

NZC deel 1 2026-2027
Veenendaal, 3-10-2026

Programmanr. 11
3-10-2026 - 14:55

Heren, 400m vrije slag

Senioren Open
Resultaten

rang	naam	vereniging	intijd	tijd	RT
1.	Raf Hendriks	Hellas-Glana 1	3:56.92 200100879	4:02.58	
	50m: 26.56	26.56 150m:	250m:	350m:	
	100m: 56.64	30.08 200m: 1:59.54	300m:	400m: 4:02.58	
2.	Lars Verhalle	VZC	4:04.45 200200019	4:15.82	
	50m: 28.18	28.18 150m:	250m:	350m:	
	100m: 59.51	31.33 200m: 2:04.85	300m:	400m: 4:15.82	
3.	Arno Nelissen	Hellas-Glana 1	4:16.17 200300229	4:17.32	
	50m: 27.97	27.97 150m:	250m:	350m:	
	100m: 58.78	30.81 200m: 2:36.55	300m:	400m: 4:17.32	
4.	Ruben de Vries	Hellas-Glana 1	4:11.10 200600497	4:18.48	
	50m: 27.89	27.89 150m:	250m:	350m:	
	100m: 59.55	31.66 200m: 2:05.01	300m:	400m: 4:18.48	
5.	Matteo Viani	Zwemlust-den Hommel	4:14.66 199007717	4:20.80	
	50m: 28.30	28.30 150m:	250m:	350m:	
	100m: 59.74	31.44 200m: 2:05.29	300m:	400m: 4:20.80	
6.	Jeffrey Camphens	Aqua-Novio'94	4:30.63 199503113	4:23.28	
	50m: 29.17	29.17 150m:	250m:	350m:	
	100m: 1:01.65	32.48 200m: 2:08.73	300m:	400m: 4:23.28	
7.	Martijn Velders	Aqua-Novio'94	4:19.72 199502619	4:29.46	
	50m: 29.38	29.38 150m:	250m:	350m:	
	100m: 1:02.74	33.36 200m: 2:10.35	300m:	400m: 4:29.46	
8.	Joeri Scheidt	VZC	4:27.65 199102011	4:29.47	
	50m: 30.33	30.33 150m:	250m:	350m:	
	100m: 1:03.77	33.44 200m: 2:12.64	300m:	400m: 4:29.47	
9.	Pelle Schrieken	VZC	4:31.28 200801595	4:30.03	
	50m: 30.52	30.52 150m:	250m:	350m:	
	100m: 1:04.26	33.74 200m: 2:13.24	300m:	400m: 4:30.03	
10.	Thijs Wellink	Zwemlust-den Hommel	4:11.80 200600715	4:35.48	
	50m: 29.32	29.32 150m:	250m:	350m:	
	100m: 1:02.62	33.30 200m: 2:12.55	300m:	400m: 4:35.48	
11.	Nigel Werring	Zwemlust-den Hommel	4:49.20 200301503	4:38.88	
	50m: 31.75	31.75 150m:	250m:	350m:	
	100m: 1:06.32	34.57 200m: 2:17.71	300m:	400m: 4:38.88	
12.	Sofyan El Fhim	Aqua-Novio'94	4:23.49 200502131	4:39.01	
	50m: 28.17	28.17 150m:	250m:	350m:	
	100m: 1:00.46	32.29 200m: 2:09.92	300m:	400m: 4:39.01	
13.	Vincent Versteeg	Zwemlust-den Hommel	4:47.17 197701003	4:49.13	
	50m: 31.54	31.54 150m:	250m:	350m:	
	100m: 1:07.35	35.81 200m: 2:19.94	300m:	400m: 4:49.13	
14.	Thijs Pijl	VZC	4:48.09 200601979	4:49.19	
	50m: 32.34	32.34 150m:	250m:	350m:	
	100m: 1:08.48	36.14 200m: 2:20.38	300m:	400m: 4:49.19	
15.	Sjoerd van der Wilt	VZC	4:42.57 200501447	5:00.82	
	50m: 31.65	31.65 150m:	250m:	350m:	
	100m: 1:07.67	36.02 200m: 2:23.03	300m:	400m: 5:00.82	
AFGEM	Fayssal Lantema	Zwemlust-den Hommel	4:22.85 200101379		