

Regio-West Open Masters deel 4  
Leiden, 23-2-2020

Programmanr. 6  
23-2-2020 - 14:20

400m wisselslag

20 - 89 jaar  
Resultaten

rang	naam	vereniging	intijd		tijd	RT
<b>Masters 20+, Heren</b>						
1.	Jasper van den Broek	De Watervogels	NT	199903313	<b>5:46.05</b>	
	50m: 32.98	400m: 5:46.05				
<b>Masters 30+, Heren</b>						
1.	Melano Winter	AZ&PC De Futen	5:50.00	198703847	<b>5:52.75</b>	
	50m: 37.03	100m: 1:21.58	400m: 5:52.75			
<b>Masters 40+, Heren</b>						
1.	Raymond Oosterbaan	WIDEX GZC DONK	5:50.00	197700711	<b>6:05.37</b>	
	50m: 36.59	100m: 1:21.00	400m: 6:05.37			
<b>Masters 75+, Heren</b>						
1.	Rob Hanou	PSV	7:35.00	194300109	<b>7:56.81</b>	
	50m: 56.65	100m: 2:03.44	400m: 7:56.81			
<b>Masters 35+, Dames</b>						
1.	Linda Hoogendam	WVZ	6:35.80	198300892	<b>6:41.35</b>	
	50m: 42.99	100m: 1:34.35	400m: 6:41.35			
<b>Masters 45+, Dames</b>						
1.	Liselotte Joling	PSV	5:34.88	197500268	<b>5:32.35</b>	
	<i>Nederlands Masters Record</i>					
	50m: 35.85	100m: 1:17.08	400m: 5:32.35			