

Programmanr. 11  
5-10-2025 - 15:09

Heren, 400m vrije slag

Senioren Open  
Resultaten

| rang | naam               | vereniging          | intijd  | tijd          | RT             |
|------|--------------------|---------------------|---------|---------------|----------------|
| 1.   | Sven Doezen        | RZ                  | 4:45.65 | 200400403     | <b>4:47.50</b> |
|      | 50m: 32.50         | 32.50 150m:         | 250m:   | 350m:         |                |
|      | 100m: 1:09.43      | 36.93 200m: 2:23.47 | 300m:   | 400m: 4:47.50 |                |
| 2.   | Menno Weustenraad  | MZ&PC Maastricht    | 5:00.59 | 199505057     | <b>4:54.39</b> |
|      | 50m: 33.52         | 33.52 150m:         | 250m:   | 350m:         |                |
|      | 100m: 1:08.53      | 35.01 200m: 2:23.16 | 300m:   | 400m: 4:54.39 |                |
| 3.   | Robert Istrate     | Zwemsport Parkstad  | 4:55.00 | 198002555     | <b>4:55.42</b> |
|      | 50m: 32.28         | 32.28 150m:         | 250m:   | 350m:         |                |
|      | 100m: 1:08.89      | 36.61 200m: 2:24.90 | 300m:   | 400m: 4:55.42 |                |
| 4.   | Aart Kruis         | MZ&PC Maastricht    | 4:58.20 | 197501383     | <b>4:57.85</b> |
|      | 50m: 35.14         | 35.14 150m:         | 250m:   | 350m:         |                |
|      | 100m: 1:11.49      | 36.35 200m: 2:26.73 | 300m:   | 400m: 4:57.85 |                |
| 5.   | Yasin Hjir         | Zwemsport Parkstad  | 4:58.37 | 200701883     | <b>5:01.14</b> |
|      | 50m: 33.56         | 33.56 150m:         | 250m:   | 350m:         |                |
|      | 100m: 1:10.45      | 36.89 200m: 2:26.97 | 300m:   | 400m: 5:01.14 |                |
| 6.   | Christopher Sparks | Zwemclub Eijsden    | NT      | 198503919     | <b>5:05.86</b> |
|      | 50m: 32.50         | 32.50 150m:         | 250m:   | 350m:         |                |
|      | 100m: 1:08.62      | 36.12 200m: 2:26.78 | 300m:   | 400m: 5:05.86 |                |
| 7.   | Bert Schlicher     | RZ                  | 4:56.08 | 196400669     | <b>5:06.72</b> |
|      | 50m: 35.29         | 35.29 150m:         | 250m:   | 350m:         |                |
|      | 100m: 1:14.60      | 39.31 200m: 2:34.15 | 300m:   | 400m: 5:06.72 |                |
| 8.   | Freddie Geerlings  | Zwemsport Parkstad  | 4:57.22 | 197900379     | <b>5:10.19</b> |
|      | 50m: 35.33         | 35.33 150m:         | 250m:   | 350m:         |                |
|      | 100m: 1:14.93      | 39.60 200m: 2:34.02 | 300m:   | 400m: 5:10.19 |                |
| 9.   | Max van Marum      | Zwemclub Eijsden    | NT      | 200103501     | <b>5:13.74</b> |
|      | 50m: 31.88         | 31.88 150m:         | 250m:   | 350m:         |                |
|      | 100m: 1:08.90      | 37.02 200m: 2:27.78 | 300m:   | 400m: 5:13.74 |                |
| 10.  | Marcel Handler     | Zwemsport Parkstad  | NT      | 198200617     | <b>5:19.52</b> |
|      | 50m: 33.15         | 33.15 150m:         | 250m:   | 350m:         |                |
|      | 100m: 1:10.60      | 37.45 200m: 2:31.25 | 300m:   | 400m: 5:19.52 |                |
| 11.  | Jesse Brouwers     | MZ&PC Maastricht    | 6:00.00 | 199900393     | <b>5:29.92</b> |
|      | 50m: 37.05         | 37.05 150m:         | 250m:   | 350m:         |                |
|      | 100m: 1:18.51      | 41.46 200m: 2:44.18 | 300m:   | 400m: 5:29.92 |                |
| 12.  | Romain Dubois      | MZ&PC Maastricht    | 5:45.12 | 197500215     | <b>5:35.72</b> |
|      | 50m: 32.94         | 32.94 150m:         | 250m:   | 350m:         |                |
|      | 100m: 1:11.58      | 38.64 200m: 2:37.25 | 300m:   | 400m: 5:35.72 |                |
| 13.  | Grigorios Vourekas | MZ&PC Maastricht    | 5:19.79 | 196901843     | <b>5:37.81</b> |
|      | 50m: 36.53         | 36.53 150m:         | 250m:   | 350m:         |                |
|      | 100m: 1:17.24      | 40.71 200m: 2:42.05 | 300m:   | 400m: 5:37.81 |                |
| 14.  | Wouter Wulms       | RZ                  | NT      | 200005925     | <b>5:55.00</b> |
|      | 50m: 34.83         | 34.83 150m:         | 250m:   | 350m:         |                |
|      | 100m: 1:13.48      | 38.65 200m: 2:43.41 | 300m:   | 400m: 5:55.00 |                |