Programmanr. 203
15-11-2026 - 13:15

Heren, 400m vrije slag

Senioren Open
Resultaten

Onder 14

rang	naam	vereniging	intijd		tijd	RT
1.	Lucas Vos	SWOL 1894	4:58.48	201300005	**4:45.45**	
	50m: 30.71	30.71 150m: 1:42.14	36.64	250m: 2:55.72	37.05 350m: 4:10.15	37.16
	100m: 1:05.50	34.79 200m: 2:18.67	36.53	300m: 3:32.99	37.27 400m: 4:45.45	35.30
2.	Bas Harms	Dedemsvaart-AC	5:05.02	201400129	**4:47.77**	
	50m: 33.32	33.32 150m: 1:46.52	36.99	250m: 3:00.18	36.91 350m: 4:12.52	36.29
	100m: 1:09.53	36.21 200m: 2:23.27	36.75	300m: 3:36.23	36.05 400m: 4:47.77	35.25
3.	Hidde Visscher	O Z & P C	5:10.24	201300149	**4:52.79**	
	50m: 33.51	33.51 150m: 1:47.94	37.95	250m: 3:02.81	37.63 350m: 4:18.47	37.33
	100m: 1:09.99	36.48 200m: 2:25.18	37.24	300m: 3:41.14	38.33 400m: 4:52.79	34.32
4.	Floris Meijers	SWOL 1894	4:52.40	201300015	**4:53.37**	
	50m: 31.84	31.84 150m: 1:46.78	37.85	250m: 3:02.89	37.88 350m: 4:18.32	37.52
	100m: 1:08.93	37.09 200m: 2:25.01	38.23	300m: 3:40.80	37.91 400m: 4:53.37	35.05
5.	Jip Westendorp	SWOL 1894	5:09.97	201400379	**4:55.41**	
	50m: 33.35	33.35 150m: 1:47.89	37.77	250m: 3:03.31	37.76 350m: 4:18.62	37.19
	100m: 1:10.12	36.77 200m: 2:25.55	37.66	300m: 3:41.43	38.12 400m: 4:55.41	36.79
6.	Yari Vaneker	O Z & P C	5:13.84	201300395	**5:15.60**	
	50m: 33.92	33.92 150m: 1:52.23	40.33	250m: 3:15.57	41.96 350m: 4:37.71	40.26
	100m: 1:11.90	37.98 200m: 2:33.61	41.38	300m: 3:57.45	41.88 400m: 5:15.60	37.89
7.	Luc Boogaard	Deltasteur	5:17.90	201300259	**5:15.72**	
	50m: 34.85	34.85 150m: 1:56.86	42.42	250m: 3:19.90	42.23 350m: 4:40.03	38.87
	100m: 1:14.44	39.59 200m: 2:37.67	40.81	300m: 4:01.16	41.26 400m: 5:15.72	35.69
8.	Kian Zoer	Dedemsvaart-AC	5:16.50	201300747	**5:16.14**	
	50m: 33.53	33.53 150m: 1:54.97	41.54	250m: 3:17.65	40.72 350m: 4:37.87	40.21
	100m: 1:13.43	39.90 200m: 2:36.93	41.96	300m: 3:57.66	40.01 400m: 5:16.14	38.27
9.	Twan Kalter	Sg - E Z C L	5:41.70	201400399	**5:17.02**	
	50m: 34.04	34.04 150m: 1:52.98	40.34	250m: 3:15.29	41.62 350m: 4:37.81	41.12
	100m: 1:12.64	38.60 200m: 2:33.67	40.69	300m: 3:56.69	41.40 400m: 5:17.02	39.21
10.	Kees Knol	Dedemsvaart-AC	5:33.04	201500029	**5:26.28**	
	50m: 34.78	34.78 150m: 1:57.22	42.34	250m: 3:22.15	42.51 350m: 4:46.62	42.11
	100m: 1:14.88	40.10 200m: 2:39.64	42.42	300m: 4:04.51	42.36 400m: 5:26.28	39.66
11.	Jone van Leeuwen	Deltasteur	5:46.04	201400801	**5:41.70**	
	50m: 40.20	40.20 150m: 2:09.16	45.07	250m: 3:35.28	42.73 350m: 5:00.76	42.78
	100m: 1:24.09	43.89 200m: 2:52.55	43.39	300m: 4:17.98	42.70 400m: 5:41.70	40.94
12.	Ivo Withag	O Z & P C	5:46.56	201500025	**5:49.94**	
	50m: 36.10	36.10 150m: 2:03.06	45.20	250m: 3:34.19	46.69 350m: 5:05.41	46.45
	100m: 1:17.86	41.76 200m: 2:47.50	44.44	300m: 4:18.96	44.77 400m: 5:49.94	44.53

Onder 16

1.	Matthijs van Velzen	Deltasteur	4:22.57	201100435	**4:23.71**	
	50m: 28.35	28.35 150m: 1:34.76	33.84	250m: 2:43.67	34.54 350m: 3:51.63	33.55
	100m: 1:00.92	32.57 200m: 2:09.13	34.37	300m: 3:18.08	34.41 400m: 4:23.71	32.08
2.	Dewin Volker	O Z & P C	4:26.69	201101935	**4:25.82**	
	50m: 29.17	29.17 150m: 1:35.37	33.60	250m: 2:44.46	34.43 350m: 3:51.95	33.70
	100m: 1:01.77	32.60 200m: 2:10.03	34.66	300m: 3:18.25	33.79 400m: 4:25.82	33.87
3.	Lars Thül	SWOL 1894	4:39.32	201200119	**4:33.40**	
	50m: 30.79	30.79 150m: 1:39.46	34.16	250m: 2:49.81	35.08 350m: 4:00.13	35.32
	100m: 1:05.30	34.51 200m: 2:14.73	35.27	300m: 3:24.81	35.00 400m: 4:33.40	33.27
4.	Milan Eikenaar	SWOL 1894	4:35.81	201100599	**4:38.84**	
	50m: 30.09	30.09 150m: 1:38.46	34.81	250m: 2:49.83	35.76 350m: 4:02.74	36.50
	100m: 1:03.65	33.56 200m: 2:14.07	35.61	300m: 3:26.24	36.41 400m: 4:38.84	36.10
5.	Luuk ten Asbroek	Het Ravijn	4:54.58	201200601	**4:44.05**	
	50m: 30.58	30.58 150m: 1:42.65	36.63	250m: 2:57.14	37.08 350m: 4:10.72	36.46
	100m: 1:06.02	35.44 200m: 2:20.06	37.41	300m: 3:34.26	37.12 400m: 4:44.05	33.33
6.	Kjelt de Wit	WS Twente	4:47.74	201201099	**4:45.62**	
	50m: 31.09	31.09 150m: 1:42.43	36.23	250m: 2:56.35	37.10 350m: 4:10.16	36.71
	100m: 1:06.20	35.11 200m: 2:19.25	36.82	300m: 3:33.45	37.10 400m: 4:45.62	35.46
7.	Mats van der Kamp	Deltasteur	4:55.18	201200113	**4:50.17**	
	50m: 32.92	32.92 150m: 1:46.60	36.96	250m: 3:00.35	36.66 350m: 4:14.42	37.16
	100m: 1:09.64	36.72 200m: 2:23.69	37.09	300m: 3:37.26	36.91 400m: 4:50.17	35.75
8.	Jefta Norden	De Grunte	4:52.96	201202153	**4:53.82**	
	50m: 32.52	32.52 150m: 1:47.11	37.72	250m: 3:01.82	37.39 350m: 4:17.38	38.07
	100m: 1:09.39	36.87 200m: 2:24.43	37.32	300m: 3:39.31	37.49 400m: 4:53.82	36.44

Programmanr. 203, Heren, 400m vrije slag

Onder 18

1.	Finn Stamsnieder		O Z & P C		4:14.70		200900225			**4:11.52**		
	50m:	27.93	27.93	150m:	1:31.02	31.79	250m:	2:35.24	32.14	350m:	3:39.80	32.41
	100m:	59.23	31.30	200m:	2:03.10	32.08	300m:	3:07.39	32.15	400m:	4:11.52	31.72
2.	Ruben Kragt		Dedemsvaart-AC		4:15.81		201000007			**4:13.41**		
	50m:	28.13	28.13	150m:	1:31.13	31.88	250m:	2:36.13	32.46	350m:	3:41.80	32.93
	100m:	59.25	31.12	200m:	2:03.67	32.54	300m:	3:08.87	32.74	400m:	4:13.41	31.61
3.	Tristan Meijers		SWOL 1894		4:21.99		201000089			**4:19.73**		
	50m:	29.23	29.23	150m:	1:33.87	32.86	250m:	2:39.98	33.40	350m:	3:47.70	33.92
	100m:	1:01.01	31.78	200m:	2:06.58	32.71	300m:	3:13.78	33.80	400m:	4:19.73	32.03
4.	Rafael Agterbos		O Z & P C		4:21.96		201000171			**4:24.74**		
	50m:	29.36	29.36	150m:	1:35.40	33.29	250m:	2:43.09	33.90	350m:	3:51.52	34.18
	100m:	1:02.11	32.75	200m:	2:09.19	33.79	300m:	3:17.34	34.25	400m:	4:24.74	33.22
5.	Roan van der Stege		SWOL 1894		4:28.21		200900107			**4:25.22**		
	50m:	28.80	28.80	150m:	1:32.91	32.53	250m:	2:40.40	34.37	350m:	3:51.33	35.65
	100m:	1:00.38	31.58	200m:	2:06.03	33.12	300m:	3:15.68	35.28	400m:	4:25.22	33.89
6.	Kick Germers		SWOL 1894		4:30.72		201000185			**4:34.20**		
	50m:	30.21	30.21	150m:	1:37.48	34.17	250m:	2:47.05	35.00	350m:	3:58.83	36.22
	100m:	1:03.31	33.10	200m:	2:12.05	34.57	300m:	3:22.61	35.56	400m:	4:34.20	35.37
7.	Rinse de Jonge		De Grunte		4:42.68		200900705			**4:34.40**		
	50m:	30.15	30.15	150m:	1:38.20	34.48	250m:	2:48.21	35.27	350m:	3:59.95	35.94
	100m:	1:03.72	33.57	200m:	2:12.94	34.74	300m:	3:24.01	35.80	400m:	4:34.40	34.45
8.	Milan Bottenberg		Deltasteur		4:32.32		200900153			**4:34.42**		
	50m:	29.05	29.05	150m:	1:36.68	34.71	250m:	2:47.39	35.42	350m:	3:59.50	36.26
	100m:	1:01.97	32.92	200m:	2:11.97	35.29	300m:	3:23.24	35.85	400m:	4:34.42	34.92
9.	Gijs Nooter		Dedemsvaart-AC		4:35.75		201000725			**4:36.39**		
	50m:	29.82	29.82	150m:	1:39.46	35.43	250m:	2:49.63	34.82	350m:	4:01.91	35.74
	100m:	1:04.03	34.21	200m:	2:14.81	35.35	300m:	3:26.17	36.54	400m:	4:36.39	34.48
10.	Noud Assinck		ZIGNEA		4:40.78		200900047			**4:40.33**		
	50m:	30.30	30.30	150m:	1:41.17	35.78	250m:	2:53.50	35.95	350m:	4:06.51	36.45
	100m:	1:05.39	35.09	200m:	2:17.55	36.38	300m:	3:30.06	36.56	400m:	4:40.33	33.82
11.	Thijmen Holterman		ZPC De Hof		4:33.26		201000005			**4:43.07**		
	50m:	31.15	31.15	150m:	1:42.13	36.40	250m:	2:55.90	37.32	350m:	4:08.63	35.91
	100m:	1:05.73	34.58	200m:	2:18.58	36.45	300m:	3:32.72	36.82	400m:	4:43.07	34.44
12.	Daan Vinke		Deltasteur		4:41.72		201001039			**4:54.93**		
	50m:	30.59	30.59	150m:	1:42.42	36.94	250m:	2:58.38	38.26	350m:	4:16.76	39.10
	100m:	1:05.48	34.89	200m:	2:20.12	37.70	300m:	3:37.66	39.28	400m:	4:54.93	38.17
AFGEM	Dyon Scholten		Steenwijk 1934		4:16.97		200900095					

Onder 20

1.	Jort Siebelt		O Z & P C		4:05.01		200700083			**4:01.47**		
	50m:	27.28	27.28	150m:	1:27.58	30.32	250m:	2:28.79	30.38	350m:	3:31.22	31.44
	100m:	57.26	29.98	200m:	1:58.41	30.83	300m:	2:59.78	30.99	400m:	4:01.47	30.25
2.	Youp Stuifzand		Deltasteur		4:18.54		200800521			**4:18.97**		
	50m:	27.92	27.92	150m:	1:32.72	33.17	250m:	2:39.86	33.64	350m:	3:46.92	33.31
	100m:	59.55	31.63	200m:	2:06.22	33.50	300m:	3:13.61	33.75	400m:	4:18.97	32.05
3.	Bjorn Scholten		WS Twente		4:19.91		200801143			**4:30.06**		
	50m:	29.30	29.30	150m:	1:34.50	33.30	250m:	2:42.73	34.42	350m:	3:54.10	36.00
	100m:	1:01.20	31.90	200m:	2:08.31	33.81	300m:	3:18.10	35.37	400m:	4:30.06	35.96
4.	Sven Keuper		ZPC De Hof		4:39.81		200800981			**4:48.76**		
	50m:	31.58	31.58	150m:	1:43.19	36.08	250m:	2:56.80	37.19	350m:	4:12.52	38.14
	100m:	1:07.11	35.53	200m:	2:19.61	36.42	300m:	3:34.38	37.58	400m:	4:48.76	36.24
AFGEM	Dirk Hoogeveen		Dedemsvaart-AC		4:40.63		200702595					

Senioren

1.	Luuk Ruinemans		De Dinkel		4:06.32		200301085			**4:10.64**		
	50m:	26.74	26.74	150m:	1:27.83	31.17	250m:	2:31.26	31.61	350m:	3:36.67	32.60
	100m:	56.66	29.92	200m:	1:59.65	31.82	300m:	3:04.07	32.81	400m:	4:10.64	33.97
2.	Dennis Mosterman		Dedemsvaart-AC		4:16.32		200501283			**4:23.10**		
	50m:	28.15	28.15	150m:	1:32.84	32.86	250m:	2:40.26	34.32	350m:	3:49.38	34.85
	100m:	59.98	31.83	200m:	2:05.94	33.10	300m:	3:14.53	34.27	400m:	4:23.10	33.72
3.	Kevin Lucas		De Dinkel		4:22.98		200300545			**4:25.40**		
	50m:	30.05	30.05	150m:	1:37.23	33.97	250m:	2:45.29	33.85	350m:	3:53.34	34.04
	100m:	1:03.26	33.21	200m:	2:11.44	34.21	300m:	3:19.30	34.01	400m:	4:25.40	32.06
4.	Rick Smelt		ZVZwartsluis		4:33.58		200600051			**4:32.41**		
	50m:	29.82	29.82	150m:	1:37.81	34.42	250m:	2:47.53	35.00	350m:	3:57.92	35.15
	100m:	1:03.39	33.57	200m:	2:12.53	34.72	300m:	3:22.77	35.24	400m:	4:32.41	34.49

Programmanr. 203, Heren, 400m vrije slag, Senioren

rang	naam	vereniging	intijd		tijd	RT
5.	Pieter Pickhardt	ZPC De Hof	4:31.71	198301657	**4:36.59**	

50m:	31.61	31.61	150m:	1:40.53	34.79	250m:	2:50.93	35.17	350m:	4:01.71	35.39
100m:	1:05.74	34.13	200m:	2:15.76	35.23	300m:	3:26.32	35.39	400m:	4:36.59	34.88