

Programmanr. 12
 17-2-2024

400m wisselslag

 Masters
 Resultaten

rang	naam	vereniging	intijd	tijd	RT
Masters 35+, Heren					
1.	Martijn Giezen	ZPC Amersfoort	5:23.49	198500813	5:26.00 +0,86
	50m: 32.22	150m: 1:57.02	250m: 3:25.57	350m: 4:51.08	
	100m: 1:14.94	200m: 2:37.61	300m: 4:13.15	400m: 5:26.00	
2.	Sander van Tilburg	De Biesboschwimmers	6:15.10	198604609	6:18.93 +0,89
	50m: 44.30	150m: 2:28.59	250m: 4:07.65	350m: 5:39.21	
	100m: 1:36.24	200m: 3:18.58	300m: 4:56.83	400m: 6:18.93	
Masters 40+, Heren					
1.	Dirk Smit	Z.V. Tiamat	5:50.00	198101559	5:48.16 +0,71
	50m: 35.16	150m: 2:02.45	250m: 3:35.24	350m: 5:06.83	
	100m: 1:17.34	200m: 2:46.82	300m: 4:24.34	400m: 5:48.16	
Masters 45+, Heren					
1.	Mark Hensen	Niemo Barracuda	5:06.84	197900497	5:03.61 +0,83
	50m: 30.93	150m: 1:45.27	250m: 3:07.11	350m: 4:28.46	
	100m: 1:06.31	200m: 2:23.36	300m: 3:52.18	400m: 5:03.61	
Masters 50+, Heren					
1.	Harry Cornet	De Biesboschwimmers	5:20.00	197100175	5:27.49 +0,79
	50m: 33.78	150m: 2:00.93	250m: 3:30.08	350m: 4:53.29	
	100m: 1:14.89	200m: 2:44.93	300m: 4:16.17	400m: 5:27.49	
2.	Paul van den Heuvel	Arethusa	5:45.00	197000441	5:57.66 +0,88
	50m: 38.71	150m: 2:10.57	250m: 3:46.18	350m: 5:18.33	
	100m: 1:23.62	200m: 2:57.05	300m: 4:36.41	400m: 5:57.66	
Masters 30+, Dames					
1.	Jisca Majolee	ZPC Amersfoort	6:00.13	199403570	5:55.20 +0,95
	50m: 37.63	150m: 2:09.37	250m: 3:45.79	350m: 5:17.25	
	100m: 1:22.10	200m: 2:55.94	300m: 4:35.51	400m: 5:55.20	
Masters 40+, Dames					
1.	Roos van Esch	ACZ	5:34.26	198200468	5:41.72 +0,89
	50m: 37.70	150m: 2:04.20	250m: 3:35.60	350m: 5:04.29	
	100m: 1:20.82	200m: 2:46.77	300m: 4:24.66	400m: 5:41.72	
AFGEM	Steffi Krul-Meinhold	d'ELFT	6:15.00	198001542	
Masters 45+, Dames					
1.	Liselotte Joling	PSV	5:36.31	197500268	5:49.41 +0,88
	50m: 38.19	150m: 2:08.60	250m: 3:42.82	350m: 5:12.32	
	100m: 1:22.18	200m: 2:53.15	300m: 4:32.87	400m: 5:49.41	
2.	Chantal Verhoeff	Old Dutch Breda	6:21.00	197900912	6:23.78 +0,80
	50m: 39.86	150m: 2:20.44	250m: 4:04.54	350m: 5:42.42	
	100m: 1:28.92	200m: 3:10.68	300m: 4:59.83	400m: 6:23.78	
3.	Jessica Venema	GZC Donk	6:24.52	197901526	6:24.79 +0,88
	50m: 41.83	150m: 2:20.74	250m: 4:03.39	350m: 5:43.46	
	100m: 1:32.46	200m: 3:07.59	300m: 5:00.69	400m: 6:24.79	
4.	Clementine van Bruxvoort	Feijenoord Albion	7:40.14	197700138	8:02.43 +0,89
	50m: 50.17	150m: 2:52.21	250m: 4:59.92	350m: 7:08.31	
	100m: 1:53.60	200m: 3:49.48	300m: 6:12.69	400m: 8:02.43	

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Masters 55+, Dames

1.	Anita Steijger		WVZ			6:42.21	196500628		6:56.66	+0,86
	50m:	44.93	150m:	2:33.31	250m:	4:23.14	350m:	6:10.67		
	100m:	1:39.33	200m:	3:23.93	300m:	5:22.38	400m:	6:56.66		
2.	K. van Nassau-van den Heuv		Old Dutch Breda			6:57.36	196600188		7:04.28	+0,94
	<i>350 m backuptijd</i>									
	50m:	50.05	150m:	2:42.05	250m:	4:32.58	350m:	6:17.20		
	100m:	1:46.07	200m:	3:37.03	300m:	5:28.87	400m:	7:04.28		