

Programmanr. 204  
17/5/2026 - 14:47

Heren, 400m vrije slag

2014 en ouder  
Resultaten

rang naam	vereniging	intijd	tijd	RT	100m	200m	300m	400m
<b>Onder 14</b>								
1. Jesse Voet	Aqua-Novio'94	4:49.52 201300057	<b>4:49.19</b>		1:07.38	2:21.46	3:36.94	4:49.19
50m:	150m:	250m:	350m:					
100m: 1:07.38	200m: 2:21.46	300m: 3:36.94	400m: 4:49.19					
2. Pieter de Jonge	Aqua-Novio'94	4:53.61 201200211	<b>4:53.10</b>		1:08.36	2:23.01	3:39.06	4:53.10
50m:	150m:	250m:	350m:					
100m: 1:08.36	200m: 2:23.01	300m: 3:39.06	400m: 4:53.10					
3. Rutger Donker	NDD	4:43.97 201200361	<b>4:53.33</b>		1:08.61	2:23.07	3:39.89	4:53.33
50m:	150m:	250m:	350m:					
100m: 1:08.61	200m: 2:23.07	300m: 3:39.89	400m: 4:53.33					
4. Stef van de Wal	DWK	5:06.93 201200803	<b>5:03.37</b>		1:10.36	2:27.08	3:45.55	5:03.37
50m:	150m:	250m:	350m:					
100m: 1:10.36	200m: 2:27.08	300m: 3:45.55	400m: 5:03.37					
5. Teije Baars	DWK	5:26.15 201300203	<b>5:04.64</b>		1:09.04	2:26.96	3:46.67	5:04.64
50m:	150m:	250m:	350m:					
100m: 1:09.04	200m: 2:26.96	300m: 3:46.67	400m: 5:04.64					
6. Fido Hulstijn	CWW	5:05.49 201300775	<b>5:09.87</b>		1:14.91	2:32.90	3:52.48	5:09.87
50m:	150m:	250m:	350m:					
100m: 1:14.91	200m: 2:32.90	300m: 3:52.48	400m: 5:09.87					
7. Thijn Eekhoff	CWW	5:08.55 201300037	<b>5:10.76</b>		1:14.00	2:33.14	3:53.65	5:10.76
50m:	150m:	250m:	350m:					
100m: 1:14.00	200m: 2:33.14	300m: 3:53.65	400m: 5:10.76					
8. Dinand Gerritsen	Batavia Swim	5:24.36 201300335	<b>5:23.32</b>		1:16.31	2:39.47	4:01.99	5:23.32
50m:	150m:	250m:	350m:					
100m: 1:16.31	200m: 2:39.47	300m: 4:01.99	400m: 5:23.32					
9. Boris Hekker	Aqua-Novio'94	5:40.53 201400647	<b>5:27.13</b>		1:15.69	2:40.44	4:04.59	5:27.13
50m:	150m:	250m:	350m:					
100m: 1:15.69	200m: 2:40.44	300m: 4:04.59	400m: 5:27.13					
10. Olivier Valeijn	DWK	5:38.26 201400225	<b>5:34.52</b>		1:20.21	2:46.36	4:13.54	5:34.52
50m:	150m:	250m:	350m:					
100m: 1:20.21	200m: 2:46.36	300m: 4:13.54	400m: 5:34.52					
11. Teun Gulikers	Aqua-Novio'94	5:41.11 201201501	<b>5:38.17</b>		1:19.53	2:45.23	4:13.11	5:38.17
50m:	150m:	250m:	350m:					
100m: 1:19.53	200m: 2:45.23	300m: 4:13.11	400m: 5:38.17					
<b>Onder 16</b>								
1. Gerco van Dijk	Olympia	4:57.87 201000997	<b>4:55.52</b>		1:07.76	2:22.85	3:38.52	4:55.52
50m:	150m:	250m:	350m:					
100m: 1:07.76	200m: 2:22.85	300m: 3:38.52	400m: 4:55.52					
2. Bram van Barneveld	De Woelwaters	4:53.95 201103437	<b>5:17.69</b>		1:07.90	2:27.54	3:51.60	5:17.69
50m:	150m:	250m:	350m:					
100m: 1:07.90	200m: 2:27.54	300m: 3:51.60	400m: 5:17.69					
3. Hugo Hulstijn	CWW	5:08.75 201100297	<b>5:27.63</b>		1:13.48	2:37.63	4:03.43	5:27.63
50m:	150m:	250m:	350m:					
100m: 1:13.48	200m: 2:37.63	300m: 4:03.43	400m: 5:27.63					
<b>Onder 18</b>								
1. Rian Schoneveld	De Berkelduikers	4:20.86 200801789	<b>4:22.94</b>		1:00.98	2:10.24	3:19.08	4:22.94
50m:	150m:	250m:	350m:					
100m: 1:00.98	200m: 2:10.24	300m: 3:19.08	400m: 4:22.94					
2. Wessel van Dorst	Aqua-Novio'94	4:14.22 200900727	<b>4:23.33</b>		1:01.98	2:10.59	3:19.11	4:23.33
50m:	150m:	250m:	350m:					
100m: 1:01.98	200m: 2:10.59	300m: 3:19.11	400m: 4:23.33					
3. Timo Berghuis	DWK	4:27.04 200801991	<b>4:34.99</b>		1:05.27	2:17.97	3:29.34	4:34.99
50m:	150m:	250m:	350m:					
100m: 1:05.27	200m: 2:17.97	300m: 3:29.34	400m: 4:34.99					
4. Jelmer Kruijt	Olympia	4:38.30 200900525	<b>4:49.10</b>		1:05.50	2:19.21	3:35.04	4:49.10
50m:	150m:	250m:	350m:					
100m: 1:05.50	200m: 2:19.21	300m: 3:35.04	400m: 4:49.10					



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Onder 20

1. Jochem Lemmens	SG Wijchen-Gelenberg	4:27.88	200601923	<b>4:46.91</b>	1:05.05	2:17.60	3:32.21	4:46.91
50m:		150m:		250m:	350m:			
100m: 1:05.05		200m: 2:17.60		300m: 3:32.21	400m: 4:46.91			

20 en ouder

1. M. Echevarria Polo	Aqua-Novio'94	3:56.13	200005935	<b>4:21.27</b>	1:01.57	2:08.04	3:14.19	4:21.27
50m:		150m:		250m:	350m:			
100m: 1:01.57		200m: 2:08.04		300m: 3:14.19	400m: 4:21.27			
2. R. van Everdingen	DWK	4:20.39	200300043	<b>4:25.21</b>	1:01.75	2:08.89	3:16.65	4:25.21
50m:		150m:		250m:	350m:			
100m: 1:01.75		200m: 2:08.89		300m: 3:16.65	400m: 4:25.21			
3. Mike Schel	ENC Arnhem	4:27.41	199403279	<b>4:26.13</b>	1:01.32	2:10.20	3:19.42	4:26.13
50m:		150m:		250m:	350m:			
100m: 1:01.32		200m: 2:10.20		300m: 3:19.42	400m: 4:26.13			
4. Martijn Velders	Aqua-Novio'94	4:19.72	199502619	<b>4:30.25</b>	1:03.68	2:13.27	3:22.31	4:30.25
50m:		150m:		250m:	350m:			
100m: 1:03.68		200m: 2:13.27		300m: 3:22.31	400m: 4:30.25			
5. Jeffrey Camphens	Aqua-Novio'94	4:32.48	199503113	<b>4:40.62</b>	1:05.13	2:16.56	3:29.06	4:40.62
50m:		150m:		250m:	350m:			
100m: 1:05.13		200m: 2:16.56		300m: 3:29.06	400m: 4:40.62			
6. Lars Jacobsen	DWK	4:45.37	199705453 S14	<b>4:53.68</b>	597 1:06.10	2:21.82	3:40.23	4:53.68
50m:		150m:		250m:	350m:			
100m: 1:06.10		200m: 2:21.82		300m: 3:40.23	400m: 4:53.68			

Para

1. Lars Jacobsen	DWK	4:45.37	199705453 S14	<b>4:53.68</b>	597 1:06.10	2:21.82	3:40.23	4:53.68
50m:		150m:		250m:	350m:			
100m: 1:06.10		200m: 2:21.82		300m: 3:40.23	400m: 4:53.68			