

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

Programmanr. 30
27-9-2026 - 18:53

Heren, 400m vrije slag

Senioren Open
Resultaten

rang	naam	vereniging				intijd				tijd				RT
1.	Xander Kragting	ZPC AMERSFOORT				4:14.81		200900077		4:15.90		+0,71		
	50m: 28.69	28.69	150m: 1:32.15	31.94	250m: 2:36.80	32.60	350m: 3:43.21	33.42						
	100m: 1:00.21	31.52	200m: 2:04.20	32.05	300m: 3:09.79	32.99	400m: 4:15.90	32.69						
2.	Emiel de Bruijn	DZ&PC				4:32.73		200700953		4:18.89		+0,71		
	50m: 29.17	29.17	150m: 1:34.36	33.01	250m: 2:41.53	33.59	350m: 3:47.92	32.71						
	100m: 1:01.35	32.18	200m: 2:07.94	33.58	300m: 3:15.21	33.68	400m: 4:18.89	30.97						
3.	Douwe Enzerink	ZPC AMERSFOORT				4:21.07		201102657		4:20.08		+0,64		
	50m: 28.42	28.42	150m: 1:33.64	32.92	250m: 2:40.62	33.75	350m: 3:47.88	33.56						
	100m: 1:00.72	32.30	200m: 2:06.87	33.23	300m: 3:14.32	33.70	400m: 4:20.08	32.20						
4.	Guust Heijne	ZPC AMERSFOORT				4:41.84		201202139		4:30.33		+0,72		
	50m: 30.51	30.51	150m: 1:39.90	35.14	250m: 2:49.67	35.10	350m: 3:58.67	34.38						
	100m: 1:04.76	34.25	200m: 2:14.57	34.67	300m: 3:24.29	34.62	400m: 4:30.33	31.66						
5.	Felipe Kerkhoff	ZPC AMERSFOORT				4:42.00		201202625		4:33.70		+0,70		
	50m: 31.20	31.20	150m: 1:40.67	34.96	250m: 2:50.32	34.93	350m: 4:00.63	35.06						
	100m: 1:05.71	34.51	200m: 2:15.39	34.72	300m: 3:25.57	35.25	400m: 4:33.70	33.07						
6.	Nanne Woldring	De Vikings				4:44.64		201102035		4:34.54 *		+0,75		
	50m: 29.89	29.89	150m: 1:38.98	34.77	250m: 2:50.24	35.92	350m: 4:02.08	35.53						
	100m: 1:04.21	34.32	200m: 2:14.32	35.34	300m: 3:26.55	36.31	400m: 4:34.54	32.46						
7.	Erik Nijholt	DZ&PC				4:22.44		199401349		4:35.11		+0,77		
	50m: 30.19	30.19	150m: 1:39.22	34.97	250m: 2:49.89	35.46	350m: 4:01.49	35.81						
	100m: 1:04.25	34.06	200m: 2:14.43	35.21	300m: 3:25.68	35.79	400m: 4:35.11	33.62						
8.	Mees Otto	ZPC Woerden				4:42.22		201001319		4:35.93		+0,71		
	50m: 30.87	30.87	150m: 1:40.00	35.00	250m: 2:50.55	35.17	350m: 4:01.72	35.70						
	100m: 1:05.00	34.13	200m: 2:15.38	35.38	300m: 3:26.02	35.47	400m: 4:35.93	34.21						
9.	Jesse Langstraat	IJsselmeer				4:44.57		200901407		4:38.05		+0,78		
	50m: 31.13	31.13	150m: 1:41.82	35.83	250m: 2:53.48	35.37	350m: 4:04.25	34.40						
	100m: 1:05.99	34.86	200m: 2:18.11	36.29	300m: 3:29.85	36.37	400m: 4:38.05	33.80						
10.	Nigel Werring	Zwemlust- den Hommel				4:49.20		200301503		4:42.88		+0,73		
	50m: 31.29	31.29	150m: 1:41.92	35.98	250m: 2:54.52	35.89	350m: 4:07.64	36.03						
	100m: 1:05.94	34.65	200m: 2:18.63	36.71	300m: 3:31.61	37.09	400m: 4:42.88	35.24						
11.	Jonathan Nusteen	Zwemclub Zeist				5:08.33		201202129		4:47.08		+0,75		
	50m: 32.70	32.70	150m: 1:45.49	36.78	250m: 2:59.83	37.14	350m: 4:14.01	36.68						
	100m: 1:08.71	36.01	200m: 2:22.69	37.20	300m: 3:37.33	37.50	400m: 4:47.08	33.07						
12.	Kjelt de Wit	WS Twente				4:57.22		201201099		4:47.74		+0,68		
	50m: 31.77	31.77	150m: 1:44.00	36.58	250m: 2:58.61	37.42	350m: 4:12.96	37.60						
	100m: 1:07.42	35.65	200m: 2:21.19	37.19	300m: 3:35.36	36.75	400m: 4:47.74	34.78						
13.	Jayden Korndewal	ZPC AMERSFOORT				4:55.74		201200015		4:54.98		+0,71		
	50m: 32.36	32.36	150m: 1:46.58	37.55	250m: 3:02.58	38.07	350m: 4:19.18	38.24						
	100m: 1:09.03	36.67	200m: 2:24.51	37.93	300m: 3:40.94	38.36	400m: 4:54.98	35.80						
14.	Nouh Karman	Zwemlust- den Hommel				4:57.50		201201383		4:59.82		+0,75		
	50m: 34.01	34.01	150m: 1:49.05	37.85	250m: 3:06.06	38.69	350m: 4:23.50	39.11						
	100m: 1:11.20	37.19	200m: 2:27.37	38.32	300m: 3:44.39	38.33	400m: 4:59.82	36.32						
15.	Rory Costello	De Dolfijn				5:08.71		201102755		5:02.04		+0,72		
	50m: 34.98	34.98	150m: 1:53.04	39.45	250m: 3:09.63	38.54	350m: 4:27.16	38.33						
	100m: 1:13.59	38.61	200m: 2:31.09	38.05	300m: 3:48.83	39.20	400m: 5:02.04	34.88						
16.	Charles Araysa	Zwemlust- den Hommel				5:01.91		201201155		5:05.44		+0,63		
	50m: 32.50	32.50	150m: 1:46.91	37.71	250m: 3:05.80	39.70	350m: 4:25.98	40.14						
	100m: 1:09.20	36.70	200m: 2:26.10	39.19	300m: 3:45.84	40.04	400m: 5:05.44	39.46						
17.	Dex Barends *250m	ZPC AMERSFOORT				5:28.32		201300265		5:09.13		+0,74		
	50m: 34.22	34.22	150m: 1:52.17	39.47	250m: 3:11.54	39.37	350m: 4:31.92	40.08						
	100m: 1:12.70	38.48	200m: 2:32.17	40.00	300m: 3:51.84	40.30	400m: 5:09.13	37.21						
18.	Yari Vaneker	O Z & P C				5:21.15		201300395		5:13.84		+0,58		
	50m: 33.59	33.59	150m: 1:52.15	40.20	250m: 3:14.10	40.74	350m: 4:36.19	40.41						
	100m: 1:11.95	38.36	200m: 2:33.36	41.21	300m: 3:55.78	41.68	400m: 5:13.84	37.65						
19.	Harrie Oude Weernink	WS Twente				6:00.00		196001037		5:57.24				
	50m: 37.13	37.13	150m: 2:01.84	43.76	250m: 3:35.28	47.35	350m: 5:11.83	48.28						
	100m: 1:18.08	40.95	200m: 2:47.93	46.09	300m: 4:23.55	48.27	400m: 5:57.24	45.41						
AFGEM	Max Kaspers	ZPC AMERSFOORT				5:49.13		201101085						