



Programmanr. 204  
17-5-2026 - 15:10

Heren, 400m vrije slag

2014 en ouder  
Resultaten

| rang            | naam                         | vereniging          | intijd              | tijd                | RT             |
|-----------------|------------------------------|---------------------|---------------------|---------------------|----------------|
| <b>Onder 14</b> |                              |                     |                     |                     |                |
| 1.              | Lars Thül                    | Swol 1894           | 4:56.50             | 201200119           | <b>4:48.14</b> |
|                 | 50m: 32.64                   | 32.64 150m: 1:44.39 | 36.23 250m: 2:57.90 | 36.76 350m: 4:12.01 | 37.00          |
|                 | 100m: 1:08.16                | 35.52 200m: 2:21.14 | 36.75 300m: 3:35.01 | 37.11 400m: 4:48.14 | 36.13          |
| 2.              | Metz Agema                   | Deltasteur          | 4:45.26             | 201200929           | <b>5:00.75</b> |
|                 | 50m: 32.63                   | 32.63 150m: 1:46.79 | 37.87 250m: 3:04.19 | 38.99 350m: 4:22.70 | 38.75          |
|                 | 100m: 1:08.92                | 36.29 200m: 2:25.20 | 38.41 300m: 3:43.95 | 39.76 400m: 5:00.75 | 38.05          |
| 3.              | Luuk ten Asbroek             | Het Ravijn          | 4:58.14             | 201200601           | <b>5:01.64</b> |
|                 | 50m: 33.45                   | 33.45 150m: 1:49.38 | 38.58 250m: 3:07.83 | 39.80 350m: 4:25.45 | 38.26          |
|                 | 100m: 1:10.80                | 37.35 200m: 2:28.03 | 38.65 300m: 3:47.19 | 39.36 400m: 5:01.64 | 36.19          |
| 4.              | Floris Meijers               | Swol 1894           | 5:08.91             | 201300015           | <b>5:01.68</b> |
|                 | 50m: 32.80                   | 32.80 150m: 1:48.29 | 38.86 250m: 3:06.28 | 39.25 350m: 4:24.94 | 39.46          |
|                 | 100m: 1:09.43                | 36.63 200m: 2:27.03 | 38.74 300m: 3:45.48 | 39.20 400m: 5:01.68 | 36.74          |
| 5.              | Kjelt de Wit                 | WS Twente           | 5:11.03             | 201201099           | <b>5:01.72</b> |
|                 | 50m: 32.50                   | 32.50 150m: 1:48.72 | 37.89 250m: 3:05.88 | 38.75 350m: 4:24.35 | 38.77          |
|                 | 100m: 1:10.83                | 38.33 200m: 2:27.13 | 38.41 300m: 3:45.58 | 39.70 400m: 5:01.72 | 37.37          |
| 6.              | Lucas Vos                    | Swol 1894           | 5:16.35             | 201300005           | <b>5:06.08</b> |
|                 | 50m: 34.21                   | 34.21 150m: 1:51.57 | 39.00 250m: 3:09.99 | 39.38 350m: 4:27.10 | 37.85          |
|                 | 100m: 1:12.57                | 38.36 200m: 2:30.61 | 39.04 300m: 3:49.25 | 39.26 400m: 5:06.08 | 38.98          |
| 7.              | Mats van der Kamp            | Deltasteur          | 4:55.18             | 201200113           | <b>5:10.82</b> |
|                 | 50m: 34.27                   | 34.27 150m: 1:51.56 | 39.17 250m: 3:11.24 | 39.75 350m: 4:31.43 | 39.67          |
|                 | 100m: 1:12.39                | 38.12 200m: 2:31.49 | 39.93 300m: 3:51.76 | 40.52 400m: 5:10.82 | 39.39          |
| 8.              | Job Oude Ophuis              | Oz&Pc               | 5:14.40             | 201300047           | <b>5:11.96</b> |
|                 | 50m: 34.08                   | 34.08 150m: 1:52.00 | 40.23 250m: 3:13.02 | 41.13 350m: 4:35.17 | 40.91          |
|                 | 100m: 1:11.77                | 37.69 200m: 2:31.89 | 39.89 300m: 3:54.26 | 41.24 400m: 5:11.96 | 36.79          |
| 9.              | Jefta Norden                 | De Grunte           | 5:10.32             | 201202153           | <b>5:11.99</b> |
|                 | 50m: 32.30                   | 32.30 150m: 1:50.44 | 39.33 250m: 3:11.99 | 40.21 350m: 4:33.13 | 38.69          |
|                 | 100m: 1:11.11                | 38.81 200m: 2:31.78 | 41.34 300m: 3:54.44 | 42.45 400m: 5:11.99 | 38.86          |
| 10.             | Bas Harms                    | Dedemsvaart-AC      | 5:05.77             | 201400129           | <b>5:13.51</b> |
|                 | 50m: 34.52                   | 34.52 150m: 1:54.88 | 40.85 250m: 3:16.72 | 40.84 350m: 4:36.34 | 39.89          |
|                 | 100m: 1:14.03                | 39.51 200m: 2:35.88 | 41.00 300m: 3:56.45 | 39.73 400m: 5:13.51 | 37.17          |
| 11.             | Hidde Visscher               | Oz&Pc               | 5:10.24             | 201300149           | <b>5:15.84</b> |
|                 | 50m: 34.48                   | 34.48 150m: 1:53.16 | 39.75 250m: 3:15.35 | 40.85 350m: 4:38.00 | 40.21          |
|                 | 100m: 1:13.41                | 38.93 200m: 2:34.50 | 41.34 300m: 3:57.79 | 42.44 400m: 5:15.84 | 37.84          |
| 12.             | Rio Babic                    | Steenwijk 1934      | 5:18.86             | 201200867           | <b>5:17.57</b> |
|                 | 50m: 33.13                   | 33.13 150m: 1:52.71 | 40.77 250m: 3:17.62 | 42.38 350m: 4:39.51 | 40.51          |
|                 | 100m: 1:11.94                | 38.81 200m: 2:35.24 | 42.53 300m: 3:59.00 | 41.38 400m: 5:17.57 | 38.06          |
| 13.             | Jip Westendorp<br>200*, 250* | Swol 1894           | 5:09.97             | 201400379           | <b>5:30.40</b> |
|                 | 50m: 36.32                   | 36.32 150m: 1:57.49 | 41.63 250m: 3:22.74 | 42.69 350m: 4:48.42 | 43.36          |
|                 | 100m: 1:15.86                | 39.54 200m: 2:40.05 | 42.56 300m: 4:05.06 | 42.32 400m: 5:30.40 | 41.98          |
| 14.             | Dirk Rietman<br>100* 250*    | Swol 1894           | 5:22.56             | 201300131           | <b>5:31.79</b> |
|                 | 50m: 33.77                   | 33.77 150m: 1:58.82 | 43.82 250m: 3:24.90 | 42.95 350m: 4:51.94 | 43.11          |
|                 | 100m: 1:15.00                | 41.23 200m: 2:41.95 | 43.13 300m: 4:08.83 | 43.93 400m: 5:31.79 | 39.85          |
| 15.             | Kian Zoer                    | Dedemsvaart-AC      | 5:16.50             | 201300747           | <b>5:32.03</b> |
|                 | 50m: 34.06                   | 34.06 150m: 2:01.66 | 44.69 250m: 3:30.15 | 44.46 350m: 4:56.56 | 42.92          |
|                 | 100m: 1:16.97                | 42.91 200m: 2:45.69 | 44.03 300m: 4:13.64 | 43.49 400m: 5:32.03 | 35.47          |
| 16.             | Yari Vaneker                 | Oz&Pc               | 5:21.15             | 201300395           | <b>5:40.08</b> |
|                 | 50m: 34.50                   | 34.50 150m: 1:57.86 | 43.13 250m: 3:27.14 | 44.89 350m: 4:56.01 | 44.54          |
|                 | 100m: 1:14.73                | 40.23 200m: 2:42.25 | 44.39 300m: 4:11.47 | 44.33 400m: 5:40.08 | 44.07          |

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Onder 16

|     |                     |                |               |           |                |       |               |       |
|-----|---------------------|----------------|---------------|-----------|----------------|-------|---------------|-------|
| 1.  | Ruben Kragt         | Dedemsvaart-AC | 4:15.81       | 201000007 | <b>4:29.81</b> |       |               |       |
|     | 50m: 30.22          | 30.22          | 150m: 1:37.30 | 34.21     | 250m: 2:46.86  | 34.67 | 350m: 3:56.46 | 34.22 |
|     | 100m: 1:03.09       | 32.87          | 200m: 2:12.19 | 34.89     | 300m: 3:22.24  | 35.38 | 400m: 4:29.81 | 33.35 |
| 2.  | Tristan Meijers     | Swol 1894      | 4:40.36       | 201000089 | <b>4:31.03</b> |       |               |       |
|     | 50m: 29.49          | 29.49          | 150m: 1:37.75 | 34.60     | 250m: 2:47.87  | 34.94 | 350m: 3:57.52 | 34.66 |
|     | 100m: 1:03.15       | 33.66          | 200m: 2:12.93 | 35.18     | 300m: 3:22.86  | 34.99 | 400m: 4:31.03 | 33.51 |
| 3.  | Matthijs van Velzen | Deltasteur     | 4:31.80       | 201100435 | <b>4:32.79</b> |       |               |       |
|     | 50m: 29.68          | 29.68          | 150m: 1:37.90 | 34.83     | 250m: 2:48.82  | 35.52 | 350m: 3:59.88 | 35.65 |
|     | 100m: 1:03.07       | 33.39          | 200m: 2:13.30 | 35.40     | 300m: 3:24.23  | 35.41 | 400m: 4:32.79 | 32.91 |
| 4.  | Rafaël Agterbos     | Oz&Pc          | 4:40.65       | 201000171 | <b>4:32.87</b> |       |               |       |
|     | 50m: 30.20          | 30.20          | 150m: 1:38.10 | 34.80     | 250m: 2:48.81  | 35.18 | 350m: 3:58.99 | 34.89 |
|     | 100m: 1:03.30       | 33.10          | 200m: 2:13.63 | 35.53     | 300m: 3:24.10  | 35.29 | 400m: 4:32.87 | 33.88 |
| 5.  | Kick Germers        | Swol 1894      | 4:47.05       | 201000185 | <b>4:38.39</b> |       |               |       |
|     | 50m: 30.84          | 30.84          | 150m: 1:39.34 | 34.95     | 250m: 2:50.88  | 36.01 | 350m: 4:03.07 | 36.12 |
|     | 100m: 1:04.39       | 33.55          | 200m: 2:14.87 | 35.53     | 300m: 3:26.95  | 36.07 | 400m: 4:38.39 | 35.32 |
| 6.  | Stan Nijhuis        | Oz&Pc          | 4:44.65       | 201100191 | <b>4:41.33</b> |       |               |       |
|     | 50m: 29.85          | 29.85          | 150m: 1:40.29 | 35.78     | 250m: 2:52.74  | 36.04 | 350m: 4:04.89 | 36.05 |
|     | 100m: 1:04.51       | 34.66          | 200m: 2:16.70 | 36.41     | 300m: 3:28.84  | 36.10 | 400m: 4:41.33 | 36.44 |
| 7.  | Gijs Nooter         | Dedemsvaart-AC | 4:35.75       | 201000725 | <b>4:50.20</b> |       |               |       |
|     | 50m: 31.77          | 31.77          | 150m: 1:45.85 | 37.70     | 250m: 3:01.88  | 38.18 | 350m: 4:17.09 | 36.90 |
|     | 100m: 1:08.15       | 36.38          | 200m: 2:23.70 | 37.85     | 300m: 3:40.19  | 38.31 | 400m: 4:50.20 | 33.11 |
| 8.  | Gerdian Leeftink    | ZPC De Hof     | 4:31.71       | 201000091 | <b>4:50.71</b> |       |               |       |
|     | 50m: 31.51          | 31.51          | 150m: 1:42.39 | 36.13     | 250m: 2:56.02  | 36.90 | 350m: 4:13.39 | 39.31 |
|     | 100m: 1:06.26       | 34.75          | 200m: 2:19.12 | 36.73     | 300m: 3:34.08  | 38.06 | 400m: 4:50.71 | 37.32 |
| 9.  | Daan Overmars       | Oz&Pc          | 4:44.25       | 201100027 | <b>4:51.34</b> |       |               |       |
|     | 50m: 31.46          | 31.46          | 150m: 1:43.13 | 36.81     | 250m: 2:59.04  | 38.39 | 350m: 4:14.86 | 37.21 |
|     | 100m: 1:06.32       | 34.86          | 200m: 2:20.65 | 37.52     | 300m: 3:37.65  | 38.61 | 400m: 4:51.34 | 36.48 |
| 10. | Milan Eikenaar      | Swol 1894      | 4:35.81       | 201100599 | <b>4:53.22</b> |       |               |       |
|     | 50m: 31.55          | 31.55          | 150m: 1:43.94 | 37.14     | 250m: 3:00.20  | 37.69 | 350m: 4:16.57 | 38.21 |
|     | 100m: 1:06.80       | 35.25          | 200m: 2:22.51 | 38.57     | 300m: 3:38.36  | 38.16 | 400m: 4:53.22 | 36.65 |
| 11. | Thijmen Holterman   | ZPC De Hof     | 4:48.71       | 201000005 | <b>4:55.78</b> |       |               |       |
|     | 50m: 32.90          | 32.90          | 150m: 1:50.29 | 39.35     | 250m: 3:08.02  | 37.81 | 350m: 4:22.27 | 35.60 |
|     | 100m: 1:10.94       | 38.04          | 200m: 2:30.21 | 39.92     | 300m: 3:46.67  | 38.65 | 400m: 4:55.78 | 33.51 |
| 12. | Daan Alink          | ZPC De Hof     | 4:42.11       | 201000241 | <b>4:57.06</b> |       |               |       |
|     | 50m: 33.01          | 33.01          | 150m: 1:48.08 | 37.99     | 250m: 3:05.61  | 38.79 | 350m: 4:22.40 | 37.97 |
|     | 100m: 1:10.09       | 37.08          | 200m: 2:26.82 | 38.74     | 300m: 3:44.43  | 38.82 | 400m: 4:57.06 | 34.66 |
| NG  | Daan Vinke          | Deltasteur     | 4:41.72       | 201001039 |                |       |               |       |

Onder 18

|       |                  |                |               |           |                |       |               |       |
|-------|------------------|----------------|---------------|-----------|----------------|-------|---------------|-------|
| 1.    | Finn Stamsnieder | Oz&Pc          | 4:30.66       | 200900225 | <b>4:22.56</b> |       |               |       |
|       | 50m: 29.17       | 29.17          | 150m: 1:34.95 | 33.45     | 250m: 2:42.64  | 33.96 | 350m: 3:50.04 | 33.63 |
|       | 100m: 1:01.50    | 32.33          | 200m: 2:08.68 | 33.73     | 300m: 3:16.41  | 33.77 | 400m: 4:22.56 | 32.52 |
| 2.    | Dyon Scholten    | Steenwijk 1934 | 4:24.66       | 200900095 | <b>4:27.16</b> |       |               |       |
|       | 50m: 28.28       | 28.28          | 150m: 1:33.34 | 33.17     | 250m: 2:42.08  | 34.78 | 350m: 3:52.61 | 34.89 |
|       | 100m: 1:00.17    | 31.89          | 200m: 2:07.30 | 33.96     | 300m: 3:17.72  | 35.64 | 400m: 4:27.16 | 34.55 |
| 3.    | Teun van Weeren  | Oz&Pc          | 4:28.36       | 200801145 | <b>4:30.74</b> |       |               |       |
|       | 50m: 29.85       | 29.85          | 150m: 1:36.25 | 34.05     | 250m: 2:45.79  | 34.70 | 350m: 3:56.51 | 35.31 |
|       | 100m: 1:02.20    | 32.35          | 200m: 2:11.09 | 34.84     | 300m: 3:21.20  | 35.41 | 400m: 4:30.74 | 34.23 |
| 4.    | Bjorn Scholten   | WS Twente      | 4:19.91       | 200801143 | <b>4:33.91</b> |       |               |       |
|       | 50m: 30.45       | 30.45          | 150m: 1:39.24 | 34.93     | 250m: 2:49.99  | 35.04 | 350m: 3:59.47 | 34.22 |
|       | 100m: 1:04.31    | 33.86          | 200m: 2:14.95 | 35.71     | 300m: 3:25.25  | 35.26 | 400m: 4:33.91 | 34.44 |
| 5.    | Ruben Nooter     | Dedemsvaart-AC | 4:25.75       | 200901577 | <b>4:37.67</b> |       |               |       |
|       | 50m: 30.70       | 30.70          | 150m: 1:40.69 | 35.40     | 250m: 2:52.55  | 36.21 | 350m: 4:03.01 | 35.11 |
|       | 100m: 1:05.29    | 34.59          | 200m: 2:16.34 | 35.65     | 300m: 3:27.90  | 35.35 | 400m: 4:37.67 | 34.66 |
| 6.    | Milan Bottenberg | Deltasteur     | 4:33.17       | 200900153 | <b>4:44.97</b> |       |               |       |
|       | 50m: 29.85       | 29.85          | 150m: 1:39.32 | 35.70     | 250m: 2:53.16  | 36.86 | 350m: 4:07.81 | 37.08 |
|       | 100m: 1:03.62    | 33.77          | 200m: 2:16.30 | 36.98     | 300m: 3:30.73  | 37.57 | 400m: 4:44.97 | 37.16 |
| AFGEM | Sven Keuper      | ZPC De Hof     | 4:37.01       | 200800981 |                |       |               |       |

Programmanr. 204, Heren, 400m vrije slag

Onder 20 en Senioren samen

|                   |                |               |         |               |           |               |                |  |  |
|-------------------|----------------|---------------|---------|---------------|-----------|---------------|----------------|--|--|
| 1. Jasper Thijert | WS Twente      |               | 4:25.22 |               | 200700321 |               | <b>4:18.05</b> |  |  |
| 50m: 29.23        | 29.23          | 150m: 1:33.65 | 32.71   | 250m: 2:40.26 | 33.65     | 350m: 3:46.55 | 32.89          |  |  |
| 100m: 1:00.94     | 31.71          | 200m: 2:06.61 | 32.96   | 300m: 3:13.66 | 33.40     | 400m: 4:18.05 | 31.50          |  |  |
| 2. Jort Siebelt   | Oz&Pc          |               | 4:20.45 |               | 200700083 |               | <b>4:19.33</b> |  |  |
| 50m: 28.86        | 28.86          | 150m: 1:33.51 | 32.73   | 250m: 2:39.57 | 32.56     | 350m: 3:47.06 | 33.68          |  |  |
| 100m: 1:00.78     | 31.92          | 200m: 2:07.01 | 33.50   | 300m: 3:13.38 | 33.81     | 400m: 4:19.33 | 32.27          |  |  |
| 3. Melle van Veen | Dedemsvaart-AC |               | 4:20.33 |               | 200700661 |               | <b>4:36.24</b> |  |  |
| 50m: 29.45        | 29.45          | 150m: 1:37.27 | 34.75   | 250m: 2:48.56 | 35.71     | 350m: 4:00.82 | 36.32          |  |  |
| 100m: 1:02.52     | 33.07          | 200m: 2:12.85 | 35.58   | 300m: 3:24.50 | 35.94     | 400m: 4:36.24 | 35.42          |  |  |
| 4. Tim Zuurman    | Dedemsvaart-AC |               | 4:30.30 |               | 200700131 |               | <b>4:40.95</b> |  |  |
| 50m: 30.67        | 30.67          | 150m: 1:39.81 | 34.98   | 250m: 2:51.92 | 36.20     | 350m: 4:05.09 | 36.57          |  |  |
| 100m: 1:04.83     | 34.16          | 200m: 2:15.72 | 35.91   | 300m: 3:28.52 | 36.60     | 400m: 4:40.95 | 35.86          |  |  |
| 5. Rick Smelt     | ZVZwartsluis   |               | 4:35.75 |               | 200600051 |               | <b>4:51.00</b> |  |  |
| 50m: 30.55        | 30.55          | 150m: 1:42.09 | 36.63   | 250m: 2:57.72 | 38.04     | 350m: 4:13.90 | 37.92          |  |  |
| 100m: 1:05.46     | 34.91          | 200m: 2:19.68 | 37.59   | 300m: 3:35.98 | 38.26     | 400m: 4:51.00 | 37.10          |  |  |

20 en ouder

|                |                |               |         |               |           |               |                |  |  |
|----------------|----------------|---------------|---------|---------------|-----------|---------------|----------------|--|--|
| 1. Kevin Lucas | De Dinkel      |               | 4:22.98 |               | 200300545 |               | <b>4:40.44</b> |  |  |
| 50m: 30.86     | 30.86          | 150m: 1:40.60 | 35.16   | 250m: 2:52.27 | 35.99     | 350m: 4:04.91 | 36.10          |  |  |
| 100m: 1:05.44  | 34.58          | 200m: 2:16.28 | 35.68   | 300m: 3:28.81 | 36.54     | 400m: 4:40.44 | 35.53          |  |  |
| 2. Stan Tibben | Dedemsvaart-AC |               | 4:44.98 |               | 200503591 |               | <b>4:54.88</b> |  |  |
| 50m: 32.20     | 32.20          | 150m: 1:46.30 | 37.36   | 250m: 3:02.48 | 37.95     | 350m: 4:18.23 | 37.64          |  |  |
| 100m: 1:08.94  | 36.74          | 200m: 2:24.53 | 38.23   | 300m: 3:40.59 | 38.11     | 400m: 4:54.88 | 36.65          |  |  |