

Lac Deel 4
Hengelo, 27-2-2026

Programmanr. 6
27-2-2026 - 19:05

Heren, 400m wisselslag

2013 en ouder
Resultaten

rang	naam	vereniging	intijd				tijd				RT
1.	Mattijn Thijert	WS Twente	4:59.67				200501921				5:02.90
	50m: 30.13	30.13	150m: 1:47.53	40.92	250m: 3:11.01	43.72	350m: 4:30.39	34.40			
	100m: 1:06.61	36.48	200m: 2:27.29	39.76	300m: 3:55.99	44.98	400m: 5:02.90	32.51			
2.	Hidde de Jonge	De Grunte	5:51.18				201101213				5:33.05
	50m: 36.26	36.26	150m: 2:00.79	41.36	250m: 3:27.58	46.55	350m: 4:54.85	38.76			
	100m: 1:19.43	43.17	200m: 2:41.03	40.24	300m: 4:16.09	48.51	400m: 5:33.05	38.20			
3.	Dago Hofmeijer	WS Twente	5:40.73				200600121				5:48.95
	50m: 33.02	33.02	150m: 2:01.03	47.17	250m: 3:36.41	50.96	350m: 5:09.47	40.76			
	100m: 1:13.86	40.84	200m: 2:45.45	44.42	300m: 4:28.71	52.30	400m: 5:48.95	39.48			
4.	Kjelt de Wit	WS Twente	6:49.85				201201099				6:03.68
	50m: 39.56	39.56	150m: 2:14.42	45.75	250m: 3:52.31	53.77	350m: 5:26.75	38.75			
	100m: 1:28.67	49.11	200m: 2:58.54	44.12	300m: 4:48.00	55.69	400m: 6:03.68	36.93			
5.	Eric Hoekman	WS Twente	6:08.70				197401531				6:16.71
	50m: 39.04	39.04	150m: 2:15.77	48.45	250m: 3:57.42	56.67	350m: 5:35.99	41.51			
	100m: 1:27.32	48.28	200m: 3:00.75	44.98	300m: 4:54.48	57.06	400m: 6:16.71	40.72			
6.	Teis Scholten	WS Twente	NT				201300669				7:13.06
	50m: 45.80	45.80	150m: 2:33.52	51.66	250m: 4:31.45	1:05.63	350m: 6:26.68	49.39			
	100m: 1:41.86	56.06	200m: 3:25.82	52.30	300m: 5:37.29	1:05.84	400m: 7:13.06	46.38			