

Limietwedstrijd LB voorjaar 2026 deel 3  
Amersfoort, 29-3-2026

Programmanr. 16  
29-3-2026 - 16:18

Heren, 400m vrije slag

Senioren Open  
Resultaten

rang	naam	vereniging	intijd	tijd	RT
1.	Roan van der Stege	Swol 1894	4:37.84	200900107	4:36.24 +0,73
	50m: 31.79	31.79 150m: 1:41.41	35.05	250m: 2:51.68	34.58 350m: 4:02.46
	100m: 1:06.36	34.57 200m: 2:17.10	35.69	300m: 3:27.40	35.72 400m: 4:36.24
2.	Maarten Dijs	GoSwim	4:50.48	201000135	4:45.65 +0,79
	50m: 31.15	31.15 150m: 1:42.70	36.01	250m: 2:56.06	36.59 350m: 4:11.56
	100m: 1:06.69	35.54 200m: 2:19.47	36.77	300m: 3:34.27	38.21 400m: 4:45.65
3.	Levi Hesse	ZV De Zaan	5:03.42	201100145	4:45.89 +0,77
	50m: 31.85	31.85 150m: 1:45.74	37.65	250m: 2:59.61	36.87 350m: 4:12.87
	100m: 1:08.09	36.24 200m: 2:22.74	37.00	300m: 3:36.14	36.53 400m: 4:45.89
4.	Bram Kulpe	Z&PV de Veene	4:41.50	200900329	4:47.15 +0,69
	50m: 31.17	31.17 150m: 1:43.86	36.79	250m: 2:57.88	37.30 350m: 4:11.54
	100m: 1:07.07	35.90 200m: 2:20.58	36.72	300m: 3:34.88	37.00 400m: 4:47.15
5.	David van Oosterom	IJsselmeer	5:28.24	200900551	5:15.26 * +0,79
	50m: 32.82	32.82 150m: 1:50.22	39.22	250m: 3:14.12	42.48 350m: 4:36.47
	100m: 1:11.00	38.18 200m: 2:31.64	41.42	300m: 3:56.84	42.72 400m: 5:15.26
6.	Dirk Rietman 250m, 350m	Swol 1894	5:23.76	201300131	5:22.56 * +0,65
	50m: 33.33	33.33 150m: 1:55.04	41.59	250m: 3:18.57	41.84 350m: 4:43.31
	100m: 1:13.45	40.12 200m: 2:36.73	41.69	300m: 4:01.20	42.63 400m: 5:22.56
7.	Bram Stolk	Oceanus	5:32.47	201100547	5:24.97 +0,86
	50m: 35.78	35.78 150m: 1:58.47	41.60	250m: 3:21.87	41.56 350m: 4:45.45
	100m: 1:16.87	41.09 200m: 2:40.31	41.84	300m: 4:04.21	42.34 400m: 5:24.97
8.	Charles Araysa	Zwemlust- den Hommel	5:24.89	201201155	5:26.34 * +0,63
	50m: 34.49	34.49 150m: 1:55.38	41.54	250m: 3:19.24	42.29 350m: 4:45.53
	100m: 1:13.84	39.35 200m: 2:36.95	41.57	300m: 4:02.34	43.10 400m: 5:26.34
9.	Jesse Bruines	Batavia Swim	5:30.85	200402413	5:29.25 +0,74 384
	50m: 35.27	35.27 150m: 1:57.40	41.70	250m: 3:23.51	43.40 350m: 4:50.13
	100m: 1:15.70	40.43 200m: 2:40.11	42.71	300m: 4:06.93	43.42 400m: 5:29.25
10.	Julian Vos	Swol 1894	6:11.77	201300003	6:02.72 +0,90
	50m: 39.59	39.59 150m: 2:13.21	48.41	250m: 3:48.99	48.80 350m: 5:20.54
	100m: 1:24.80	45.21 200m: 3:00.19	46.98	300m: 4:36.78	47.79 400m: 6:02.72
11.	Robin van den Berg 250m	Swol 1894	7:01.05	201200355	6:03.69 * +0,68
	50m: 38.59	38.59 150m: 2:13.13	47.72	250m: 3:48.41	46.49 350m: 5:22.60
	100m: 1:25.41	46.82 200m: 3:01.92	48.79	300m: 4:37.70	49.29 400m: 6:03.69