

Limietwedstrijd KB ZPC AMERSFOORT  
Amersfoort, 3-11-2024

Programmanr. 30  
3-11-2024 - 17:00

Heren, 400m vrije slag

2012 en eerder  
Resultaten

rang	naam	vereniging	intijd		tijd	RT
1.	Austin Namesnik	ZPC AMERSFOORT	3:56.76	200101817	<b>3:52.68</b>	+0,59
	50m: 26.29	26.29	150m: 1:24.93	29.46	250m: 2:24.71	29.94
	100m: 55.47	29.18	200m: 1:54.77	29.84	300m: 2:54.61	29.90
					350m: 3:24.58	29.97
					400m: 3:52.68	28.10
2.	Job Sportel	De Dinkel	4:27.54	200800429	<b>4:24.62</b>	+0,64
	50m: 28.86	28.86	150m: 1:35.09	33.18	250m: 2:42.54	34.05
	100m: 1:01.91	33.05	200m: 2:08.49	33.40	300m: 3:17.04	34.50
					350m: 3:51.20	34.16
					400m: 4:24.62	33.42
3.	Xander Kragting	ZPC AMERSFOORT	4:23.74	200900077	<b>4:27.12</b>	+0,69
	50m: 29.48	29.48	150m: 1:36.31	34.13	250m: 2:45.04	34.36
	100m: 1:02.18	32.70	200m: 2:10.68	34.37	300m: 3:19.48	34.44
					350m: 3:53.72	34.24
					400m: 4:27.12	33.40
4.	Steven Knol	De Otters Het Gooi	4:34.85	200900543	<b>4:30.97</b>	
	50m: 30.46	30.46	150m: 1:37.90	34.33	250m: 2:48.14	35.21
	100m: 1:03.57	33.11	200m: 2:12.93	35.03	300m: 3:22.92	34.78
					350m: 3:57.96	35.04
					400m: 4:30.97	33.01
5.	David van der Valk	Wiekslag	5:34.49	201100519	<b>5:09.33</b>	+0,74
	50m: 34.69	34.69	150m: 1:54.39	40.44	250m: 3:15.17	40.31
	100m: 1:13.95	39.26	200m: 2:34.86	40.47	300m: 3:54.94	39.77
					350m: 4:34.00	39.06
					400m: 5:09.33	35.33
6.	Gijs van der Lee	AZC	5:34.80	201101237	<b>5:12.02</b>	+0,74
	50m: 33.19	33.19	150m: 1:50.33	39.26	250m: 3:11.43	40.47
	100m: 1:11.07	37.88	200m: 2:30.96	40.63	300m: 3:51.72	40.29
					350m: 4:33.00	41.28
					400m: 5:12.02	39.02
7.	Luuk Hoogland	DAW	5:30.71	201200939	<b>5:31.71</b>	
	50m: 36.56	36.56	150m: 2:00.57	42.11	250m: 3:24.68	41.41
	100m: 1:18.46	41.90	200m: 2:43.27	42.70	300m: 4:07.18	42.50
					350m: 4:50.07	42.89
					400m: 5:31.71	41.64