

Limietwedstrijd kb 26-27 deel 1 ZPC AMERSFOORT
Amersfoort, 27-9-2026

Programmanr. 2
27-9-2026 - 14:30

Heren, 400m wisselslag

Senioren Open
Resultaten

rang	naam	vereniging	intijd	tijd	RT
1.	Olivier Wilbers	De Dolfijn	4:28.85	200600181	4:35.21 +0,74
	50m: 29.86	29.86 150m: 1:38.88	35.04 250m: 2:53.02	39.96 350m: 4:04.64	31.26
	100m: 1:03.84	33.98 200m: 2:13.06	34.18 300m: 3:33.38	40.36 400m: 4:35.21	30.57
2.	Finn Stamsnieder	O Z & P C	4:44.06	200900225	4:42.70 +0,58
	50m: 28.88	28.88 150m: 1:39.22	35.74 250m: 2:55.28	41.11 350m: 4:09.80	32.70
	100m: 1:03.48	34.60 200m: 2:14.17	34.95 300m: 3:37.10	41.82 400m: 4:42.70	32.90
3.	Jens zum Grotenhoff	O Z & P C	5:06.02	200200171	4:57.51 * +0,74
	50m: 29.92	29.92 150m: 1:42.73	38.05 250m: 3:02.42	42.03 350m: 4:22.60	36.87
	100m: 1:04.68	34.76 200m: 2:20.39	37.66 300m: 3:45.73	43.31 400m: 4:57.51	34.91
4.	Mattijn Thijert	WS Twente	4:54.59	200501921	5:00.27 * +0,71
	50m: 29.79	29.79 150m: 1:46.43	40.08 250m: 3:09.15	44.34 350m: 4:26.89	34.34
	100m: 1:06.35	36.56 200m: 2:24.81	38.38 300m: 3:52.55	43.40 400m: 5:00.27	33.38
5.	Dyon Scholten	Steenwijk 1934	5:08.63	200900095	5:04.76 +0,74
	50m: 30.52	30.52 150m: 1:45.85	38.68 250m: 3:10.34	45.93 350m: 4:31.58	34.47
	100m: 1:07.17	36.65 200m: 2:24.41	38.56 300m: 3:57.11	46.77 400m: 5:04.76	33.18
6.	Hessel Wachter	Zwemclub Zeist	5:11.52	200903337	5:13.34 +0,77
	50m: 31.59	31.59 150m: 1:51.35	42.11 250m: 3:15.92	42.45 350m: 4:36.96	36.70
	100m: 1:09.24	37.65 200m: 2:33.47	42.12 300m: 4:00.26	44.34 400m: 5:13.34	36.38
7.	Thijs van Kints	BZ&PC	5:19.34	201101059	5:23.45 +0,76
	50m: 33.22	33.22 150m: 1:56.80	42.72 250m: 3:23.93	45.01 350m: 4:47.35	37.83
	100m: 1:14.08	40.86 200m: 2:38.92	42.12 300m: 4:09.52	45.59 400m: 5:23.45	36.10
8.	Thijs Hoogeveen	Zwemlust- den Hommel	5:42.23	201100503	5:25.60 +0,80
	50m: 34.34	34.34 150m: 1:58.10	41.52 250m: 3:23.16	44.90 350m: 4:48.76	39.72
	100m: 1:16.58	42.24 200m: 2:38.26	40.16 300m: 4:09.04	45.88 400m: 5:25.60	36.84
9.	Lars Sturkenboom	Zwemlust- den Hommel	6:02.47	201103253	5:37.58 +0,75
	50m: 32.03	32.03 150m: 1:56.58	43.35 250m: 3:26.00	47.15 350m: 4:58.07	41.98
	100m: 1:13.23	41.20 200m: 2:38.85	42.27 300m: 4:16.09	50.09 400m: 5:37.58	39.51
10.	Manuel Meijers	De Rijn	5:52.73	201002289	5:56.04 +0,82
	50m: 36.20	36.20 150m: 2:05.65	45.35 250m: 3:38.75	51.10 350m: 5:13.27	42.68
	100m: 1:20.30	44.10 200m: 2:47.65	42.00 300m: 4:30.59	51.84 400m: 5:56.04	42.77
11.	Nouh Karman *100m, 400m	Zwemlust- den Hommel	5:45.51	201201383	5:59.01 +0,76
	50m: 38.00	38.00 150m: 2:04.54	42.54 250m: 3:43.62	54.95 350m: 5:18.01	40.61
	100m: 1:22.00	44.00 200m: 2:48.67	44.13 300m: 4:37.40	53.78 400m: 5:59.01	41.00
12.	Milan Rotgers	ZPC AMERSFOORT	5:58.46	201402695	6:02.80 +0,65
	50m: 37.38	37.38 150m: 2:07.29	46.06 250m: 3:48.16	53.01 350m: 5:24.64	41.30
	100m: 1:21.23	43.85 200m: 2:55.15	47.86 300m: 4:43.34	55.18 400m: 6:02.80	38.16
13.	Thom de Gans	ZPC AMERSFOORT	6:15.00	201400009	6:05.19 * +0,73
	50m: 41.49	41.49 150m: 2:17.61	49.32 250m: 3:55.12	48.17 350m: 5:26.85	41.27
	100m: 1:28.29	46.80 200m: 3:06.95	49.34 300m: 4:45.58	50.46 400m: 6:05.19	38.34
14.	Daan Bekke	Z&PV de Veene	NT	201201487	6:05.46 +0,86
	50m: 39.41	39.41 150m: 2:15.80	49.15 250m: 3:56.11	53.50 350m: 5:29.64	40.43
	100m: 1:26.65	47.24 200m: 3:02.61	46.81 300m: 4:49.21	53.10 400m: 6:05.46	35.82
15.	Enzi Nyembo	ZV De Aalscholver	NT	201300163	6:12.29 +0,57
	50m: 40.00	40.00 150m: 2:17.95	47.40 250m: 3:55.04	48.94 350m: 5:31.29	43.09
	100m: 1:30.55	50.55 200m: 3:06.10	48.15 300m: 4:48.20	53.16 400m: 6:12.29	41.00
16.	Nikolai Lebediev	De Dolfijn	6:46.27	201301221	6:37.81 *100m +0,70
	50m: 45.03	45.03 150m: 2:29.04	51.28 250m: 4:14.78	55.93 350m: 5:57.65	43.51
	100m: 1:37.76	52.73 200m: 3:18.85	49.81 300m: 5:14.14	59.36 400m: 6:37.81	40.16
DIS	Cas Ruijs	ZV De Aalscholver	NT	201300013	
	RD - Rugligging verlaten en stuwbewegingen met armen en/of benen gemaakt zonder het keerpunt in te zetten.				