

LAC Deel 1
Hengelo, 31-10-2025

Programmanr. 4
31-10-2025 - 19:00

Jongens, 400m vrije slag

10 - 11 jaar
Resultaten

rang	naam	vereniging	intijd	tijd	RT			
1.	Ronan Timmer	WS Twente	6:45.19	201400167	6:25.33			
	50m: 43.48	43.48	150m: 2:19.49	48.60	250m: 3:59.04	50.26	350m: 5:38.46	50.00
	100m: 1:30.89	47.41	200m: 3:08.78	49.29	300m: 4:48.46	49.42	400m: 6:25.33	46.87
2.	Midas Withaar	De Grunte	NT	201401597	6:28.01			
	50m: 42.48	42.48	150m: 2:19.75	49.05	250m: 4:00.01	50.37	350m: 5:40.91	51.17
	100m: 1:30.70	48.22	200m: 3:09.64	49.89	300m: 4:49.74	49.73	400m: 6:28.01	47.10
3.	Tommy Dubbeldam	WS Twente	NT	201500433	7:39.65			
	50m: 46.67	46.67	150m: 2:41.50	59.35	250m: 4:43.45	1:01.32	350m: 6:44.39	1:00.67
	100m: 1:42.15	55.48	200m: 3:42.13	1:00.63	300m: 5:43.72	1:00.27	400m: 7:39.65	55.26