

Event 204
17-5-2026 - 15:10

Men, 400m Freestyle

2014 and older
Results

rang	naam	vereniging	intijd	tijd	RT
Onder 14					
1.	Lars Thuel	Swol 1894	4:56.50	201200119	4:48.14
	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	5:00.75
	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	5:01.64
	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	5:01.68
	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	5:01.72
	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	5:06.08
	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	5:10.82
	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	5:11.96
	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	5:11.99
	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	5:13.51
	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	5:15.84
	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	5:17.57
	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 200*, 250*	Swol 1894	5:09.97	201400379	5:30.40
	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 100* 250*	Swol 1894	5:22.56	201300131	5:31.79
	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	5:32.03
	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	5:40.08
	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

Event 204, Men, 400m Freestyle

Onder 16

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

Onder 18

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

Event 204, Men, 400m Freestyle

Onder 20 en Senioren samen

1. Jasper Thijert	WS Twente				4:25.22	200700321	4:18.05				
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	4:19.33				
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	4:36.24				
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	4:40.95				
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	4:51.00				
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	4:40.44				
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	4:54.88				
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