Programmanr. 12 — Heren, 400m wisselslag — Senioren Open
15-11-2026 - 14:55 — Resultaten

rang	naam	vereniging	intijd		tijd	RT

Onder 14

1.	Thijs Geurts	Zwemsport Parkstad	5:44.30	201400545	**5:42.97**	+0,49
	50m: 35.82	35.82	150m: 2:03.16	43.04	250m: 3:35.33	50.29	350m: 5:04.67	39.19
	100m: 1:20.12	44.30	200m: 2:45.04	41.88	300m: 4:25.48	50.15	400m: 5:42.97	38.30
2.	Gijs Dingelstad	MZ&PC	5:53.30	201300161	**5:46.43**	
	50m: 38.18	38.18	150m: 2:07.48	42.03	250m: 3:37.91	48.29	350m: 5:06.66	40.00
	100m: 1:25.45	47.27	200m: 2:49.62	42.14	300m: 4:26.66	48.75	400m: 5:46.43	39.77
3.	Sam Bemelmans	Zeps	6:13.39	201300591	**6:01.42**	+0,48
	50m: 37.21	37.21	150m: 2:10.43	46.01	250m: 3:44.94	50.16	350m: 5:20.03	43.14
	100m: 1:24.42	47.21	200m: 2:54.78	44.35	300m: 4:36.89	51.95	400m: 6:01.42	41.39
DIS	David van Kan	Zwemsport Parkstad	6:21.53	201401365		

RD - Rugligging verlaten en stuwbewegingen met armen en/of benen gemaakt zonder het keerpunt in te zetten (bij O10 tenminste 5m voor keerpunt).

Onder 16

1.	Laurens van Nulck	Hellas-Glana	4:44.91	201100521	**4:46.69**	+0,67
	50m: 29.46	29.46	150m: 1:42.94	39.28	250m: 2:59.79	38.58	350m: 4:13.87	34.69
	100m: 1:03.66	34.20	200m: 2:21.21	38.27	300m: 3:39.18	39.39	400m: 4:46.69	32.82
2.	Zion Eijkenboom	Hellas-Glana	5:07.99	201100043	**5:05.83**	+0,72
	50m: 31.33	31.33	150m: 1:46.86	38.76	250m: 3:11.44	46.56	350m: 4:31.89	34.83
	100m: 1:08.10	36.77	200m: 2:24.88	38.02	300m: 3:57.06	45.62	400m: 5:05.83	33.94
3.	Jesse Hanssen	HZPC	5:31.79	201102245	**5:24.93**	+0,78
	50m: 32.05	32.05	150m: 1:55.11	43.04	250m: 3:22.81	46.09	350m: 4:48.12	37.34
	100m: 1:12.07	40.02	200m: 2:36.72	41.61	300m: 4:10.78	47.97	400m: 5:24.93	36.81
4.	Tibo Janssen	ZPC De Rog Weert	5:40.15	201101591	**5:34.44**	+0,66
	50m: 36.37	36.37	150m: 2:02.62	43.46	250m: 3:33.33	48.07	350m: 4:59.38	36.50
	100m: 1:19.16	42.79	200m: 2:45.26	42.64	300m: 4:22.88	49.55	400m: 5:34.44	35.06
5.	Lars Stelten	Hellas-Glana	5:40.73	201200151	**5:36.78**	+0,61
	50m: 33.76	33.76	150m: 2:00.46	44.78	250m: 3:30.90	46.74	350m: 4:58.35	39.85
	100m: 1:15.68	41.92	200m: 2:44.16	43.70	300m: 4:18.50	47.60	400m: 5:36.78	38.43
6.	Fedde Bijma	Vivalo	6:00.44	201103053	**5:46.21**	+0,70
	50m: 35.29	35.29	150m: 2:03.76	45.04	250m: 3:36.61	48.79	350m: 5:07.38	40.25
	100m: 1:18.72	43.43	200m: 2:47.82	44.06	300m: 4:27.13	50.52	400m: 5:46.21	38.83
7.	Gido van Dijk	SG Patrick - De Roersoppers	5:56.39	201100341	**5:47.31**	+0,78
	50m: 35.37	35.37	150m: 2:04.13	45.37	250m: 3:38.75	51.06	350m: 5:09.62	38.64
	100m: 1:18.76	43.39	200m: 2:47.69	43.56	300m: 4:30.98	52.23	400m: 5:47.31	37.69

Onder 18

1.	Sverre Thimister	Zeps	5:30.89	200903763	**5:32.84**	+0,67
	50m: 33.96	33.96	150m: 1:58.40	44.38	250m: 3:28.22	47.06	350m: 4:56.10	39.18
	100m: 1:14.02	40.06	200m: 2:41.16	42.76	300m: 4:16.92	48.70	400m: 5:32.84	36.74

18 en ouder

1.	Jesse Marijn Thimister	Zeps	4:38.34	200602893	**4:46.19**	+0,66
	50m: 30.35	30.35	150m: 1:44.35	38.58	250m: 3:01.18	38.45	350m: 4:13.78	33.40
	100m: 1:05.77	35.42	200m: 2:22.73	38.38	300m: 3:40.38	39.20	400m: 4:46.19	32.41
2.	Jelle Huntjens	MZ&PC	4:54.12	200604257	**5:01.38**	+0,63
	50m: 30.09	30.09	150m: 1:48.64	40.55	250m: 3:09.71	41.47	350m: 4:26.98	35.52
	100m: 1:08.09	38.00	200m: 2:28.24	39.60	300m: 3:51.46	41.75	400m: 5:01.38	34.40
3.	Stephan Sjeptoera	HZPC	5:02.41	200800871	**5:07.30**	+0,79
	50m: 32.68	32.68	150m: 1:51.79	39.07	250m: 3:11.44	41.64	350m: 4:32.12	37.09
	100m: 1:12.72	40.04	200m: 2:29.80	38.01	300m: 3:55.03	43.59	400m: 5:07.30	35.18
4.	Jesse Jacobs	HZPC	5:00.62	200700407	**5:11.50**	+0,80
	50m: 33.06	33.06	150m: 1:51.68	39.71	250m: 3:13.91	43.61	350m: 4:35.66	36.56
	100m: 1:11.97	38.91	200m: 2:30.30	38.62	300m: 3:59.10	45.19	400m: 5:11.50	35.84
5.	Joris Willemse	Hellas-Glana	5:06.98	200801745	**5:14.78**	+0,69
	50m: 30.27	30.27	150m: 1:51.08	44.60	250m: 3:16.95	41.38	350m: 4:37.61	38.47
	100m: 1:06.48	36.21	200m: 2:35.57	44.49	300m: 3:59.14	42.19	400m: 5:14.78	37.17
6.	Max Martens	SG Patrick - De Roersoppers	5:12.23	200004499	**5:18.38**	+0,64
	50m: 32.21	32.21	150m: 1:52.40	41.04	250m: 3:16.50	45.19	350m: 4:40.44	38.91
	100m: 1:11.36	39.15	200m: 2:31.31	38.91	300m: 4:01.53	45.03	400m: 5:18.38	37.94

Programmanr. 12, Heren, 400m wisselslag, 18 en ouder

rang	naam	vereniging	intijd		tijd	RT
7.	Koen Wijnands	SG Patrick - De Roersoppers	5:18.03	199800247	**5:25.76**	+0,66

50m:	32.15	32.15	150m:	1:54.78	43.67	250m:	3:24.43	46.95	350m:	4:49.61	38.45
100m:	1:11.11	38.96	200m:	2:37.48	42.70	300m:	4:11.16	46.73	400m:	5:25.76	36.15