



Limietwedstrijd 2
Heerenveen, 1-12-2024

Programmanr. 13
1-12-2024 - 15:30

Heren, 400m vrije slag

Senioren Open
Resultaten

Baanrecords Sportstad Heerenveen 3:55.89 Erik Nijholt 02-004 Heerenveen 18-11-2018

rang	naam	vereniging	intijd	tijd	RT			
1.	Colin Bes	Dz&Pc	4:14.92	200500201	4:15.68 +0,71			
	50m: 29.14	29.14	150m: 1:33.72	32.81	250m: 2:39.94	32.62	350m: 3:44.95	31.75
	100m: 1:00.91	31.77	200m: 2:07.32	33.60	300m: 3:13.20	33.26	400m: 4:15.68	30.73
2.	Storm Tolsma	Dz&Pc	4:13.44	200600277	4:16.12 +0,78			
	50m: 28.94	28.94	150m: 1:33.51	32.81	250m: 2:40.00	33.07	350m: 3:45.57	32.61
	100m: 1:00.70	31.76	200m: 2:06.93	33.42	300m: 3:12.96	32.96	400m: 4:16.12	30.55
3.	Melle van Veen	Dedemsvaart-AC	4:22.56	200700661	4:18.32 +0,78			
	50m: 29.13	29.13	150m: 1:34.90	33.45	250m: 2:41.18	32.95	350m: 3:47.50	33.21
	100m: 1:01.45	32.32	200m: 2:08.23	33.33	300m: 3:14.29	33.11	400m: 4:18.32	30.82
4.	Emiel de Bruijn	Dedemsvaart-AC	4:19.69	200700953	4:18.58 +0,73			
	50m: 28.99	28.99	150m: 1:34.69	33.12	250m: 2:41.81	33.49	350m: 3:47.79	32.80
	100m: 1:01.57	32.58	200m: 2:08.32	33.63	300m: 3:14.99	33.18	400m: 4:18.58	30.79
5.	Ruben Kragt	Dedemsvaart-AC	4:41.99	201000007	4:33.74 +0,71			
	50m: 30.42	30.42	150m: 1:38.56	34.51	250m: 2:49.09	35.34	350m: 4:00.27	35.67
	100m: 1:04.05	33.63	200m: 2:13.75	35.19	300m: 3:24.60	35.51	400m: 4:33.74	33.47
6.	Guus van Duinen	Dedemsvaart-AC	5:01.73	200901107	4:34.43			
	50m: 30.84	30.84	150m: 1:39.38	34.64	250m: 2:50.63	35.91	350m: 4:00.93	35.17
	100m: 1:04.74	33.90	200m: 2:14.72	35.34	300m: 3:25.76	35.13	400m: 4:34.43	33.50
7.	Victor de Haan	HZ&PC Heerenveen	4:45.80	201001921	4:43.65			
	50m: 31.42	31.42	150m: 1:42.85	36.32	250m: 2:55.81	36.39	350m: 4:08.15	36.00
	100m: 1:06.53	35.11	200m: 2:19.42	36.57	300m: 3:32.15	36.34	400m: 4:43.65	35.50
8.	Robin Mintjes	HZ&PC Heerenveen	5:06.97	201000957	4:54.76			
	50m: 32.49	32.49	150m: 1:46.78	37.97	250m: 3:03.11	38.28	350m: 4:19.19	37.85
	100m: 1:08.81	36.32	200m: 2:24.83	38.05	300m: 3:41.34	38.23	400m: 4:54.76	35.57
9.	Leroy Maring	ZPC de Kanaalstreek	5:39.48	201100307	5:10.07 +0,63			
	50m: 32.57	32.57	150m: 1:50.80	39.82	250m: 3:12.09	40.56	350m: 4:33.19	40.77
	100m: 1:10.98	38.41	200m: 2:31.53	40.73	300m: 3:52.42	40.33	400m: 5:10.07	36.88
10.	Gijs Leeneman	HZ&PC Heerenveen	5:55.79	201200479	5:36.51 +0,76			
	50m: 36.60	36.60	150m: 2:05.10	43.82	250m: 3:33.03	43.83	350m: 4:58.49	41.33
	100m: 1:21.28	44.68	200m: 2:49.20	44.10	300m: 4:17.16	44.13	400m: 5:36.51	38.02
11.	Quinten van Zanten	De Vikings	5:45.12	201102249	5:48.10 +0,49			
	50m: 38.78	38.78	150m: 2:07.88	45.21	250m: 3:38.53	44.89	350m: 5:07.46	43.92
	100m: 1:22.67	43.89	200m: 2:53.64	45.76	300m: 4:23.54	45.01	400m: 5:48.10	40.64