

DAW KB 1
Alkmaar, 27-9-2026

Programmanr. 4
27-9-2026 - 14:25

Heren, 400m vrije slag

Senioren Open
Resultaten

rang	naam	vereniging	intijd	tijd	RT
Onder 16					
1.	Thomas Metz	ZV New Wave Almere	4:56.70	201300043	4:51.11
	50m: 32.41	32.41 150m:	250m:	350m:	
	100m: 1:09.03	36.62 200m: 2:23.38	300m:	400m: 4:51.11	
2.	Stijn Butter	Oeza	4:55.84	201100455	4:53.70
	50m: 31.61	31.61 150m:	250m:	350m:	
	100m: 1:07.47	35.86 200m: 2:23.11	300m:	400m: 4:53.70	
3.	Jules Huisman	ZV Haerlem	5:21.70	201302929	5:03.50
	50m: 32.12	32.12 150m:	250m:	350m:	
	100m: 1:09.89	37.77 200m: 2:27.72	300m:	400m: 5:03.50	
4.	Michael van Leersum	De Ham	6:08.76	201400365	5:08.49
	50m: 34.12	34.12 150m:	250m:	350m:	
	100m: 1:12.29	38.17 200m:	300m:	400m: 5:08.49	
5.	Stieven Raijer	De Ham	5:21.27	201200829	5:15.88
	50m: 33.97	33.97 150m:	250m:	350m:	
	100m: 1:12.00	38.03 200m: 2:32.41	300m:	400m: 5:15.88	
6.	Vigo Brinkkemper	ZV De Zaan	5:30.56	201300423	5:18.51
	50m: 35.36	35.36 150m:	250m:	350m:	
	100m: 1:15.10	39.74 200m: 2:37.75	300m:	400m: 5:18.51	
7.	Qing Ypma	Het Y	6:17.49	201400803	5:24.54
	50m: 37.49	37.49 150m:	250m:	350m:	
	100m: 1:18.73	41.24 200m: 2:42.79	300m:	400m: 5:24.54	
8.	Menno Hakhverdian	Het Y	5:31.62	201100563	5:26.87
	50m: 34.68	34.68 150m:	250m:	350m:	
	100m: 1:14.16	39.48 200m: 2:39.12	300m:	400m: 5:26.87	
9.	Pim Engel	KZC	5:37.92	201301845	5:37.68
	50m: 35.78	35.78 150m:	250m:	350m:	
	100m: 1:17.25	41.47 200m: 2:44.22	300m:	400m: 5:37.68	
10.	sibbe Nan	KZC	NT	201201075	5:40.98
	50m: 38.12	38.12 150m:	250m:	350m:	
	100m: 1:20.64	42.52 200m: 2:49.56	300m:	400m: 5:40.98	
11.	Noah van Rijn	Dwt	NT	201202123	6:07.68
	50m: 38.70	38.70 150m:	250m:	350m:	
	100m: 1:25.69	46.99 200m: 3:03.14	300m:	400m: 6:07.68	

Onder 18

1.	Jelte Boonstra	MSV-Zeemacht	4:57.56	200901867	4:53.36
	50m: 31.49	31.49 150m:	250m:	350m:	
	100m: 1:07.54	36.05 200m: 2:22.85	300m:	400m: 4:53.36	
2.	Kris Noordover	ZV De Zaan	5:22.65	201000433	5:03.08
	50m: 33.87	33.87 150m:	250m:	350m:	
	100m: 1:12.40	38.53 200m: 2:30.87	300m:	400m: 5:03.08	

18 en ouder

1.	Jonathan Norfles	AZ&PC De Futen	4:34.99	200702179	4:38.54
	50m: 29.58	29.58 150m:	250m:	350m:	
	100m: 1:04.08	34.50 200m: 2:14.77	300m:	400m: 4:38.54	