

Limietwedstrijd 2024 lange baan Eindhoven
Eindhoven, 18-2-2024

Programmanr. 30
18-2-2024

Heren, 400m wisselslag

Junioren 1 en ouder
Resultaten

rang	naam	vereniging		intijd		tijd		RT
1.	Martijn Nies	PSV		5:10.07		200902095		4:54.75 +0,83
	50m: 31.28	31.28	150m: 1:46.53	39.60	250m: 3:06.27	41.96	350m: 4:23.08	33.12
	100m: 1:06.93	35.65	200m: 2:24.31	37.78	300m: 3:49.96	43.69	400m: 4:54.75	31.67
2.	Luuk Smits	Z&PV Nuenen		4:34.60		200001015		4:59.07 +0,78
	50m: 29.27	29.27	150m: 1:48.05	41.70	250m: 3:09.57	42.03	350m: 4:27.99	35.56
	100m: 1:06.35	37.08	200m: 2:27.54	39.49	300m: 3:52.43	42.86	400m: 4:59.07	31.08
3.	Storm Tolsma	Zignea		5:03.45		200600277		5:01.05 +0,76
	50m: 30.27	30.27	150m: 1:49.07	41.22	250m: 3:09.25	41.46	350m: 4:27.51	35.97
	100m: 1:07.85	37.58	200m: 2:27.79	38.72	300m: 3:51.54	42.29	400m: 5:01.05	33.54
4.	Milco Matla	PSV		5:08.16		200600555		5:15.82 +0,79
	50m: 29.75	29.75	150m: 1:50.35	44.44	250m: 3:16.59	44.73	350m: 4:39.70	37.53
	100m: 1:05.91	36.16	200m: 2:31.86	41.51	300m: 4:02.17	45.58	400m: 5:15.82	36.12
5.	Jesse Jacobs	HZPC		5:23.07		200700407		5:26.28 +0,77
	50m: 34.35	34.35	150m: 1:57.52	41.78	250m: 3:24.59	45.88	350m: 4:48.93	37.76
	100m: 1:15.74	41.39	200m: 2:38.71	41.19	300m: 4:11.17	46.58	400m: 5:26.28	37.35
6.	Jelle Huntjens	MZ&PC Maastricht		NT		200604257		5:28.73 +0,63
	50m: 32.92	32.92	150m: 1:59.35	43.71	250m: 3:24.77	43.90	350m: 4:50.28	39.53
	100m: 1:15.64	42.72	200m: 2:40.87	41.52	300m: 4:10.75	45.98	400m: 5:28.73	38.45
7.	Max Martens	SG Patrick - De Roersoppers		NT		200004499		5:29.06 +0,66
	50m: 32.08	32.08	150m: 1:57.06	45.17	250m: 3:26.42	45.65	350m: 4:51.89	38.97
	100m: 1:11.89	39.81	200m: 2:40.77	43.71	300m: 4:12.92	46.50	400m: 5:29.06	37.17
8.	Thomas Nauta	Arethusa		5:32.61		200900339		5:31.37 +0,74
	50m: 35.70	35.70	150m: 2:05.74	44.86	250m: 3:31.82	43.26	350m: 4:55.33	38.24
	100m: 1:20.88	45.18	200m: 2:48.56	42.82	300m: 4:17.09	45.27	400m: 5:31.37	36.04
9.	Paul Ruitenbergh	De Geul		5:34.74		200900979		5:33.39 +0,77
	50m: 32.59	32.59	150m: 1:59.33	44.93	250m: 3:31.76	47.82	350m: 4:56.85	36.59
	100m: 1:14.40	41.81	200m: 2:43.94	44.61	300m: 4:20.26	48.50	400m: 5:33.39	36.54
10.	Thijn Runia	DZT'62		5:15.41		201000895		5:39.71 +0,67
	50m: 33.21	33.21	150m: 2:00.16	45.28	250m: 3:33.09	48.58	350m: 5:02.54	40.83
	100m: 1:14.88	41.67	200m: 2:44.51	44.35	300m: 4:21.71	48.62	400m: 5:39.71	37.17
11.	Koen Wijnands	SG Patrick - De Roersoppers		5:28.19		199800247		5:40.44 +0,70
	50m: 32.39	32.39	150m: 2:01.55	47.82	250m: 3:36.08	49.33	350m: 5:03.92	38.58
	100m: 1:13.73	41.34	200m: 2:46.75	45.20	300m: 4:25.34	49.26	400m: 5:40.44	36.52
12.	Tijn Welten	DZT'62		5:47.78		200800263		5:55.28 +0,78
	50m: 34.78	34.78	150m: 2:06.34	45.72	250m: 3:43.84	53.98	350m: 5:17.48	39.41
	100m: 1:20.62	45.84	200m: 2:49.86	43.52	300m: 4:38.07	54.23	400m: 5:55.28	37.80
13.	Collin van der Ham	WZV		NT		201000877		6:13.22 +0,77
	50m: 37.30	37.30	150m: 2:13.63	46.61	250m: 3:58.68	59.10	350m: 5:36.55	41.42
	100m: 1:27.02	49.72	200m: 2:59.58	45.95	300m: 4:55.13	56.45	400m: 6:13.22	36.67
14.	Sander de Bruin	ZZ&PC De Devel		6:30.00		201100617		6:13.36 +0,82
	50m: 40.80	40.80	150m: 2:25.15	52.60	250m: 4:03.23	50.30	350m: 5:36.50	41.37
	100m: 1:32.55	51.75	200m: 3:12.93	47.78	300m: 4:55.13	51.90	400m: 6:13.36	36.86
15.	Ruben Bouw	ZWK Merlet		NT		200902035		6:29.06 +0,78
	50m: 42.09	42.09	150m: 2:24.39	51.34	250m: 4:08.16	54.77	350m: 5:47.68	43.48
	100m: 1:33.05	50.96	200m: 3:13.39	49.00	300m: 5:04.20	56.04	400m: 6:29.06	41.38