

Paascup Zutphen
Zutphen, 19-4-2025

Programmanr. 19
19-4-2025 - 18:22

Heren, 300m wisselslag

2012 en ouder
Resultaten

| rang | naam | vereniging | intijd | | tijd | RT |
|--------------------|-------------------|----------------|---------|-----------|--------------------|----|
| Gebjr 2010 | | | | | | |
| 1. | Daan Abrahamse | De Vrije Slag | 4:27.97 | 201001869 | 4:11.79 | |
| | 50m: 35.93 | 35.93 | 150m: | 250m: | | |
| | 100m: | 200m: | 300m: | 4:11.79 | | |
| 2. | Giao Bao Pham | De Vrije Slag | 5:01.54 | 201001095 | 4:39.54 | |
| | 50m: 38.94 | 38.94 | 150m: | 250m: | | |
| | 100m: | 200m: | 300m: | 4:39.54 | | |
| Gebjr 2008 | | | | | | |
| 1. | Brian Blankespoor | De Vrije Slag | 4:23.53 | 200801133 | 4:09.26 | |
| | 50m: 34.81 | 34.81 | 150m: | 250m: | | |
| | 100m: | 200m: | 300m: | 4:09.26 | | |
| Gebjr 2007 | | | | | | |
| 1. | Tim Looijen | Wahoo Swimming | NT | 200700325 | 4:05.63 | |
| | 50m: 32.47 | 32.47 | 150m: | 250m: | | |
| | 100m: | 200m: | 300m: | 4:05.63 | | |
| Gebjr 2005 | | | | | | |
| 1. | Mattijn Thijert | WS Twente | NT | 200501921 | 3:43.24 | |
| | 50m: 29.42 | 29.42 | 150m: | 250m: | | |
| | 100m: | 200m: | 300m: | 3:43.24 | | |
| 2. | Ruben Overbeek | de IJssel | NT | 200502887 | 4:10.33 | |
| | 50m: 36.06 | 36.06 | 150m: | 250m: | | |
| | 100m: | 200m: | 300m: | 4:10.33 | | |
| Masters 20+ | | | | | | |
| 1. | Phi Pham | De Vrije Slag | 4:14.80 | 200400899 | 4:07.15 | |
| | 50m: 33.27 | 33.27 | 150m: | 250m: | | |
| | 100m: | 200m: | 300m: | 4:07.15 | | |
| 2. | Jesse Bruines | Batavia Swim | NT | 200402413 | SM8 5:29.36 | |
| | 50m: 44.13 | 44.13 | 150m: | 250m: | | |
| | 100m: | 200m: | 300m: | 5:29.36 | | |