

Limietwedstijd Hieronymus deel 1
Roosendaal, 6-11-2022

Programmanr. 31
6-11-2022 - 16:55

Heren, 400m wisselslag

alg. leeftijdsgroep
Resultaten

rang	naam	vereniging	intijd	200101561	tijd	RT
1.	Janne Englebert	Hieronymus	4:42.24	200101561	4:53.85	+0,66
	50m: 29.93	29.93 150m: 1:42.19	38.13	250m: 3:02.60	43.01	350m: 4:20.68
	100m: 1:04.06	34.13 200m: 2:19.59	37.40	300m: 3:45.85	43.25	400m: 4:53.85
34.83						33.17
2.	Wouter Sijmons	Z&PV Nuenen	4:55.62	199302695	5:06.65	+0,75
	50m: 29.81	29.81 150m: 1:43.65	39.24	250m: 3:08.26	46.29	350m: 4:33.06
	100m: 1:04.41	34.60 200m: 2:21.97	38.32	300m: 3:54.56	46.30	400m: 5:06.65
38.50						33.59
3.	Bas Blanker	SG SCOM/de Zeehond'73	5:18.54	200601497	5:07.13	+0,73
	50m: 30.99	30.99 150m: 1:49.40	41.47	250m: 3:15.12	44.58	350m: 4:34.70
	100m: 1:07.93	36.94 200m: 2:30.54	41.14	300m: 4:00.81	45.69	400m: 5:07.13
33.89						32.43
4.	Benjamin van Helsdingen	ZZ&PC De Devel	5:07.26	200601097	5:10.21	+0,68
	50m: 31.26	31.26 150m: 1:47.47	39.81	250m: 3:11.52	45.21	350m: 4:34.80
	100m: 1:07.66	36.40 200m: 2:26.31	38.84	300m: 3:57.47	45.95	400m: 5:10.21
37.33						35.41
5.	Lars de Kooter	De Biesboschzwemmers	5:30.75	200800185	5:19.12	+0,70
	50m: 33.30	33.30 150m: 1:56.19	42.07	250m: 3:19.92	42.23	350m: 4:41.57
	100m: 1:14.12	40.82 200m: 2:37.69	41.50	300m: 4:03.19	43.27	400m: 5:19.12
38.38						37.55
6.	Ondrej Sevcik	V.Z.V. Njord	6:10.00	200702971	6:04.92	
	50m: 37.14	37.14 150m: 2:09.25	47.19	250m: 3:49.95	54.32	350m: 5:26.76
	100m: 1:22.06	44.92 200m: 2:55.63	46.38	300m: 4:42.64	52.69	400m: 6:04.92
44.12						38.16
7.	Jacques Verriet	V.Z.V. Njord	6:07.01	197001039	6:25.97	+0,82
	50m: 43.47	43.47 150m: 2:23.13	49.36	250m: 4:02.04	51.59	350m: 5:40.48
	100m: 1:33.77	50.30 200m: 3:10.45	47.32	300m: 4:54.41	52.37	400m: 6:25.97
46.07						45.49