

Programmanr. 11  
10-11-2024 - 14:20

Heren, 400m wisselslag

2012 en eerder  
Resultaten

rang	naam	vereniging	intijd	tijd	RT	
<b>Gebjr 2011 - 2012</b>						
1.	Laurens van Nulck	Hellas-Glana	5:15.60	201100521	<b>5:16.40</b> +0,71	
	50m: 33.90	33.90 150m: 1:55.72	42.96	250m: 3:19.75	42.74 350m: 4:40.32	36.96
	100m: 1:12.76	38.86 200m: 2:37.01	41.29	300m: 4:03.36	43.61 400m: 5:16.40	36.08
2.	Zion Eijkenboom	Hellas-Glana	5:42.25	201100043	<b>5:46.74</b> +0,72	
	50m: 36.68	36.68 150m: 2:02.80	43.64	250m: 3:35.85	50.65 350m: 5:09.73	42.00
	100m: 1:19.16	42.48 200m: 2:45.20	42.40	300m: 4:27.73	51.88 400m: 5:46.74	37.01
3.	Tibo Janssen	ZPC De Rog Weert	6:00.69	201101591	<b>5:53.18</b> +0,73	
	50m: 38.96	38.96 150m: 2:10.81	45.58	250m: 3:45.41	50.25 350m: 5:15.16	39.09
	100m: 1:25.23	46.27 200m: 2:55.16	44.35	300m: 4:36.07	50.66 400m: 5:53.18	38.02
4.	Jesse Hanssen	HZPC	6:19.01	201102245	<b>5:58.30</b> +0,71	
	50m: 37.81	37.81 150m: 2:11.46	46.20	250m: 3:47.37	52.43 350m: 5:19.72	40.40
	100m: 1:25.26	47.45 200m: 2:54.94	43.48	300m: 4:39.32	51.95 400m: 5:58.30	38.58
5.	Lars Stelten	Hellas-Glana	6:01.02	201200151	<b>5:58.44</b> +0,62	
	50m: 38.17	38.17 150m: 2:14.17	49.20	250m: 3:50.65	48.88 350m: 5:20.23	40.57
	100m: 1:24.97	46.80 200m: 3:01.77	47.60	300m: 4:39.66	49.01 400m: 5:58.44	38.21
6.	Gido van Dijk	SG Patrick - De Roersoppers	6:14.19	201100341	<b>6:08.60</b> +0,72	
	50m: 41.37	41.37 150m: 2:17.61	46.71	250m: 3:55.73	52.67 350m: 5:30.46	41.35
	100m: 1:30.90	49.53 200m: 3:03.06	45.45	300m: 4:49.11	53.38 400m: 6:08.60	38.14
7.	Kai van Gansewinkel	ZPC Nederweert	6:36.53	201101453	<b>6:15.64</b> +0,72	
	50m: 41.71	41.71 150m: 2:22.15	50.27	250m: 3:58.07	50.07 350m: 5:33.86	45.34
	100m: 1:31.88	50.17 200m: 3:08.00	45.85	300m: 4:48.52	50.45 400m: 6:15.64	41.78

**Gebjr 2009 - 2010**

1.	Vanja Kvocka	Hellas-Glana	4:59.82	200904007	<b>4:56.13</b> +0,70	
	50m: 28.67	28.67 150m: 1:40.10	36.93	250m: 3:00.79	44.93 350m: 4:22.14	35.03
	100m: 1:03.17	34.50 200m: 2:15.86	35.76	300m: 3:47.11	46.32 400m: 4:56.13	33.99
2.	Sacha van Hees Ajdnik	Zeps	5:50.88	200900489	<b>5:19.40</b> +0,67	
	50m: 32.56	32.56 150m: 1:54.48	42.73	250m: 3:22.68	47.62 350m: 4:46.68	36.10
	100m: 1:11.75	39.19 200m: 2:35.06	40.58	300m: 4:10.58	47.90 400m: 5:19.40	32.72
3.	Cas Heylighen	Hellas-Glana	5:21.60	200901327	<b>5:22.31</b> +0,61	
	50m: 33.84	33.84 150m: 1:56.41	41.95	250m: 3:23.09	44.79 350m: 4:46.75	38.05
	100m: 1:14.46	40.62 200m: 2:38.30	41.89	300m: 4:08.70	45.61 400m: 5:22.31	35.56
4.	Si Tian Chen	Hellas-Glana	6:11.69	201001069	<b>5:36.29</b> +0,65	
	50m: 33.55	33.55 150m: 1:55.55	43.50	250m: 3:26.77	48.29 350m: 4:57.91	41.26
	100m: 1:12.05	38.50 200m: 2:38.48	42.93	300m: 4:16.65	49.88 400m: 5:36.29	38.38

**Gebjr 2007 - 2008**

1.	Ties Berghs	Zeps	4:48.73	200700709	<b>4:45.27</b> +0,65	
	50m: 28.39	28.39 150m: 1:40.39	39.25	250m: 2:59.88	41.40 350m: 4:14.53	32.68
	100m: 1:01.14	32.75 200m: 2:18.48	38.09	300m: 3:41.85	41.97 400m: 4:45.27	30.74
2.	Jesse Jacobs	HZPC	5:08.78	200700407	<b>5:13.59</b> +0,71	
	50m: 32.67	32.67 150m: 1:52.67	40.56	250m: 3:15.79	43.67 350m: 4:38.10	37.10
	100m: 1:12.11	39.44 200m: 2:32.12	39.45	300m: 4:01.00	45.21 400m: 5:13.59	35.49
3.	Stephan Sjeptoera	HZPC	5:29.86	200800871	<b>5:14.71</b> +0,78	
	50m: 35.00	35.00 150m: 1:56.40	39.43	250m: 3:18.24	43.99 350m: 4:39.23	36.02
	100m: 1:16.97	41.97 200m: 2:34.25	37.85	300m: 4:03.21	44.97 400m: 5:14.71	35.48
4.	Guido Jacobs	HZPC	5:24.84	200800477	<b>5:19.68</b> +0,70	
	50m: 34.50	34.50 150m: 1:55.68	39.95	250m: 3:18.94	43.31 350m: 4:42.37	37.34
	100m: 1:15.73	41.23 200m: 2:35.63	39.95	300m: 4:05.03	46.09 400m: 5:19.68	37.31
5.	Jorn Camps	Rzl	5:50.41	200800309	<b>5:28.26</b> +0,68	
	50m: 33.32	33.32 150m: 1:58.05	42.41	250m: 3:27.10	47.68 350m: 4:52.15	36.71
	100m: 1:15.64	42.32 200m: 2:39.42	41.37	300m: 4:15.44	48.34 400m: 5:28.26	36.11

**2006 en eerder**

1.	Ruben de Vries	Hellas-Glana	4:50.72	200600497	<b>4:50.41</b> +0,69	
	50m: 30.41	30.41 150m: 1:46.08	39.51	250m: 3:03.48	39.41 350m: 4:17.61	33.78
	100m: 1:06.57	36.16 200m: 2:24.07	37.99	300m: 3:43.83	40.35 400m: 4:50.41	32.80
2.	Jelle Huntjens	Hellas-Glana	5:03.13	200604257	<b>5:00.06</b> +0,67	
	50m: 30.83	30.83 150m: 1:47.26	39.80	250m: 3:07.05	42.00 350m: 4:26.18	35.66
	100m: 1:07.46	36.63 200m: 2:25.05	37.79	300m: 3:50.52	43.47 400m: 5:00.06	33.88

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rang	naam	vereniging	intijd	intijd		tijd	RT	
3.	Max Martens	SG Patrick - De Roersoppers	5:20.67	200004499		<b>5:00.85</b>	+0,65	
	50m: 32.53	32.53	150m: 1:49.95	39.47	250m: 3:08.32	40.93	350m: 4:26.54	36.79
	100m: 1:10.48	37.95	200m: 2:27.39	37.44	300m: 3:49.75	41.43	400m: 5:00.85	34.31
4.	Koen Wijnands	SG Patrick - De Roersoppers	5:19.28	199800247		<b>5:13.24</b>	+0,66	
	50m: 30.68	30.68	150m: 1:52.22	43.63	250m: 3:18.49	44.81	350m: 4:39.87	36.22
	100m: 1:08.59	37.91	200m: 2:33.68	41.46	300m: 4:03.65	45.16	400m: 5:13.24	33.37
5.	Patrick Creemers	SG Patrick - De Roersoppers	5:25.97	199000579		<b>5:13.55</b>	+0,72	
	50m: 35.46	35.46	150m: 1:59.17	39.83	250m: 3:20.84	42.42	350m: 4:40.97	37.04
	100m: 1:19.34	43.88	200m: 2:38.42	39.25	300m: 4:03.93	43.09	400m: 5:13.55	32.58
6.	Mike Jansen	SG Patrick - De Roersoppers	5:17.33	200200151		<b>5:14.80</b>	+0,72	
	50m: 33.19	33.19	150m: 1:49.87	38.09	250m: 3:13.63	46.14	350m: 4:38.67	38.04
	100m: 1:11.78	38.59	200m: 2:27.49	37.62	300m: 4:00.63	47.00	400m: 5:14.80	36.13
7.	Luuk Kresin	SG Patrick - De Roersoppers	5:26.64	200303275		<b>5:45.93</b>	+0,65	
	50m: 27.39	27.39	150m: 1:48.14	46.78	250m: 3:24.79	53.34	350m: 5:04.62	43.93
	100m: 1:01.36	33.97	200m: 2:31.45	43.31	300m: 4:20.69	55.90	400m: 5:45.93	41.31
DIS	Lars Hilkens	RZ	5:30.83	200201165			+0,70	

SK - Het keer- en/of eindpunt niet gelijktijdig met twee handen aangetikt.