Programmanr. 2 — Heren, 400m vrije slag — Senioren Open
1-11-2026 - 14:35 — Resultaten

voorlopige resultaten

rang	naam	vereniging	intijd						tijd	RT
1.	Oleksandr Hordiienko	ZV De Aalscholver	4:19.72	201003061					**4:16.06**	+0,65
	50m: 28.52	28.52	150m: 1:32.50	32.50	250m: 2:38.94	33.26	350m: 3:44.90	33.14		
	100m: 1:00.00	31.48	200m: 2:05.68	33.18	300m: 3:11.76	32.82	400m: 4:16.06	31.16		
2.	Ondrej Sevcik	ZPC AMERSFOORT	4:34.78	200702971					**4:34.76**	+0,74
	50m: 29.36	29.36	150m: 1:37.59	34.53	250m: 2:47.84	35.06	350m: 3:58.77	35.71		
	100m: 1:03.06	33.70	200m: 2:12.78	35.19	300m: 3:23.06	35.22	400m: 4:34.76	35.99		
3.	Maxime Buzepol	De Zwoer	5:04.29	201300139					**4:49.57**	+0,95
	50m: 34.26	34.26	150m: 1:48.80	37.41	250m: 3:02.37	36.71	350m: 4:15.74	36.97		
	100m: 1:11.39	37.13	200m: 2:25.66	36.86	300m: 3:38.77	36.40	400m: 4:49.57	33.83		
4.	Sjors Pijl	VZC	5:06.99	201100865					**4:49.65**	+0,81
	50m: 32.12	32.12	150m: 1:43.32	35.93	250m: 2:58.12	38.11	350m: 4:13.75	37.57		
	100m: 1:07.39	35.27	200m: 2:20.01	36.69	300m: 3:36.18	38.06	400m: 4:49.65	35.90		
5.	Nouh Karman	Zwemlust- den Hommel	4:53.56	201201383					**4:50.08**	+0,75
	50m: 32.21	32.21	150m: 1:43.37	35.48	250m: 2:57.43	37.15	350m: 4:13.75	38.56		
	100m: 1:07.89	35.68	200m: 2:20.28	36.91	300m: 3:35.19	37.76	400m: 4:50.08	36.33		
6.	Thomas Metz	ZV New Wave Almere	4:51.11	201300043					**4:52.25**	+0,66
	50m: 31.95	31.95	150m: 1:44.91	37.00	250m: 2:59.85	37.67	350m: 4:15.92	37.91		
	100m: 1:07.91	35.96	200m: 2:22.18	37.27	300m: 3:38.01	38.16	400m: 4:52.25	36.33		
7.	Lars Sturkenboom	Zwemlust- den Hommel	5:08.18	201103253					**4:53.24** *	+0,67
	50m: 31.49	31.49	150m: 1:44.81	37.14	250m: 3:00.99	37.87	350m: 4:16.89	38.07		
	100m: 1:07.67	36.18	200m: 2:23.12	38.31	300m: 3:38.82	37.83	400m: 4:53.24	36.35		
8.	Lucas Willekes	Zwemclub Zeist	4:58.62	201002481					**4:57.33**	+0,73
	50m: 34.17	34.17	150m: 1:48.16	37.37	250m: 3:04.33	38.30	350m: 4:21.02	38.69		
	100m: 1:10.79	36.62	200m: 2:26.03	37.87	300m: 3:42.33	38.00	400m: 4:57.33	36.31		
9.	Thom de Gans	ZPC AMERSFOORT	5:11.85	201400009					**5:04.05**	+0,81
	50m: 34.79	34.79	150m: 1:50.99	38.21	250m: 3:09.18	39.00	350m: 4:26.51	37.98		
	100m: 1:12.78	37.99	200m: 2:30.18	39.19	300m: 3:48.53	39.35	400m: 5:04.05	37.54		
10.	Bram Stolk	AZ&PC De Futen	5:24.97	201100547					**5:06.62** *	+0,86
	50m: 33.69	33.69	150m: 1:52.60	39.94	250m: 3:10.43	38.78	350m: 4:29.40	39.30		
	100m: 1:12.66	38.97	200m: 2:31.65	39.05	300m: 3:50.10	39.67	400m: 5:06.62	37.22		
11.	Milan Rotgers	ZPC AMERSFOORT	5:04.95	201402695					**5:07.36**	
	50m: 34.51	34.51	150m: 1:51.64	38.88	250m: 3:10.55	39.96	350m: 4:29.21	38.90		
	100m: 1:12.76	38.25	200m: 2:30.59	38.95	300m: 3:50.31	39.76	400m: 5:07.36	38.15		
12.	Jens Postma	DAW	5:36.50	201201605					**5:20.49**	
	50m: 35.73	35.73	150m: 1:57.41	40.96	250m: 3:18.86	40.83	350m: 4:41.44	41.06		
	100m: 1:16.45	40.72	200m: 2:38.03	40.62	300m: 4:00.38	41.52	400m: 5:20.49	39.05		
13.	Silvijn Fanggiday	ZPC Woerden	6:01.30	201201281					**5:22.95**	+0,80
	50m: 33.41	33.41	150m: 1:53.56	41.21	250m: 3:17.92	42.41	350m: 4:43.14	42.69		
	100m: 1:12.35	38.94	200m: 2:35.51	41.95	300m: 4:00.45	42.53	400m: 5:22.95	39.81		
14.	Nikolai Lebediev	De Dolfijn	6:00.00	201301221					**5:26.74**	+0,85
	50m: 35.45	35.45	150m: 1:57.57	41.75	250m: 3:20.72	42.62	350m: 4:46.06	42.55		
	100m: 1:15.82	40.37	200m: 2:38.10	40.53	300m: 4:03.51	42.79	400m: 5:26.74	40.68		
15.	Samuel Heijneman	De Fuut	6:22.70	201301603					**5:36.22**	+0,61
	50m: 38.14	38.14	150m: 2:00.21	41.29	250m: 3:27.91	43.89	350m: 4:55.44	43.91		
	100m: 1:18.92	40.78	200m: 2:44.02	43.81	300m: 4:11.53	43.62	400m: 5:36.22	40.78		
16.	Kiril Kotev	De Fuut	6:20.00	201300807					**6:01.24**	+0,76
	50m: 38.07	38.07	150m: 2:07.13	44.97	250m: 3:40.92	47.34	350m: 5:15.54	47.00		
	100m: 1:22.16	44.09	200m: 2:53.58	46.45	300m: 4:28.54	47.62	400m: 6:01.24	45.70		
17.	Tim van Dartel	ZPC AMERSFOORT	NT	201400787					**6:30.85**	+0,44
	50m: 42.59	42.59	150m: 2:22.62	50.29	250m: 4:02.75	50.19	350m: 5:42.06	49.68		
	100m: 1:32.33	49.74	200m: 3:12.56	49.94	300m: 4:52.38	49.63	400m: 6:30.85	48.79		
18.	Valentijn Harms	De Dolfijn	6:57.78	201400577					**7:00.26**	+0,70
	50m: 46.30	46.30	150m: 2:33.79	54.25	250m: 4:22.73	54.77	350m: 6:10.43	52.72		
	100m: 1:39.54	53.24	200m: 3:27.96	54.17	300m: 5:17.71	54.98	400m: 7:00.26	49.83		
DIS	Lyam van der Zee	VZC	6:26.67	201400095					**5:41.55**	
	AA - De start ingezet voor het startsignaal (en wel gezwommen).									
	50m: 39.64	39.64	150m: 2:05.85	42.47	250m: 3:32.47	42.96	350m: 5:00.35	43.06		
	100m: 1:23.38	43.74	200m: 2:49.51	43.66	300m: 4:17.29	44.82	400m: 5:41.55	41.20		