

Nationale Zwem Competitie-deel 1
Denekamp, 4/10/2025

Programmanr. 27
04/10/2025 - 17:05

Jongens, 400m vrije slag

Onder 18
Resultaten

rang	naam	vereniging	intijd	tijd	RT
1.	Bram ter Braak	De Dinkel	4:13.49	200800281	4:17.85
	50m: 29.21	29.21 150m:	250m:	350m:	
	100m: 1:00.92	31.71 200m: 2:07.88	300m:	400m: 4:17.85	
2.	Job Sportel	De Dinkel	4:24.62	200800429	4:23.60
	50m: 30.08	30.08 150m:	250m:	350m:	
	100m: 1:02.90	32.82 200m: 2:09.55	300m:	400m: 4:23.60	
3.	Arjan Boogaard	Deltasteur	4:22.85	200800093	4:30.16
	50m: 30.27	30.27 150m:	250m:	350m:	
	100m: 1:03.52	32.53 200m: 2:10.95	300m:	400m: 4:30.16	
4.	Milan Bottenberg	Deltasteur	4:49.25	200900153	4:40.44
	50m: 30.93	30.93 150m:	250m:	350m:	
	100m: 1:05.21	34.28 200m: 2:16.79	300m:	400m: 4:40.44	
5.	Daequan Ramos	ZPC Hoogeveen 1	4:44.60	200901709	4:45.57
	50m: 29.75	29.75 150m:	250m:	350m:	
	100m: 1:03.52	33.77 200m: 2:15.61	300m:	400m: 4:45.57	
6.	Niek Endeman	Deltasteur	4:54.47	200902567	4:47.13
	50m: 32.39	32.39 150m:	250m:	350m:	
	100m: 1:07.53	35.14 200m: 2:20.91	300m:	400m: 4:47.13	
7.	Youp Stuifzand	Deltasteur	4:22.45	200800521	4:47.26
	50m: 29.55	29.55 150m:	250m:	350m:	
	100m: 1:04.02	34.47 200m: 2:16.70	300m:	400m: 4:47.26	
8.	Hessel Penninkhof	Deltasteur	4:50.40	200800565	4:50.14
	50m: 30.80	30.80 150m:	250m:	350m:	
	100m: 1:06.01	35.21 200m: 2:19.75	300m:	400m: 4:50.14	
9.	Mick Leferink	De Dinkel	5:04.81	200902227	4:52.92
	50m: 31.90	31.90 150m:	250m:	350m:	
	100m: 1:07.79	35.89 200m: 2:23.18	300m:	400m: 4:52.92	
10.	Gerjan Berends	ZPC Hoogeveen 1	4:40.15	200900169	4:55.48
	50m: 33.99	33.99 150m:	250m:	350m:	
	100m: 1:09.12	35.13 200m: 2:25.04	300m:	400m: 4:55.48	
11.	Matthijs Wierbos	ZPC Hoogeveen 1	5:05.22	200901965	5:03.83
	50m: 32.46	32.46 150m:	250m:	350m:	
	100m: 1:08.14	35.68 200m: 2:25.73	300m:	400m: 5:03.83	
12.	Timo Bottenberg	Deltasteur	5:18.75	200900151	5:18.13
	50m: 35.27	35.27 150m:	250m:	350m:	
	100m: 1:15.04	39.77 200m: 2:36.95	300m:	400m: 5:18.13	
13.	Simon Vahl	Deltasteur	5:12.09	200900161	5:19.50
	50m: 34.22	34.22 150m:	250m:	350m:	
	100m: 1:13.08	38.86 200m: 2:35.12	300m:	400m: 5:19.50	