

Zwemcompetitie 2025-2026 Deel 1
Gouda, 5-10-2025

Programmanr. 11
5-10-2025 - 13:45

Heren, 400m vrije slag
[Eerste Divisie - A Klasse]

Senioren Open
Resultaten

rang	naam	vereniging	intijd	tijd	RT
1.	Pim Geurds	ZV Sassenheim	4:33.77	200400843	4:28.79
	50m: 28.91	28.91 150m:	250m:	350m:	
	100m: 1:02.50	33.59 200m: 2:12.44	300m: 3:21.62	400m: 4:28.79	
2.	Wesley van der Luit	ZV Sassenheim	4:41.07	199701895	4:44.70
	50m: 31.92	31.92 150m:	250m:	350m:	
	100m: 1:06.96	35.04 200m: 2:19.11	300m: 3:32.71	400m: 4:44.70	
3.	Paul van Grol	Gzc Donk	4:35.18	199602951	4:45.19
	50m: 30.34	30.34 150m:	250m:	350m:	
	100m: 1:04.77	34.43 200m: 2:15.82	300m: 3:29.25	400m: 4:45.19	
4.	Jens van Nobelen	ZV Sassenheim	4:48.65	200400565	4:48.19
	50m: 31.07	31.07 150m:	250m:	350m:	
	100m: 1:05.73	34.66 200m: 2:18.49	300m: 3:33.65	400m: 4:48.19	
5.	Bart van der Zwaan	BZ en PC	4:51.42	199005149	4:53.11
	50m: 32.23	32.23 150m:	250m:	350m:	
	100m: 1:08.41	36.18 200m: 2:22.62	300m: 3:37.72	400m: 4:53.11	
6.	Sem Berckenkamp	Gzc Donk	4:58.95	200602229	4:55.44
	50m: 32.30	32.30 150m:	250m:	350m:	
	100m: 1:08.20	35.90 200m: 2:24.24	300m: 3:41.20	400m: 4:55.44	
7.	Lucas Houkes	ZV Sassenheim	5:18.79	200503425	5:06.69
	50m: 34.57	34.57 150m:	250m:	350m:	
	100m: 1:12.34	37.77 200m: 2:30.20	300m: 3:49.03	400m: 5:06.69	
8.	Mink Verschoor	De Watervogels	5:08.42	199803639	5:10.71
	50m: 32.13	32.13 150m:	250m:	350m:	
	100m: 1:09.52	37.39 200m: 2:29.12	300m: 3:50.40	400m: 5:10.71	
9.	Joost Elich	Gzc Donk	NT	200401551	5:38.47
	50m: 35.41	35.41 150m:	250m:	350m:	
	100m: 1:15.82	40.41 200m: 2:41.92	300m: 4:11.60	400m: 5:38.47	
10.	Bastiaan Huizinga	De Watervogels	NT	197300395	5:45.90
	50m: 38.06	38.06 150m:	250m:	350m:	
	100m: 1:20.64	42.58 200m: 2:48.14	300m: 4:16.84	400m: 5:45.90	