Programmanr. 1 — Heren, 400m vrije slag — 11 jaar en ouder
24-10-2026 - 9:45 — Resultaten

voorlopige resultaten

rang	naam	vereniging	intijd		tijd	RT
1.	Oleksandr Hordiienko	ZV De Aalscholver	4:19.72	201003061	**4:19.21**	
	50m: 28.60	28.60 150m: 1:33.75	32.98	250m: 2:40.92	33.77 350m: 3:48.00	33.73
	100m: 1:00.77	32.17 200m: 2:07.15	33.40	300m: 3:14.27	33.35 400m: 4:19.21	31.21
2.	Luca Denkers	ZV New Wave Almere	4:36.93	201202399	**4:22.55**	
	50m: 29.46	29.46 150m: 1:36.90	33.92	250m: 2:44.09	33.23 350m: 3:50.57	33.09
	100m: 1:02.98	33.52 200m: 2:10.86	33.96	300m: 3:17.48	33.39 400m: 4:22.55	31.98
3.	Finn Ostermann	Azc	4:30.71	201301059	**4:26.35**	
	50m: 29.68	29.68 150m: 1:36.08	33.83	250m: 2:44.42	33.90 350m: 3:54.13	34.65
	100m: 1:02.25	32.57 200m: 2:10.52	34.44	300m: 3:19.48	35.06 400m: 4:26.35	32.22
4.	Dewin Volker	O Z & P C	4:39.57	201101935	**4:26.69**	
	50m: 28.21	28.21 150m: 1:33.76	33.81	250m: 2:42.88	34.36 350m: 3:52.99	34.91
	100m: 59.95	31.74 200m: 2:08.52	34.76	300m: 3:18.08	35.20 400m: 4:26.69	33.70
5.	Jaro Hermans	Psv	4:38.72	201200173	**4:31.71**	
	50m: 30.35	30.35 150m: 1:38.33	34.31	250m: 2:48.12	34.91 350m: 3:58.73	35.62
	100m: 1:04.02	33.67 200m: 2:13.21	34.88	300m: 3:23.11	34.99 400m: 4:31.71	32.98
6.	Celestin van der Beek	Psv	4:44.92	201201183	**4:41.09**	
	50m: 31.52	31.52 150m: 1:43.83	36.41	250m: 2:55.73	36.24 350m: 4:06.35	35.28
	100m: 1:07.42	35.90 200m: 2:19.49	35.66	300m: 3:31.07	35.34 400m: 4:41.09	34.74
7.	Michael Simons	Psv	4:48.43	201200025	**4:47.80**	
	50m: 31.15	31.15 150m: 1:44.54	36.81	250m: 2:57.84	36.91 350m: 4:11.56	36.82
	100m: 1:07.73	36.58 200m: 2:20.93	36.39	300m: 3:34.74	36.90 400m: 4:47.80	36.24
8.	Milan Metz	ZV New Wave Almere	4:54.40	201300045	**4:51.96**	
	50m: 32.88	32.88 150m: 1:47.34	37.50	250m: 3:02.34	37.41 350m: 4:16.65	37.08
	100m: 1:09.84	36.96 200m: 2:24.93	37.59	300m: 3:39.57	37.23 400m: 4:51.96	35.31
9.	Ted Robijns	Psv	5:25.31	201400187	**4:52.98**	
	50m: 32.73	32.73 150m: 1:46.20	37.57	250m: 3:00.88	37.42 350m: 4:16.61	37.73
	100m: 1:08.63	35.90 200m: 2:23.46	37.26	300m: 3:38.88	38.00 400m: 4:52.98	36.37
10.	Job Oude Ophuis	O Z & P C	5:05.60	201300047	**4:54.80**	
	50m: 32.70	32.70 150m: 1:46.97	37.42	250m: 3:03.89	38.60 350m: 4:19.55	37.71
	100m: 1:09.55	36.85 200m: 2:25.29	38.32	300m: 3:41.84	37.95 400m: 4:54.80	35.25
11.	Miguel Kuijken	Psv	5:18.78	201300251	**5:00.54**	
	50m: 34.18	34.18 150m: 1:49.39	37.69	250m: 3:06.23	38.27 350m: 4:24.24	39.30
	100m: 1:11.70	37.52 200m: 2:27.96	38.57	300m: 3:44.94	38.71 400m: 5:00.54	36.30
12.	Kris Stoyanov	Blue Marlins	5:04.70	201201505	**5:02.79**	
	50m: 32.25	32.25 150m: 1:47.20	38.31	250m: 3:06.16	39.92 350m: 4:25.59	39.82
	100m: 1:08.89	36.64 200m: 2:26.24	39.04	300m: 3:45.77	39.61 400m: 5:02.79	37.20
13.	Floris van der Veen	De Zwoer	5:28.68	201400741	**5:12.59**	
	50m: 34.35	34.35 150m: 1:51.85	38.83	250m: 3:12.45	40.43 350m: 4:33.38	40.54
	100m: 1:13.02	38.67 200m: 2:32.02	40.17	300m: 3:52.84	40.39 400m: 5:12.59	39.21
14.	Yaroslav Lytvynenko	Vzc	5:41.80	201102573	**5:14.83**	
	50m: 33.27	33.27 150m: 1:52.19	39.74	250m: 3:13.84	41.10 350m: 4:36.10	41.23
	100m: 1:12.45	39.18 200m: 2:32.74	40.55	300m: 3:54.87	41.03 400m: 5:14.83	38.73
15.	Cas Ruijs	ZV De Aalscholver	5:16.79	201300013	**5:17.80**	
	50m: 35.69	35.69 150m: 1:55.61	40.90	250m: 3:17.29	40.59 350m: 4:38.01	39.75
	100m: 1:14.71	39.02 200m: 2:36.70	41.09	300m: 3:58.26	40.97 400m: 5:17.80	39.79
16.	Jaimy van den Hurk	Azc	5:50.35	201400831	**5:27.17**	
	50m: 38.04	38.04 150m: 2:00.83	42.10	250m: 3:24.53	41.50 350m: 4:48.26	41.27
	100m: 1:18.73	40.69 200m: 2:43.03	42.20	300m: 4:06.99	42.46 400m: 5:27.17	38.91
17.	Cas de Heij	Azc	5:43.56	201400557	**5:28.40**	
	50m: 36.80	36.80 150m: 2:00.33	42.40	250m: 3:26.01	43.08 350m: 4:51.09	43.19
	100m: 1:17.93	41.13 200m: 2:42.93	42.60	300m: 4:07.90	41.89 400m: 5:28.40	37.31
18.	Erik Hovhannisyan	Vzc	5:30.72	201201355	**5:29.09**	
	50m: 35.94	35.94 150m: 1:58.19	41.99	250m: 3:23.64	42.60 350m: 4:48.44	42.31
	100m: 1:16.20	40.26 200m: 2:41.04	42.85	300m: 4:06.13	42.49 400m: 5:29.09	40.65
19.	Adam Abdelaal	Psv	NT	201400867	**5:29.18**	
	50m: 37.80	37.80 150m: 2:02.73	43.72	250m: 3:27.26	42.31 350m: 4:50.81	41.28
	100m: 1:19.01	41.21 200m: 2:44.95	42.22	300m: 4:09.53	42.27 400m: 5:29.18	38.37
20.	Noah Miggelbrink	Blue Marlins	5:40.31	201301223	**5:36.00**	
	50m: 36.82	36.82 150m: 2:01.06	42.95	250m: 3:29.46	44.03 350m: 4:55.21	42.62
	100m: 1:18.11	41.29 200m: 2:45.43	44.37	300m: 4:12.59	43.13 400m: 5:36.00	40.79
21.	Jesiah Bos	ZV De Aalscholver	NT	201400097	**5:38.26**	
	50m: 36.37	36.37 150m: 2:03.26	44.67	250m: 3:30.56	43.97 350m: 4:57.12	42.08
	100m: 1:18.59	42.22 200m: 2:46.59	43.33	300m: 4:15.04	44.48 400m: 5:38.26	41.14