Event 6 — Men, 400m Freestyle — Open
28-11-2026 - 14:35 — Results

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.	Kristian 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

Event 6, Men, 400m Freestyle, Open

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		
WDR	Troy van Vulpen	USZ&WF Het Zinkstuk	5:20.53							
EXH	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		