

Limietwedstrijd KB
Kampen, 2-5-2026

Programmanr. 1
2-5-2026 - 16:30

Heren, 400m vrije slag

11 jaar en ouder
Resultaten

rang	naam	vereniging	intijd	tijd	RT
1.	Juan Cruz Slappendel	Orca Leeuwarden	4:13.30	200903053	4:12.03
	50m: 26.85	26.85 150m:		250m:	350m:
	100m: 58.28	31.43 200m: 2:03.09		300m:	400m: 4:12.03
2.	Matthijs van Velzen	Deltasteur	4:23.73	201100435	4:22.57
	50m: 27.85	27.85 150m:		250m:	350m:
	100m: 59.75	31.90 200m: 2:07.07		300m:	400m: 4:22.57
3.	Ruben Nooter	Dedemsvaart-AC	4:27.59	200901577	4:25.75
	50m: 27.74	27.74 150m:		250m:	350m:
	100m: 1:00.05	32.31 200m: 2:08.35		300m:	400m: 4:25.75
4.	Milan Bottenberg	Deltasteur	4:40.44	200900153	4:33.17
	50m: 29.37	29.37 150m:		250m:	350m:
	100m: 1:02.98	33.61 200m: 2:12.61		300m:	400m: 4:33.17
5.	Edwin Kanis	Deltasteur	4:40.02	200200505	4:34.97
	50m: 29.62	29.62 150m:		250m:	350m:
	100m: 1:02.57	32.95 200m: 2:11.08		300m:	400m: 4:34.97
6.	Milan Eikenaar	Swol 1894	4:43.49	201100599	4:35.81
	50m: 29.43	29.43 150m:		250m:	350m:
	100m: 1:03.12	33.69 200m: 2:13.73		300m:	400m: 4:35.81
7.	Dirk Hoogeveen	Dedemsvaart-AC	4:48.45	200702595	4:40.63
	50m: 29.40	29.40 150m:		250m:	350m:
	100m: 1:03.75	34.35 200m: 2:16.86		300m:	400m: 4:40.63
8.	Daan Vinke	Deltasteur	4:47.12	201001039	4:41.72
	50m: 30.52	30.52 150m:		250m:	350m:
	100m: 1:05.84	35.32 200m: 2:18.50		300m:	400m: 4:41.72
9.	Rinse de Jonge	De Grunte	4:42.68	200900705	4:44.67
	50m: 30.29	30.29 150m:		250m:	350m:
	100m: 1:04.09	33.80 200m: 2:16.47		300m:	400m: 4:44.67
10.	Rick Zuurman	ZPC Hoogeveen	4:40.36	200900049	4:44.69
	50m: 29.79	29.79 150m:		250m:	350m:
	100m: 1:03.73	33.94 200m: 2:15.39		300m:	400m: 4:44.69
11.	Maarten de Leeuw	Deltasteur	4:56.34	201200241	4:49.00
	50m: 32.46	32.46 150m:		250m:	350m:
	100m: 1:09.44	36.98 200m: 2:24.70		300m:	400m: 4:49.00
12.	Lucas Vos	Swol 1894	4:58.48	201300005	5:06.13
	50m: 32.50	32.50 150m:		250m:	350m:
	100m: 1:09.51	37.01 200m: 2:27.59		300m:	400m: 5:06.13
13.	Timo Bottenberg	Deltasteur	5:15.96	200900151	5:07.49
	50m: 33.99	33.99 150m:		250m:	350m:
	100m: 1:13.08	39.09 200m: 2:32.64		300m:	400m: 5:07.49
14.	Jurre de Jonge	De Grunte	5:23.81	201300791	5:23.21
	50m: 35.23	35.23 150m:		250m:	350m:
	100m: 1:14.62	39.39 200m: 2:35.81		300m:	400m: 5:23.21
15.	Thomas Boersma	ZPC Hoogeveen	5:34.49	201300833	5:36.09
	50m: 37.45	37.45 150m:		250m:	350m:
	100m: 1:19.63	42.18 200m: 2:45.03		300m:	400m: 5:36.09
16.	Julian Vos	Swol 1894	6:11.77	201300003	5:43.21
	50m: 39.45	39.45 150m:		250m:	350m:
	100m: 1:23.22	43.77 200m: 2:51.15		300m:	400m: 5:43.21
17.	Feike van Riesen	Dedemsvaart-AC	5:37.65	201200503	5:46.39
	50m: 36.72	36.72 150m:		250m:	350m:
	100m: 1:19.92	43.20 200m: 2:48.66		300m:	400m: 5:46.39