



GK lange baan 2025
Nijmegen, 17- - 25-5-2025



Programmanr. 12
18-5-2025 - 14:32

Heren, 400m vrije slag

Senioren Open
Resultaten

rang naam	vereniging	intijd	tijd	RT	100m	200m	300m	400m
Onder 14								
1. Tim Slagers	Aquapoldro	4:48.15 201200263	4:51.02		1:07.73	1:14.06	1:15.47	1:13.76
50m:	150m:	250m:	350m:					
100m: 1:07.73	200m: 2:21.79	300m: 3:37.26	400m: 4:51.02					
2. Dax Muijlaert	SG Octopus - ZVV	4:42.34 201100535	4:57.78		1:07.22	1:15.40	1:18.07	1:17.09
50m:	150m:	250m:	350m:					
100m: 1:07.22	200m: 2:22.62	300m: 3:40.69	400m: 4:57.78					
3. Rutger Donker	NDD	5:04.07 201200361	5:07.21		1:11.44	1:18.23	1:19.77	1:17.77
50m:	150m:	250m:	350m:					
100m: 1:11.44	200m: 2:29.67	300m: 3:49.44	400m: 5:07.21					
4. Jesse Voet	Aqua-Novio'94	5:11.18 201300057	5:12.11		1:14.37	1:21.38	1:21.23	1:15.13
50m:	150m:	250m:	350m:					
100m: 1:14.37	200m: 2:35.75	300m: 3:56.98	400m: 5:12.11					
5. Guust Heijne	DWK	5:10.15 201202139	5:13.47		1:13.16	1:20.29	1:21.31	1:18.71
50m:	150m:	250m:	350m:					
100m: 1:13.16	200m: 2:33.45	300m: 3:54.76	400m: 5:13.47					
6. Yanniek Jager 300m*	Batavia Swim	4:54.64 201100315	5:20.74		1:10.84	1:20.96	1:24.31	1:24.63
50m:	150m:	250m:	350m:					
100m: 1:10.84	200m: 2:31.80	300m: 3:56.11	400m: 5:20.74					
7. Stef van de Wal	DWK	5:22.57 201200803	5:20.88		1:15.45	1:24.11	1:22.58	1:18.74
50m:	150m:	250m:	350m:					
100m: 1:15.45	200m: 2:39.56	300m: 4:02.14	400m: 5:20.88					
8. Hugo Hulstijn	CWW Swimteam	5:08.43 201100297	5:30.33		1:14.24	1:24.99	1:25.75	1:25.35
50m:	150m:	250m:	350m:					
100m: 1:14.24	200m: 2:39.23	300m: 4:04.98	400m: 5:30.33					
9. Stan Ordelman	SG Octopus - ZVV	5:25.55 201100009	5:34.63		1:16.31	1:25.84	1:27.71	1:24.77
50m:	150m:	250m:	350m:					
100m: 1:16.31	200m: 2:42.15	300m: 4:09.86	400m: 5:34.63					
10. Fido Hulstijn	CWW Swimteam	5:13.78 201300775	5:38.55		1:19.20	1:26.70	1:28.17	1:24.48
50m:	150m:	250m:	350m:					
100m: 1:19.20	200m: 2:45.90	300m: 4:14.07	400m: 5:38.55					
11. Aurel Starink	NDD	5:35.65 201100793	5:47.85		1:21.82	1:31.23	1:31.52	1:23.28
50m:	150m:	250m:	350m:					
100m: 1:21.82	200m: 2:53.05	300m: 4:24.57	400m: 5:47.85					
Onder 16								
1. Wessel van Dorst	Aqua-Novio'94	4:22.52 200900727	4:35.55		1:03.49	1:10.95	1:12.21	1:08.90
50m:	150m:	250m:	350m:					
100m: 1:03.49	200m: 2:14.44	300m: 3:26.65	400m: 4:35.55					
2. Tariq van Laar	De Rijn	4:55.53 200900819	4:56.46		1:04.49	1:16.55	1:20.42	1:15.00
50m:	150m:	250m:	350m:					
100m: 1:04.49	200m: 2:21.04	300m: 3:41.46	400m: 4:56.46					
3. Jelmer Kruijt	Olympia	4:54.91 200900525	4:56.67		1:09.46	1:16.11	1:18.01	1:13.09
50m:	150m:	250m:	350m:					
100m: 1:09.46	200m: 2:25.57	300m: 3:43.58	400m: 4:56.67					
4. Daniël Hofman	SG Octopus - ZVV	4:52.22 201000417	5:01.54		1:11.99	1:19.26	1:18.26	1:12.03
50m:	150m:	250m:	350m:					
100m: 1:11.99	200m: 2:31.25	300m: 3:49.51	400m: 5:01.54					
5. Tygo van de Wal	DWK	4:45.37 201001329	5:03.84		1:11.15	1:18.81	1:18.92	1:14.96
50m:	150m:	250m:	350m:					
100m: 1:11.15	200m: 2:29.96	300m: 3:48.88	400m: 5:03.84					
6. Gerco van Dijk	Olympia	5:00.48 201000997	5:04.08		1:10.89	1:17.95	1:19.95	1:15.29
50m:	150m:	250m:	350m:					
100m: 1:10.89	200m: 2:28.84	300m: 3:48.79	400m: 5:04.08					
7. Jesse Jolink	ENC Arnhem	5:05.90 201000401	5:12.03		1:11.09	1:21.45	1:22.57	1:16.92
50m:	150m:	250m:	350m:					
100m: 1:11.09	200m: 2:32.54	300m: 3:55.11	400m: 5:12.03					

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Onder 18

1. Timo Berghuis	NDD	4:25.88	200801991	4:27.04	1:05.34	1:08.88	1:08.74	1:04.08
50m:		150m:		250m:	350m:			
100m: 1:05.34		200m: 2:14.22		300m: 3:22.96	400m: 4:27.04			
2. Rian Schoneveld	De Berkelduikers	4:17.97	200801789	4:27.08	59.98	1:08.62	1:11.24	1:07.24
50m:		150m:		250m:	350m:			
100m: 59.98		200m: 2:08.60		300m: 3:19.84	400m: 4:27.08			
3. Mink Hugen	Aqua-Novio'94	4:34.08	200801391	4:30.82	1:02.35	1:09.21	1:09.77	1:09.49
50m:		150m:		250m:	350m:			
100m: 1:02.35		200m: 2:11.56		300m: 3:21.33	400m: 4:30.82			

Onder 20

1. Jochem Lemmens	SG Wijchen-Gelenberg	4:32.21	200601923	4:39.23	1:05.63	1:13.00	1:13.43	1:07.17
50m:		150m:		250m:	350m:			
100m: 1:05.63		200m: 2:18.63		300m: 3:32.06	400m: 4:39.23			
2. Sofyan El Fhim	Aqua-Novio'94	4:23.49	200502131	4:39.62	1:04.79	1:12.54	1:13.07	1:09.22
50m:		150m:		250m:	350m:			
100m: 1:04.79		200m: 2:17.33		300m: 3:30.40	400m: 4:39.62			
3. Lars ten Katen	Batavia Swim	4:22.19	200600959	4:40.01	1:04.72	1:12.33	1:12.83	1:10.13
50m:		150m:		250m:	350m:			
100m: 1:04.72		200m: 2:17.05		300m: 3:29.88	400m: 4:40.01			
4. Jesper Dinger	Zuiderzeewimmers	4:44.81	200601819	5:08.00	1:08.30	1:18.00	1:20.88	1:20.82
50m:		150m:		250m:	350m:			
100m: 1:08.30		200m: 2:26.30		300m: 3:47.18	400m: 5:08.00			
5. Thijs Berkhout	DWK	4:22.56	200500035	5:29.21	1:16.92	1:24.03	1:23.86	1:24.40
50m:		150m:		250m:	350m:			
100m: 1:16.92		200m: 2:40.95		300m: 4:04.81	400m: 5:29.21			

Senioren

1. Martijn Velders	Aqua-Novio'94	4:31.22	199502619	4:30.38	1:05.66	1:10.09	1:08.74	1:05.89
50m:		150m:		250m:	350m:			
100m: 1:05.66		200m: 2:15.75		300m: 3:24.49	400m: 4:30.38			
2. Mike Schel	ENC Arnhem	4:22.07	199403279	4:30.89	1:04.77	1:09.31	1:10.00	1:06.81
50m:		150m:		250m:	350m:			
100m: 1:04.77		200m: 2:14.08		300m: 3:24.08	400m: 4:30.89			
3. Lars Jacobsen	DWK	4:47.58	199705453	4:49.49	629	1:06.60	1:12.78	1:16.48
50m:		150m:		250m:	350m:			
100m: 1:06.60		200m: 2:19.38		300m: 3:35.86	400m: 4:49.49			
4. Diederick Schothans	SG Wijchen-Gelenberg	4:36.39	199703185	4:53.41	1:06.64	1:13.68	1:17.57	1:15.52
50m:		150m:		250m:	350m:			
100m: 1:06.64		200m: 2:20.32		300m: 3:37.89	400m: 4:53.41			