

LAC en laatste kans limiet NJK
Oldenzaal, 3-1-2026

Programmanr. 107
3-1-2026 - 15:41

400m vrije slag

Onder 12
Resultaten

rang	naam	vereniging		intijd		tijd		RT	
	Fayienne Roelink	O Z & P C		NT		201400154		5:38.57	
	50m: 36.29	36.29	150m: 2:01.68	43.93	250m: 3:30.76	44.36	350m: 4:59.22	44.22	
	100m: 1:17.75	41.46	200m: 2:46.40	44.72	300m: 4:15.00	44.24	400m: 5:38.57	39.35	
	Jip Westendorp	Swol 1894		NT		201400379		5:34.36	
	50m: 35.66	35.66	150m: 1:58.66	42.15	250m: 3:25.27	43.79	350m: 4:52.59	43.73	
	100m: 1:16.51	40.85	200m: 2:41.48	42.82	300m: 4:08.86	43.59	400m: 5:34.36	41.77	
	Marley Zwolle	O Z & P C		NT		201401018		6:26.20	
	50m: 38.96	38.96	150m: 2:15.96	49.56	250m: 3:58.27	50.98	350m: 5:40.23	50.89	
	100m: 1:26.40	47.44	200m: 3:07.29	51.33	300m: 4:49.34	51.07	400m: 6:26.20	45.97	
	Sven Salemink	O Z & P C		NT		201500325		6:46.64	
	50m: 41.83	41.83	150m: 2:23.76	52.69	250m: 4:10.37	53.72	350m: 5:56.61	53.35	
	100m: 1:31.07	49.24	200m: 3:16.65	52.89	300m: 5:03.26	52.89	400m: 6:46.64	50.03	