

20261004=Enschede_NZC1
Enschede, 4-10-2026

Programmanr. 11
4-10-2026 - 16:35

Heren, 400m vrije slag

Senioren Open
Resultaten

rang	naam	vereniging		intijd		tijd		RT	
1.	Gijsbert Pelleboer	EZCL (SG)		NT 200000327		4:35.91			
	50m: 27.56	27.56	150m: 1:33.50	33.64	250m: 2:46.21	36.83	350m:		
	100m: 59.86	32.30	200m: 2:09.38	35.88	300m: 3:22.89	36.68	400m: 4:35.91		
2.	Bram Siebers	EZCL (SG)		4:52.92 199302241		4:45.25			
	50m: 30.37	30.37	150m: 1:40.43	36.13	250m: 2:54.79	37.42	350m: 4:09.34	37.05	
	100m: 1:04.30	33.93	200m: 2:17.37	36.94	300m: 3:32.29	37.50	400m: 4:45.25	35.91	
3.	Filip Leonhard	Waspo Nordhorn		5:08.92 418972		5:00.51			
	50m: 32.49	32.49	150m: 1:48.49	38.88	250m: 3:07.23	38.74	350m: 4:24.52	38.56	
	100m: 1:09.61	37.12	200m: 2:28.49	40.00	300m: 3:45.96	38.73	400m: 5:00.51	35.99	
4.	Marcel Zijderhand	Het Ravijn		NT 198002589		5:01.81			
	50m: 32.70	32.70	150m: 1:47.93	38.34	250m: 3:05.71	38.95	350m: 4:24.38	39.41	
	100m: 1:09.59	36.89	200m: 2:26.76	38.83	300m: 3:44.97	39.26	400m: 5:01.81	37.43	
5.	Nils Hепен	Waspo Nordhorn		6:12.47 456621		5:07.26 FJ 1			
	50m: 31.97	31.97	150m: 1:47.77	38.93	250m: 3:09.34	41.42	350m: 4:31.01	40.11	
	100m: 1:08.84	36.87	200m: 2:27.92	40.15	300m: 3:50.90	41.56	400m: 5:07.26	36.25	
6.	Leander Moebius	Waspo Nordhorn		NT 455693		5:07.26 FJ 2			
	50m: 32.50	32.50	150m: 1:50.27	40.57	250m: 3:10.82	40.36	350m: 4:30.42	39.03	
	100m: 1:09.70	37.20	200m: 2:30.46	40.19	300m: 3:51.39	40.57	400m: 5:07.26	36.84	
7.	Lanco Manaf	Het Ravijn		5:13.38 200402715		5:09.48			
	50m: 31.48	31.48	150m: 1:47.35	39.28	250m: 3:13.33	45.67	350m: 4:30.82	41.75	
	100m: 1:08.07	36.59	200m: 2:27.66	40.31	300m: 3:49.07	35.74	400m: 5:09.48	38.66	
8.	Mart Bluiminck	Livo		5:25.10 199900485		5:15.85			
	50m: 31.37	31.37	150m: 1:45.62	38.19	250m: 3:07.22	40.92	350m: 4:34.05	43.91	
	100m: 1:07.43	36.06	200m: 2:26.30	40.68	300m: 3:50.14	42.92	400m: 5:15.85	41.80	
9.	Taro ten Have	Livo		NT 200703397		5:16.19			
	50m: 34.83	34.83	150m: 1:51.88	39.56	250m: 3:14.08	41.12	350m: 4:37.97	42.68	
	100m: 1:12.32	37.49	200m: 2:32.96	41.08	300m: 3:55.29	41.21	400m: 5:16.19	38.22	
10.	Thymo Smits	Livo		5:12.49 200802073		5:17.66			
	50m: 32.85	32.85	150m: 1:48.50	38.80	250m: 3:11.83	42.37	350m: 4:36.16	41.86	
	100m: 1:09.70	36.85	200m: 2:29.46	40.96	300m: 3:54.30	42.47	400m: 5:17.66	41.50	
11.	Harm Jan Otter	Het Ravijn		5:09.07 198101283		5:23.72			
	50m: 33.14	33.14	150m: 1:50.50	39.87	250m: 3:12.54	41.29	350m: 4:38.13	43.21	
	100m: 1:10.63	37.49	200m: 2:31.25	40.75	300m: 3:54.92	42.38	400m: 5:23.72	45.59	
12.	Mathijs Krieger	EZCL (SG)		5:44.05 199905361		5:38.84			
	50m: 34.74	34.74	150m: 1:56.47	41.78	250m: 3:23.72	43.95	350m: 4:55.14	45.92	
	100m: 1:14.69	39.95	200m: 2:39.77	43.30	300m: 4:09.22	45.50	400m: 5:38.84	43.70	
13.	Hugo Averagesch	Het Ravijn		NT 200704097		5:57.94			
	50m: 38.37	38.37	150m: 2:07.65	45.46	250m: 3:40.37	47.08	350m: 5:13.63	46.31	
	100m: 1:22.19	43.82	200m: 2:53.29	45.64	300m: 4:27.32	46.95	400m: 5:57.94	44.31	
AFGEM	Jesse Zoetman	EZCL (SG)		NT 202603553					
AFGEM	Milan Poppe	Het Ravijn		NT 200700525					