



KNZB Competitie deel 2
Zwolle, 11-1-2025

Programmanr. 23
11-1-2025 - 14:45

Jongens, 400m wisselslag

Gebjr 2011 - 2013
Resultaten

rang	naam	vereniging	intijd	tijd	RT
1.	Nils Bellert	SG Octopus - ZVV	5:17.36	201100347	5:22.29
	50m: 32.37	32.37 150m: 1:56.09	42.45 250m: 3:22.86	46.84 350m: 4:48.30	39.19
	100m: 1:13.64	41.27 200m: 2:36.02	39.93 300m: 4:09.11	46.25 400m: 5:22.29	33.99
2.	Daan Overmars	O Z & P C	5:32.08	201100027	5:30.67
	50m: 35.89	35.89 150m: 2:00.49	39.49 250m: 3:28.84	48.26 350m: 4:54.33	37.21
	100m: 1:21.00	45.11 200m: 2:40.58	40.09 300m: 4:17.12	48.28 400m: 5:30.67	36.34
3.	Dewin Volker	O Z & P C	5:41.58	201101935	5:40.68
	50m: 37.23	37.23 150m: 2:06.69	43.69 250m: 3:35.56	45.48 350m: 5:04.37	40.32
	100m: 1:23.00	45.77 200m: 2:50.08	43.39 300m: 4:24.05	48.49 400m: 5:40.68	36.31
4.	Milan Eikenaar	SWOL 1894	5:32.79	201100599	5:41.28
	50m: 35.68	35.68 150m: 1:59.77	42.29 250m: 3:32.67	47.96 350m: 5:01.88	39.44
	100m: 1:17.48	41.80 200m: 2:44.71	44.94 300m: 4:22.44	49.77 400m: 5:41.28	39.40
5.	Stan Nijhuis	O Z & P C	5:37.59	201100191	5:41.58
	50m: 37.56	37.56 150m: 2:03.46	40.89 250m: 3:34.09	49.95 350m: 5:04.50	39.14
	100m: 1:22.57	45.01 200m: 2:44.14	40.68 300m: 4:25.36	51.27 400m: 5:41.58	37.08
6.	Floris Meijers	SWOL 1894	NT	201300015	5:49.52
	50m: 39.27	39.27 150m: 2:02.71	44.28 250m: 3:37.43	52.44 350m: 5:11.14	40.16
	100m: 1:18.43	45.16 200m: 2:44.99	42.28 300m: 4:30.98	53.55 400m: 5:49.52	38.38
7.	Lars Thül	SWOL 1894	5:44.90	201200119	5:52.28
	50m: 36.77	36.77 150m: 2:07.36	45.69 250m: 3:44.66	54.40 350m: 5:14.08	38.52
	100m: 1:21.67	44.90 200m: 2:50.26	42.90 300m: 4:35.56	50.90 400m: 5:52.28	38.20
8.	Milan van den Berg	SWOL 1894	6:46.69	201100253	5:55.89
	50m: 38.94	38.94 150m: 2:10.82	44.08 250m: 3:44.83	50.05 350m: 5:15.79	40.08
	100m: 1:26.74	47.80 200m: 2:54.78	43.96 300m: 4:35.71	50.88 400m: 5:55.89	40.10
9.	Job Oude Ophuis	O Z & P C	NT	201300047	6:08.96
	50m: 39.27	39.27 150m: 2:15.47	47.62 250m: 3:54.78	52.63 350m: 5:29.16	40.91
	100m: 1:27.85	48.58 200m: 3:02.15	46.68 300m: 4:48.25	53.47 400m: 6:08.96	39.80
10.	Stan Ordelman	SG Octopus - ZVV	6:19.79	201100009	6:12.88
	50m: 36.97	36.97 150m: 2:11.08	45.89 250m: 3:48.32	51.51 350m: 5:27.24	45.26
	100m: 1:25.19	48.22 200m: 2:56.81	45.73 300m: 4:41.98	53.66 400m: 6:12.88	45.64
11.	Tim Eilander	SG Octopus - ZVV	7:45.50	201202041	7:13.76
	50m: 46.82	46.82 150m: 2:39.30	53.33 250m: 4:33.18	1:01.28 350m: 6:26.64	49.85
	100m: 1:45.97	59.15 200m: 3:31.90	52.60 300m: 5:36.79	1:03.61 400m: 7:13.76	47.12