

A-Limietwedstrijd LB deel 2  
Hengelo, 6-4-2024



Programmanr. 2  
6-4-2024 - 13:44

Heren, 400m wisselslag

Senioren Open  
Resultaten

rang	naam	vereniging	intijd	tijd	RT		
1.	Melle van Veen	Dedemsvaart-AC	5:14.58	200700661	<b>5:05.17</b>		
	50m: 29.63	29.63 150m: 1:49.70	40.93	250m: 3:12.33	43.14	350m: 4:32.04	35.82
	100m: 1:08.77	39.14 200m: 2:29.19	39.49	300m: 3:56.22	43.89	400m: 5:05.17	33.13
2.	Jort Siebelt	O Z & P C	5:33.27	200700083	<b>5:15.73</b>		
	50m: 32.54	32.54 150m: 1:52.92	41.26	250m: 3:18.13	44.68	350m: 4:40.80	36.86
	100m: 1:11.66	39.12 200m: 2:33.45	40.53	300m: 4:03.94	45.81	400m: 5:15.73	34.93
3.	Finn Stamsnieder	O Z & P C	6:04.54	200900225	<b>5:29.09</b>		
	50m: 33.25	33.25 150m: 1:57.43	42.32	250m: 3:23.90	44.78	350m: 4:51.36	39.97
	100m: 1:15.11	41.86 200m: 2:39.12	41.69	300m: 4:11.39	47.49	400m: 5:29.09	37.73
4.	Bastiaan van Tintelen	O Z & P C	NT	199800455	<b>5:30.10</b>		
	50m: 32.78	32.78 150m: 1:57.45	44.01	250m: 3:28.53	48.50	350m: 4:54.94	38.28
	100m: 1:13.44	40.66 200m: 2:40.03	42.58	300m: 4:16.66	48.13	400m: 5:30.10	35.16
5.	Eric Hoekman	WS Twente	6:16.38	197401531	<b>6:18.41</b>		
	50m: 36.59	36.59 150m: 2:11.32	48.28	250m: 3:53.10	56.25	350m: 5:34.19	43.33
	100m: 1:23.04	46.45 200m: 2:56.85	45.53	300m: 4:50.86	57.76	400m: 6:18.41	44.22