

Nationale Zwemcompetitie Deel 1
Schijndel, 5-10-2025

Programmanr. 11
5-10-2025 - 14:55

Heren, 400m vrije slag

Senioren Open
Resultaten

rang	naam	vereniging	intijd	tijd	RT			
1.	Brian van Gennip	ZV Hydra	4:24.51	200003573	4:30.31			
	50m: 29.09	29.09	150m: 1:34.92	33.84	250m: 2:44.92	35.29	350m: 3:56.12	35.57
	100m: 1:01.08	31.99	200m: 2:09.63	34.71	300m: 3:20.55	35.63	400m: 4:30.31	34.19
2.	Max Rutten	ZV Hydra	4:59.84	200403619	4:57.16			
	50m: 32.71	32.71	150m: 1:45.59	37.63	250m: 3:02.24	38.15	350m: 4:19.75	38.32
	100m: 1:07.96	35.25	200m: 2:24.09	38.50	300m: 3:41.43	39.19	400m: 4:57.16	37.41
3.	Thijs van de Weijer	ZV Hydra	5:20.72	200701351	5:19.90			
	50m: 32.47	32.47	150m: 1:47.79	39.13	250m: 3:12.89	43.13	350m: 4:38.68	42.66
	100m: 1:08.66	36.19	200m: 2:29.76	41.97	300m: 3:56.02	43.13	400m: 5:19.90	41.22
4.	Niek Kouwenberg	ZV Hydra	5:16.42	198601715	5:21.29			
	50m: 32.16	32.16	150m: 1:50.17	40.72	250m: 3:14.81	42.58	350m: 4:40.69	42.58
	100m: 1:09.45	37.29	200m: 2:32.23	42.06	300m: 3:58.11	43.30	400m: 5:21.29	40.60
5.	Sjoerd Rooijackers	ZV Hydra	5:21.81	199805407	5:30.31			
	50m: 33.18	33.18	150m: 1:50.35	39.83	250m: 3:15.43	43.51	350m: 4:45.27	45.17
	100m: 1:10.52	37.34	200m: 2:31.92	41.57	300m: 4:00.10	44.67	400m: 5:30.31	45.04
6.	Wesley Sniijders	ZV Hydra	5:46.90	200403877	5:53.22			
	50m: 37.06	37.06	150m: 2:03.74	44.43	250m: 3:35.18	46.56	350m: 5:08.57	46.53
	100m: 1:19.31	42.25	200m: 2:48.62	44.88	300m: 4:22.04	46.86	400m: 5:53.22	44.65
7.	Dave Weijers	ZV Hydra	5:48.10	199603335	6:15.11			
	50m: 38.48	38.48	150m: 2:10.75	47.40	250m: 3:48.03	48.87	350m: 5:27.29	49.59
	100m: 1:23.35	44.87	200m: 2:59.16	48.41	300m: 4:37.70	49.67	400m: 6:15.11	47.82