

Limietwedstrijd
Dordrecht, 11-5-2019

Programmanr. 10
11-5-2019 - 14:37

Heren, 400m wisselslag

Senioren Open
Resultaten

rang	naam	vereniging	intijd		tijd		RT	
1.	Nikhom Westphal	SG SCOM/de Zeehond'73	4:48.17	200203329	4:53.10			
	50m: 29.21	29.21	150m: 1:44.36	38.97	250m: 3:03.59	40.59	350m: 4:20.67	34.88
	100m: 1:05.39	36.18	200m: 2:23.00	38.64	300m: 3:45.79	42.20	400m: 4:53.10	32.43
2.	Jorian Tanis	MNC Dordrecht	4:44.93	199900327	4:54.41		+0,84	
	50m: 30.30	30.30	150m: 1:44.33	39.07	250m: 3:04.58	43.00	350m: 4:22.76	33.46
	100m: 1:05.26	34.96	200m: 2:21.58	37.25	300m: 3:49.30	44.72	400m: 4:54.41	31.65
3.	Bryan Agterdenbos	Psv	4:35.17	200200003	4:54.75		+0,74	
	50m: 28.82	28.82	150m: 1:42.08	38.48	250m: 3:01.55	41.80	350m: 4:21.19	35.12
	100m: 1:03.60	34.78	200m: 2:19.75	37.67	300m: 3:46.07	44.52	400m: 4:54.75	33.56
4.	David Kievit * Backup 400m	z.c De Schotejil	5:15.67	199900325	5:16.85		+0,80	
	50m: 32.93	32.93	150m: 1:52.69	41.20	250m: 3:16.64	43.58	350m: 4:38.77	38.15
	100m: 1:11.49	38.56	200m: 2:33.06	40.37	300m: 4:00.62	43.98	400m: 5:16.85	38.08
5.	Michael van den Enden	Pcg	5:43.05	200401589	6:07.08		+0,56	
	50m: 37.23	37.23	150m: 2:11.71	49.10	250m: 3:49.73	50.78	350m: 5:25.17	44.04
	100m: 1:22.61	45.38	200m: 2:58.95	47.24	300m: 4:41.13	51.40	400m: 6:07.08	41.91