 5:16.72 38.11