

2e Internationaal PaasYtoernooi
Amsterdam, 4- - 5-4-2026

Programmanr. 15
4-4-2026 - 15:34

Heren, 400m vrije slag

2015 en ouder
Resultaten

rang	naam	vereniging	intijd	tijd	RT
Gebjr 2014 - 2015					
1.	Kirill Shirvanov	Blue Marlins	NT	201400587	5:18.99 +0,64 -
	50m: 37.36	37.36 150m: 1:58.58	40.51	250m: 3:17.92	39.38 350m: 4:40.94
	100m: 1:18.07	40.71 200m: 2:38.54	39.96	300m: 3:59.48	41.56 400m: 5:18.99
2.	Mattis Bisschop	De Dolfijn	6:15.20	201400517	5:58.49 +0,7110%
	50m: 38.93	38.93 150m: 2:11.92	47.28	250m: 3:44.52	46.27 350m: 5:17.33
	100m: 1:24.64	45.71 200m: 2:58.25	46.33	300m: 4:30.90	46.38 400m: 5:58.49
3.	Guus van Wingerden	Blue Marlins	6:07.38	201500119	6:03.83 +0,4102%
	50m: 40.24	40.24 150m: 2:13.83	47.26	250m: 3:47.50	46.85 350m: 5:20.18
	100m: 1:26.57	46.33 200m: 3:00.65	46.82	300m: 4:34.04	46.54 400m: 6:03.83
4.	Valentijn Harms	De Dolfijn	7:19.64	201400577	6:57.78 111%
	50m: 44.32	44.32 150m: 2:28.73	53.02	250m: 4:19.23	55.42 350m: 6:06.46
	100m: 1:35.71	51.39 200m: 3:23.81	55.08	300m: 5:14.42	55.19 400m: 6:57.78
Gebjr 2012 - 2013					
1.	Fred Couvreur	Hoogstraten Zwemteam	4:44.90	HOZT/11060/12	4:40.00 +0,7104%
	50m: 31.58	31.58 150m: 1:42.03	35.94	250m: 2:53.22	35.42 350m: 4:04.81
	100m: 1:06.09	34.51 200m: 2:17.80	35.77	300m: 3:29.22	36.00 400m: 4:40.00
2.	Jesper Witteveen	De Meeuwen Diemen	5:59.53	201200129	5:30.36 +0,6118%
	50m: 35.02	35.02 150m: 1:57.06	42.13	250m: 3:22.20	42.10 350m: 4:48.93
	100m: 1:14.93	39.91 200m: 2:40.10	43.04	300m: 4:05.87	43.67 400m: 5:30.36
3.	Brend Duijvestijn	Blue Marlins	7:05.09	201301929	5:51.06 +0,7147%
	50m: 38.85	38.85 150m: 2:07.03	44.66	250m: 3:37.44	44.31 350m: 5:09.97
	100m: 1:22.37	43.52 200m: 2:53.13	46.10	300m: 4:25.74	48.30 400m: 5:51.06
Gebjr 2010 - 2011					
1.	Lev Rudman	Blue Marlins	4:41.52	201102343	4:36.72 +0,7103%
	50m: 30.87	30.87 150m: 1:40.89	35.74	250m: 2:51.82	35.16 350m: 4:02.10
	100m: 1:05.15	34.28 200m: 2:16.66	35.77	300m: 3:27.26	35.44 400m: 4:36.72
2.	Lard Keustermans	Hoogstraten Zwemteam	4:47.48	HOZT/11054/11	4:46.51 +0,7101%
	50m: 31.06	31.06 150m: 1:42.88	35.64	250m: 2:56.36	36.63 350m: 4:10.02
	100m: 1:07.24	36.18 200m: 2:19.73	36.85	300m: 3:33.12	36.76 400m: 4:46.51
AFGEM	Hamza Rafaan	Blue Marlins	5:29.87	201003527	-
Gebjr 2008 - 2009					
1.	Sven Mulder	Wvz	4:27.22	200901655	4:25.78 +0,7101%
	50m: 27.89	27.89 150m: 1:32.62	33.50	250m: 2:41.54	34.66 350m: 3:52.12
	100m: 59.12	31.23 200m: 2:06.88	34.26	300m: 3:16.34	34.80 400m: 4:25.78
2.	Daniël Schraven	Het Y	5:04.46	200903767	4:48.82 +0,7111%
	50m: 32.66	32.66 150m: 1:43.97	36.23	250m: 2:57.98	37.36 350m: 4:13.72
	100m: 1:07.74	35.08 200m: 2:20.62	36.65	300m: 3:35.60	37.62 400m: 4:48.82
3.	Max Komijn	De Meeuwen Diemen	6:50.52	200901371	5:01.52 +0,7185%
	50m: 34.01	34.01 150m: 1:51.35	39.36	250m: 3:09.69	39.58 350m: 4:26.61
	100m: 1:11.99	37.98 200m: 2:30.11	38.76	300m: 3:48.30	38.61 400m: 5:01.52