Programmanr. 30 — Heren, 400m wisselslag — Senioren Open
1-11-2026 - 17:40 — Resultaten

voorlopige resultaten

rang	naam	vereniging	intijd		tijd	RT
1.	Guust Heijne	ZPC AMERSFOORT	5:26.54	201202139	**5:05.34**	+0,57
	50m: 33.65	33.65 150m: 1:52.83	42.09	250m: 3:15.85 42.40	350m: 4:33.63	35.09
	100m: 1:10.74	37.09 200m: 2:33.45	40.62	300m: 3:58.54 42.69	400m: 5:05.34	31.71
2.	Thijs Hoogeveen	Zwemlust- den Hommel	5:25.60	201100503	**5:25.10**	+0,71
	50m: 35.29	35.29 150m: 1:59.57	41.00	250m: 3:25.68 44.53	350m: 4:50.40	38.30
	100m: 1:18.57	43.28 200m: 2:41.15	41.58	300m: 4:12.10 46.42	400m: 5:25.10	34.70
3.	Jonathan Nusteen	Zwemclub Zeist	5:48.96	201202129	**5:35.08** *	+0,75
	50m: 37.33	37.33 150m: 2:05.26	42.47	250m: 3:33.91 47.20	350m: 4:59.71	38.34
	100m: 1:22.79	45.46 200m: 2:46.71	41.45	300m: 4:21.37 47.46	400m: 5:35.08	35.37
4.	Milan Metz	ZV New Wave Almere	5:43.40	201300045	**5:49.50**	+0,66
	50m: 39.73	39.73 150m: 2:15.04	44.68	250m: 3:46.04 48.14	350m: 5:11.76	38.77
	100m: 1:30.36	50.63 200m: 2:57.90	42.86	300m: 4:32.99 46.95	400m: 5:49.50	37.74
5.	Yaroslav Lytvynenko	VZC	NT	201102573	**5:55.63**	+0,66
	50m: 34.68	34.68 150m: 2:03.57	47.23	250m: 3:41.70 53.49	350m: 5:16.02	40.59
	100m: 1:16.34	41.66 200m: 2:48.21	44.64	300m: 4:35.43 53.73	400m: 5:55.63	39.61
6.	Jesiah Bos	ZV De Aalscholver	6:25.00	201400097	**6:09.95**	+0,63
	50m: 42.31	42.31 150m: 2:20.12	45.33	250m: 3:55.92 50.56	350m: 5:29.98	43.03
	100m: 1:34.79	52.48 200m: 3:05.36	45.24	300m: 4:46.95 51.03	400m: 6:09.95	39.97