



Regiokampioenschappen korte baan 2025
Nijmegen, 29/11 - 7/12/2025



Programmanr. 15
30/11/2025 - 15:00

Heren, 400m vrije slag

2014 en ouder
Resultaten

rang	naam	vereniging				intijd				tijd				RT
Onder 14														
1.	Tim Slagers	Aquapoldro				4:48.15		201200263		4:35.41				
	50m: 31.10	31.10	150m: 1:39.41	34.66	250m: 2:50.14	35.41	350m: 4:01.41	35.83						
	100m: 1:04.75	33.65	200m: 2:14.73	35.32	300m: 3:25.58	35.44	400m: 4:35.41	34.00						
2.	Guust Heijne	DWK				4:50.76		201202139		4:41.84				
	50m: 32.15	32.15	150m: 1:44.10	36.03	250m: 2:56.06	36.12	350m: 4:08.31	35.71						
	100m: 1:08.07	35.92	200m: 2:19.94	35.84	300m: 3:32.60	36.54	400m: 4:41.84	33.53						
3.	Rutger Donker *200	NDD				4:52.68		201200361		4:43.97				
	50m: 31.37	31.37	150m: 1:42.45	36.29	250m: 2:56.00	37.07	350m: 4:09.19	36.36						
	100m: 1:06.16	34.79	200m: 2:18.93	36.48	300m: 3:32.83	36.83	400m: 4:43.97	34.78						
4.	Pieter de Jonge	Aqua-Novio'94				5:04.32		201200211		4:53.73				
	50m: 31.65	31.65	150m: 1:44.88	37.18	250m: 3:00.42	38.05	350m: 4:16.57	38.09						
	100m: 1:07.70	36.05	200m: 2:22.37	37.49	300m: 3:38.48	38.06	400m: 4:53.73	37.16						
5.	Jesse Voet	Aqua-Novio'94				5:11.18		201300057		4:55.91				
	50m: 32.35	32.35	150m: 1:46.31	37.51	250m: 3:02.76	38.11	350m: 4:19.69	38.42						
	100m: 1:08.80	36.45	200m: 2:24.65	38.34	300m: 3:41.27	38.51	400m: 4:55.91	36.22						
6.	Stef van de Wal *200	DWK				5:09.64		201200803		5:07.74				
	50m: 32.80	32.80	150m: 1:48.78	38.60	250m: 3:08.42	39.79	350m: 4:28.92	39.96						
	100m: 1:10.18	37.38	200m: 2:28.63	39.85	300m: 3:48.96	40.54	400m: 5:07.74	38.82						
7.	Teije Baars	DWK				5:10.09		201300203		5:17.93				
	50m: 33.44	33.44	150m: 1:52.97	40.76	250m: 3:16.36	41.67	350m: 4:38.06	40.63						
	100m: 1:12.21	38.77	200m: 2:34.69	41.72	300m: 3:57.43	41.07	400m: 5:17.93	39.87						
8.	Thijn Eekhoff	CWW Swimteam				5:15.65		201300037		5:18.32				
	50m: 34.29	34.29	150m: 1:54.70	40.47	250m: 3:16.15	40.11	350m: 4:38.90	41.39						
	100m: 1:14.23	39.94	200m: 2:36.04	41.34	300m: 3:57.51	41.36	400m: 5:18.32	39.42						
9.	Tim Kaasschieter *400	DWK				5:50.43		201400965		5:29.94				
	50m: 37.36	37.36	150m: 1:59.92	41.61	250m: 3:24.01	42.32	350m: 4:48.65	42.35						
	100m: 1:18.31	40.95	200m: 2:41.69	41.77	300m: 4:06.30	42.29	400m: 5:29.94	41.29						
10.	Dinand Gerritsen	Batavia Swim				5:48.18		201300335		5:30.69				
	50m: 36.43	36.43	150m: 2:02.34	43.82	250m: 3:28.30	43.37	350m: 4:51.72	40.21						
	100m: 1:18.52	42.09	200m: 2:44.93	42.59	300m: 4:11.51	43.21	400m: 5:30.69	38.97						
11.	Julian van der Ende	CWW Swimteam				5:41.41		201300353		5:34.68				
	50m: 37.09	37.09	150m: 2:01.47	42.93	250m: 3:28.79	43.55	350m: 4:54.00	41.81						
	100m: 1:18.54	41.45	200m: 2:45.24	43.77	300m: 4:12.19	43.40	400m: 5:34.68	40.68						
12.	Teun Gulikers	Aqua-Novio'94				5:46.68		201201501		5:37.33				
	50m: 37.23	37.23	150m: 2:01.68	42.05	250m: 3:30.16	44.44	350m: 4:55.68	42.21						
	100m: 1:19.63	42.40	200m: 2:45.72	44.04	300m: 4:13.47	43.31	400m: 5:37.33	41.65						
13.	Moreno Broenink	Batavia Swim				5:58.49		201300941		5:43.56				
	50m: 38.43	38.43	150m: 2:06.15	44.83	250m: 3:35.03	45.19	350m: 5:02.82	43.37						
	100m: 1:21.32	42.89	200m: 2:49.84	43.69	300m: 4:19.45	44.42	400m: 5:43.56	40.74						
14.	Brayden Onstwedder	Batavia Swim				6:15.25		201400395		5:49.41				
	50m: 38.29	38.29	150m: 2:06.37	44.46	250m: 3:37.23	45.12	350m: 5:05.34	43.65						
	100m: 1:21.91	43.62	200m: 2:52.11	45.74	300m: 4:21.69	44.46	400m: 5:49.41	44.07						
15.	Tim Regtering	ENC Arnhem				6:31.84		201400289		5:52.00				
	50m: 39.95	39.95	150m: 2:08.41	44.55	250m: 3:38.36	44.98	350m: 5:09.59	44.54						
	100m: 1:23.86	43.91	200m: 2:53.38	44.97	300m: 4:25.05	46.69	400m: 5:52.00	42.41						
16.	Ward Ferweda *100	Aquapoldro				5:55.07		201202959		5:52.83				
	50m: 35.36	35.36	150m: 1:59.62	42.94	250m: 3:26.54	44.24	350m: 4:53.58	42.96						
	100m: 1:16.68	41.32	200m: 2:42.30	42.68	300m: 4:10.62	44.08	400m: 5:52.83	59.25						
17.	Maurits Nagelvoort *50 *100 *200	DWK				5:54.18		201200519		5:57.41				
	50m: 37.62	37.62	150m: 2:06.32	45.61	250m: 3:36.25	45.04	350m: 5:03.51	42.61						
	100m: 1:20.71	43.09	200m: 2:51.21	44.89	300m: 4:20.90	44.65	400m: 5:57.41	53.90						
18.	Casper Nelissen	ZPC Livo				6:40.57		201300109		6:02.07				
	50m: 37.48	37.48	150m: 2:08.46	46.10	250m: 3:42.92	47.10	350m: 5:17.07	45.94						
	100m: 1:22.36	44.88	200m: 2:55.82	47.36	300m: 4:31.13	48.21	400m: 6:02.07	45.00						



Regiokampioenschappen korte baan 2025
Nijmegen, 29/11 - 7/12/2025



Programmanr. 15, Jongens, 400m vrije slag, Onder 14

rang	naam	vereniging		intijd		tijd		RT	
19.	Luca Leerentveld *200	ZV Overbetuwe		6:05.12		201200299		6:04.84	
	50m: 37.79	37.79	150m: 2:08.43	46.38	250m: 3:43.51	48.01	350m: 5:20.18	47.66	
	100m: 1:22.05	44.26	200m: 2:55.50	47.07	300m: 4:32.52	49.01	400m: 6:04.84	44.66	
20.	Finn Kiekebelt *100 *200	TZ&PC Proteus		6:25.75		201301247		6:05.27	
	50m: 39.38	39.38	150m: 2:11.64	46.73	250m: 3:45.40	46.57	350m: 5:20.15	48.29	
	100m: 1:24.91	45.53	200m: 2:58.83	47.19	300m: 4:31.86	46.46	400m: 6:05.27	45.12	
21.	Matthijs de Vries *50 *200	De Rijn		6:30.63		201202097		6:06.04	
	50m: 38.78	38.78	150m: 2:09.78	46.94	250m: 3:44.96	47.79	350m: 5:20.30	46.75	
	100m: 1:22.84	44.06	200m: 2:57.17	47.39	300m: 4:33.55	48.59	400m: 6:06.04	45.74	
22.	David van der Linden *50 *100 *200	RZC		6:20.45		201300067		6:07.03	
	50m: 41.24	41.24	150m: 2:15.34	47.69	250m: 3:49.15	46.89	350m: 5:23.71	47.16	
	100m: 1:27.65	46.41	200m: 3:02.26	46.92	300m: 4:36.55	47.40	400m: 6:07.03	43.32	
23.	Ralph Kersten	Aqua-Novio'94		6:23.60		201301263		6:15.54	
	50m: 40.59	40.59	150m: 2:12.69	46.77	250m: 3:50.61	49.02	350m: 5:28.31	48.26	
	100m: 1:25.92	45.33	200m: 3:01.59	48.90	300m: 4:40.05	49.44	400m: 6:15.54	47.23	
24.	Jannick Versluis	Olympia		6:19.70		201200117		6:23.16	
	50m: 43.93	43.93	150m: 2:22.62	49.64	250m: 4:01.87	49.80	350m: 5:38.65	47.73	
	100m: 1:32.98	49.05	200m: 3:12.07	49.45	300m: 4:50.92	49.05	400m: 6:23.16	44.51	
25.	Toby Beekhuis *50 *100 *200	SG Octopus - ZVV		6:24.41		201401069		6:28.45	
	50m: 43.96	43.96	150m: 2:19.75	48.96	250m: 4:01.19	50.30	350m: 5:41.69	49.57	
	100m: 1:30.79	46.83	200m: 3:10.89	51.14	300m: 4:52.12	50.93	400m: 6:28.45	46.76	
AFGEM	Julian Brouwer	De IJsselmeeuwen		6:38.94		201301573			

Onder 16

1.	Sven Potappel	DWK		4:27.56		201000127		4:23.35	
	50m: 29.31	29.31	150m: 1:35.92	33.73	250m: 2:43.14	33.18	350m: 3:50.20	33.55	
	100m: 1:02.19	32.88	200m: 2:09.96	34.04	300m: 3:16.65	33.51	400m: 4:23.35	33.15	
2.	Daniël Hofman	SG Octopus - ZVV		4:42.67		201000417		4:37.10	
	50m: 30.61	30.61	150m: 1:41.58	35.74	250m: 2:53.34	35.38	350m: 4:04.04	34.90	
	100m: 1:05.84	35.23	200m: 2:17.96	36.38	300m: 3:29.14	35.80	400m: 4:37.10	33.06	
3.	Ehor Poznyak *50 *200	Aqua-Novio'94		4:51.11		201003501		4:48.71	
	50m: 33.21	33.21	150m: 1:44.47	35.91	250m: 2:58.19	37.34	350m: 4:13.14	37.44	
	100m: 1:08.56	35.35	200m: 2:20.85	36.38	300m: 3:35.70	37.51	400m: 4:48.71	35.57	
4.	Jesse Jolink	ENC Arnhem		4:59.25		201000401		4:54.14	
	50m: 32.01	32.01	150m: 1:44.36	36.69	250m: 2:59.37	37.95	350m: 4:17.90	39.60	
	100m: 1:07.67	35.66	200m: 2:21.42	37.06	300m: 3:38.30	38.93	400m: 4:54.14	36.24	
5.	Robby Pisters *50 *200	RZC		5:04.39		201000101		4:54.45	
	50m: 31.39	31.39	150m: 1:46.90	38.20	250m: 3:02.93	37.99	350m: 4:19.51	38.32	
	100m: 1:08.70	37.31	200m: 2:24.94	38.04	300m: 3:41.19	38.26	400m: 4:54.45	34.94	
6.	Retief van Gasteren	Olympia		4:59.06		201000067		4:59.95	
	50m: 31.99	31.99	150m: 1:44.17	37.00	250m: 3:00.87	38.70	350m: 4:20.57	40.04	
	100m: 1:07.17	35.18	200m: 2:22.17	38.00	300m: 3:40.53	39.66	400m: 4:59.95	39.38	
7.	Tim Claassens *200	ZV Zaltbommel		5:22.07		201001303		5:05.73	
	50m: 32.46	32.46	150m: 1:48.01	38.55	250m: 3:08.28	40.71	350m: 4:29.12	39.76	
	100m: 1:09.46	37.00	200m: 2:27.57	39.56	300m: 3:49.36	41.08	400m: 5:05.73	36.61	
8.	Itamar Rogovsky	Aqua-Novio'94		5:09.29		201003955		5:05.74	
	50m: 32.73	32.73	150m: 1:46.64	37.73	250m: 3:04.32	39.08	350m: 4:25.17	40.83	
	100m: 1:08.91	36.18	200m: 2:25.24	38.60	300m: 3:44.34	40.02	400m: 5:05.74	40.57	
9.	Tim Wentink *50 *200	NDD		5:28.73		201102577		5:25.57	
	50m: 34.92	34.92	150m: 1:55.00	41.13	250m: 3:18.72	42.51	350m: 4:44.60	42.87	
	100m: 1:13.87	38.95	200m: 2:36.21	41.21	300m: 4:01.73	43.01	400m: 5:25.57	40.97	



Regiokampioenschappen korte baan 2025
Nijmegen, 29/11 - 7/12/2025



Programmanr. 15, Jongens, 400m vrije slag, Onder 16

rang	naam	vereniging		intijd		tijd		RT	
10.	Lukas van Veen *50 *100 *200	Flevo		5:21.49		201002395		5:25.61	
	50m: 33.04	33.04	150m: 1:54.31	42.19	250m: 3:19.70	43.08	350m: 4:46.04	43.40	
	100m: 1:12.12	39.08	200m: 2:36.62	42.31	300m: 4:02.64	42.94	400m: 5:25.61	39.57	
11.	Aurel Starink	NDD		5:32.32		201100793		5:26.00	
	50m: 35.42	35.42	150m: 1:55.97	41.35	250m: 3:20.40	42.58	350m: 4:46.68	43.34	
	100m: 1:14.62	39.20	200m: 2:37.82	41.85	300m: 4:03.34	42.94	400m: 5:26.00	39.32	
12.	Mikai ten Haaff	ZPC Livo		5:43.23		201001365		5:28.64	
	50m: 32.94	32.94	150m: 1:51.65	40.53	250m: 3:18.97	44.68	350m: 4:47.61	44.51	
	100m: 1:11.12	38.18	200m: 2:34.29	42.64	300m: 4:03.10	44.13	400m: 5:28.64	41.03	
13.	Nathan Wilkens *100	De Rijn		5:32.48		201100591		5:29.40	
	50m: 35.39	35.39	150m: 1:57.02	42.07	250m: 3:22.99	43.23	350m: 4:49.66	43.75	
	100m: 1:14.95	39.56	200m: 2:39.76	42.74	300m: 4:05.91	42.92	400m: 5:29.40	39.74	
14.	Stan Roerdink	ZPC Livo		5:44.38		201001811		5:35.65	
	50m: 35.00	35.00	150m: 1:57.00	42.27	250m: 3:26.16	44.77	350m: 4:56.00	45.25	
	100m: 1:14.73	39.73	200m: 2:41.39	44.39	300m: 4:10.75	44.59	400m: 5:35.65	39.65	
15.	Fedde Beekers *50 *100 *200	SG Wijchen-Gelenberg		5:36.30		201001721		5:36.42	
	50m: 35.13	35.13	150m: 1:56.53	42.03	250m: 3:24.55	44.22	350m: 4:56.01	45.81	
	100m: 1:14.50	39.37	200m: 2:40.33	43.80	300m: 4:10.20	45.65	400m: 5:36.42	40.41	
16.	Sytze Andrea *50 *200	De Rijn		5:38.16		201000261		5:43.43	
	50m: 33.90	33.90	150m: 1:57.38	43.44	250m: 3:27.96	45.63	350m: 5:00.54	45.99	
	100m: 1:13.94	40.04	200m: 2:42.33	44.95	300m: 4:14.55	46.59	400m: 5:43.43	42.89	
17.	Tino Groothuys	CWW Swimteam		6:01.80		201102833		5:50.04	
	50m: 38.21	38.21	150m: 2:05.72	43.83	250m: 3:36.14	45.32	350m: 5:09.02	47.98	
	100m: 1:21.89	43.68	200m: 2:50.82	45.10	300m: 4:21.04	44.90	400m: 5:50.04	41.02	
18.	Safouan el Boustati	ZV De Meer		6:13.18		201101539		6:04.60	
	50m: 38.74	38.74	150m: 2:12.53	47.77	250m: 3:50.93	48.22	350m: 5:24.41	43.52	
	100m: 1:24.76	46.02	200m: 3:02.71	50.18	300m: 4:40.89	49.96	400m: 6:04.60	40.19	
19.	Tygo Spaan *50 *200	ZV Overbetuwe		6:11.19		201100605		6:09.87	
	50m: 38.56	38.56	150m: 2:09.14	46.00	250m: 3:44.69	48.61	350m: 5:22.75	49.21	
	100m: 1:23.14	44.58	200m: 2:56.08	46.94	300m: 4:33.54	48.85	400m: 6:09.87	47.12	
NG	Morris Opgenoort	CWW Swimteam		5:30.76		201001143			

Onder 18

1.	Rian Schoneveld	De Berkelduikers		4:08.62		200801789		4:10.62	
	50m: 27.26	27.26	150m: 1:29.72	31.58	250m: 2:34.28	32.24	350m: 3:38.96	32.38	
	100m: 58.14	30.88	200m: 2:02.04	32.32	300m: 3:06.58	32.30	400m: 4:10.62	31.66	
2.	Wessel van Dorst	Aqua-Novio'94		4:20.19		200900727		4:18.15	
	50m: 28.47	28.47	150m: 1:32.79	32.63	250m: 2:38.84	32.85	350m: 3:46.30	34.05	
	100m: 1:00.16	31.69	200m: 2:05.99	33.20	300m: 3:12.25	33.41	400m: 4:18.15	31.85	
3.	Timo Berghuis	DWK		4:24.03		200801991		4:21.02	
	50m: 28.68	28.68	150m: 1:34.16	33.26	250m: 2:41.64	33.51	350m: 3:48.36	33.18	
	100m: 1:00.90	32.22	200m: 2:08.13	33.97	300m: 3:15.18	33.54	400m: 4:21.02	32.66	
4.	Jelle van Mullekom	RZC		4:25.33		200801267		4:24.67	
	50m: 28.10	28.10	150m: 1:33.88	33.74	250m: 2:43.33	34.60	350m: 3:52.63	35.12	
	100m: 1:00.14	32.04	200m: 2:08.73	34.85	300m: 3:17.51	34.18	400m: 4:24.67	32.04	
5.	Mink Hugen *50 *200	Aqua-Novio'94		4:29.11		200801391		4:29.25	
	50m: 29.37	29.37	150m: 1:35.93	33.95	250m: 2:45.53	34.95	350m: 3:55.23	35.06	
	100m: 1:01.98	32.61	200m: 2:10.58	34.65	300m: 3:20.17	34.64	400m: 4:29.25	34.02	
6.	Jelmer Kruijt	Olympia		4:49.43		200900525		4:38.30	
	50m: 30.10	30.10	150m: 1:39.08	34.86	250m: 2:50.81	35.79	350m: 4:04.75	37.07	
	100m: 1:04.22	34.12	200m: 2:15.02	35.94	300m: 3:27.68	36.87	400m: 4:38.30	33.55	
7.	Levi Simonse	De Vrije Slag		4:43.79		200900259		4:38.51	
	50m: 31.42	31.42	150m: 1:43.64	36.63	250m: 2:57.51	36.85	350m: 4:06.64	34.56	
	100m: 1:07.01	35.59	200m: 2:20.66	37.02	300m: 3:32.08	34.57	400m: 4:38.51	31.87	
8.	Siem Faber	Batavia Swim		4:51.24		200900065		4:41.87	
	50m: 30.99	30.99	150m: 1:42.26	35.78	250m: 2:55.04	36.42	350m: 4:07.77	36.41	
	100m: 1:06.48	35.49	200m: 2:18.62	36.36	300m: 3:31.36	36.32	400m: 4:41.87	34.10	



Regiokampioenschappen korte baan 2025 Nijmegen, 29/11 - 7/12/2025



Programmanr. 15, Jongens, 400m vrije slag, Onder 18

rang	naam	vereniging	intijd				tijd				RT	
9.	Damiän van den Anker *50	RZC	4:50.13				200802079				4:51.48	
	50m:	32.16	32.16	150m:	1:43.68	36.33	250m:	2:58.40	37.37	350m:	4:14.15	38.05
	100m:	1:07.35	35.19	200m:	2:21.03	37.35	300m:	3:36.10	37.70	400m:	4:51.48	37.33

Onder 20

1.	Léon van Grevenbroek	CWW Swimteam			4:22.62	200601323		4:23.44					
		50m:	29.08	29.08	150m:	1:35.03	33.25	250m:	2:42.18	33.59	350m:	3:50.25	33.99
		100m:	1:01.78	32.70	200m:	2:08.59	33.56	300m:	3:16.26	34.08	400m:	4:23.44	33.19
2.	Jochem Lemmens	SG Wijchen-Gelenberg			4:32.21	200601923		4:27.88					
		50m:	29.45	29.45	150m:	1:35.70	33.80	250m:	2:44.80	34.80	350m:	3:54.82	34.95
		100m:	1:01.90	32.45	200m:	2:10.00	34.30	300m:	3:19.87	35.07	400m:	4:27.88	33.06
3.	Kaj Folkerts	De Rijn			4:34.13	200700067		4:37.21					
		50m:	30.37	30.37	150m:	1:39.68	35.12	250m:	2:51.13	35.69	350m:	4:04.23	36.59
		100m:	1:04.56	34.19	200m:	2:15.44	35.76	300m:	3:27.64	36.51	400m:	4:37.21	32.98
4.	Dominik Ayala Palenik	Aqua-Novio'94			4:42.23	200604485		4:37.97					
		50m:	30.25	30.25	150m:	1:38.48	34.74	250m:	2:50.64	36.66	350m:	4:03.49	35.77
		100m:	1:03.74	33.49	200m:	2:13.98	35.50	300m:	3:27.72	37.08	400m:	4:37.97	34.48
5.	Tim Looijen	Wahoo Swimming			4:51.65	200700325		4:48.93					
		50m:	32.53	32.53	150m:	1:42.77	35.59	250m:	2:56.32	37.15	350m:	4:12.18	38.15
		100m:	1:07.18	34.65	200m:	2:19.17	36.40	300m:	3:34.03	37.71	400m:	4:48.93	36.75

20 en ouder

1.	Mike Schel *100 *400	ENC Arnhem	4:22.07	199403279	4:18.13	
	50m: 28.12 100m: 59.95	28.12 31.83 150m: 200m: 1:32.92 2:05.74	32.97 32.82 250m: 300m: 2:38.64 3:12.16	32.90 33.52 350m: 400m: 3:45.83 4:18.13	33.67 32.30	
2.	Martijn Velders	Aqua-Novio'94	4:25.97	199502619	4:19.72	
	50m: 29.30 100m: 1:01.89	29.30 32.59 150m: 200m: 1:35.08 2:08.71	33.19 33.63 250m: 300m: 2:41.80 3:14.69	33.09 32.89 350m: 400m: 3:47.57 4:19.72	32.88 32.15	
3.	Bas Neeleman	RZC	4:45.49	199603015	4:35.57	
	50m: 30.00 100m: 1:03.95	30.00 33.95 150m: 200m: 1:37.98 2:13.31	34.03 35.33 250m: 300m: 2:48.68 3:24.63	35.37 35.95 350m: 400m: 4:00.68 4:35.57	36.05 34.89	
4.	Tim de Vrugt	ENC Arnhem	4:37.70	199306719	4:37.13	
	50m: 29.92 100m: 1:03.28	29.92 33.36 150m: 200m: 1:38.04 2:13.88	34.76 35.84 250m: 300m: 2:50.22 3:26.67	36.34 36.45 350m: 400m: 4:03.24 4:37.13	36.57 33.89	
5.	Gerrit Rochat	RZC	4:39.82	200500393	4:43.07	
	50m: 30.78 100m: 1:05.18	30.78 34.40 150m: 200m: 1:39.97 2:16.12	34.79 36.15 250m: 300m: 2:52.90 3:29.96	36.78 37.06 350m: 400m: 4:06.90 4:43.07	36.94 36.17	
6.	Jeroen Louwinger	De Rijn	4:38.85	199900583	4:43.61	
	50m: 31.11 100m: 1:05.95	31.11 34.84 150m: 200m: 1:42.91 2:18.58	36.96 35.67 250m: 300m: 2:54.68 3:31.65	36.10 36.97 350m: 400m: 4:08.16 4:43.61	36.51 35.45	
7.	Lars Jacobsen *200	DWK	4:40.35	199705453	S14	4:44.74 655
	50m: 30.50 100m: 1:04.63	30.50 34.13 150m: 200m: 1:39.91 2:16.37	35.28 36.46 250m: 300m: 2:53.24 3:30.49	36.87 37.25 350m: 400m: 4:07.73 4:44.74	37.24 37.01	
8.	Alex Vermeulen	Aquapoldro	4:45.51	198905811	4:46.96	
	50m: 31.56 100m: 1:07.26	31.56 35.70 150m: 200m: 1:44.13 2:21.41	36.87 37.28 250m: 300m: 2:57.88 3:34.48	36.47 36.60 350m: 400m: 4:10.79 4:46.96	36.31 36.17	
9.	Richard van der Horst	ZV De Meer	4:49.60	199700179	4:47.24	
	50m: 32.40 100m: 1:08.46	32.40 36.06 150m: 200m: 1:44.95 2:21.74	36.49 36.79 250m: 300m: 2:58.17 3:34.36	36.43 36.19 350m: 400m: 4:10.57 4:47.24	36.21 36.67	
10.	Cassian Janssen	RZC	4:52.17	200500331	5:01.98	
	50m: 30.81 100m: 1:07.05	30.81 36.24 150m: 200m: 1:45.84 2:25.56	38.79 39.72 250m: 300m: 3:03.64 3:42.87	38.08 39.23 350m: 400m: 4:22.82 5:01.98	39.95 39.16	
11.	Jesse Bruines	Batavia Swim	5:27.10	200402413	S8	5:34.19 491
	50m: 37.10 100m: 1:18.83	37.10 41.73 150m: 200m: 2:01.95 2:44.16	43.12 42.21 250m: 300m: 3:28.02 4:11.45	43.86 43.43 350m: 400m: 4:54.98 5:34.19	43.53 39.21	
AFGEM	Marten Straatsma	TZ&PC Proteus	4:49.47	200104449		
NG	Diederick Schothans	SG Wijchen-Gelenberg	4:36.39	199703185		
NG	Jeffrey Camphens	Aqua-Novio'94	4:30.63	199503113		



Regiokampioenschappen korte baan 2025
Nijmegen, 29/11 - 7/12/2025



Programmanr. 15, Heren, 400m vrije slag

Para

1.	Lars Jacobsen	DWK		4:40.35		199705453	S14	4:44.74		655		
	*200											
	50m:	30.50	30.50	150m:	1:39.91	35.28	250m:	2:53.24	36.87	350m:	4:07.73	37.24
	100m:	1:04.63	34.13	200m:	2:16.37	36.46	300m:	3:30.49	37.25	400m:	4:44.74	37.01
2.	Jesse Bruines	Batavia Swim		5:27.10		200402413	S8	5:34.19		491		
	50m:	37.10	37.10	150m:	2:01.95	43.12	250m:	3:28.02	43.86	350m:	4:54.98	43.53
	100m:	1:18.83	41.73	200m:	2:44.16	42.21	300m:	4:11.45	43.43	400m:	5:34.19	39.21