

Limietwedstrijd korte baan deel 2
Nijmegen, 25-11-2023

Programmanr. 101
25-11-2023 - 14:00

Heren, 400m wisselslag

Senioren Open
Resultaten

rang	naam	vereniging	intijd	tijd	RT			
1.	Nout Folkersma	PSV	5:04.37	200800595	4:53.55			
	50m: 31.07	31.07	150m: 1:46.36	37.96	250m: 3:05.45	40.85	350m: 4:21.76	34.05
	100m: 1:08.40	37.33	200m: 2:24.60	38.24	300m: 3:47.71	42.26	400m: 4:53.55	31.79
2.	Yannick van Dijk	Aqua-Novio'94	4:55.05	200504461	4:53.84			
	50m: 28.75	28.75	150m: 1:43.23	39.65	250m: 3:03.00	41.27	350m: 4:20.88	35.59
	100m: 1:03.58	34.83	200m: 2:21.73	38.50	300m: 3:45.29	42.29	400m: 4:53.84	32.96
3.	Milco Matla	PSV	5:03.61	200600555	4:56.31			
	50m: 29.65	29.65	150m: 1:43.85	39.64	250m: 3:05.06	43.12	350m: 4:22.52	35.62
	100m: 1:04.21	34.56	200m: 2:21.94	38.09	300m: 3:46.90	41.84	400m: 4:56.31	33.79
4.	Martijn Nies	PSV	5:08.26	200902095	4:57.99			
	50m: 30.73	30.73	150m: 1:46.77	39.03	250m: 3:07.65	42.49	350m: 4:25.96	34.47
	100m: 1:07.74	37.01	200m: 2:25.16	38.39	300m: 3:51.49	43.84	400m: 4:57.99	32.03
5.	Theodore Allan	PSV	5:10.90	200902925	5:00.82			
	50m: 30.27	30.27	150m: 1:45.07	39.23	250m: 3:08.11	44.23	350m: 4:27.90	35.27
	100m: 1:05.84	35.57	200m: 2:23.88	38.81	300m: 3:52.63	44.52	400m: 5:00.82	32.92
6.	Mink Hugen	Aqua-Novio'94	5:19.87	200801391	5:08.63			
	50m: 32.74	32.74	150m: 1:50.76	40.59	250m: 3:13.74	43.42	350m: 4:33.97	35.36
	100m: 1:10.17	37.43	200m: 2:30.32	39.56	300m: 3:58.61	44.87	400m: 5:08.63	34.66
7.	Thomas Nauta	Arethusa	5:40.83	200900339	5:18.56			
	50m: 36.03	36.03	150m: 2:00.69	40.93	250m: 3:22.73	41.23	350m: 4:43.54	36.94
	100m: 1:19.76	43.73	200m: 2:41.50	40.81	300m: 4:06.60	43.87	400m: 5:18.56	35.02
8.	Pelle Schrieken	VZC	5:51.57	200801595	5:22.71			
	50m: 33.86	33.86	150m: 1:53.99	41.62	250m: 3:20.39	45.58	350m: 4:46.00	39.68
	100m: 1:12.37	38.51	200m: 2:34.81	40.82	300m: 4:06.32	45.93	400m: 5:22.71	36.71
9.	Ruben Nooter	ZV 44	5:35.07	200901577	5:34.79			
	50m: 32.18	32.18	150m: 1:58.19	42.72	250m: 3:28.43	47.84	350m: 4:56.66	39.53
	100m: 1:15.47	43.29	200m: 2:40.59	42.40	300m: 4:17.13	48.70	400m: 5:34.79	38.13
10.	Matthijs van Velzen	ZV 44	5:58.91	201100435	5:37.14			
	50m: 33.75	33.75	150m: 1:59.08	41.90	250m: 3:29.78	49.28	350m: 5:00.78	38.53
	100m: 1:17.18	43.43	200m: 2:40.50	41.42	300m: 4:22.25	52.47	400m: 5:37.14	36.36
11.	Nicolai Matla	PSV	6:52.46	200901031	5:43.32			
	50m: 34.96	34.96	150m: 2:05.63	47.17	250m: 3:35.88	45.06	350m: 5:03.82	41.66
	100m: 1:18.46	43.50	200m: 2:50.82	45.19	300m: 4:22.16	46.28	400m: 5:43.32	39.50