

Swim-all Circuit deel 4
Zoetermeer, 8-3-2026

Programmanr. 17
8-3-2026 - 15:53

Heren, 400m wisselslag

alg. leeftijdsgroep
Resultaten

rang	naam	vereniging		intijd				tijd		RT
10 - 11 jaar										
1.	Gijs Salome * BU 350m1	De Duck		NT 201400373				6:36.18		
	50m: 46.01	46.01	150m: 2:31.89	50.25	250m: 4:15.54	54.65	350m: 5:54.01	41.94		
	100m: 1:41.64	55.63	200m: 3:20.89	49.00	300m: 5:12.07	56.53	400m: 6:36.18	42.17		

Onder 18

1.	Kay Remmerswaal	D.E.S.		NT 200800671				5:29.94		
	50m: 36.21	36.21	150m: 2:00.81	43.69	250m: 3:29.91	46.95	350m: 4:55.53	37.31		
	100m: 1:17.12	40.91	200m: 2:42.96	42.15	300m: 4:18.22	48.31	400m: 5:29.94	34.41		
2.	Arne Robbemont	D.E.S.		NT 200802561				6:12.42		+0,70
	50m: 39.31	39.31	150m: 2:15.57	49.91	250m: 3:51.87	49.75	350m: 5:29.28	46.66		
	100m: 1:25.66	46.35	200m: 3:02.12	46.55	300m: 4:42.62	50.75	400m: 6:12.42	43.14		

alg. leeftijdsgroep

1.	Kay Remmerswaal	D.E.S.		NT 200800671				5:29.94		
	50m: 36.21	36.21	150m: 2:00.81	43.69	250m: 3:29.91	46.95	350m: 4:55.53	37.31		
	100m: 1:17.12	40.91	200m: 2:42.96	42.15	300m: 4:18.22	48.31	400m: 5:29.94	34.41		
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	50m: 39.31	39.31	150m: 2:15.57	49.91	250m: 3:51.87	49.75	350m: 5:29.28	46.66		
	100m: 1:25.66	46.35	200m: 3:02.12	46.55	300m: 4:42.62	50.75	400m: 6:12.42	43.14		
3.	Gijs Salome * BU 350m1	De Duck		NT 201400373				6:36.18		
	50m: 46.01	46.01	150m: 2:31.89	50.25	250m: 4:15.54	54.65	350m: 5:54.01	41.94		
	100m: 1:41.64	55.63	200m: 3:20.89	49.00	300m: 5:12.07	56.53	400m: 6:36.18	42.17		