

Limietwedstrijd deel 1  
Hengelo, 28/2/2026

Programmanr. 2  
28/2/2026 - 14:00

Heren, 400m wisselslag

11 jaar en ouder  
Resultaten

rang	naam	vereniging	intijd				tijd				RT
1.	Gerdian Leeftink	ZPC De Hof	5:01.94				201000091				<b>5:21.78</b>
	50m: 31.43	31.43	150m: 1:53.24	44.18	250m: 3:21.05	45.06	350m: 4:45.22	38.77			
	100m: 1:09.06	37.63	200m: 2:35.99	42.75	300m: 4:06.45	45.40	400m: 5:21.78	36.56			
2.	Mika Heskamp	De Dinkel	5:22.18				200300339				<b>5:34.69</b>
	50m: 31.94	31.94	150m: 1:55.02	43.37	250m: 3:25.19	47.46	350m: 4:55.71	40.92			
	100m: 1:11.65	39.71	200m: 2:37.73	42.71	300m: 4:14.79	49.60	400m: 5:34.69	38.98			
3.	Robbin Eijkelkamp *100m	ZPC De Hof	6:03.61				200900031				<b>5:49.56</b>
	50m: 38.60	38.60	150m: 2:12.35	45.47	250m: 3:45.58	47.70	350m: 5:13.37	38.30			
	100m: 1:26.88	48.28	200m: 2:57.88	45.53	300m: 4:35.07	49.49	400m: 5:49.56	36.19			
4.	Rinse de Jonge	De Grunte	6:18.66				200900705				<b>5:51.07</b>
	50m: 35.11	35.11	150m: 2:07.68	48.22	250m: 3:44.17	50.14	350m: 5:14.08	38.48			
	100m: 1:19.46	44.35	200m: 2:54.03	46.35	300m: 4:35.60	51.43	400m: 5:51.07	36.99			
5.	Jefta Norden	De Grunte	NT				201202153				<b>6:07.77</b>
	50m: 41.87	41.87	150m: 2:20.98	48.71	250m: 3:59.23	51.09	350m: 5:31.71	39.09			
	100m: 1:32.27	50.40	200m: 3:08.14	47.16	300m: 4:52.62	53.39	400m: 6:07.77	36.06			
6.	Levi Norden	De Grunte	NT				201202155				<b>6:21.59</b>
	50m: 40.67	40.67	150m: 2:25.69	52.50	250m: 4:04.10	47.91	350m: 5:39.06	43.81			
	100m: 1:33.19	52.52	200m: 3:16.19	50.50	300m: 4:55.25	51.15	400m: 6:21.59	42.53			
7.	Jan Willem Heuten	WS Twente	7:58.72				196000883				<b>8:34.14</b>
	50m: 54.23	54.23	150m: 3:11.31	1:09.80	250m: 5:31.44	1:13.15	350m: 7:38.89	56.44			
	100m: 2:01.51	1:07.28	200m: 4:18.29	1:06.98	300m: 6:42.45	1:11.01	400m: 8:34.14	55.25			
AFGEM	Justus van Asselt	de IJssel	6:37.15				200703599				