

Programmanr. 9
1-3-2020 - 10:57

Heren, 400m wisselslag
Winnaar 2019: Quint van Haren 5:36.92

12 jaar en ouder
Resultaten

Punten: FINA 2020

Rang					In.tijd	Tijd	Fin	RT	Finale
1.	Rowan Keen	ZC Borger	199500727	4:36.05	4:45.12	625	+0,82		
	50m: 30.06	30.06	150m: 1:42.35	37.01	250m: 2:58.51	39.40	350m: 4:12.37	33.23	
	100m: 1:05.34	35.28	200m: 2:19.11	36.76	300m: 3:39.14	40.63	400m: 4:45.12	32.75	
2.	Kylian Heederik	ZPC Hogeveen	200300353	4:53.43	4:54.10	569	+0,74		
	50m: 31.25	31.25	150m: 2:22.83		250m: 3:02.30	39.47	350m: 4:19.80	36.85	
	100m: 1:06.64	35.39	200m: 2:22.83		300m: 3:42.95	40.65	400m: 4:54.10	34.30	
3.	Darren Chen	ZC Borger	200001149	4:58.32	4:59.42	540			
	50m: 31.25	31.25	150m: 1:47.52	40.18	250m: 3:08.85	40.60	350m: 4:26.32	34.98	
	100m: 1:07.34	36.09	200m: 2:28.25	40.73	300m: 3:51.34	42.49	400m: 4:59.42	33.10	
4.	Frederik Adema	de Granaet	200300253	4:55.32	5:06.14	505	+0,78		
	50m: 30.61	30.61	150m: 1:47.09	38.90	250m: 3:08.78	42.94	350m: 4:30.44	37.52	
	100m: 1:08.19	37.58	200m: 2:25.84	38.75	300m: 3:52.92	44.14	400m: 5:06.14	35.70	
5.	Coen de Lang	ZPC Hogeveen	200100067	4:56.45	5:07.61	498	+0,82		
	50m: 33.23	33.23	150m: 1:50.00	38.13	250m: 3:12.16	43.79	350m: 4:33.10	35.92	
	100m: 1:11.87	38.64	200m: 2:28.37	38.37	300m: 3:57.18	45.02	400m: 5:07.61	34.51	
6.	Mac Peeks	ZPC Hogeveen	200400153	5:13.47	5:09.22	490			
	50m: 35.68	35.68	150m: 1:56.44	39.71	250m: 3:18.58	43.93	350m: 4:37.04	33.50	
	100m: 1:16.73	41.05	200m: 2:34.65	38.21	300m: 4:03.54	44.96	400m: 5:09.22	32.18	
7.	Domingo Kuipers	Orca 1	200501787	4:55.32	5:11.40	480			
	50m: 33.20	33.20	150m: 1:53.06	40.30	250m: 3:16.58	45.26	350m: 4:37.18	35.37	
	100m: 1:12.76	39.56	200m: 2:31.32	38.26	300m: 4:01.81	45.23	400m: 5:11.40	34.22	
8.	Lennard Brandsma	Dz&Pc	200702645	NT	6:29.99	244	+0,94		
	50m: 37.26	37.26	150m: 2:15.39	50.44	250m: 3:59.96	57.11	350m: 5:45.00	44.95	
	100m: 1:24.95	47.69	200m: 3:02.85	47.46	300m: 5:00.05	1:00.09	400m: 6:29.99	44.99	