

Limietwedstrijd KB ZPC AMERSFOORT
Amersfoort, 3-11-2024

Programmanr. 2
3-11-2024 - 14:30

Heren, 400m wisselslag

2012 en eerder
Resultaten

rang	naam	vereniging		intijd			tijd			RT	
1.	Kevin Lucas	De Dinkel		4:44.95			200300545			4:57.73	+0,77
	50m: 30.73	30.73	150m: 1:45.92	39.17	250m: 3:04.65	40.52	350m: 4:23.09	35.88			
	100m: 1:06.75	36.02	200m: 2:24.13	38.21	300m: 3:47.21	42.56	400m: 4:57.73	34.64			
2.	Mika Heskamp	De Dinkel		5:02.36			200300339			5:11.70	+0,76
	50m: 30.79	30.79	150m: 1:48.97	40.27	250m: 3:11.98	42.69	350m: 4:35.68	37.71			
	100m: 1:08.70	37.91	200m: 2:29.29	40.32	300m: 3:57.97	45.99	400m: 5:11.70	36.02			
3.	Sven Mulder	WVZ		5:19.52			200901655			5:15.29	
	50m: 33.52	33.52	150m: 1:53.57	38.75	250m: 3:20.24	47.76	350m: 4:41.28	32.93			
	100m: 1:14.82	41.30	200m: 2:32.48	38.91	300m: 4:08.35	48.11	400m: 5:15.29	34.01			
4.	Milan Schuilenburg	ZPC AMERSFOORT		5:39.08			201000935			5:21.41	+0,56
	50m: 34.35	34.35	150m: 1:59.25	43.98	250m: 3:25.45	42.97	350m: 4:44.83	36.57			
	100m: 1:15.27	40.92	200m: 2:42.48	43.23	300m: 4:08.26	42.81	400m: 5:21.41	36.58			
5.	Twan Wielage	KSN(Sg)		5:25.64			200902671			5:31.77	+0,83
	50m: 32.36	32.36	150m: 1:54.58	42.71	250m: 3:26.41	49.19	350m: 4:54.29	38.20			
	100m: 1:11.87	39.51	200m: 2:37.22	42.64	300m: 4:16.09	49.68	400m: 5:31.77	37.48			