

Klassement deel 5 2026  
Valkenswaard, 21/6/2026

Programmanr. 5  
21/6/2026 - 15:15

Heren, 400m vrije slag

Senioren Open  
Resultaten

rang	naam	vereniging	intijd	tijd	RT
1.	Deacon Oppers	Nautilus	5:04.40	200900603	<b>5:03.64</b>
	50m: 33.07	33.07 150m:		250m:	350m:
	100m: 1:09.96	36.89 200m: 3:05.34		300m:	400m: 5:03.64
2.	Gust Cremers	Tempo	6:09.29	201201647	<b>5:05.53</b>
	50m: 33.98	33.98 150m:		250m:	350m:
	100m: 1:12.76	38.78 200m: 2:31.89		300m:	400m: 5:05.53
3.	Thijs van de Weijer	Hydra	5:19.90	200701351	<b>5:11.08</b>
	50m: 32.61	32.61 150m:		250m:	350m:
	100m: 1:09.72	37.11 200m: 2:27.57		300m:	400m: 5:11.08
4.	Niek Kouwenberg	Hydra	5:16.42	198601715	<b>5:15.18</b>
	50m: 32.59	32.59 150m:		250m:	350m:
	100m: 1:10.37	37.78 200m: 2:31.51		300m:	400m: 5:15.18
5.	Tiago Verheggen	Hydra	5:23.62	201003277	<b>5:21.10</b>
	50m: 32.53	32.53 150m:		250m:	350m:
	100m: 1:11.13	38.60 200m: 2:32.02		300m:	400m: 5:21.10
6.	Teodor Bogdanov	Zeester-Meerval	6:07.59	198907039	<b>5:40.72</b>
	50m: 37.78	37.78 150m:		250m:	350m:
	100m: 1:19.85	42.07 200m: 2:45.99		300m:	400m: 5:40.72
7.	Daan Wijnen	Zeester-Meerval	NT	201202143	<b>5:58.46</b>
	50m: 40.21	40.21 150m:		250m:	350m:
	100m: 1:23.82	43.61 200m: 2:57.39		300m:	400m: 5:58.46
8.	Viktar Zhyvushka	Nautilus	NT	201203363	<b>6:03.63</b>
	50m: 38.55	38.55 150m:		250m:	350m:
	100m: 1:24.02	45.47 200m: 3:01.07		300m:	400m: 6:03.63
9.	Juan Verheggen	Hydra	6:39.96	201302213	<b>6:16.39</b>
	50m: 39.74	39.74 150m:		250m:	350m:
	100m: 1:26.43	46.69 200m: 3:04.49		300m:	400m: 6:16.39
10.	Job de Wit	Hydra	7:07.51	201201925	<b>6:23.43</b>
	50m: 40.64	40.64 150m:		250m:	350m:
	100m: 1:29.31	48.67 200m: 3:08.91		300m:	400m: 6:23.43
11.	Geert Smit	Tempo	7:56.43	201102077	<b>7:16.57</b>
	50m: 44.70	44.70 150m:		250m:	350m:
	100m: 1:35.71	51.01 200m: 3:30.09		300m:	400m: 7:16.57