Event 308 | Men, 400m Medley | 11 years and older
21-11-2026 - 16:45 | Results

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
DSQ	Moreno Broenink	Batavia Swim	6:28.78	201300941		
	SR - Meer dan 1 vlinderbeenslag gemaakt voordat de 1e schoolslagbeenslag is gemaakt.					
DSQ	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

Event 308, Men, 400m Medley

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.	Damiaen 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
sick	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