



KNZB Competitie deel 2  
Zwolle, 11-1-2025

Programmanr. 3  
11-1-2025 - 13:05

Heren, 400m wisselslag

Senioren Open  
Resultaten

rang	naam	vereniging	intijd	tijd	RT
1.	Niek Vreeling	O Z & P C	4:45.57	200604211	<b>4:42.63</b>
	50m: 29.17	29.17	150m:	250m:	350m:
	100m: 1:04.57	35.40	200m:	300m:	400m: 4:42.63
2.	Kylian Heederik	SWOL 1894	4:58.57	200300353	<b>4:52.35</b>
	50m: 30.20	30.20	150m:	250m:	350m:
	100m: 1:05.08	34.88	200m:	300m:	400m: 4:52.35
3.	Emile Manni	SG Octopus - ZVV	5:02.48	199001901	<b>5:01.01</b>
	50m: 31.82	31.82	150m:	250m:	350m:
	100m: 1:08.85	37.03	200m:	300m:	400m: 5:01.01
4.	Jort Siebelt	O Z & P C	4:58.28	200700083	<b>5:05.18</b>
	50m: 31.57	31.57	150m:	250m:	350m:
	100m: 1:08.81	37.24	200m:	300m:	400m: 5:05.18
5.	Jens zum Grotenhoff	O Z & P C	6:44.86	200200171	<b>5:06.02</b>
	50m: 30.97	30.97	150m:	250m:	350m:
	100m: 1:06.30	35.33	200m:	300m:	400m: 5:06.02
6.	Bart Oude Egbrink	O Z & P C	6:02.87	200300491	<b>5:09.46</b>
	50m: 33.26	33.26	150m:	250m:	350m:
	100m: 1:10.86	37.60	200m:	300m:	400m: 5:09.46
7.	Luuk Hulleman	SG Octopus - ZVV	4:57.84	200300189	<b>5:19.77</b>
	50m: 29.41	29.41	150m:	250m:	350m:
	100m: 1:03.69	34.28	200m:	300m:	400m: 5:19.77
8.	Seb Pieterman	SWOL 1894	5:19.05	200600331	<b>5:32.86</b>
	50m: 32.25	32.25	150m:	250m:	350m:
	100m: 1:10.66	38.41	200m:	300m:	400m: 5:32.86