

Limietwedstrijd deel 3
Hengelo, 28/3/2026

Programmanr. 2
28/3/2026 - 13:55

Heren, 400m vrije slag

11 jaar en ouder
Resultaten

rang	naam	vereniging	intijd	tijd	RT
1.	Jort Siebelt	O Z & P C	4:25.43	200700083	4:20.45
	50m: 28.96	28.96 150m: 1:33.66	32.95 250m: 2:40.48	33.33	350m: 3:48.15
	100m: 1:00.71	31.75 200m: 2:07.15	33.49 300m: 3:14.26	33.78	400m: 4:20.45
33.89					32.30
2.	Teun van Weeren	O Z & P C	4:28.36	200801145	4:30.64
	50m: 30.12	30.12 150m: 1:36.77	33.67 250m: 2:46.13	34.62	350m: 3:56.16
	100m: 1:03.10	32.98 200m: 2:11.51	34.74 300m: 3:21.35	35.22	400m: 4:30.64
34.81					34.48
3.	Luuk Ruinemans	De Dinkel	4:20.57	200301085	4:31.57
	50m: 28.77	28.77 150m: 1:34.37	33.39 250m: 2:44.08	35.15	350m: 3:55.86
	100m: 1:00.98	32.21 200m: 2:08.93	34.56 300m: 3:19.87	35.79	400m: 4:31.57
35.99					35.71
4.	Bjorn Scholten	WS Twente	4:19.91	200801143	4:31.70
	50m: 30.97	30.97 150m: 1:39.56	34.79 250m: 2:49.92	35.11	350m: 3:59.10
	100m: 1:04.77	33.80 200m: 2:14.81	35.25 300m: 3:24.27	34.35	400m: 4:31.70
34.83					32.60
5.	Rafaël Agterbos	O Z & P C	4:21.96	201000171	4:40.65
	50m: 31.02	31.02 150m: 1:40.71	35.29 250m: 2:53.00	35.76	350m: 4:05.31
	100m: 1:05.42	34.40 200m: 2:17.24	36.53 300m: 3:29.75	36.75	400m: 4:40.65
35.56					35.34
6.	Stan Nijhuis	O Z & P C	4:33.64	201100191	4:44.65
	50m: 30.69	30.69 150m: 1:41.86	36.23 250m: 2:55.23	36.81	350m: 4:08.08
	100m: 1:05.63	34.94 200m: 2:18.42	36.56 300m: 3:31.54	36.31	400m: 4:44.65
36.54					36.57
7.	Milan Bottenberg	Deltasteur	4:40.44	200900153	4:45.69
	50m: 30.58	30.58 150m: 1:42.34	36.34 250m: 2:56.02	36.43	350m: 4:09.56
	100m: 1:06.00	35.42 200m: 2:19.59	37.25 300m: 3:32.92	36.90	400m: 4:45.69
36.64					36.13
8.	Gijs Nooter	Dedemsvaart-AC	5:23.39	201000725	4:50.41
	50m: 30.99	30.99 150m: 1:45.68	38.00 250m: 3:01.90	37.79	350m: 4:17.04
	100m: 1:07.68	36.69 200m: 2:24.11	38.43 300m: 3:40.35	38.45	400m: 4:50.41
36.69					33.37
9.	Dewin Volker	O Z & P C	4:39.57	201101935	4:52.32
	50m: 30.95	30.95 150m: 1:41.93	36.32 250m: 2:57.20	37.86	350m: 4:14.32
	100m: 1:05.61	34.66 200m: 2:19.34	37.41 300m: 3:35.96	38.76	400m: 4:52.32
38.36					38.00
10.	Ruben Overbeek	ZPV Piranha	4:53.87	200502887	4:59.43
	50m: 32.32	32.32 150m: 1:46.57	37.63 250m: 3:03.59	38.42	350m: 4:21.44
	100m: 1:08.94	36.62 200m: 2:25.17	38.60 300m: 3:42.76	39.17	400m: 4:59.43
38.68					37.99
11.	Mick Leferink	De Dinkel	5:15.81	200902227	5:01.41
	50m: 32.50	32.50 150m: 1:48.58	38.96 250m: 3:07.63	39.66	350m: 4:26.30
	100m: 1:09.62	37.12 200m: 2:27.97	39.39 300m: 3:47.01	39.38	400m: 5:01.41
39.29					35.11
12.	Roan Dijkstra	Dedemsvaart-AC	5:26.88	201002791	5:02.08
	50m: 32.49	32.49 150m: 1:48.52	38.83 250m: 3:07.06	39.25	350m: 4:25.27
	100m: 1:09.69	37.20 200m: 2:27.81	39.29 300m: 3:46.44	39.38	400m: 5:02.08
38.83					36.81
13.	Marcel Reefhuis	WS Twente	4:57.83	198101381	5:05.16
	50m: 33.49	33.49 150m: 1:49.25	38.41 250m: 3:06.64	38.83	350m: 4:26.06
	100m: 1:10.84	37.35 200m: 2:27.81	38.56 300m: 3:46.26	39.62	400m: 5:05.16
39.80					39.10
14.	Mats van der Kamp	Deltasteur	4:55.18	201200113	5:08.46
	50m: 34.68	34.68 150m: 1:53.17	39.32 250m: 3:12.35	39.73	350m: 4:30.18
	100m: 1:13.85	39.17 200m: 2:32.62	39.45 300m: 3:50.67	38.32	400m: 5:08.46
39.51					38.28
15.	Timo Bottenberg	Deltasteur	5:15.96	200900151	5:16.25
	50m: 35.36	35.36 150m: 1:56.93	41.14 250m: 3:17.94	40.55	350m: 4:37.91
	100m: 1:15.79	40.43 200m: 2:37.39	40.46 300m: 3:58.91	40.97	400m: 5:16.25
39.00					38.34
16.	Jens Rikhof	De Dinkel	5:28.21	201001239	5:25.72
	50m: 33.01	33.01 150m: 1:55.22	43.10 250m: 3:19.79	42.04	350m: 4:44.66
	100m: 1:12.12	39.11 200m: 2:37.75	42.53 300m: 4:01.58	41.79	400m: 5:25.72
43.08					41.06