

Programmanr. 3
11-1-2025 - 17:07

Heren, 400m wisselslag

Senioren Open
Resultaten

rang	naam	vereniging	intijd	tijd	RT
1.	Ryan Bleumink	De Berkelduikers	5:14.78	200601257	5:18.54
	50m: 32.16	32.16 150m: 1:54.31	41.39	250m: 3:20.92	46.17
	100m: 1:12.92	40.76 200m: 2:34.75	40.44	300m: 4:07.30	46.38
				350m: 4:43.79	36.49
				400m: 5:18.54	34.75
2.	Ian Huntink	De IJssel	5:33.67	200603473	5:20.29
	50m: 33.07	33.07 150m: 1:55.06	41.05	250m: 3:21.51	46.47
	100m: 1:14.01	40.94 200m: 2:35.04	39.98	300m: 4:09.42	47.91
				350m: 4:45.30	35.88
				400m: 5:20.29	34.99
3.	Koen Leemans	Aquapoldro	5:11.32	199004483	5:29.04
	50m: 34.24	34.24 150m: 1:59.07	43.05	250m: 3:27.79	45.91
	100m: 1:16.02	41.78 200m: 2:41.88	42.81	300m: 4:14.72	46.93
				350m: 4:52.28	37.56
				400m: 5:29.04	36.76
4.	Ruben Overbeek	De IJssel	5:44.23	200502887	5:35.26
	50m: 36.31	36.31 150m: 2:02.72	42.93	250m: 3:33.56	48.84
	100m: 1:19.79	43.48 200m: 2:44.72	42.00	300m: 4:24.60	51.04
				350m: 5:00.43	35.83
				400m: 5:35.26	34.83
5.	Jorim Hebbink	De Berkelduikers	5:31.29	200401957	5:39.30
	50m: 33.61	33.61 150m: 1:58.10	43.80	250m: 3:32.78	50.43
	100m: 1:14.30	40.69 200m: 2:42.35	44.25	300m: 4:23.81	51.03
				350m: 5:01.50	37.69
				400m: 5:39.30	37.80
6.	Robert Nijendijk	De IJssel	5:43.89	200102791	5:39.68
	50m: 34.75	34.75 150m: 2:01.21	44.45	250m: 3:32.10	45.76
	100m: 1:16.76	42.01 200m: 2:46.34	45.13	300m: 4:20.53	48.43
				350m: 5:00.31	39.78
				400m: 5:39.68	39.37
7.	Sebastiaan Scholten	De IJssel	NT	200504299	6:07.83
	50m: 35.50	35.50 150m: 2:08.73	50.06	250m: 3:45.84	48.11
	100m: 1:18.67	43.17 200m: 2:57.73	49.00	300m: 4:36.96	51.12
				350m: 5:23.64	46.68
				400m: 6:07.83	44.19
DIS	Sander Burgers	NDD	5:33.46	200103671	

AF - De aangegeven afstand niet uitgezwommen.