



Programmanr. 21  
26-11-2022 - 15:58

Heren, 400m wisselslag

Senioren Open  
Resultaten

rang	naam	vereniging	intijd	tijd	RT
1.	Joris Janssen	PSV	5:00.79	200301311	<b>4:39.79</b>
	50m: 29.81	150m: 1:40.97	250m: 2:54.73	350m: 4:08.02	
	100m: 1:05.20	200m: 2:15.86	300m: 3:35.50	400m: 4:39.79	
2.	Lucas van Rooij	PSV	5:11.05	200603943	<b>4:55.10</b>
	50m: 30.37	150m: 1:46.76	250m: 3:08.28	350m: 4:23.93	
	100m: 1:05.62	200m: 2:25.94	300m: 3:51.33	400m: 4:55.10	
3.	Justin Steenkamp	PSV	4:55.61	200404133	<b>5:02.35</b>
	50m: 30.05	150m: 1:45.30	250m: 3:07.94	350m: 4:28.81	
	100m: 1:06.29	200m: 2:22.73	300m: 3:53.73	400m: 5:02.35	
4.	Sem Belmon	PSV	5:15.98	200702099	<b>5:03.20</b>
	50m: 32.05	150m: 1:48.69	250m: 3:08.03	350m: 4:28.61	
	100m: 1:10.20	200m: 2:26.06	300m: 3:52.77	400m: 5:03.20	
5.	Yuri Wasser	PSV	5:13.25	200301327	<b>5:10.83</b>
	50m: 30.88	150m: 1:50.20	250m: 3:16.02	350m: 4:36.32	
	100m: 1:07.99	200m: 2:31.77	300m: 4:01.41	400m: 5:10.83	
6.	Ruben de Vries	Hellas-Glana	5:32.04	200600497	<b>5:12.92</b>
	50m: 32.68	150m: 1:54.26	250m: 3:16.50	350m: 4:38.29	
	100m: 1:12.32	200m: 2:34.52	300m: 4:00.80	400m: 5:12.92	
7.	Martijn Nies	PSV	5:47.37	200902095	<b>5:19.99</b>
	50m: 33.98	150m: 1:55.63	250m: 3:23.03	350m: 4:45.78	
	100m: 1:13.18	200m: 2:36.90	300m: 4:10.35	400m: 5:19.99	
8.	Hessel Penninkhof	Deltasteur	5:26.51	200800565	<b>5:27.86</b> 350-4
	50m: 35.03	150m: 1:59.49	250m: 3:28.56	350m: 4:53.44	
	100m: 1:16.97	200m: 2:40.69	300m: 4:16.76	400m: 5:27.86	
9.	Arie Brussaard	Batavia Swim	5:40.73	200700781	<b>5:31.93</b>
	50m: 33.62	150m: 1:56.96	250m: 3:24.79	350m: 4:52.97	
	100m: 1:15.49	200m: 2:38.15	300m: 4:13.70	400m: 5:31.93	