Event 11
4-10-2026 - 15:26

Men, 400m Freestyle

Senioren Open
Results

rang	naam	vereniging	intijd		tijd	RT
1.	Koen Koster	HZPC	4:10.56	199900517	**4:13.05**	
	50m: 26.80	26.80 150m:		250m:	350m:	
	100m: 58.97	32.17 200m: 2:03.15		300m:	400m: 4:13.05	
2.	Luka Geraerds	Hellas-Glana 2 2	4:24.33	200502077	**4:22.18**	
	50m: 28.90	28.90 150m:		250m:	350m:	
	100m: 1:00.53	31.63 200m: 2:06.22		300m:	400m: 4:22.18	
3.	Iwan Hobus	Hellas-Glana 2 2	4:26.24	200104023	**4:29.78**	
	50m: 29.22	29.22 150m:		250m:	350m:	
	100m: 1:01.84	32.62 200m: 2:10.84		300m:	400m: 4:29.78	
4.	Senn Rutten	Hellas-Glana 2 2	4:29.95	200700629	**4:31.45**	
	50m: 29.57	29.57 150m:		250m:	350m:	
	100m: 1:03.10	33.53 200m: 2:49.16		300m:	400m: 4:31.45	
5.	Alan Smeets	Zwemsport Parkstad	4:32.87	198402089	**4:32.69**	
	50m: 29.69	29.69 150m:		250m:	350m:	
	100m: 1:02.92	33.23 200m: 2:10.91		300m:	400m: 4:32.69	
6.	Stephan Sjeptoera	HZPC	4:35.14	200800871	**4:33.14** FJ 1	
	50m: 30.30	30.30 150m:		250m:	350m:	
	100m: 1:03.81	33.51 200m: 2:13.47		300m:	400m: 4:33.14	
7.	Jesse Jacobs	HZPC	4:31.49	200700407	**4:33.14** FJ 2	
	50m: 30.22	30.22 150m:		250m:	350m:	
	100m: 1:03.34	33.12 200m: 2:12.71		300m:	400m: 4:33.14	
8.	Tijn van Kuijk	HZPC	4:32.39	200501087	**4:34.00**	
	50m: 29.90	29.90 150m:		250m:	350m:	
	100m: 1:03.15	33.25 200m: 2:12.58		300m:	400m: 4:34.00	
9.	Olaf Bosscher	Hellas-Glana 2 2	4:42.38	200200037	**4:36.14**	
	50m: 28.39	28.39 150m:		250m:	350m:	
	100m: 1:00.27	31.88 200m: 2:10.67		300m:	400m: 4:36.14	
10.	Dennis Brouwers	HZPC	4:38.83	197800167	**4:40.26**	
	50m: 31.65	31.65 150m:		250m:	350m:	
	100m: 1:06.95	35.30 200m: 2:17.58		300m:	400m: 4:40.26	
11.	Wiktor Staron	MZ&PC	4:50.76	200902635	**4:48.57**	
	50m: 31.63	31.63 150m:		250m:	350m:	
	100m: 1:07.57	35.94 200m: 2:20.98		300m:	400m: 4:48.57	
12.	Aart Kruis	MZ&PC	4:57.85	197501383	**4:53.91**	
	50m: 33.58	33.58 150m:		250m:	350m:	
	100m: 1:10.07	36.49 200m: 2:24.45		300m:	400m: 4:53.91	
13.	Menno Weustenraad	MZ&PC	4:54.39	199505057	**5:00.37**	
	50m: 30.99	30.99 150m:		250m:	350m:	
	100m: 1:06.26	35.27 200m: 2:21.02		300m:	400m: 5:00.37	
14.	Quirijn Bettenhaussen	MZ&PC	5:13.44	201003337	**5:03.24**	
	50m: 32.33	32.33 150m:		250m:	350m:	
	100m: 1:09.12	36.79 200m: 2:26.06		300m:	400m: 5:03.24	
15.	Freddie Geerlings	Zwemsport Parkstad	4:57.22	197900379	**5:04.57**	
	50m: 34.46	34.46 150m:		250m:	350m:	
	100m: 1:11.81	37.35 200m: 2:27.92		300m:	400m: 5:04.57	
16.	Jesse Brouwers	MZ&PC	5:29.92	199900393	**5:10.43**	
	50m: 33.34	33.34 150m:		250m:	350m:	
	100m: 1:11.41	38.07 200m: 2:31.62		300m:	400m: 5:10.43	
17.	Robert Istrate	Zwemsport Parkstad	4:55.42	198002555	**5:14.49**	
	50m: 31.41	31.41 150m:		250m:	350m:	
	100m: 1:08.20	36.79 200m: 2:25.67		300m:	400m: 5:14.49	
18.	Romain Dubois	MZ&PC	5:35.72	197500215	**5:35.31**	
	50m: 33.06	33.06 150m:		250m:	350m:	
	100m: 1:11.46	38.40 200m: 2:35.90		300m:	400m: 5:35.31	
WDR	Hasan Eryilmaz	MZ&PC	5:04.87	200803673		
WDR	Saf Houben	MZ&PC	5:39.09	200803951		
WDR	Yasin Hjir	Zwemsport Parkstad	5:01.14	200701883		