

KNZB Competitie Ronde 1
Oldenzaal, 3-10-2026

Programmanr. 27
3-10-2026 - 16:25

Jongens, 400m vrije slag

Onder 18
Resultaten

rang	naam	vereniging		intijd		tijd		RT	
1.	Finn Stamsnieder	O Z & P C		4:14.70		200900225		4:15.52	
	50m: 28.67	28.67	150m: 1:32.93	32.68	250m: 2:38.35	32.56	350m: 3:43.58	32.63	
	100m: 1:00.25	31.58	200m: 2:05.79	32.86	300m: 3:10.95	32.60	400m: 4:15.52	31.94	
2.	Ruben Kragt	Dedemsvaart-AC		4:15.81		201000007		4:16.92	
	50m: 28.69	28.69	150m: 1:33.12	32.64	250m: 2:39.16	32.87	350m: 3:45.52	33.39	
	100m: 1:00.48	31.79	200m: 2:06.29	33.17	300m: 3:12.13	32.97	400m: 4:16.92	31.40	
3.	Ruben Baars	Dwk 1		4:16.63		200900471		4:20.19	
	50m: 28.16	28.16	150m: 1:34.02	33.45	250m: 2:40.54	32.87	350m:		
	100m: 1:00.57	32.41	200m: 2:07.67	33.65	300m: 3:14.35	33.81	400m: 4:20.19		
4.	Felbe van 't Land	Dwk 1		4:16.26		200900027		4:21.96	
	50m: 28.36	28.36	150m: 1:32.56	32.60	250m: 2:39.18	33.18	350m: 3:48.71	35.32	
	100m: 59.96	31.60	200m: 2:06.00	33.44	300m: 3:13.39	34.21	400m: 4:21.96	33.25	
5.	Ruben Nooter	Dedemsvaart-AC		4:25.75		200901577		4:23.36	
	50m: 28.47	28.47	150m: 1:34.76	33.48	250m: 2:43.56	34.55	350m: 3:51.12	33.74	
	100m: 1:01.28	32.81	200m: 2:09.01	34.25	300m: 3:17.38	33.82	400m: 4:23.36	32.24	
6.	Rafael Agterbos	O Z & P C		4:21.96		201000171		4:25.75	
	50m: 29.50	29.50	150m: 1:35.39	33.40	250m: 2:44.05	34.14	350m: 3:52.60	34.08	
	100m: 1:01.99	32.49	200m: 2:09.91	34.52	300m: 3:18.52	34.47	400m: 4:25.75	33.15	
7.	Guus van Duinen	Dedemsvaart-AC		4:25.17		200901107		4:27.34	
	50m: 28.48	28.48	150m: 1:34.27	33.78	250m: 2:43.96	35.11	350m: 3:53.16	34.38	
	100m: 1:00.49	32.01	200m: 2:08.85	34.58	300m: 3:18.78	34.82	400m: 4:27.34	34.18	
8.	Stan Nijhuis	O Z & P C		4:33.64		201100191		4:27.63	
	50m: 29.95	29.95	150m: 1:37.80	34.35	250m: 2:46.45	34.50	350m: 3:55.23	34.28	
	100m: 1:03.45	33.50	200m: 2:11.95	34.15	300m: 3:20.95	34.50	400m: 4:27.63	32.40	
9.	Sven Potappel	Dwk 1		4:23.35		201000127		4:28.73	
	50m: 29.56	29.56	150m: 1:37.20	34.55	250m: 2:46.56	34.53	350m: 3:56.33	35.15	
	100m: 1:02.65	33.09	200m: 2:12.03	34.83	300m: 3:21.18	34.62	400m: 4:28.73	32.40	
10.	Dani Yefimov	O Z & P C		4:35.60		200901305		4:34.84	
	50m: 30.23	30.23	150m: 1:38.78	35.07	250m: 2:48.70	34.78	350m:		
	100m: 1:03.71	33.48	200m: 2:13.92	35.14	300m: 3:23.95	35.25	400m: 4:34.84		
11.	Roan Dijkstra	Dedemsvaart-AC		5:02.08		201002791		4:42.16	
	50m: 31.13	31.13	150m: 1:42.78	36.47	250m: 2:55.88	36.50	350m: 4:07.34	35.46	
	100m: 1:06.31	35.18	200m: 2:19.38	36.60	300m: 3:31.88	36.00	400m: 4:42.16	34.82	
12.	Tygo van de Wal	Dwk 1		4:39.52		201001329		4:50.74	
	50m: 31.51	31.51	150m: 1:43.55	36.74	250m: 2:57.61	36.74	350m: 4:13.15	37.76	
	100m: 1:06.81	35.30	200m: 2:20.87	37.32	300m: 3:35.39	37.78	400m: 4:50.74	37.59	
13.	Nordin Vermeer	Dwk 1		4:51.33		201000227		5:02.27	
	50m: 31.53	31.53	150m: 1:44.80	37.40	250m: 3:03.02	39.47	350m: 4:23.55	40.70	
	100m: 1:07.40	35.87	200m: 2:23.55	38.75	300m: 3:42.85	39.83	400m: 5:02.27	38.72	