

LAC voorjaarsvakantie Zwolle  
Zwolle, 19- - 23-2-2024

Programmanr. 103  
19-2-2024 - 18:40

Heren, 400m wisselslag

Senioren Open  
Resultaten

rang	naam	vereniging		intijd		tijd		RT
1.	Kylian Heederik	Swol 1894		4:54.81		200300353		<b>4:58.57</b>
	50m: 30.20	30.20	150m: 1:43.51	39.06	250m: 3:04.20	42.07	350m: 4:23.76	36.96
	100m: 1:04.45	34.25	200m: 2:22.13	38.62	300m: 3:46.80	42.60	400m: 4:58.57	34.81
2.	Dhamin Ouali	Swol 1894		5:34.21		200902771		<b>5:26.44</b>
	50m: 33.17	33.17	150m: 1:55.24	42.57	250m: 3:26.20	49.26	350m: 4:50.77	36.20
	100m: 1:12.67	39.50	200m: 2:36.94	41.70	300m: 4:14.57	48.37	400m: 5:26.44	35.67
3.	Daniël Scheppink	Swol 1894		6:01.08		200902769		<b>6:02.03</b>
	50m: 41.78	41.78	150m: 2:17.68	45.45	250m: 3:53.17	51.60	350m: 5:23.96	40.60
	100m: 1:32.23	50.45	200m: 3:01.57	43.89	300m: 4:43.36	50.19	400m: 6:02.03	38.07
4.	Milan Eikenaar	Swol 1894		NT		201100599		<b>6:17.92</b>
	50m: 42.92	42.92	150m: 2:21.67	46.05	250m: 3:58.89	53.28	350m: 5:35.21	42.45
	100m: 1:35.62	52.70	200m: 3:05.61	43.94	300m: 4:52.76	53.87	400m: 6:17.92	42.71
5.	Daan Emming	Swol 1894		NT		201003115		<b>6:38.14</b>
	50m: 40.70	40.70	150m: 2:23.67	49.31	250m: 4:09.14	58.72	350m: 5:58.45	50.22
	100m: 1:34.36	53.66	200m: 3:10.42	46.75	300m: 5:08.23	59.09	400m: 6:38.14	39.69