Programmanr. 203 | Heren, 400m vrije slag | 11 jaar en ouder
15-11-2026 - 14:44 | Resultaten

rang	naam	vereniging	intijd		tijd	RT

Onder 14

1.	Jesse Voet	Aqua-Novio'94	4:35.47	201300057	**4:40.67**	
	50m: 31.18	31.18	150m: 1:41.74	35.73	250m: 2:53.55	36.14	350m: 4:05.35	35.91
	100m: 1:06.01	34.83	200m: 2:17.41	35.67	300m: 3:29.44	35.89	400m: 4:40.67	35.32
2.	Teije Baars	DWK	5:04.64	201300203	**4:52.48**	
	50m: 32.71	32.71	150m: 1:46.72	37.12	250m: 3:01.76	37.45	350m: 4:17.13	37.47
	100m: 1:09.60	36.89	200m: 2:24.31	37.59	300m: 3:39.66	37.90	400m: 4:52.48	35.35
3.	L. Grondard - van Schagen	Aqua-Novio'94	5:00.96	201303197	**4:53.04**	
	50m: 32.38	32.38	150m: 1:46.84	38.11	250m: 3:02.71	38.39	350m: 4:17.85	37.96
	100m: 1:08.73	36.35	200m: 2:24.32	37.48	300m: 3:39.89	37.18	400m: 4:53.04	35.19
4.	Thijn Eekhoff	CWW	5:08.55	201300037	**4:53.50**	
	50m: 32.47	32.47	150m: 1:46.96	37.93	250m: 3:02.76	37.97	350m: 4:17.77	37.59
	100m: 1:09.03	36.56	200m: 2:24.79	37.83	300m: 3:40.18	37.42	400m: 4:53.50	35.73
5.	Fido Hulstijn	CWW	5:05.49	201300775	**4:56.62**	
	50m: 32.34	32.34	150m: 1:46.65	37.57	250m: 3:02.94	37.92	350m: 4:19.74	38.29
	100m: 1:09.08	36.74	200m: 2:25.02	38.37	300m: 3:41.45	38.51	400m: 4:56.62	36.88
6.	Dinand Gerritsen	Batavia Swim	5:30.69	201300335	**5:00.66**	
	50m: 33.18	33.18	150m: 1:50.53	39.79	250m: 3:07.84	38.74	350m: 4:24.06	37.28
	100m: 1:10.74	37.56	200m: 2:29.10	38.57	300m: 3:46.78	38.94	400m: 5:00.66	36.60
7.	Tim Kaasschieter	DWK	5:09.78	201400965	**5:05.89**	
	50m: 34.89	34.89	150m: 1:52.04	39.18	250m: 3:11.35	39.79	350m: 4:28.56	38.48
	100m: 1:12.86	37.97	200m: 2:31.56	39.52	300m: 3:50.08	38.73	400m: 5:05.89	37.33
8.	Thijs Noordman	De Berkelduikers	5:24.41	201301489	**5:09.56**	
	50m: 33.89	33.89	150m: 1:53.52	40.74	250m: 3:15.41	41.45	350m: 4:32.65	38.13
	100m: 1:12.78	38.89	200m: 2:33.96	40.44	300m: 3:54.52	39.11	400m: 5:09.56	36.91
9.	Boris Hekker	Aqua-Novio'94	5:27.13	201400647	**5:14.32**	
	50m: 33.56	33.56	150m: 1:51.68	40.09	250m: 3:13.39	41.12	350m: 4:34.26	40.25
	100m: 1:11.59	38.03	200m: 2:32.27	40.59	300m: 3:54.01	40.62	400m: 5:14.32	40.06
10.	Julian van der Ende	CWW	5:21.98	201300353	**5:19.60**	
	50m: 34.41	34.41	150m: 1:52.96	39.83	250m: 3:15.23	41.57	350m: 4:38.94	41.78
	100m: 1:13.13	38.72	200m: 2:33.66	40.70	300m: 3:57.16	41.93	400m: 5:19.60	40.66
11.	Olivier Valeijn	DWK	5:24.17	201400225	**5:22.67**	
	50m: 36.53	36.53	150m: 1:57.24	40.70	250m: 3:21.35	41.75	350m: 4:46.10	42.55
	100m: 1:16.54	40.01	200m: 2:39.60	42.36	300m: 4:03.55	42.20	400m: 5:22.67	36.57
12.	Jesper Jansen	Aqua-Novio'94	5:38.58	201300759	**5:40.56**	
	50m: 36.99	36.99	150m: 2:01.94	42.69	250m: 3:30.42	44.56	350m: 4:58.94	44.13
	100m: 1:19.25	42.26	200m: 2:45.86	43.92	300m: 4:14.81	44.39	400m: 5:40.56	41.62
13.	Mika Fiering	De Berkelduikers	5:43.16	201401343	**5:43.79**	
	50m: 35.77	35.77	150m: 2:01.67	44.28	250m: 3:33.09	46.05	350m: 5:02.78	44.37
	100m: 1:17.39	41.62	200m: 2:47.04	45.37	300m: 4:18.41	45.32	400m: 5:43.79	41.01
14.	Brayden Onstwedder	Batavia Swim	5:49.41	201400395	**5:44.22**	
	50m: 37.30	37.30	150m: 2:03.35	43.41	250m: 3:34.11	45.58	350m: 5:02.95	44.35
	100m: 1:19.94	42.64	200m: 2:48.53	45.18	300m: 4:18.60	44.49	400m: 5:44.22	41.27
15.	Tim Regtering	ENC Arnhem	5:52.00	201400289	**5:45.40**	
	50m: 38.09	38.09	150m: 2:05.85	44.98	250m: 3:35.21	44.99	350m: 5:03.45	44.09
	100m: 1:20.87	42.78	200m: 2:50.22	44.37	300m: 4:19.36	44.15	400m: 5:45.40	41.95

Onder 16

1.	Rutger Donker	NDD	4:43.97	201200361	**4:40.35**	
	50m: 29.70	29.70	150m: 1:39.54	35.53	250m: 2:51.54	36.13	350m: 4:04.44	37.14
	100m: 1:04.01	34.31	200m: 2:15.41	35.87	300m: 3:27.30	35.76	400m: 4:40.35	35.91
2.	Bram van Barneveld	De Woelwaters	4:53.95	201103437	**4:52.28**	
	50m: 30.72	30.72	150m: 1:40.52	35.68	250m: 2:55.24	37.97	350m: 4:13.74	39.78
	100m: 1:04.84	34.12	200m: 2:17.27	36.75	300m: 3:33.96	38.72	400m: 4:52.28	38.54
3.	Teun Gulikers	Aqua-Novio'94	5:16.88	201201501	**5:08.62**	
	50m: 32.73	32.73	150m: 1:49.78	39.57	250m: 3:09.80	40.47	350m: 4:31.59	41.00
	100m: 1:10.21	37.48	200m: 2:29.33	39.55	300m: 3:50.59	40.79	400m: 5:08.62	37.03
4.	Aurel Starink	NDD	5:16.67	201100793	**5:09.54**	
	50m: 35.07	35.07	150m: 1:54.70	40.53	250m: 3:16.08	40.95	350m: 4:34.06	37.25
	100m: 1:14.17	39.10	200m: 2:35.13	40.43	300m: 3:56.81	40.73	400m: 5:09.54	35.48
5.	David van de Wetering	DWK	5:25.25	201201973	**5:26.96**	
	50m: 35.90	35.90	150m: 1:58.76	41.98	250m: 3:22.93	42.02	350m: 4:46.17	41.47
	100m: 1:16.78	40.88	200m: 2:40.91	42.15	300m: 4:04.70	41.77	400m: 5:26.96	40.79

Programmanr. 203, Heren, 400m vrije slag

Onder 18

1.	Wessel van Dorst			Aqua-Novio'94			4:08.79		200900727				**4:27.41**						
	50m:	28.54	28.54	150m:	1:35.26	34.05	250m:	2:44.21	34.53	350m:	3:52.99	34.34							
	100m:	1:01.21	32.67	200m:	2:09.68	34.42	300m:	3:18.65	34.44	400m:	4:27.41	34.42							
2.	Robby Pisters			RZC			4:54.45		201000101				**4:45.43**						
	50m:	30.11	30.11	150m:	1:40.89	36.25	250m:	2:55.37	37.25	350m:	4:09.97	37.25							
	100m:	1:04.64	34.53	200m:	2:18.12	37.23	300m:	3:32.72	37.35	400m:	4:45.43	35.46							
3.	Ehor Poznyak			Aqua-Novio'94			4:48.71		201003501				**4:46.47**						
	50m:	30.97	30.97	150m:	1:41.32	35.93	250m:	2:56.23	38.10	350m:	4:12.22	37.46							
	100m:	1:05.39	34.42	200m:	2:18.13	36.81	300m:	3:34.76	38.53	400m:	4:46.47	34.25							
4.	Nordin Vermeer			DWK			4:51.33		201000227				**4:49.17**						
	50m:	31.97	31.97	150m:	1:44.13	36.55	250m:	2:59.19	37.75	350m:	4:13.62	36.89							
	100m:	1:07.58	35.61	200m:	2:21.44	37.31	300m:	3:36.73	37.54	400m:	4:49.17	35.55							
AFGEM	Itamar Rogovsky			Aqua-Novio'94			5:03.64		201003955										

Onder 20

1.	Rian Schoneveld			DWK			4:09.76		200801789				**4:10.33**						
	50m:	26.53	26.53	150m:	1:29.66	31.92	250m:	2:34.07	32.08	350m:	3:39.12	32.69							
	100m:	57.74	31.21	200m:	2:01.99	32.33	300m:	3:06.43	32.36	400m:	4:10.33	31.21							
2.	Timo Bourgonje			SG Octopus - ZVV			4:36.26		200700599				**4:32.21**						
	50m:	29.49	29.49	150m:	1:36.93	34.62	250m:	2:47.49	35.60	350m:	3:58.12	35.67							
	100m:	1:02.31	32.82	200m:	2:11.89	34.96	300m:	3:22.45	34.96	400m:	4:32.21	34.09							
3.	Kaj Folkerts			De Rijn			4:37.21		200700067				**4:33.44**						
	50m:	29.19	29.19	150m:	1:37.72	35.01	250m:	2:48.80	35.52	350m:	4:00.27	35.53							
	100m:	1:02.71	33.52	200m:	2:13.28	35.56	300m:	3:24.74	35.94	400m:	4:33.44	33.17							
4.	Brian Blankespoor			De Vrije Slag			4:42.13		200801133				**4:35.35**						
	50m:	29.91	29.91	150m:	1:39.32	35.44	250m:	2:51.89	36.47	350m:	4:02.40	34.89							
	100m:	1:03.88	33.97	200m:	2:15.42	36.10	300m:	3:27.51	35.62	400m:	4:35.35	32.95							
5.	Damiän van den Anker			RZC			4:50.13		200802079				**4:58.84**						
	50m:	32.03	32.03	150m:	1:43.94	37.00	250m:	3:00.67	39.00	350m:	4:19.85	39.45							
	100m:	1:06.94	34.91	200m:	2:21.67	37.73	300m:	3:40.40	39.73	400m:	4:58.84	38.99							
6.	Timon Wierper			De Vrije Slag			4:57.49		200801573				**5:15.12**						
	50m:	31.59	31.59	150m:	1:49.31	40.54	250m:	3:12.98	41.35	350m:	4:36.27	40.76							
	100m:	1:08.77	37.18	200m:	2:31.63	42.32	300m:	3:55.51	42.53	400m:	5:15.12	38.85							

Senioren

1.	Ronis van Everdingen			DWK			4:10.77		200300043				**4:07.78**						
	50m:	27.06	27.06	150m:	1:27.71	30.98	250m:	2:31.46	31.72	350m:	3:36.01	32.59							
	100m:	56.73	29.67	200m:	1:59.74	32.03	300m:	3:03.42	31.96	400m:	4:07.78	31.77							
2.	Mike Schel			ENC Arnhem			4:18.13		199403279				**4:15.92**						
	50m:	27.94	27.94	150m:	1:31.54	32.20	250m:	2:37.63	33.24	350m:	3:43.86	32.99							
	100m:	59.34	31.40	200m:	2:04.39	32.85	300m:	3:10.87	33.24	400m:	4:15.92	32.06							
3.	Léon van Grevenbroek			CWW			4:23.44		200601323				**4:22.63**						
	50m:	29.01	29.01	150m:	1:36.00	33.97	250m:	2:44.05	33.36	350m:	3:50.90	33.28							
	100m:	1:02.03	33.02	200m:	2:10.69	34.69	300m:	3:17.62	33.57	400m:	4:22.63	31.73							
4.	Jeffrey Camphens			Aqua-Novio'94			4:23.28		199503113				**4:24.33**						
	50m:	28.87	28.87	150m:	1:35.83	34.00	250m:	2:44.79	34.80	350m:	3:52.15	33.32							
	100m:	1:01.83	32.96	200m:	2:09.99	34.16	300m:	3:18.83	34.04	400m:	4:24.33	32.18							
5.	Tim de Vrught			ENC Arnhem			4:37.13		199306719				**4:40.17**						
	50m:	29.38	29.38	150m:	1:37.75	35.29	250m:	2:49.53	36.18	350m:	4:03.40	37.29							
	100m:	1:02.46	33.08	200m:	2:13.35	35.60	300m:	3:26.11	36.58	400m:	4:40.17	36.77							
6.	Lars Jacobsen			DWK			4:44.74		199705453	S14			**4:52.84**						602
	50m:	30.49	30.49	150m:	1:41.58	37.08	250m:	2:57.95	38.58	350m:	4:16.33	38.88							
	100m:	1:04.50	34.01	200m:	2:19.37	37.79	300m:	3:37.45	39.50	400m:	4:52.84	36.51							
7.	Jesse Bruines			Batavia Swim			5:29.52		200402413	S9			**5:20.70**						477
	50m:	35.13	35.13	150m:	1:53.93	40.06	250m:	3:15.55	41.35	350m:	4:40.16	42.75							
	100m:	1:13.87	38.74	200m:	2:34.20	40.27	300m:	3:57.41	41.86	400m:	5:20.70	40.54							
NG	Bas Neeleman			RZC			4:35.57		199603015										
NG	Gerrit Rochat			RZC			4:39.82		200500393										

Para

1.	Lars Jacobsen			DWK			4:44.74		199705453	S14			**4:52.84**						602
	50m:	30.49	30.49	150m:	1:41.58	37.08	250m:	2:57.95	38.58	350m:	4:16.33	38.88							
	100m:	1:04.50	34.01	200m:	2:19.37	37.79	300m:	3:37.45	39.50	400m:	4:52.84	36.51							
2.	Jesse Bruines			Batavia Swim			5:29.52		200402413	S9			**5:20.70**						477
	50m:	35.13	35.13	150m:	1:53.93	40.06	250m:	3:15.55	41.35	350m:	4:40.16	42.75							
	100m:	1:13.87	38.74	200m:	2:34.20	40.27	300m:	3:57.41	41.86	400m:	5:20.70	40.54							