

KNZB Regio Oost Circuit deel 2

Programmanr. 1
14-12-2024 - 16:45

Heren, 400m vrije slag

Senioren Open
Resultaten

Punten: FINA 2023

rang	naam	vereniging	intijd	tijd	Pnt
Gebjr 2011 - 2013					
1.	Jefta Norden	De Grunte	NT 201202153	6:18.57	176
	50m: 41.25	41.25 150m:	250m:	350m:	
	100m: 1:28.57	47.32 200m: 3:06.14	300m:	400m: 6:18.57	
2.	Levi Norden	De Grunte	NT 201202155	6:57.60	131
	50m: 41.82	41.82 150m:	250m:	350m:	
	100m: 1:32.70	50.88 200m: 3:22.82	300m:	400m: 6:57.60	
3.	Delian van Dijk	De Grunte	7:44.57 201200575	7:28.94	105
	50m: 47.47	47.47 150m:	250m:	350m:	
	100m: 1:41.69	54.22 200m: 3:36.41	300m:	400m: 7:28.94	
4.	Oscar Bontius	De Grunte	NT 201201889	7:36.07	100
	50m: 48.48	48.48 150m:	250m:	350m:	
	100m: 1:44.02	55.54 200m: 3:39.29	300m:	400m: 7:36.07	
Gebjr 2009 - 2010					
1.	Rinse de Jonge	De Grunte	5:25.95 200900705	4:58.92	357
	50m: 32.36	32.36 150m:	250m:	350m:	
	100m: 1:09.02	36.66 200m: 2:25.45	300m:	400m: 4:58.92	
2.	Joas Norden	De Grunte	6:06.30 200902705	5:15.86	303
	50m: 32.76	32.76 150m:	250m:	350m:	
	100m: 1:10.62	37.86 200m: 2:33.55	300m:	400m: 5:15.86	
Gebjr 2007 - 2008					
1.	Neal Reineke	Waspo Nordhorn	4:41.00 416157	4:39.16	439
	50m: 30.54	30.54 150m:	250m:	350m:	
	100m: 1:04.32	33.78 200m: 2:15.07	300m:	400m: 4:39.16	
2.	Job Volk	EZCL (SG)	NT 200800395	5:34.86	254
	50m: 35.89	35.89 150m:	250m:	350m:	
	100m: 1:16.82	40.93 200m: 2:42.20	300m:	400m: 5:34.86	
AFGEM	Mark R�themann	Waspo Nordhorn	4:27.22 423655		