

Programmanr. 8
6-12-2025 - 11:25

Heren, 400m wisselslag

Senioren Open
Resultaten

Baanrecords Sportstad Heerenveen	4:29.08	Rowan Keen	03-004	Heerenveen	12-11-2016
Fries records alg.	4:18.59	Jari Groenhardt	02-004	Den Haag	4-12-2021
Fries records Masters 20+	4:30.41	Wouter Zijlstra	02-008	Heerenveen	29-3-2025
Fries records 19	4:28.83	Wouter Zijlstra	02-008	Den Haag	16-12-2023
Fries records 18	4:28.68	Wouter Zijlstra	02-008	Den Haag	17-12-2022
Fries records 17	4:25.84	Wytse Broekstra	02-017	Aachen (GER)	10-10-2025
Fries records 16	4:31.05	Tieme Marten Wiersma	02-004	Den Haag	16-12-2023
Fries records 15	4:31.02	Wytse Broekstra	02-017	Eindhoven	8-12-2023
Fries records 14	4:42.85	Sven Koorstra	02-017	Eindhoven	8-12-2023
Fries records 13	5:02.74	Luuk Veldman	02-013	De Westereen	1-12-2012
Fries records - 23	4:18.59	Jari Groenhardt	02-004	Den Haag	4-12-2021
Fries records - 18	4:25.84	Wytse Broekstra	02-017	Aachen (GER)	10-10-2025

rang	naam	vereniging	intijd	tijd	RT
Onder 14					
1.	Roan Krikke	HZ&PC Heerenveen	6:37.60	201200501	6:36.06 +0,64
	50m: 45.55	45.55	150m: 2:28.87	47.06	250m: 4:12.20 56.87 350m: 5:53.69 44.56
	100m: 1:41.81	56.26	200m: 3:15.33	46.46	300m: 5:09.13 56.93 400m: 6:36.06 42.37

Onder 14

1.	Mattias Stolk	HZ&PC Heerenveen			5:02.39	201000525		4:47.42		+0,75			
		50m:	31.33	31.33	150m:	1:46.04	38.17	250m:	3:01.95	39.15	350m:	4:15.29	33.52
		100m:	1:07.87	36.54	200m:	2:22.80	36.76	300m:	3:41.77	39.82	400m:	4:47.42	32.13
2.	Kasper Lubbers	Orca Leeuwarden			4:56.88	201100025		4:57.56		+0,72			
		50m:	32.05	32.05	150m:	1:47.45	38.58	250m:	3:06.23	41.60	350m:	4:24.12	35.89
		100m:	1:08.87	36.82	200m:	2:24.63	37.18	300m:	3:48.23	42.00	400m:	4:57.56	33.44
3.	Tycho Wienbelt	De Vikings			4:58.85	201001397		5:00.60		+0,80			
		50m:	32.30	32.30	150m:	1:48.65	39.41	250m:	3:09.56	43.25	350m:	4:28.05	34.37
		100m:	1:09.24	36.94	200m:	2:26.31	37.66	300m:	3:53.68	44.12	400m:	5:00.60	32.55
4.	Robin Mintjes	HZ&PC Heerenveen			5:20.74	201000957		5:19.08		+0,87			
		50m:	32.84	32.84	150m:	1:54.60	42.06	250m:	3:21.45	44.90	350m:	4:43.74	37.08
		100m:	1:12.54	39.70	200m:	2:36.55	41.95	300m:	4:06.66	45.21	400m:	5:19.08	35.34
5.	Nanne Woldring	De Vikings			6:06.85	201102035		5:39.17		+0,86			
		50m:	35.44	35.44	150m:	2:03.82	43.49	250m:	3:35.81	48.39	350m:	5:03.87	36.36
		100m:	1:20.33	44.89	200m:	2:47.42	43.60	300m:	4:27.51	51.70	400m:	5:39.17	35.30

Onder 18

1.	Wytse Broekstra	De Vikings		4:25.84	200800121	4:31.85		+0,76
	50m: 28.35	28.35	150m: 1:37.55	35.16	250m: 2:48.39	35.99	350m: 3:59.60	33.21
	100m: 1:02.39	34.04	200m: 2:12.40	34.85	300m: 3:26.39	38.00	400m: 4:31.85	32.25
2.	Diede Veld	HZ&PC Heerenveen		4:36.08	200800011	4:35.28		+0,77
	50m: 28.31	28.31	150m: 1:35.78	34.08	250m: 2:51.63	41.59	350m: 4:03.72	30.92
	100m: 1:01.70	33.39	200m: 2:10.04	34.26	300m: 3:32.80	41.17	400m: 4:35.28	31.56
3.	Hidde Bruins Slot	SG. Bolsward-Workum		5:43.52	200800317	6:07.23		+0,89
	50m: 33.15	33.15	150m: 2:03.41	46.85	250m: 3:44.62	54.23	350m: 5:23.63	43.43
	100m: 1:16.56	43.41	200m: 2:50.39	46.98	300m: 4:40.20	55.58	400m: 6:07.23	43.60

AFGEM Sven Koorstra De Vikings 4:45.86 200900189

Onder 20

1.	Tieme Wiersma	Dz&Pc	4:30.10	200701031	4:40.70	+0,71		
	50m: 30.06	30.06	150m: 1:41.90	35.65	250m: 2:56.39	38.80	350m: 4:09.11	32.62
	100m: 1:06.25	36.19	200m: 2:17.59	35.69	300m: 3:36.49	40.10	400m: 4:40.70	31.59
2.	Emiel de Bruijn	Dz&Pc	4:44.06	200700953	4:50.01	+0,84		
	50m: 30.34	30.34	150m: 1:46.43	40.21	250m: 3:03.02	38.21	350m: 4:17.07	34.59
	100m: 1:06.22	35.88	200m: 2:24.81	38.38	300m: 3:42.48	39.46	400m: 4:50.01	32.94
3.	Storm Tolsma	Dz&Pc	4:39.84	200600277	4:51.41	+0,80		
	50m: 30.28	30.28	150m: 1:44.63	37.71	250m: 3:01.74	40.27	350m: 4:17.71	34.50
	100m: 1:06.92	36.64	200m: 2:21.47	36.84	300m: 3:43.21	41.47	400m: 4:51.41	33.70

DIS Jere Wiersma Dz&Pc 4:56.58 200701037
SS - Met handen over elkaar keer- of eindpunt aangetikt.



Programmanr. 8, Heren, 400m wisselslag

20 en ouder

1. Wouter Zijlstra	HZ&PC Heerenveen				4:26.31	200401545		4:28.13		+0,63	
50m:	28.14	28.14	150m:	1:34.98	34.80	250m:	2:47.67	37.48	350m:	3:57.43	30.23
100m:	1:00.18	32.04	200m:	2:10.19	35.21	300m:	3:27.20	39.53	400m:	4:28.13	30.70