



Programmanr. 304  
30/5/2026 - 14:38

Heren, 400m wisselslag  
normale startlijst

2014 en ouder  
Resultaten

rang	naam	vereniging	intijd	tijd	RT	100m	200m	300m	400m
<b>Onder 14</b>									
1.	Rutger Donker	NDD	5:24.79 201200361	<b>5:29.68</b>		1:16.41	2:39.01	4:13.22	5:29.68
	50m:	150m:		250m:		350m:			
	100m: 1:16.41	200m: 2:39.01		300m: 4:13.22		400m: 5:29.68			
2.	Jesse Voet	Aqua-Novio'94	5:34.24 201300057	<b>5:32.08</b>		1:11.48	2:36.11	4:20.72	5:32.08
	50m:	150m:		250m:		350m:			
	100m: 1:11.48	200m: 2:36.11		300m: 4:20.72		400m: 5:32.08			
3.	Pieter de Jonge	Aqua-Novio'94	5:28.30 201200211	<b>5:34.10</b>		1:10.29	2:36.05	4:18.35	5:34.10
	50m:	150m:		250m:		350m:			
	100m: 1:10.29	200m: 2:36.05		300m: 4:18.35		400m: 5:34.10			
4.	Stef van de Wal	DWK	5:41.39 201200803	<b>5:44.49</b>		1:16.30	2:50.56	4:25.47	5:44.49
	50m:	150m:		250m:		350m:			
	100m: 1:16.30	200m: 2:50.56		300m: 4:25.47		400m: 5:44.49			
5.	Teije Baars 100m*	DWK	5:58.46 201300203	<b>5:55.61</b>		1:25.79	2:57.67	4:35.94	5:55.61
	50m:	150m:		250m:		350m:			
	100m: 1:25.79	200m: 2:57.67		300m: 4:35.94		400m: 5:55.61			
6.	Fido Hulstijn	CWW	6:05.50 201300775	<b>6:05.99</b>		1:21.73	2:56.69	4:43.59	6:05.99
	50m:	150m:		250m:		350m:			
	100m: 1:21.73	200m: 2:56.69		300m: 4:43.59		400m: 6:05.99			
<b>Onder 16</b>									
1.	Sven Potappel	DWK	5:09.14 201000127	<b>5:06.04</b>		1:05.12	2:27.62	3:53.88	5:06.04
	50m:	150m:		250m:		350m:			
	100m: 1:05.12	200m: 2:27.62		300m: 3:53.88		400m: 5:06.04			
2.	Jesse Jolink	ENC Arnhem	5:23.96 201000401	<b>5:43.82</b>		1:13.66	2:44.50	4:23.64	5:43.82
	50m:	150m:		250m:		350m:			
	100m: 1:13.66	200m: 2:44.50		300m: 4:23.64		400m: 5:43.82			
3.	Gerco van Dijk	Olympia	5:27.84 201000997	<b>5:49.75</b>		1:10.87	2:36.70	4:29.60	5:49.75
	50m:	150m:		250m:		350m:			
	100m: 1:10.87	200m: 2:36.70		300m: 4:29.60		400m: 5:49.75			
4.	Barna Esmat	Aquapoldro	5:50.26 201000125	<b>6:00.05</b>		1:26.14	2:56.08	4:38.66	6:00.05
	50m:	150m:		250m:		350m:			
	100m: 1:26.14	200m: 2:56.08		300m: 4:38.66		400m: 6:00.05			
5.	Hugo Hulstijn	CWW	5:47.40 201100297	<b>6:04.89</b>		1:27.58	3:01.70	4:44.06	6:04.89
	50m:	150m:		250m:		350m:			
	100m: 1:27.58	200m: 3:01.70		300m: 4:44.06		400m: 6:04.89			
6.	Manuel Meijers	De Rijn	5:52.73 201002289	<b>6:11.58</b>		1:21.23	2:58.59	4:47.62	6:11.58
	50m:	150m:		250m:		350m:			
	100m: 1:21.23	200m: 2:58.59		300m: 4:47.62		400m: 6:11.58			
7.	Lukas van Veen	Flevo	5:51.23 201002395	<b>6:14.90</b>		1:20.34	2:52.19	4:45.96	6:14.90
	50m:	150m:		250m:		350m:			
	100m: 1:20.34	200m: 2:52.19		300m: 4:45.96		400m: 6:14.90			
<b>Onder 18</b>									
1.	Wessel van Dorst	Aqua-Novio'94	4:51.37 200900727	<b>5:06.81</b>		1:04.78	2:24.53	4:02.07	5:06.81
	50m:	150m:		250m:		350m:			
	100m: 1:04.78	200m: 2:24.53		300m: 4:02.07		400m: 5:06.81			
2.	Jelle van Mullekom	RZC	4:58.21 200801267	<b>5:08.47</b>		1:03.59	2:26.72	3:56.38	5:08.47
	50m:	150m:		250m:		350m:			
	100m: 1:03.59	200m: 2:26.72		300m: 3:56.38		400m: 5:08.47			
3.	Timo Berghuis	DWK	5:02.96 200801991	<b>5:09.13</b>		1:10.12	2:33.77	4:02.45	5:09.13
	50m:	150m:		250m:		350m:			
	100m: 1:10.12	200m: 2:33.77		300m: 4:02.45		400m: 5:09.13			
4.	Levi Simonse	De Vrije Slag	5:30.57 200900259	<b>5:17.58</b>		1:09.26	2:32.26	4:05.13	5:17.58
	50m:	150m:		250m:		350m:			
	100m: 1:09.26	200m: 2:32.26		300m: 4:05.13		400m: 5:17.58			

Programmanr. 304, Heren, 400m wisselslag

Onder 20

1. Odo McCarthy	ZV Overbetuwe	4:50.24	200700307	<b>5:08.63</b>	1:08.77	2:30.02	3:56.43	5:08.63
50m:		150m:		250m:	350m:			
100m: 1:08.77		200m: 2:30.02		300m: 3:56.43	400m: 5:08.63			
2. Jochem Lemmens	SG Wijchen-Gelenberg	5:07.04	200601923	<b>5:22.68</b>	1:11.44	2:38.16	4:08.26	5:22.68
50m:		150m:		250m:	350m:			
100m: 1:11.44		200m: 2:38.16		300m: 4:08.26	400m: 5:22.68			
3. Ryan Bleumink	De Berkelduikers	5:23.30	200601257	<b>5:34.97</b>	1:11.37	2:36.01	4:13.40	5:34.97
50m:		150m:		250m:	350m:			
100m: 1:11.37		200m: 2:36.01		300m: 4:13.40	400m: 5:34.97			

20 en ouder

1. R. van Everdingen	DWK	4:45.82	200300043	<b>4:57.61</b>	1:04.64	2:20.66	3:47.46	4:57.61
50m:		150m:		250m:	350m:			
100m: 1:04.64		200m: 2:20.66		300m: 3:47.46	400m: 4:57.61			
2. Jeffrey Camphens	Aqua-Novio'94	4:56.93	199503113	<b>5:02.81</b>	1:05.90	2:29.58	3:52.63	5:02.81
50m:		150m:		250m:	350m:			
100m: 1:05.90		200m: 2:29.58		300m: 3:52.63	400m: 5:02.81			
3. Bram van Norel	RZC	4:57.41	200301133	<b>5:15.71</b>	1:08.72	2:33.45	4:01.14	5:15.71
50m:		150m:		250m:	350m:			
100m: 1:08.72		200m: 2:33.45		300m: 4:01.14	400m: 5:15.71			
4. Jesse Bruines	Batavia Swim	6:42.01	200402413 SM8	<b>7:01.97</b>	1:27.24	3:18.16	5:36.77	7:01.97
50m:		150m:		250m:	350m:			
100m: 1:27.24		200m: 3:18.16		300m: 5:36.77	400m: 7:01.97			

Para

1. Jesse Bruines	Batavia Swim	6:42.01	200402413 SM8	<b>7:01.97</b>	1:27.24	3:18.16	5:36.77	7:01.97
50m:		150m:		250m:	350m:			
100m: 1:27.24		200m: 3:18.16		300m: 5:36.77	400m: 7:01.97			