

Programmanr. 107  
 12-4-2025

400m wisselslag

 2012 en ouder  
 Resultaten

rang	naam	vereniging				intijd				tijd		RT
<b>Gebjr 2011 - 2012, Jongens</b>												
1.	Sjoerd van Zwiene	De Warande				NT 201102195				<b>5:52.23</b>		
	50m: 38.20	38.20	150m: 2:10.47	45.15	250m: 3:44.88	49.59	350m: 5:15.74	39.51				
	100m: 1:25.32	47.12	200m: 2:55.29	44.82	300m: 4:36.23	51.35	400m: 5:52.23	36.49				
<b>Gebjr 2007 - 2008, Jongens</b>												
1.	Lars de Kooter	De Biesboschwimmers				5:08.45 200800185				<b>5:04.64</b>		
	50m: 31.98	31.98	150m: 1:51.60	40.82	250m: 3:10.98	39.37	350m: 4:28.55	36.25				
	100m: 1:10.78	38.80	200m: 2:31.61	40.01	300m: 3:52.30	41.32	400m: 5:04.64	36.09				
2.	Tim van Strien	Bijtelskil				NT 200700063				<b>5:52.28</b>		
	50m: 34.66	34.66	150m: 2:03.27	47.24	250m: 3:38.53	49.46	350m: 5:12.91	41.72				
	100m: 1:16.03	41.37	200m: 2:49.07	45.80	300m: 4:31.19	52.66	400m: 5:52.28	39.37				
3.	Matthias Faber	Bijtelskil				NT 200700109				<b>6:02.07</b>		
	50m: 35.66	35.66	150m: 2:03.80	44.39	250m: 3:43.33	55.68	350m: 5:21.50	41.27				
	100m: 1:19.41	43.75	200m: 2:47.65	43.85	300m: 4:40.23	56.90	400m: 6:02.07	40.57				
<b>2006 en ouder, Heren</b>												
1.	Denny Groeneveld	Bijtelskil				NT 199202165				<b>6:58.35</b>		
	50m: 38.50	38.50	150m: 2:16.93	52.35	250m: 4:16.16	1:04.54	350m: 6:08.86	49.73				
	100m: 1:24.58	46.08	200m: 3:11.62	54.69	300m: 5:19.13	1:02.97	400m: 6:58.35	49.49				
<b>Gebjr 2011 - 2012, Meisjes</b>												
1.	Fleur Verboom	De Warande				8:02.83 201201274				<b>7:44.19</b>		
	50m: 49.03	49.03	150m: 2:55.86	57.54	250m: 4:54.70	1:01.76	350m: 6:52.32	54.92				
	100m: 1:58.32	1:09.29	200m: 3:52.94	57.08	300m: 5:57.40	1:02.70	400m: 7:44.19	51.87				