Programmanr. 308 — Heren, 400m wisselslag — 11 jaar en ouder
21-11-2026 - 16:45 — Resultaten

| rang | naam | vereniging | intijd | | tijd | RT |
|---|---|---|---|---|---|---|

## Onder 14

| | | | | | | |
|---|---|---|---|---|---|---|
| 1. | L. Grondard - van Schagen | Aqua-Novio'94 | 5:36.58 | 201303197 | **5:27.03** | |
| | 50m: 34.87 | 34.87 | 150m: 1:57.79 | 41.11 | 250m: 3:27.47 | 48.79 | 350m: 4:51.73 | 36.16 |
| | 100m: 1:16.68 | 41.81 | 200m: 2:38.68 | 40.89 | 300m: 4:15.57 | 48.10 | 400m: 5:27.03 | 35.30 |
| 2. | Teije Baars | DWK | 5:34.08 | 201300203 | **5:28.26** | |
| | 50m: 34.20 | 34.20 | 150m: 2:01.23 | 42.89 | 250m: 3:27.98 | 45.82 | 350m: 4:52.38 | 36.74 |
| | 100m: 1:18.34 | 44.14 | 200m: 2:42.16 | 40.93 | 300m: 4:15.64 | 47.66 | 400m: 5:28.26 | 35.88 |
| 3. | Fido Hulstijn | CWW | 6:05.50 | 201300775 | **5:41.92** | |
| | 50m: 35.27 | 35.27 | 150m: 2:05.88 | 47.82 | 250m: 3:36.70 | 47.31 | 350m: 5:04.55 | 39.37 |
| | 100m: 1:18.06 | 42.79 | 200m: 2:49.39 | 43.51 | 300m: 4:25.18 | 48.48 | 400m: 5:41.92 | 37.37 |
| 4. | Thijn Eekhoff | CWW | 6:08.01 | 201300037 | **5:44.60** | |
| | 50m: 36.53 | 36.53 | 150m: 2:07.97 | 47.52 | 250m: 3:38.58 | 46.17 | 350m: 5:07.43 | 41.41 |
| | 100m: 1:20.45 | 43.92 | 200m: 2:52.41 | 44.44 | 300m: 4:26.02 | 47.44 | 400m: 5:44.60 | 37.17 |
| 5. | Ralph Kersten | Aqua-Novio'94 | 6:00.64 | 201301263 | **5:58.78** | |
| | 50m: 37.41 | 37.41 | 150m: 2:10.46 | 46.22 | 250m: 3:42.19 | 46.85 | 350m: 5:15.34 | 44.65 |
| | 100m: 1:24.24 | 46.83 | 200m: 2:55.34 | 44.88 | 300m: 4:30.69 | 48.50 | 400m: 5:58.78 | 43.44 |
| 6. | Julian van der Ende | CWW | 6:25.39 | 201300353 | **6:38.84** | |
| | 50m: 46.80 | 46.80 | 150m: 2:31.26 | 47.84 | 250m: 4:17.21 | 59.75 | 350m: 5:57.99 | 42.99 |
| | 100m: 1:43.42 | 56.62 | 200m: 3:17.46 | 46.20 | 300m: 5:15.00 | 57.79 | 400m: 6:38.84 | 40.85 |
| DIS | Moreno Broenink | Batavia Swim | 6:28.78 | 201300941 | | |
| | *SR - Meer dan 1 vlinderbeenslag gemaakt voordat de 1e schoolslagbeenslag is gemaakt.* | | | | | |
| DIS | Jesse Voet | Aqua-Novio'94 | 5:27.36 | 201300057 | | |
| | *VE - Afwisselende bewegingen van de benen of voeten ten opzichte van elkaar gemaakt.* | | | | | |

## Onder 16

| | | | | | | |
|---|---|---|---|---|---|---|
| 1. | Rutger Donker | NDD | 5:22.10 | 201200361 | **5:17.58** | |
| | 50m: 33.09 | 33.09 | 150m: 1:55.85 | 40.35 | 250m: 3:19.21 | 44.83 | 350m: 4:42.83 | 37.93 |
| | 100m: 1:15.50 | 42.41 | 200m: 2:34.38 | 38.53 | 300m: 4:04.90 | 45.69 | 400m: 5:17.58 | 34.75 |
| 2. | Yaro de Vries | Aqua-Novio'94 | 5:59.39 | 201200115 | **5:43.29** | |
| | 50m: 35.59 | 35.59 | 150m: 2:07.45 | 47.31 | 250m: 3:36.91 | 43.52 | 350m: 5:03.79 | 41.41 |
| | 100m: 1:20.14 | 44.55 | 200m: 2:53.39 | 45.94 | 300m: 4:22.38 | 45.47 | 400m: 5:43.29 | 39.50 |
| 3. | Aurel Starink | NDD | 5:57.89 | 201100793 | **5:47.87** | |
| | 50m: 38.11 | 38.11 | 150m: 2:11.81 | 45.53 | 250m: 3:43.63 | 48.52 | 350m: 5:12.50 | 40.36 |
| | 100m: 1:26.28 | 48.17 | 200m: 2:55.11 | 43.30 | 300m: 4:32.14 | 48.51 | 400m: 5:47.87 | 35.37 |
| 4. | Tim Burgerhart | DWK | 6:02.76 | 201200435 | **6:07.08** | |
| | 50m: 36.55 | 36.55 | 150m: 2:13.87 | 52.77 | 250m: 3:52.63 | 49.60 | 350m: 5:25.79 | 42.53 |
| | 100m: 1:21.10 | 44.55 | 200m: 3:03.03 | 49.16 | 300m: 4:43.26 | 50.63 | 400m: 6:07.08 | 41.29 |
| 5. | David van de Wetering | DWK | 6:08.89 | 201201973 | **6:11.61** | |
| | 50m: 37.01 | 37.01 | 150m: 2:07.69 | 47.76 | 250m: 3:50.20 | 54.82 | 350m: 5:29.39 | 43.67 |
| | 100m: 1:19.93 | 42.92 | 200m: 2:55.38 | 47.69 | 300m: 4:45.72 | 55.52 | 400m: 6:11.61 | 42.22 |

## Onder 18

| | | | | | | |
|---|---|---|---|---|---|---|
| 1. | Wessel van Dorst | Aqua-Novio'94 | 4:44.93 | 200900727 | **4:49.23** | |
| | 50m: 29.14 | 29.14 | 150m: 1:42.07 | 38.24 | 250m: 3:02.87 | 43.62 | 350m: 4:19.06 | 32.25 |
| | 100m: 1:03.83 | 34.69 | 200m: 2:19.25 | 37.18 | 300m: 3:46.81 | 43.94 | 400m: 4:49.23 | 30.17 |
| 2. | Sven Potappel | DWK | 4:51.09 | 201000127 | **4:49.42** | |
| | 50m: 30.38 | 30.38 | 150m: 1:44.39 | 39.45 | 250m: 3:04.65 | 41.73 | 350m: 4:19.18 | 33.26 |
| | 100m: 1:04.94 | 34.56 | 200m: 2:22.92 | 38.53 | 300m: 3:45.92 | 41.27 | 400m: 4:49.42 | 30.24 |
| 3. | Levi Simonse | De Vrije Slag | 5:01.46 | 200900259 | **4:59.61** | |
| | 50m: 31.25 | 31.25 | 150m: 1:45.92 | 38.14 | 250m: 3:05.56 | 41.66 | 350m: 4:24.76 | 35.37 |
| | 100m: 1:07.78 | 36.53 | 200m: 2:23.90 | 37.98 | 300m: 3:49.39 | 43.83 | 400m: 4:59.61 | 34.85 |
| 4. | Giano Spoor | Aquapoldro | 5:23.91 | 200900655 | **5:08.79** | |
| | 50m: 31.52 | 31.52 | 150m: 1:49.43 | 40.46 | 250m: 3:10.66 | 41.26 | 350m: 4:31.10 | 38.57 |
| | 100m: 1:08.97 | 37.45 | 200m: 2:29.40 | 39.97 | 300m: 3:52.53 | 41.87 | 400m: 5:08.79 | 37.69 |
| 5. | Itamar Rogovsky | Aqua-Novio'94 | 5:42.71 | 201003955 | **5:41.10** | |
| | 50m: 32.59 | 32.59 | 150m: 1:53.15 | 42.08 | 250m: 3:24.62 | 50.33 | 350m: 5:00.66 | 44.01 |
| | 100m: 1:11.07 | 38.48 | 200m: 2:34.29 | 41.14 | 300m: 4:16.65 | 52.03 | 400m: 5:41.10 | 40.44 |
| 6. | Ruben Zirkzee | ZV De Meer | 5:41.37 | 200900571 | **5:42.10** | |
| | 50m: 36.54 | 36.54 | 150m: 2:02.05 | 41.43 | 250m: 3:31.81 | 48.99 | 350m: 5:02.21 | 40.54 |
| | 100m: 1:20.62 | 44.08 | 200m: 2:42.82 | 40.77 | 300m: 4:21.67 | 49.86 | 400m: 5:42.10 | 39.89 |

## Programmanr. 308, Heren, 400m wisselslag

### Onder 20

| | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1. | Odo McCarthy | | CWW | | 4:42.94 | | 200700307 | | | **4:40.06** | | |
| | 50m: | 29.15 | 29.15 | 150m: | 1:39.11 | 35.28 | 250m: | 2:53.53 | 39.09 | 350m: | 4:07.47 | 33.84 |
| | 100m: | 1:03.83 | 34.68 | 200m: | 2:14.44 | 35.33 | 300m: | 3:33.63 | 40.10 | 400m: | 4:40.06 | 32.59 |
| 2. | Timo Bourgonje | | SG Octopus - ZVV | | 5:26.54 | | 200700599 | | | **5:11.01** | | |
| | 50m: | 32.33 | 32.33 | 150m: | 1:51.15 | 40.20 | 250m: | 3:15.53 | 43.87 | 350m: | 4:35.66 | 35.68 |
| | 100m: | 1:10.95 | 38.62 | 200m: | 2:31.66 | 40.51 | 300m: | 3:59.98 | 44.45 | 400m: | 5:11.01 | 35.35 |
| 3. | Tim Looijen | | Wahoo Swimming | | 5:35.46 | | 200700325 | | | **5:31.10** | | |
| | 50m: | 32.79 | 32.79 | 150m: | 1:56.40 | 44.30 | 250m: | 3:29.38 | 48.72 | 350m: | 4:56.38 | 37.37 |
| | 100m: | 1:12.10 | 39.31 | 200m: | 2:40.66 | 44.26 | 300m: | 4:19.01 | 49.63 | 400m: | 5:31.10 | 34.72 |
| 4. | Damiän van den Anker | | RZC | | 5:34.22 | | 200802079 | | | **5:33.80** | | |
| | 50m: | 32.10 | 32.10 | 150m: | 1:55.61 | 43.82 | 250m: | 3:29.94 | 50.58 | 350m: | 4:57.57 | 36.28 |
| | 100m: | 1:11.79 | 39.69 | 200m: | 2:39.36 | 43.75 | 300m: | 4:21.29 | 51.35 | 400m: | 5:33.80 | 36.23 |
| 5. | Tom Pisters | | RZC | | 5:38.12 | | 200801119 | | | **5:36.36** | | |
| | 50m: | 30.88 | 30.88 | 150m: | 1:54.07 | 44.50 | 250m: | 3:27.90 | 49.56 | 350m: | 4:58.63 | 39.49 |
| | 100m: | 1:09.57 | 38.69 | 200m: | 2:38.34 | 44.27 | 300m: | 4:19.14 | 51.24 | 400m: | 5:36.36 | 37.73 |

### Senioren

| | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1. | Ronis van Everdingen | | DWK | | 4:36.06 | | 200300043 | | | **4:41.57** | | |
| | 50m: | 28.95 | 28.95 | 150m: | 1:40.45 | 37.26 | 250m: | 2:55.73 | 39.32 | 350m: | 4:09.08 | 34.28 |
| | 100m: | 1:03.19 | 34.24 | 200m: | 2:16.41 | 35.96 | 300m: | 3:34.80 | 39.07 | 400m: | 4:41.57 | 32.49 |
| 2. | Martijn Velders | | Aqua-Novio'94 | | 4:45.70 | | 199502619 | | | **4:44.63** | | |
| | 50m: | 30.00 | 30.00 | 150m: | 1:44.30 | 38.60 | 250m: | 3:00.29 | 36.50 | 350m: | 4:11.82 | 33.83 |
| | 100m: | 1:05.70 | 35.70 | 200m: | 2:23.79 | 39.49 | 300m: | 3:37.99 | 37.70 | 400m: | 4:44.63 | 32.81 |
| 3. | Jeffrey Camphens | | Aqua-Novio'94 | | 4:56.93 | | 199503113 | | | **4:58.58** | | |
| | 50m: | 30.60 | 30.60 | 150m: | 1:48.29 | 40.95 | 250m: | 3:08.38 | 40.52 | 350m: | 4:24.79 | 35.78 |
| | 100m: | 1:07.34 | 36.74 | 200m: | 2:27.86 | 39.57 | 300m: | 3:49.01 | 40.63 | 400m: | 4:58.58 | 33.79 |
| 4. | Ryan Bleumink | | De Berkelduikers | | 5:16.38 | | 200601257 | | | **5:11.50** | | |
| | 50m: | 30.94 | 30.94 | 150m: | 1:49.83 | 39.86 | 250m: | 3:13.68 | 44.28 | 350m: | 4:36.41 | 36.65 |
| | 100m: | 1:09.97 | 39.03 | 200m: | 2:29.40 | 39.57 | 300m: | 3:59.76 | 46.08 | 400m: | 5:11.50 | 35.09 |
| 5. | Richard van der Horst | | ZV De Meer | | 5:14.26 | | 199700179 | | | **5:15.97** | | |
| | 50m: | 33.62 | 33.62 | 150m: | 1:55.98 | 43.18 | 250m: | 3:18.51 | 40.51 | 350m: | 4:38.51 | 37.45 |
| | 100m: | 1:12.80 | 39.18 | 200m: | 2:38.00 | 42.02 | 300m: | 4:01.06 | 42.55 | 400m: | 5:15.97 | 37.46 |
| 6. | Jesse Bruines | | Batavia Swim | | 6:42.01 | | 200402413 | SM9 | | **6:44.01** | | |
| | 50m: | 38.15 | 38.15 | 150m: | 2:16.18 | 51.31 | 250m: | 4:13.18 | 1:08.16 | 350m: | 6:04.32 | 42.83 |
| | 100m: | 1:24.87 | 46.72 | 200m: | 3:05.02 | 48.84 | 300m: | 5:21.49 | 1:08.31 | 400m: | 6:44.01 | 39.69 |
| NG | Bas Neeleman | | RZC | | 5:15.64 | | 199603015 | | | | | |

### Para

| | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1. | Jesse Bruines | | Batavia Swim | | 6:42.01 | | 200402413 | SM9 | | **6:44.01** | | |
| | 50m: | 38.15 | 38.15 | 150m: | 2:16.18 | 51.31 | 250m: | 4:13.18 | 1:08.16 | 350m: | 6:04.32 | 42.83 |
| | 100m: | 1:24.87 | 46.72 | 200m: | 3:05.02 | 48.84 | 300m: | 5:21.49 | 1:08.31 | 400m: | 6:44.01 | 39.69 |