

Albion Open 2023
Rotterdam, 14 - 15/10/2023

Programmanr. 7
14/10/2023 - 10:36

Heren, 400m wisselslag

12 jaar en ouder
Resultaten

Punten: FINA 2023

Rang					Geb.					Tijd	Pnt	
1.	VAN DAM, Yarno				08	Acz				4:41.74	578	
	50m:	29.91	29.91	150m:	1:39.46	35.92	250m:	2:55.53	40.74	350m:	4:09.42	32.65
	100m:	1:03.54	33.63	200m:	2:14.79	35.33	300m:	3:36.77	41.24	400m:	4:41.74	32.32
2.	DE JONG, Jelte				09	Zpch				5:04.91	456	
	50m:	32.62	32.62	150m:	1:48.46	38.44	250m:	3:11.92	45.65	350m:	4:30.90	34.22
	100m:	1:10.02	37.40	200m:	2:26.27	37.81	300m:	3:56.68	44.76	400m:	5:04.91	34.01
3.	LOPES CARDOZO, Sebastian				08	Wzk				5:13.49	420	
	50m:	34.06	34.06	150m:	1:55.16	38.93	250m:	3:17.60	44.32	350m:	4:39.55	36.40
	100m:	1:16.23	42.17	200m:	2:33.28	38.12	300m:	4:03.15	45.55	400m:	5:13.49	33.94
4.	HILDERS, Finn				09	De Dolfijn				5:24.27	379	
	50m:	33.76	33.76	150m:	1:55.57	39.96	250m:	3:21.86	45.89	350m:	4:47.58	37.82
	100m:	1:15.61	41.85	200m:	2:35.97	40.40	300m:	4:09.76	47.90	400m:	5:24.27	36.69