

Limietwedstrijd LB deel 4 ZPC AMERSFOORT  
Amersfoort, 21-4-2024

Programmanr. 2  
21-4-2024 - 14:31

Heren, 400m wisselslag

Junioren 1 en ouder  
Resultaten

rang	naam	vereniging	intijd			tijd			RT	
1.	Adriaan Coppelmans	AZC	4:53.49			200903243			<b>5:03.32</b>	+0,75
	50m: 33.30	33.30	150m: 1:50.68	37.52	250m: 3:10.68	41.88	350m: 4:29.66	34.17		
	100m: 1:13.16	39.86	200m: 2:28.80	38.12	300m: 3:55.49	44.81	400m: 5:03.32	33.66		
2.	Siem de Zeeuw	O Z & P C	5:30.69			200800013			<b>5:18.21</b>	+0,71
	50m: 31.36	31.36	150m: 1:50.85	40.22	250m: 3:19.05	48.90	350m: 4:43.92	35.47		
	100m: 1:10.63	39.27	200m: 2:30.15	39.30	300m: 4:08.45	49.40	400m: 5:18.21	34.29		
3.	Jeroen Louwinger	De Rijn	5:16.26			199900583			<b>5:25.97</b>	+0,70
	50m: 33.61	33.61	150m: 1:53.72	41.51	250m: 3:23.30	48.72	350m: 4:49.89	37.04		
	100m: 1:12.21	38.60	200m: 2:34.58	40.86	300m: 4:12.85	49.55	400m: 5:25.97	36.08		
4.	Thomas van Velzen	Deltasteur	5:37.76			200703189			<b>5:33.06</b>	+0,67
	50m: 32.94	32.94	150m: 1:58.46	43.31	250m: 3:30.81	49.97	350m: 4:56.97	36.94		
	100m: 1:15.15	42.21	200m: 2:40.84	42.38	300m: 4:20.03	49.22	400m: 5:33.06	36.09		
5.	Jelle Roks	De Blauwe Schuur	5:40.61			199005145			<b>5:41.94</b>	+0,78
	50m: 33.66	33.66	150m: 1:59.88	44.68	250m: 3:34.63	51.70	350m: 5:05.73	38.78		
	100m: 1:15.20	41.54	200m: 2:42.93	43.05	300m: 4:26.95	52.32	400m: 5:41.94	36.21		
6.	Matthijs van Velzen	Deltasteur	5:37.14			201100435			<b>5:42.38</b>	+0,66
	*									
	50m: 34.04	34.04	150m: 2:01.90	43.62	250m: 3:34.92	50.41	350m: 5:07.04	39.49		
	100m: 1:18.28	44.24	200m: 2:44.51	42.61	300m: 4:27.55	52.63	400m: 5:42.38	35.34		
7.	Jeroen Burggraaf	De Blauwe Schuur	5:42.87			199000467			<b>5:50.25</b>	+0,82
	50m: 35.60	35.60	150m: 2:04.74	46.06	250m: 3:37.89	48.35	350m: 5:08.56	41.32		
	100m: 1:18.68	43.08	200m: 2:49.54	44.80	300m: 4:27.24	49.35	400m: 5:50.25	41.69		
8.	Timo Bottenberg	Deltasteur	6:18.22			200900151			<b>6:21.29</b>	+0,82
	50m: 41.67	41.67	150m: 2:16.80	45.71	250m: 3:57.00	56.82	350m: 5:40.63	45.23		
	100m: 1:31.09	49.42	200m: 3:00.18	43.38	300m: 4:55.40	58.40	400m: 6:21.29	40.66		