Programmanr. 6 — Heren, 400m vrije slag — alg. leeftijdsgroep
28-11-2026 - 14:35 — Resultaten

rang	naam	vereniging	intijd									tijd	RT
1.	Elias Soens	Dsz Wave	4:20.00			200604327						**4:15.46**	+0,64
	50m:	150m:				250m:	2:36.83	32.41		350m:	3:42.95	33.15	
	100m:	200m:	2:04.42			300m:	3:09.80	32.97		400m:	4:15.46	32.51	
2.	Stijn Koole	TSZWV Avalon	4:23.09			200601031						**4:24.20**	+0,60
	50m:	150m:				250m:	2:44.26	33.44		350m:	3:51.78	33.73	
	100m:	200m:	2:10.82			300m:	3:18.05	33.79		400m:	4:24.20	32.42	
3.	Kristián Kosterec	E.S.W.Z.V. Nayade	4:38.33									**4:27.17**	+0,60
	50m:	150m:				250m:	2:46.01	34.30		350m:	3:54.65	34.20	
	100m:	200m:	2:11.71			300m:	3:20.45	34.44		400m:	4:27.17	32.52	
4.	Evan Clark	N.S.Z.& W.V. Hydrofiel	4:40.00									**4:40.67**	+0,72
	50m:	150m:				250m:	2:49.05	36.96		350m:	4:04.38	37.45	
	100m:	200m:	2:12.09			300m:	3:26.93	37.88		400m:	4:40.67	36.29	
5.	Ruben Overbeek	ZPV Piranha	4:43.34			200502887						**4:41.21**	+0,71
	50m:	150m:				250m:	2:52.24	36.25		350m:	4:05.56	36.67	
	100m:	200m:	2:15.99			300m:	3:28.89	36.65		400m:	4:41.21	35.65	
6.	Gijs Krug	Ragnar	4:59.00									**4:41.63**	+0,54
	50m:	30.73	30.73	150m:	1:41.38	35.99	250m:	2:54.82	36.81		350m:	4:08.80	37.06
	100m:	1:05.39	34.66	200m:	2:18.01	36.63	300m:	3:31.74	36.92		400m:	4:41.63	32.83
7.	Neven Gentil	E.S.W.Z.V. Nayade	5:00.00									**4:43.32**	+0,66
	50m:	31.52	31.52	150m:	1:40.69	35.01	250m:	2:52.63	36.32		350m:	4:06.69	37.21
	100m:	1:05.68	34.16	200m:	2:16.31	35.62	300m:	3:29.48	36.85		400m:	4:43.32	36.63
8.	Seb Pieterman	G.S.Z.V. De Golfbreker	4:49.68			200600331						**4:44.81**	+0,70
	50m:	150m:				250m:	2:53.69	36.78		350m:	4:08.94	38.02	
	100m:	200m:	2:16.91			300m:	3:30.92	37.23		400m:	4:44.81	35.87	
9.	Mathis Gilet	MSZV Tiburon	NT									**4:47.95**	+0,67
	50m:	28.53	28.53	150m:	1:35.52	34.60	250m:	2:50.23	38.22		350m:	4:09.33	39.76
	100m:	1:00.92	32.39	200m:	2:12.01	36.49	300m:	3:29.57	39.34		400m:	4:47.95	38.62
10.	Simon Visscher	ZPV Piranha	5:09.00			200503355						**4:56.02**	+0,81
	50m:	30.66	30.66	150m:	1:43.33	37.17	250m:	2:59.63	38.50		350m:	4:18.22	39.27
	100m:	1:06.16	35.50	200m:	2:21.13	37.80	300m:	3:38.95	39.32		400m:	4:56.02	37.80
11.	Jorim Hebbink	ZPV Piranha	4:54.09			200401957						**4:56.63**	+0,72
	50m:	30.11	30.11	150m:	1:41.96	36.55	250m:	2:59.17	39.10		350m:	4:18.18	39.27
	100m:	1:05.41	35.30	200m:	2:20.07	38.11	300m:	3:38.91	39.74		400m:	4:56.63	38.45
12.	Tijs Sauren	ZPV Piranha	4:53.59			200402759						**4:58.99**	
	50m:	150m:				250m:	3:05.66	38.59		350m:	4:21.86	38.24	
	100m:	200m:	2:27.07			300m:	3:43.62	37.96		400m:	4:58.99	37.13	
13.	Pieter Janssen	N.S.Z.& W.V. Hydrofiel	5:04.27			200201201						**4:59.46**	+0,72
	50m:	32.00	32.00	150m:	1:45.14	37.24	250m:	3:02.87	38.82		350m:	4:21.34	39.28
	100m:	1:07.90	35.90	200m:	2:24.05	38.91	300m:	3:42.06	39.19		400m:	4:59.46	38.12
14.	Max van Aken	A.S.Z.V. Spons	5:00.00			200404429						**5:03.78**	+0,83
	50m:	33.19	33.19	150m:	1:47.18	37.88	250m:	3:07.01	40.57		350m:	4:27.14	40.15
	100m:	1:09.30	36.11	200m:	2:26.44	39.26	300m:	3:46.99	39.98		400m:	5:03.78	36.64
15.	Lucas Houkes	Dsz Wave	5:06.37			200503425						**5:05.60**	+0,70
	50m:	33.20	33.20	150m:	1:48.74	38.15	250m:	3:07.89	39.49		350m:	4:27.80	40.49
	100m:	1:10.59	37.39	200m:	2:28.40	39.66	300m:	3:47.31	39.42		400m:	5:05.60	37.80
16.	Hessel Tijben	SZV Aquifer	5:11.28			200600375						**5:13.69**	+0,81
	50m:	32.07	32.07	150m:	1:48.30	38.90	250m:	3:08.74	40.37		350m:	4:33.74	42.28
	100m:	1:09.40	37.33	200m:	2:28.37	40.07	300m:	3:51.46	42.72		400m:	5:13.69	39.95
17.	Gijs Winkelhuijzen	Ragnar	6:00.00									**5:25.86**	+0,94
	50m:	31.28	31.28	150m:	1:48.12	40.27	250m:	3:14.75	43.43		350m:	4:42.10	43.92
	100m:	1:07.85	36.57	200m:	2:31.32	43.20	300m:	3:58.18	43.43		400m:	5:25.86	43.76
18.	Toon Verberk	Aquamania	5:46.92									**5:40.23**	+0,65
	50m:	37.50	37.50	150m:	2:03.06	44.05	250m:	3:30.90	44.07		350m:	5:00.05	44.17
	100m:	1:19.01	41.51	200m:	2:46.83	43.77	300m:	4:15.88	44.98		400m:	5:40.23	40.18
19.	Maarten de Vries	Dsz Wave	5:45.00									**5:45.23**	+0,74
	50m:	38.33	38.33	150m:	2:02.09	42.84	250m:	3:29.83	43.99		350m:	5:00.33	45.99
	100m:	1:19.25	40.92	200m:	2:45.84	43.75	300m:	4:14.34	44.51		400m:	5:45.23	44.90
20.	Albert-Andrei Soci	MSZV Tiburon	NT									**5:53.99**	+0,68
	50m:	31.74	31.74	150m:	1:54.27	44.18	250m:	3:29.06	48.16		350m:	5:07.59	49.73
	100m:	1:10.09	38.35	200m:	2:40.90	46.63	300m:	4:17.86	48.80		400m:	5:53.99	46.40

Programmanr. 6, Heren, 400m vrije slag, alg. leeftijdsgroep

rang	naam	vereniging	intijd						tijd	RT
21.	Viggo Verschuuren	Ragnar	6:30.00						**6:10.79**	+0,99
	50m: 37.65	37.65	150m: 2:08.61	47.28	250m: 3:47.05	49.60	350m: 5:26.80	48.97		
	100m: 1:21.33	43.68	200m: 2:57.45	48.84	300m: 4:37.83	50.78	400m: 6:10.79	43.99		
AFGEM	Troy van Vulpen	USZ&WF Het Zinkstuk	5:20.53							
BM	Tom van den Akker	USZ&WF Het Zinkstuk	4:35.34	200204653					**4:35.34**	+0,61
	50m:		150m:		250m: 2:48.68	35.60	350m: 4:00.51	35.95		
	100m:		200m: 2:13.08		300m: 3:24.56	35.88	400m: 4:35.34	34.83		