Programmanr. 308 — Heren, 400m wisselslag — Senioren Open
21-11-2026 - 15:05 — Resultaten

Onder 14

rang	naam	vereniging	intijd		tijd	RT
1.	Lucas Vos	SWOL 1894	5:31.33	201300005	**5:21.13**	
	50m: 34.48	34.48	150m: 1:56.78	42.18	250m: 3:23.41	45.86	350m: 4:45.80	36.70
	100m: 1:14.60	40.12	200m: 2:37.55	40.77	300m: 4:09.10	45.69	400m: 5:21.13	35.33
2.	Floris Meijers	SWOL 1894	5:27.05	201300015	**5:31.91**	
	50m, 250m*, 300m**					
	50m: 36.30	36.30	150m: 2:00.34	42.26	250m: 3:30.40	48.71	350m: 4:56.36	36.86
	100m: 1:18.08	41.78	200m: 2:41.69	41.35	300m: 4:19.50	49.10	400m: 5:31.91	35.55
3.	Bas Harms	Dedemsvaart-AC	5:48.79	201400129	**5:37.39**	
	100m, 300m**					
	50m: 38.00	38.00	150m: 2:04.72	45.13	250m: 3:37.75	48.78	350m: 5:01.92	36.97
	100m: 1:19.59	41.59	200m: 2:48.97	44.25	300m: 4:24.95	47.20	400m: 5:37.39	35.47
4.	Jip Westendorp	SWOL 1894	6:05.63	201400379	**5:43.24**	
	50m, 200m**					
	50m: 39.73	39.73	150m: 2:12.05	43.82	250m: 3:40.26	46.23	350m: 5:05.57	38.76
	100m: 1:28.23	48.50	200m: 2:54.03	41.98	300m: 4:26.81	46.55	400m: 5:43.24	37.67
5.	Kian Zoer	Dedemsvaart-AC	6:20.12	201300747	**5:49.04**	
	50m: 36.34	36.34	150m: 2:10.84	45.71	250m: 3:43.96	49.79	350m: 5:11.74	39.34
	100m: 1:25.13	48.79	200m: 2:54.17	43.33	300m: 4:32.40	48.44	400m: 5:49.04	37.30
6.	Julian Vos	SWOL 1894	6:19.28	201300003	**5:52.40**	
	*250m**					
	50m: 37.28	37.28	150m: 2:09.06	46.86	250m: 3:42.16	48.29	350m: 5:13.00	42.66
	100m: 1:22.20	44.92	200m: 2:53.87	44.81	300m: 4:30.34	48.18	400m: 5:52.40	39.40
7.	Yari Vaneker	O Z & P C	6:23.26	201300395	**5:56.14**	
	*250m**					
	50m: 41.48	41.48	150m: 2:13.18	42.16	250m: 3:47.05	51.89	350m: 5:17.73	39.36
	100m: 1:31.02	49.54	200m: 2:55.16	41.98	300m: 4:38.37	51.32	400m: 5:56.14	38.41
8.	Jurre de Jonge	De Grunte	6:16.46	201300791	**6:10.43**	
	50m: 43.32	43.32	150m: 2:21.15	46.20	250m: 3:59.32	53.78	350m: 5:31.95	40.68
	100m: 1:34.95	51.63	200m: 3:05.54	44.39	300m: 4:51.27	51.95	400m: 6:10.43	38.48
DIS	Wout Doorn	Deltasteur	6:08.25	201400033		
	AF - De aangegeven afstand niet uitgezwommen.					

Onder 16

rang	naam	vereniging	intijd		tijd	RT
1.	Stan Nijhuis	O Z & P C	5:13.22	201100191	**5:08.72**	
	50m, 100m*, 250m**					
	50m: 33.74	33.74	150m: 1:54.07	40.19	250m: 3:16.62	43.35	350m: 4:36.39	34.81
	100m: 1:13.88	40.14	200m: 2:33.27	39.20	300m: 4:01.58	44.96	400m: 5:08.72	32.33
2.	Luuk ten Asbroek	Het Ravijn	5:19.25	201200601	**5:08.82**	
	50m: 32.35	32.35	150m: 1:50.73	39.23	250m: 3:14.44	45.17	350m: 4:35.51	35.54
	100m: 1:11.50	39.15	200m: 2:29.27	38.54	300m: 3:59.97	45.53	400m: 5:08.82	33.31
3.	Milan Eikenaar	SWOL 1894	5:14.22	201100599	**5:08.83**	
	50m: 33.41	33.41	150m: 1:50.10	37.78	250m: 3:14.23	46.63	350m: 4:35.63	34.49
	100m: 1:12.32	38.91	200m: 2:27.60	37.50	300m: 4:01.14	46.91	400m: 5:08.83	33.20
4.	Lars Thül	SWOL 1894	5:23.24	201200119	**5:14.41**	
	50m: 34.94	34.94	150m: 1:55.58	40.28	250m: 3:19.98	45.26	350m: 4:40.85	35.10
	100m: 1:15.30	40.36	200m: 2:34.72	39.14	300m: 4:05.75	45.77	400m: 5:14.41	33.56
5.	Hidde de Jonge	De Grunte	5:33.05	201101213	**5:20.49**	
	50m: 32.89	32.89	150m: 1:52.55	40.44	250m: 3:18.14	46.01	350m: 4:43.83	38.51
	100m: 1:12.11	39.22	200m: 2:32.13	39.58	300m: 4:05.32	47.18	400m: 5:20.49	36.66
6.	Amor van der Veen	Dedemsvaart-AC	5:03.39	201100197	**5:53.46**	
	50m: 34.64	34.64	150m: 2:02.32	44.43	250m: 3:39.48	51.75	350m: 5:12.79	39.62
	100m: 1:17.89	43.25	200m: 2:47.73	45.41	300m: 4:33.17	53.69	400m: 5:53.46	40.67

Programmanr. 308, Heren, 400m wisselslag

Onder 18

1. Finn Stamsnieder — O Z & P C — 4:34.55 — 200900225 — **4:45.52**

50m:	29.67	29.67	150m:	1:41.58	35.90	250m:	2:58.29	41.32	350m:	4:13.02	33.72
100m:	1:05.68	36.01	200m:	2:16.97	35.39	300m:	3:39.30	41.01	400m:	4:45.52	32.50

2. Duuk Harms — Dedemsvaart-AC — 4:58.53 — 200900201 — **4:53.63**
50m, 250m*, 300m**

50m:	31.12	31.12	150m:	1:46.12	37.54	250m:	3:04.31	40.89	350m:	4:20.76	34.74
100m:	1:08.58	37.46	200m:	2:23.42	37.30	300m:	3:46.02	41.71	400m:	4:53.63	32.87

3. Kick Germers — SWOL 1894 — 4:57.73 — 201000185 — **4:57.76**
50m, 250m**

50m:	31.87	31.87	150m:	1:48.71	39.20	250m:	3:08.12	41.49	350m:	4:24.11	34.97
100m:	1:09.51	37.64	200m:	2:26.63	37.92	300m:	3:49.14	41.02	400m:	4:57.76	33.65

4. Tristan Meijers — SWOL 1894 — 5:01.78 — 201000089 — **4:58.92**

50m:	33.28	33.28	150m:	1:51.53	39.05	250m:	3:10.69	42.02	350m:	4:27.76	33.62
100m:	1:12.48	39.20	200m:	2:28.67	37.14	300m:	3:54.14	43.45	400m:	4:58.92	31.16

5. Rafael Agterbos — O Z & P C — 5:16.34 — 201000171 — **5:09.93**
50m, 200m**

50m:	33.02	33.02	150m:	1:54.21	42.27	250m:	3:16.89	41.10	350m:	4:35.81	35.15
100m:	1:11.94	38.92	200m:	2:35.79	41.58	300m:	4:00.66	43.77	400m:	5:09.93	34.12

6. Dyon Scholten — Steenwijk 1934 — 5:04.58 — 200900095 — **5:11.71**
100m, 250m**

50m:	31.95	31.95	150m:	1:51.90	40.28	250m:	3:16.10	45.75	350m:	4:38.10	35.15
100m:	1:11.62	39.67	200m:	2:30.35	38.45	300m:	4:02.95	46.85	400m:	5:11.71	33.61

7. Gijs Nooter — Dedemsvaart-AC — 5:10.58 — 201000725 — **5:18.16**

50m:	34.99	34.99	150m:	1:56.95	39.03	250m:	3:21.37	46.26	350m:	4:44.01	35.26
100m:	1:17.92	42.93	200m:	2:35.11	38.16	300m:	4:08.75	47.38	400m:	5:18.16	34.15

8. Djulian Versteeg — ZIGNEA — 5:16.81 — 201002655 — **5:34.72**
*250m**

50m:	29.94	29.94	150m:	1:48.64	41.69	250m:	3:20.10	51.37	350m:	4:55.94	41.88
100m:	1:06.95	37.01	200m:	2:28.73	40.09	300m:	4:14.06	53.96	400m:	5:34.72	38.78

o20 en senioren

1. Jort Siebelt — O Z & P C — 4:43.23 — 200700083 — **4:46.57**

50m:	29.19	29.19	150m:	1:41.85	38.01	250m:	2:59.43	40.09	350m:	4:13.66	33.39
100m:	1:03.84	34.65	200m:	2:19.34	37.49	300m:	3:40.27	40.84	400m:	4:46.57	32.91

2. Thomas van Velzen — Deltasteur — 5:13.20 — 200703189 — **5:09.60**

50m:	31.15	31.15	150m:	1:49.44	41.64	250m:	3:13.99	43.96	350m:	4:34.59	35.93
100m:	1:07.80	36.65	200m:	2:30.03	40.59	300m:	3:58.66	44.67	400m:	5:09.60	35.01

3. Tim Zuurman — Dedemsvaart-AC — 5:00.35 — 200700131 — **5:14.09**

50m:	33.47	33.47	150m:	1:52.99	39.94	250m:	3:19.03	46.26	350m:	4:39.58	34.65
100m:	1:13.05	39.58	200m:	2:32.77	39.78	300m:	4:04.93	45.90	400m:	5:14.09	34.51

4. Justus van Asselt — De IJsel — 5:42.17 — 200703599 — **5:30.94**
*100m**

50m:	34.73	34.73	150m:	1:59.81	43.44	250m:	3:28.70	46.28	350m:	4:53.30	38.05
100m:	1:16.37	41.64	200m:	2:42.42	42.61	300m:	4:15.25	46.55	400m:	5:30.94	37.64

Senioren

1. Milan Lucas — De Dinkel — 4:57.64 — 200500085 — **4:55.21**

50m:	29.39	29.39	150m:	1:45.54	39.82	250m:	3:04.56	40.06	350m:	4:21.30	35.01
100m:	1:05.72	36.33	200m:	2:24.50	38.96	300m:	3:46.29	41.73	400m:	4:55.21	33.91

2. Rick Smelt — ZVZwartsluis — 5:06.16 — 200600051 — **5:03.97**

50m:	31.29	31.29	150m:	1:49.04	39.86	250m:	3:09.93	42.26	350m:	4:29.73	35.72
100m:	1:09.18	37.89	200m:	2:27.67	38.63	300m:	3:54.01	44.08	400m:	5:03.97	34.24

3. Finn Ooijman — WS Twente — 5:17.79 — 200603161 — **5:29.55**

50m:	32.56	32.56	150m:	1:54.10	42.02	250m:	3:24.09	48.75	350m:	4:52.73	39.11
100m:	1:12.08	39.52	200m:	2:35.34	41.24	300m:	4:13.62	49.53	400m:	5:29.55	36.82