



Limietwedstrijd lange baan deel 2  
Nijmegen, 28-2-2026



Programmanr. 2  
28-2-2026 - 14:14

Heren, 400m vrije slag

10 jaar en ouder  
Resultaten

rang	naam	vereniging	intijd	tijd	RT
1.	Wessel van Dorst	Aqua-Novio'94	4:28.63	200900727	<b>4:30.06</b>
	50m: 1:01.59	150m: 2:10.56	250m: 350m:	400m: 4:30.06	
	100m:	200m:	300m:		
2.	Thijs van Kints	BZ&PC	4:50.51	201101059	<b>4:48.14</b>
	50m: 1:06.68	150m: 2:20.42	250m: 350m:	400m: 4:48.14	
	100m:	200m:	300m:		
3.	Levi Simonse	De Vrije Slag	4:38.51	200900259	<b>4:50.11</b>
	50m: 1:06.46	150m: 2:22.01	250m: 350m:	400m: 4:50.11	
	100m:	200m:	300m:		
4.	Tim de Vrugt	ENC Arnhem	4:44.82	199306719	<b>4:51.82</b>
	50m: 1:06.91	150m: 2:21.52	250m: 350m:	400m: 4:51.82	
	100m:	200m:	300m:		
5.	Sven Doezen	Rz	4:44.53	200400403	<b>4:59.50</b>
	50m: 1:10.24	150m: 2:26.47	250m: 350m:	400m: 4:59.50	
	100m:	200m:	300m:		
6.	Brian Blankespoor	De Vrije Slag	5:09.66	200801133	<b>5:01.64</b>
	50m: 1:08.19	150m: 2:25.71	250m: 350m:	400m: 5:01.64	
	100m:	200m:	300m:		
7.	Luuk Hoogland	Daw	5:19.04	201200939	<b>5:21.80</b>
	50m: 1:16.44	150m: 2:39.65	250m: 350m:	400m: 5:21.80	
	100m:	200m:	300m:		
8.	Jelle Stevens	ZWK Merlet	5:39.25	201200393	<b>5:25.01</b>
	50m: 1:18.51	150m: 2:44.81	250m: 350m:	400m: 5:25.01	
	100m:	200m:	300m:		
9.	Djayden van Dooren	ZWK Merlet	5:30.62	201201361	<b>5:26.26</b>
	50m: 1:15.87	150m: 2:38.76	250m: 350m:	400m: 5:26.26	
	100m:	200m:	300m:		
10.	Mylan Hermsen	ZWK Merlet	5:12.26	201002711	<b>5:28.23</b>
	50m: 1:17.68	150m: 2:43.70	250m: 350m:	400m: 5:28.23	
	100m:	200m:	300m:		
11.	Gido van Dijk	SG Patrick - De Roersoppers	5:11.67	201100341	<b>5:33.20</b>
	50m: 1:17.74	150m: 2:44.27	250m: 350m:	400m: 5:33.20	
	100m:	200m:	300m:		
12.	Boris Hekker	Aqua-Novio'94	5:55.65	201400647	<b>5:40.53</b> FJ 1
	50m: 1:17.57	150m: 2:45.11	250m: 350m:	400m: 5:40.53	
	100m:	200m:	300m:		
13.	Djivano van Dooren	ZWK Merlet	5:46.77	201003533	<b>5:40.53</b> FJ 2
	50m: 1:18.42	150m: 2:46.47	250m: 350m:	400m: 5:40.53	
	100m:	200m:	300m:		
14.	Teun Gulikers	Aqua-Novio'94	5:37.33	201201501	<b>5:41.11</b>
	50m: 1:17.88	150m: 2:42.79	250m: 350m:	400m: 5:41.11	
	100m:	200m:	300m:		
15.	Devano Weijers	ZWK Merlet	5:43.25	201100921	<b>5:42.74</b>
	50m: 1:19.89	150m: 2:50.17	250m: 350m:	400m: 5:42.74	
	100m:	200m:	300m:		
16.	Colin Jacobs	HZPC	6:03.51	201100071	<b>5:49.39</b>
	50m: 1:23.02	150m: 2:53.08	250m: 350m:	400m: 5:49.39	
	100m:	200m:	300m:		
17.	Jesper Jansen	Aqua-Novio'94	NT	201300759	<b>5:53.76</b>
	50m: 1:23.64	150m: 2:54.49	250m: 350m:	400m: 5:53.76	
	100m:	200m:	300m:		
18.	Corné Rots	ENC Arnhem	NT	201300963	<b>6:10.27</b>
	50m: 1:32.05	150m: 3:09.42	250m: 350m:	400m: 6:10.27	
	100m:	200m:	300m:		
19.	Erwin Snip	ENC Arnhem	6:13.19	197001555	<b>6:14.59</b>
	50m: 1:28.74	150m: 3:04.81	250m: 350m:	400m: 6:14.59	
	100m:	200m:	300m:		