Programmanr. 3 — Heren, 400m wisselslag — Senioren Open
7-11-2026 - 16:05 — Resultaten

voorlopige resultaten

rang	naam	vereniging	intijd		tijd	RT
1.	Job Sportel	De Dinkel	4:47.92	200800429	**4:41.23**	
	50m: 28.40	28.40 150m:		250m:	350m:	
	100m: 1:02.60	34.20 200m: 2:20.39		300m: 3:36.03	400m: 4:41.23	
2.	Luuk Ruinemans	De Dinkel	4:40.43	200301085	**4:42.73**	
	50m: 28.01	28.01 150m:		250m:	350m:	
	100m: 1:01.52	33.51 200m: 2:14.84		300m: 3:37.51	400m: 4:42.73	
3.	Bram ter Braak	De Dinkel	4:43.24	200800281	**4:53.63**	
	50m: 27.26	27.26 150m:		250m:	350m:	
	100m: 59.25	31.99 200m: 2:13.62		300m: 3:41.58	400m: 4:53.63	
4.	Kevin Lucas	De Dinkel	4:46.84	200300545	**4:59.52**	
	50m: 30.23	30.23 150m:		250m:	350m:	
	100m: 1:06.29	36.06 200m: 2:25.58		300m: 3:47.92	400m: 4:59.52	
5.	Youp Stuifzand	Deltasteur	5:01.42	200800521	**5:03.61**	
	50m: 31.10	31.10 150m:		250m:	350m:	
	100m: 1:10.35	39.25 200m: 2:34.32		300m: 3:56.34	400m: 5:03.61	
6.	Thomas van Velzen	Deltasteur	5:13.20	200703189	**5:09.55**	
	50m: 30.42	30.42 150m:		250m:	350m:	
	100m: 1:05.99	35.57 200m: 2:28.97		300m: 3:57.46	400m: 5:09.55	
7.	Colin Beuker	ZPC Hoogeveen	5:09.53	200802023	**5:14.99**	
	50m: 29.37	29.37 150m:		250m:	350m:	
	100m: 1:06.77	37.40 200m: 2:24.30		300m: 3:59.79	400m: 5:14.99	
8.	Rick Zuurman	ZPC Hoogeveen	5:31.18	200900049	**5:29.22**	
	50m: 31.81	31.81 150m:		250m:	350m:	
	100m: 1:10.38	38.57 200m: 2:35.17		300m: 4:11.91	400m: 5:29.22	
9.	Pepijn Bakker	ZPC Hoogeveen	NT	200703821	**5:47.25**	
	50m: 34.08	34.08 150m:		250m:	350m:	
	100m: 1:16.32	42.24 200m: 2:46.13		300m: 4:28.18	400m: 5:47.25	
10.	Robin Wierbos	ZPC Hoogeveen	6:00.65	200604067	**6:01.40**	
	50m: 34.09	34.09 150m:		250m:	350m:	
	100m: 1:16.23	42.14 200m: 2:43.46		300m: 4:36.91	400m: 6:01.40	
AFGEM	Franklin Paassen	Deltasteur	5:17.71	200003881		