

Competitie deel 3 2024
Deventer, 27-1-2024

Programmanr. 11
27-1-2024 - 17:45

Jongens, 400m vrije slag

Jeugd 2 en jonger
Resultaten

| rang | naam | vereniging | intijd | | tijd | | RT |
|------|-----------------------|----------------|---------------|-------|---------------|-------|----------------|
| 1. | Lars Heddema | Steenwijk 1934 | 4:32.48 | | 200603697 | | 4:35.82 |
| | 50m: 29.80 | 29.80 | 150m: 1:37.60 | 34.80 | 250m: 2:48.29 | 35.37 | 350m: 3:59.29 |
| | 100m: 1:02.80 | 33.00 | 200m: 2:12.92 | 35.32 | 300m: 3:24.00 | 35.71 | 400m: 4:35.82 |
| 2. | Vasco Strampel | Steenwijk 1934 | 5:06.31 | | 200702073 | | 5:04.46 |
| | 50m: 31.81 | 31.81 | 150m: 1:45.76 | 37.47 | 250m: 3:03.22 | 39.03 | 350m: 4:23.39 |
| | 100m: 1:08.29 | 36.48 | 200m: 2:24.19 | 38.43 | 300m: 3:42.93 | 39.71 | 400m: 5:04.46 |
| 3. | Jöran Brouwer | De Eerste Kolk | 5:28.49 | | 200600449 | | 5:16.21 |
| | 50m: 33.33 | 33.33 | 150m: 1:49.30 | 39.12 | 250m: 3:10.13 | 40.87 | 350m: 4:35.10 |
| | 100m: 1:10.18 | 36.85 | 200m: 2:29.26 | 39.96 | 300m: 3:51.74 | 41.61 | 400m: 5:16.21 |
| 4. | Justus van Asselt | De IJssel | 5:33.39 | | 200703599 | | 5:33.92 |
| | 50m: 36.95 | 36.95 | 150m: 2:00.39 | 42.47 | 250m: 3:26.70 | 43.38 | 350m: 4:52.07 |
| | 100m: 1:17.92 | 40.97 | 200m: 2:43.32 | 42.93 | 300m: 4:09.54 | 42.84 | 400m: 5:33.92 |
| 5. | Laurens van der Pligt | De Eerste Kolk | 5:56.18 | | 200700015 | | 5:40.35 |
| | 50m: 36.33 | 36.33 | 150m: 2:00.85 | 43.04 | 250m: 3:28.75 | 43.80 | 350m: 4:57.42 |
| | 100m: 1:17.81 | 41.48 | 200m: 2:44.95 | 44.10 | 300m: 4:12.84 | 44.09 | 400m: 5:40.35 |
| 6. | Rick Mastenbroek | Steenwijk 1934 | 6:51.86 | | 200702583 | | 6:09.10 |
| | 50m: 39.57 | 39.57 | 150m: 2:10.66 | 46.61 | 250m: 3:47.63 | 49.01 | 350m: 5:24.76 |
| | 100m: 1:24.05 | 44.48 | 200m: 2:58.62 | 47.96 | 300m: 4:36.33 | 48.70 | 400m: 6:09.10 |