

KNZB Regio Oost Circuit deel 4

Programmanr. 2
7-3-2026 - 15:10

Heren, 400m wisselslag

Senioren Open
Resultaten

rang	naam	vereniging	intijd		tijd		RT
Gebjr 2012 - 2014							
1.	Chris Hoogeveen	Dedemsvaart-AC	6:36.21		201202683		6:16.10
	50m: 40.85	40.85 150m: 2:15.83	45.51	250m: 3:56.77	56.84	350m: 5:35.53	43.48
	100m: 1:30.32	49.47 200m: 2:59.93	44.10	300m: 4:52.05	55.28	400m: 6:16.10	40.57
2.	Feike van Riesen	Dedemsvaart-AC	6:58.19		201200503		6:33.19
	50m: 47.01	47.01 150m: 2:34.67	50.57	250m: 4:15.09	52.86	350m: 5:25.71	17.72
	100m: 1:44.10	57.09 200m: 3:22.23	47.56	300m: 5:07.99	52.90	400m: 6:33.19	1:07.48
Gebjr 2010 - 2011							
1.	Thijmen Holterman	ZPC De Hof	5:50.50		201000005		5:42.47
	50m: 36.41	36.41 150m: 2:04.70	43.87	250m: 3:38.56	51.43	350m: 5:06.91	36.10
	100m: 1:20.83	44.42 200m: 2:47.13	42.43	300m: 4:30.81	52.25	400m: 5:42.47	35.56
2007 en ouder							
1.	Bram Siebers	EZCL (SG)	5:30.94		199302241		5:33.77
	50m: 33.30	33.30 150m: 1:58.16	44.69	250m: 3:29.81	47.59	350m: 4:55.68	39.30
	100m: 1:13.47	40.17 200m: 2:42.22	44.06	300m: 4:16.38	46.57	400m: 5:33.77	38.09
2.	Robert Spekhorst	De Mors	NT		198703141		6:19.96
	50m: 41.63	41.63 150m: 2:19.61	46.96	250m: 3:58.47	52.57	350m: 5:36.47	45.52
	100m: 1:32.65	51.02 200m: 3:05.90	46.29	300m: 4:50.95	52.48	400m: 6:19.96	43.49
3.	Dylan van Doeselaar	EZCL (SG)	6:21.88		200700477		6:29.52
	50m: 35.52	35.52 150m: 2:11.85	50.16	250m: 3:58.89	57.63	350m: 5:45.04	45.85
	100m: 1:21.69	46.17 200m: 3:01.26	49.41	300m: 4:59.19	1:00.30	400m: 6:29.52	44.48