

Programmanr. 304
30/5/2026 - 15:15

Heren, 400m wisselslag

2014 en ouder
Resultaten

rang	naam	vereniging	intijd		tijd	RT
Onder 14						
1.	Metz Agema	Deltasteur	5:19.84	201200929	5:23.07	
	50m:	150m:	250m:		350m:	
	100m:	200m:	300m:		400m:	5:23.07
2.	Lars Thül	Swol 1894	5:36.27	201200119	5:28.43	
	50m:	150m:	250m:		350m:	
	100m:	200m:	300m:		400m:	5:28.43
3.	Lucas Vos	Swol 1894	5:53.86	201300005	5:39.78	
	50m:	150m:	250m:		350m:	
	100m:	200m:	300m:		400m:	5:39.78
4.	Luuk ten Asbroek	Het Ravijn	5:37.17	201200601	5:40.00	
	50m:	150m:	250m:		350m:	
	100m:	200m:	300m:		400m:	5:40.00
5.	Floris Meijers	Swol 1894	5:27.05	201300015	5:45.68	
	50m:	150m:	250m:		350m:	
	100m:	200m:	300m:		400m:	5:45.68
6.	Dirk Rietman	Swol 1894	6:03.52	201300131	6:04.77	
	50m:	150m:	250m:		350m:	
	100m:	200m:	300m:		400m:	6:04.77
7.	Mats van der Kamp	Deltasteur	5:44.58	201200113	6:05.44	
	50m:	150m:	250m:		350m:	
	100m:	200m:	300m:		400m:	6:05.44
8.	Jefta Norden	De Grunte	6:07.77	201202153	6:09.16	
	50m:	150m:	250m:		350m:	
	100m:	200m:	300m:		400m:	6:09.16
9.	Chris Hoogeveen	Dedemsvaart-AC	6:16.10	201202683	6:20.22	
	50m: 37.94	37.94 150m: 3:57.37	2:31.27 250m: 5:39.61	2:40.75	350m:	
	100m: 1:26.10	48.16 200m: 2:58.86	300m: 4:56.26		400m:	6:20.22
10.	Levi Norden	De Grunte	6:21.59	201202155	6:20.89	
	50m: 44.74	44.74 150m: 2:29.96	50.65 250m: 4:07.10	47.78	350m:	5:41.09
	100m: 1:39.31	54.57 200m: 3:19.32	49.36 300m: 4:57.94	50.84	400m:	6:20.89
						39.80
11.	Jurre de Jonge	De Grunte	6:16.46	201300791	6:35.00	
	50m: 48.23	48.23 150m: 2:33.72	49.31 250m: 4:15.51	55.91	350m:	5:53.99
	100m: 1:44.41	56.18 200m: 3:19.60	45.88 300m: 5:11.86	56.35	400m:	6:35.00
						42.13
						41.01
Onder 16						
1.	Ruben Kragt	Dedemsvaart-AC	4:54.87	201000007	5:03.14	
	50m:	150m:	250m:		350m:	
	100m: 1:04.73	200m: 2:20.97	300m: 3:50.70		400m:	5:03.14
2.	Kick Germers	Swol 1894	5:24.13	201000185	5:03.79	
	50m:	150m:	250m:		350m:	
	100m: 1:09.87	200m: 2:31.10	300m: 3:54.07		400m:	5:03.79
3.	Tristan Meijers	Swol 1894	5:21.78	201000089	5:14.68	
	50m:	150m:	250m:		350m:	
	100m: 1:15.26	200m: 2:34.83	300m: 4:05.14		400m:	5:14.68
4.	Stan Nijhuis	Oz&Pc	5:35.22	201100191	5:18.47	
	50m: 32.97	32.97 150m: 1:53.08	40.59 250m: 3:18.51	45.23	350m:	4:41.69
	100m: 1:12.49	39.52 200m: 2:33.28	40.20 300m: 4:05.04	46.53	400m:	5:18.47
						36.65
						36.78
5.	Milan Eikenaar	Swol 1894	5:23.96	201100599	5:21.21	
	50m:	150m:	250m:		350m:	
	100m: 1:15.07	200m: 2:33.34	300m: 4:10.21		400m:	5:21.21
6.	Matthijs van Velzen	Deltasteur	5:16.71	201100435	5:27.15	
	50m:	150m:	250m:		350m:	
	100m: 1:12.24	200m: 2:35.99	300m: 4:17.32		400m:	5:27.15
7.	Gijs Nooter	Dedemsvaart-AC	5:10.58	201000725	5:27.27	
	50m:	150m:	250m:		350m:	
	100m: 1:19.71	200m: 2:42.41	300m: 4:17.27		400m:	5:27.27
8.	Djulian Versteeg	Zignea	5:16.81	201002655	5:32.46	
	50m:	150m:	250m:		350m:	
	100m: 1:09.35	200m: 2:35.16	300m: 4:17.60		400m:	5:32.46
9.	Daan Alink	ZPC De Hof	5:23.39	201000241	5:46.64	
	50m:	150m:	250m:		350m:	
	100m: 1:16.07	200m: 2:40.80	300m: 4:27.64		400m:	5:46.64

Programmanr. 304, Jongens, 400m wisselslag, Onder 16

rang	naam	vereniging	intijd	tijd	RT	
10.	Hidde de Jonge	De Grunte	5:33.05	201101213	5:47.63	
	50m: 36.13	36.13 150m: 2:04.99	43.98	250m: 3:37.89	51.17 350m: 5:09.12	40.02
	100m: 1:21.01	44.88 200m: 2:46.72	41.73	300m: 4:29.10	51.21 400m: 5:47.63	38.51
11.	Milan van den Berg	Swol 1894	5:49.47	201100253	5:53.68	
	50m: 38.21	38.21 150m: 2:10.63	45.93	250m: 3:43.61	49.24 350m: 5:14.32	40.88
	100m: 1:24.70	46.49 200m: 2:54.37	43.74	300m: 4:33.44	49.83 400m: 5:53.68	39.36
12.	Twan Felix	Deltasteur	5:48.26	201000123	6:05.97	
	50m: 38.82	38.82 150m: 2:13.77	44.69	250m: 3:48.73	51.28 350m: 5:24.08	42.83
	100m: 1:29.08	50.26 200m: 2:57.45	43.68	300m: 4:41.25	52.52 400m: 6:05.97	41.89
13.	Thijmen Holterman	ZPC De Hof	5:42.79	201000005	6:17.15	
	50m: 40.16	40.16 150m: 2:21.84	50.15	250m: 4:07.07	58.44 350m: 5:41.71	38.16
	100m: 1:31.69	51.53 200m: 3:08.63	46.79	300m: 5:03.55	56.48 400m: 6:17.15	35.44

Onder 18

1.	Finn Stamsnieder	Oz&Pc	5:01.50	200900225	4:52.99
	50m: 1:05.03	150m: 2:21.20	250m: 3:45.78	350m: 4:52.99	
	100m: 1:05.03	200m: 2:21.20	300m: 3:45.78	400m: 4:52.99	
2.	Teun van Weeren	Oz&Pc	5:00.65	200801145	5:04.48
	50m: 1:06.83	150m: 2:27.71	250m: 3:55.89	350m: 5:04.48	
	100m: 1:06.83	200m: 2:27.71	300m: 3:55.89	400m: 5:04.48	
3.	Duuk Harms	Dedemsvaart-AC	4:58.53	200900201	5:10.66
	50m: 1:12.47	150m: 2:32.22	250m: 3:59.30	350m: 5:10.66	
	100m: 1:12.47	200m: 2:32.22	300m: 3:59.30	400m: 5:10.66	
4.	Arthur Alberts	ZVZwartsuis	5:01.47	200900239	5:19.53
	50m: 1:12.03	150m: 2:31.51	250m: 4:05.70	350m: 5:19.53	
	100m: 1:12.03	200m: 2:31.51	300m: 4:05.70	400m: 5:19.53	
DIS	Dyon Scholten	Steenwijk 1934	5:25.04	200900095	
	<i>RH - Het eindpunt niet in rugligging aangerakt.</i>				

Onder 20

1.	Niek Vreeling	Oz&Pc	5:02.22	200604211	5:07.33
	50m: 1:11.02	150m: 2:31.43	250m: 3:59.07	350m: 5:07.33	
	100m: 1:11.02	200m: 2:31.43	300m: 3:59.07	400m: 5:07.33	
2.	Rick Smelt	ZVZwartsuis	5:06.16	200600051	5:14.31
	50m: 1:10.03	150m: 2:35.82	250m: 4:04.17	350m: 5:14.31	
	100m: 1:10.03	200m: 2:35.82	300m: 4:04.17	400m: 5:14.31	
3.	Tim Zuurman	Dedemsvaart-AC	4:55.53	200700131	5:20.91
	50m: 1:15.09	150m: 2:37.22	250m: 4:09.68	350m: 5:20.91	
	100m: 1:15.09	200m: 2:37.22	300m: 4:09.68	400m: 5:20.91	
4.	Melle van Veen	Dedemsvaart-AC	4:56.53	200700661	5:24.77
	50m: 1:16.82	150m: 2:40.10	250m: 4:08.89	350m: 5:24.77	
	100m: 1:16.82	200m: 2:40.10	300m: 4:08.89	400m: 5:24.77	
5.	Thomas van Velzen	Deltasteur	5:13.20	200703189	5:25.35
	50m: 1:07.10	150m: 2:35.28	250m: 4:11.10	350m: 5:25.35	
	100m: 1:07.10	200m: 2:35.28	300m: 4:11.10	400m: 5:25.35	
DIS	Jort Siebelt	Oz&Pc	5:07.13	200700083	
	<i>AF - De aangegeven afstand niet uitgezwommen.</i>				

20 en ouder

1.	Luuk Ruinemans	De Dinkel	4:40.43	200301085	4:51.65
	50m: 1:04.95	150m: 2:21.82	250m: 3:46.12	350m: 4:51.65	
	100m: 1:04.95	200m: 2:21.82	300m: 3:46.12	400m: 4:51.65	
2.	Mattijn Thijert	WS Twente	5:02.90	200501921	5:05.97
	50m: 1:06.48	150m: 2:29.08	250m: 3:58.41	350m: 5:05.97	
	100m: 1:06.48	200m: 2:29.08	300m: 3:58.41	400m: 5:05.97	
3.	Kevin Lucas	De Dinkel	4:51.23	200300545	5:18.23
	50m: 1:10.27	150m: 2:35.74	250m: 4:02.51	350m: 5:18.23	
	100m: 1:10.27	200m: 2:35.74	300m: 4:02.51	400m: 5:18.23	
4.	Stan Tibben	Dedemsvaart-AC	4:48.29	200503591	5:25.50
	50m: 1:16.44	150m: 2:35.87	250m: 4:10.90	350m: 5:25.50	
	100m: 1:16.44	200m: 2:35.87	300m: 4:10.90	400m: 5:25.50	
5.	Mika Heskamp	De Dinkel	5:03.15	200300339	5:37.45
	50m: 1:14.76	150m: 2:42.45	250m: 4:19.59	350m: 5:37.45	
	100m: 1:14.76	200m: 2:42.45	300m: 4:19.59	400m: 5:37.45	