

KNZB Competitie Ronde 1
Oldenzaal, 3-10-2026

Programmanr. 11
3-10-2026 - 15:07

Heren, 400m vrije slag

Senioren Open
Resultaten

rang	naam	vereniging		intijd		tijd		RT	
1.	Jort Siebelt	O Z & P C		4:09.59		200700083		4:05.01	
	50m: 27.90	27.90	150m: 1:31.25	31.90	250m: 2:34.39	31.49	350m: 3:36.76	30.86	
	100m: 59.35	31.45	200m: 2:02.90	31.65	300m: 3:05.90	31.51	400m: 4:05.01	28.25	
2.	Siem de Zeeuw	O Z & P C		4:08.64		200800013		4:05.55	
	50m: 27.24	27.24	150m: 1:29.31	31.38	250m: 2:32.10	31.35	350m: 3:36.16	32.29	
	100m: 57.93	30.69	200m: 2:00.75	31.44	300m: 3:03.87	31.77	400m: 4:05.55	29.39	
3.	Ronis van Everdingen	Dwk 1		4:14.01		200300043		4:10.77	
	50m: 28.49	28.49	150m: 1:32.10	31.95	250m: 2:35.13	31.30	350m: 3:38.44	31.66	
	100m: 1:00.15	31.66	200m: 2:03.83	31.73	300m: 3:06.78	31.65	400m: 4:10.77	32.33	
4.	Rian Schoneveld	Dwk 1		4:08.62		200801789		4:13.94	
	50m: 26.31	26.31	150m: 1:29.48	31.72	250m: 2:34.30	31.94	350m: 3:40.08	33.45	
	100m: 57.76	31.45	200m: 2:02.36	32.88	300m: 3:06.63	32.33	400m: 4:13.94	33.86	
5.	Jens zum Grotenhoff	O Z & P C		4:28.41		200200171		4:18.44	
	50m: 28.81	28.81	150m: 1:33.34	32.71	250m: 2:39.92	33.44	350m: 3:47.16	33.74	
	100m: 1:00.63	31.82	200m: 2:06.48	33.14	300m: 3:13.42	33.50	400m: 4:18.44	31.28	
6.	Teun van Weeren	O Z & P C		4:16.30		200801145		4:20.73	
	50m: 29.42	29.42	150m: 1:34.30	33.00	250m: 2:40.87	33.21	350m: 3:47.58	33.27	
	100m: 1:01.30	31.88	200m: 2:07.66	33.36	300m: 3:14.31	33.44	400m: 4:20.73	33.15	
7.	Tiamo van der Veen	Dedemsvaart-AC		4:18.63		200600033		4:21.71	
	50m: 27.70	27.70	150m: 1:30.84	32.23	250m: 2:37.60	33.66	350m: 3:45.61	34.25	
	100m: 58.61	30.91	200m: 2:03.94	33.10	300m: 3:11.36	33.76	400m: 4:21.71	36.10	
8.	Dennis Mosterman	Dedemsvaart-AC		4:16.32		200501283		4:22.53	
	50m: 28.90	28.90	150m: 1:33.53	32.98	250m: 2:40.49	33.61	350m: 3:49.11	34.42	
	100m: 1:00.55	31.65	200m: 2:06.88	33.35	300m: 3:14.69	34.20	400m: 4:22.53	33.42	
9.	Tim Zuurman	Dedemsvaart-AC		4:21.60		200700131		4:28.77	
	50m: 29.01	29.01	150m: 1:34.94	33.46	250m: 2:43.97	34.80	350m: 3:54.48	35.25	
	100m: 1:01.48	32.47	200m: 2:09.17	34.23	300m: 3:19.23	35.26	400m: 4:28.77	34.29	
10.	Lias IJzerman	Dedemsvaart-AC		NT		200703145		4:29.11	
	50m: 29.02	29.02	150m: 1:35.15	33.99	250m: 2:45.00	35.34	350m: 3:55.74	35.26	
	100m: 1:01.16	32.14	200m: 2:09.66	34.51	300m: 3:20.48	35.48	400m: 4:29.11	33.37	