

Zwemcompetitie-deel1  
Denekamp, 3/10/2026

Programmanr. 11  
03/10/2026 - 15:46

Heren, 400m vrije slag

Senioren Open  
Resultaten

| rang | naam              | vereniging    |               | intijd  |           | tijd           |  | RT |
|------|-------------------|---------------|---------------|---------|-----------|----------------|--|----|
| 1.   | Luuk Ruinemans    | De Dinkel     |               | 4:11.10 | 200301085 | <b>4:06.41</b> |  |    |
|      | 50m: 26.98        | 26.98         | 150m:         |         | 250m:     | 350m:          |  |    |
|      | 100m: 56.80       | 29.82         | 200m: 1:58.26 |         | 300m:     | 400m: 4:06.41  |  |    |
| 2.   | Bram ter Braak    | De Dinkel     |               | 4:13.49 | 200800281 | <b>4:16.09</b> |  |    |
|      | 50m: 27.70        | 27.70         | 150m:         |         | 250m:     | 350m:          |  |    |
|      | 100m: 58.22       | 30.52         | 200m: 2:01.11 |         | 300m:     | 400m: 4:16.09  |  |    |
| 3.   | Karst Boersma     | De Dinkel     |               | 4:15.91 | 199600849 | <b>4:16.32</b> |  |    |
|      | 50m: 27.98        | 27.98         | 150m:         |         | 250m:     | 350m:          |  |    |
|      | 100m: 58.80       | 30.82         | 200m: 2:03.47 |         | 300m:     | 400m: 4:16.32  |  |    |
| 4.   | Kevin Lucas       | De Dinkel     |               | 4:22.98 | 200300545 | <b>4:26.71</b> |  |    |
|      | 50m: 29.83        | 29.83         | 150m:         |         | 250m:     | 350m:          |  |    |
|      | 100m: 1:02.06     | 32.23         | 200m: 2:10.27 |         | 300m:     | 400m: 4:26.71  |  |    |
| 5.   | Youp Stuifzand    | Deltasteur    |               | 4:18.54 | 200800521 | <b>4:30.61</b> |  |    |
|      | 50m: 28.69        | 28.69         | 150m:         |         | 250m:     | 350m:          |  |    |
|      | 100m: 1:02.58     | 33.89         | 200m: 2:11.97 |         | 300m:     | 400m: 4:30.61  |  |    |
| 6.   | Edwin Kanis       | Deltasteur    |               | 4:34.97 | 200200505 | <b>4:35.48</b> |  |    |
|      | 50m: 29.21        | 29.21         | 150m:         |         | 250m:     | 350m:          |  |    |
|      | 100m: 1:03.15     | 33.94         | 200m: 2:13.77 |         | 300m:     | 400m: 4:35.48  |  |    |
| 7.   | Colin Beuker      | ZPC Hoogeveen |               | 4:36.21 | 200802023 | <b>4:35.81</b> |  |    |
|      | 50m: 30.61        | 30.61         | 150m:         |         | 250m:     | 350m:          |  |    |
|      | 100m: 1:04.50     | 33.89         | 200m: 2:15.23 |         | 300m:     | 400m: 4:35.81  |  |    |
| 8.   | Rick Zuurman      | ZPC Hoogeveen |               | 4:40.36 | 200900049 | <b>4:42.30</b> |  |    |
|      | 50m: 30.60        | 30.60         | 150m:         |         | 250m:     | 350m:          |  |    |
|      | 100m: 1:04.64     | 34.04         | 200m: 2:15.87 |         | 300m:     | 400m: 4:42.30  |  |    |
| 9.   | Thomas van Velzen | Deltasteur    |               | 4:44.88 | 200703189 | <b>4:48.86</b> |  |    |
|      | 50m: 30.01        | 30.01         | 150m:         |         | 250m:     | 350m:          |  |    |
|      | 100m: 1:04.40     | 34.39         | 200m: 2:17.99 |         | 300m:     | 400m: 4:48.86  |  |    |
| 10.  | Pepijn Bakker     | ZPC Hoogeveen |               | 5:08.83 | 200703821 | <b>5:13.64</b> |  |    |
|      | 50m: 32.53        | 32.53         | 150m:         |         | 250m:     | 350m:          |  |    |
|      | 100m: 1:10.08     | 37.55         | 200m: 2:29.30 |         | 300m:     | 400m: 5:13.64  |  |    |
| 11.  | Robin Wierbos     | ZPC Hoogeveen |               | 5:18.65 | 200604067 | <b>5:14.58</b> |  |    |
|      | 50m: 31.80        | 31.80         | 150m:         |         | 250m:     | 350m:          |  |    |
|      | 100m: 1:09.73     | 37.93         | 200m: 2:30.81 |         | 300m:     | 400m: 5:14.58  |  |    |