

Limietwedstrijd LB voorjaar 2026 deel 2  
Amersfoort, 8-3-2026

Programmanr. 10  
8-3-2026 - 15:17

Heren, 400m wisselslag

Senioren Open  
Resultaten

rang	naam	vereniging	intijd		tijd		RT
1.	David van der Valk	Wiekslag	5:34.78		201100519		<b>5:24.65</b> +0,72
	50m: 32.76	32.76	150m: 1:54.68	44.25	250m: 3:22.74	45.19	350m: 4:48.37
	100m: 1:10.43	37.67	200m: 2:37.55	42.87	300m: 4:09.62	46.88	400m: 5:24.65
2.	Thijs van Kints	BZ en PC	5:39.31		201101059		<b>5:34.45</b> +0,72
	50m: 34.35	34.35	150m: 2:00.21	43.77	250m: 3:30.74	46.06	350m: 4:57.28
	100m: 1:16.44	42.09	200m: 2:44.68	44.47	300m: 4:18.47	47.73	400m: 5:34.45
3.	Felipe Kerkhoff	ZPC AMERSFOORT	5:27.98		201202625		<b>5:34.49</b> +0,68
	50m: 34.33	34.33	150m: 1:59.73	43.03	250m: 3:31.71	49.68	350m: 4:59.04
	100m: 1:16.70	42.37	200m: 2:42.03	42.30	300m: 4:21.18	49.47	400m: 5:34.49
4.	Milan Metz	ZPC AMERSFOORT	6:00.02		201300045		<b>5:53.12</b> +0,67
	50m: 40.34	40.34	150m: 2:13.89	44.49	250m: 3:48.42	50.04	350m: 5:16.05
	100m:		200m: 2:58.38	44.49	300m: 4:39.26	50.84	400m: 5:53.12
5.	Damián van den Anker	RZC	5:34.22		200802079		<b>5:57.15</b> +0,70
	50m: 33.56	33.56	150m: 2:04.38	48.21	250m: 3:46.08	54.85	350m: 5:20.30
	100m: 1:16.17	42.61	200m: 2:51.23	46.85	300m: 4:42.80	56.72	400m: 5:57.15
6.	Jayden Korndewal	ZPC AMERSFOORT	6:02.65		201200015		<b>6:03.16</b> +0,73
	50m: 38.68	38.68	150m: 2:10.37	46.81	250m: 3:50.04	53.82	350m: 5:24.71
	100m: 1:23.56	44.88	200m: 2:56.22	45.85	300m: 4:45.03	54.99	400m: 6:03.16
7.	Manuel Meijers	De Rijn	6:16.26		201002289		<b>6:10.28</b> +0,80
	50m: 35.24	35.24	150m: 2:06.06	48.19	250m: 3:45.36	54.11	350m: 5:25.32
	100m: 1:17.87	42.63	200m: 2:51.25	45.19	300m: 4:39.49	54.13	400m: 6:10.28
8.	Daan van Meerveld	ZPC AMERSFOORT	6:43.63		201200785		<b>6:14.05</b> +0,67
	50m: 41.78	41.78	150m: 2:22.10	47.35	250m: 3:58.27	50.76	350m: 5:33.04
	100m: 1:34.75	52.97	200m: 3:07.51	45.41	300m: 4:49.74	51.47	400m: 6:14.05