



Limietwedstrijd 2
Heerenveen, 1-12-2024

Programmanr. 27
1-12-2024 - 17:20

Heren, 400m wisselslag

Senioren Open
Resultaten

Baanrecords Sportstad Heerenveen 4:29.08 Rowan Keen 03-004 Heerenveen 12-11-2016

| rang | naam | vereniging | intijd | tijd | RT | | | |
|------|--|------------------|---------------|-----------|---------------|---------|---------------|-------|
| 1. | Emiel de Bruijn | Dedemsvaart-AC | 5:03.82 | 200700953 | 4:50.99 +0,76 | | | |
| | 50m: 30.14 | 30.14 | 150m: 1:47.30 | 39.70 | 250m: 3:06.18 | 40.28 | 350m: 4:20.48 | 33.81 |
| | 100m: 1:07.60 | 37.46 | 200m: 2:25.90 | 38.60 | 300m: 3:46.67 | 40.49 | 400m: 4:50.99 | 30.51 |
| 2. | Taco Hengstman | ZPC Hoogeveen | 5:11.38 | 200304601 | 5:07.47 +0,81 | | | |
| | 50m: 28.66 | 28.66 | 150m: 1:45.99 | 40.41 | 250m: 3:10.74 | 44.80 | 350m: 4:33.05 | 35.27 |
| | 100m: 1:05.58 | 36.92 | 200m: 2:25.94 | 39.95 | 300m: 3:57.78 | 47.04 | 400m: 5:07.47 | 34.42 |
| 3. | Dani Yefimov | O Z & P C | 5:19.92 | 200901305 | 5:23.93 +0,84 | | | |
| | 50m: 34.37 | 34.37 | 150m: 1:56.21 | 41.17 | 250m: 3:22.41 | 45.50 | 350m: 4:47.17 | 38.97 |
| | 100m: 1:15.04 | 40.67 | 200m: 2:36.91 | 40.70 | 300m: 4:08.20 | 45.79 | 400m: 5:23.93 | 36.76 |
| 4. | Daniël Heling | de Valken | NT | 200500641 | 5:34.19 +0,78 | | | |
| | 50m: 32.98 | 32.98 | 150m: 1:57.37 | 41.55 | 250m: 3:27.66 | 48.61 | 350m: 4:55.18 | 39.34 |
| | 100m: 1:15.82 | 42.84 | 200m: 2:39.05 | 41.68 | 300m: 4:15.84 | 48.18 | 400m: 5:34.19 | 39.01 |
| 5. | Milan Eikenaar | Swol 1894 | 5:40.00 | 201100599 | 5:38.37 +0,70 | | | |
| | 50m: 35.72 | 35.72 | 150m: 2:02.15 | 43.15 | 250m: 3:32.73 | 48.41 | 350m: 5:00.67 | 39.08 |
| | 100m: 1:19.00 | 43.28 | 200m: 2:44.32 | 42.17 | 300m: 4:21.59 | 48.86 | 400m: 5:38.37 | 37.70 |
| 6. | Luca Karsten Schüler | HZ&PC Heerenveen | 6:03.36 | 201101451 | 5:58.99 +0,67 | | | |
| | 50m: 40.07 | 40.07 | 150m: 2:14.69 | 44.69 | 250m: 3:48.83 | 50.11 | 350m: 5:19.74 | 40.94 |
| | 100m: 1:30.00 | 49.93 | 200m: 2:58.72 | 44.03 | 300m: 4:38.80 | 49.97 | 400m: 5:58.99 | 39.25 |
| 7. | Joep Barwegen | HZ&PC Heerenveen | NT | 201201823 | 6:01.48 +0,75 | | | |
| | 50m: 39.95 | 39.95 | 150m: 2:15.25 | 45.13 | 250m: 3:52.32 | 51.46 | 350m: 5:24.39 | 40.61 |
| | 100m: 1:30.12 | 50.17 | 200m: 3:00.86 | 45.61 | 300m: 4:43.78 | 51.46 | 400m: 6:01.48 | 37.09 |
| 8. | Arjan Vaatstra *400 | de Valken | NT | 199801909 | 6:12.96 | | | |
| | 50m: 34.39 | 34.39 | 150m: 2:04.36 | 44.06 | 250m: 3:48.19 | 55.87 | 350m: 5:29.71 | 43.40 |
| | 100m: 1:20.30 | 45.91 | 200m: 2:52.32 | 47.96 | 300m: 4:46.31 | 58.12 | 400m: 6:12.96 | 43.25 |
| 9. | Roan Krikke | HZ&PC Heerenveen | NT | 201200501 | 7:05.98 | | | |
| | 50m: 51.63 | 51.63 | 150m: 2:38.25 | 46.82 | 250m: 4:28.66 | 1:04.26 | 350m: 6:17.54 | 46.81 |
| | 100m: 1:51.43 | 59.80 | 200m: 3:24.40 | 46.15 | 300m: 5:30.73 | 1:02.07 | 400m: 7:05.98 | 48.44 |
| DIS | Arjen Schram | De Vikings | NT | 198805103 | | | | |
| | <i>VM - Na start en/of keerpunt niet bij of voor de 15m met het hoofd het wateroppervlak doorbroken.</i> | | | | | | | |