

Utrechtse Zomerkampioenschappen 2026 Weekend 1
Amersfoort, 16- - 17-5-2026

Programmanr. 3
16-5-2026 - 14:40

Heren, 400m vrije slag

Senioren Open
Resultaten

rang	naam	vereniging	intijd	tijd	RT
Onder 14					
1.	Felipe Kerkhoff	ZPC AMERSFOORT	4:42.13	201202625	4:42.00 +0,67
	50m: 31.58	31.58 150m: 1:43.33	36.05	250m: 2:55.26	36.12
	100m: 1:07.28	35.70 200m: 2:19.06	35.73	300m: 3:31.69	34.19
			36.20	350m: 4:07.81	36.12
			36.43	400m: 4:42.00	34.19
2.	Jayden Korndewal	ZPC AMERSFOORT	4:55.74	201200015	5:00.67 +0,74
	50m: 32.97	32.97 150m: 1:47.99	38.49	250m: 3:05.64	38.37
	100m: 1:09.50	36.53 200m: 2:27.27	39.28	300m: 3:45.51	39.87
			38.37	350m: 4:23.82	38.27
			39.87	400m: 5:00.67	36.85
3.	Maxime Buzepol	De Zwoer	5:13.09	201300139	5:04.29 +0,76
	50m: 34.80	34.80 150m: 1:52.18	39.30	250m: 3:10.99	38.83
	100m: 1:12.88	38.08 200m: 2:32.16	39.98	300m: 3:50.23	39.24
			38.83	350m: 4:28.50	38.27
			39.24	400m: 5:04.29	35.79
4.	Nouh Karman	Zwemlust-den Hommel	5:09.06	201201383	5:07.02 +0,77
	50m: 32.96	32.96 150m: 1:48.35	38.54	250m: 3:08.11	39.90
	100m: 1:09.81	36.85 200m: 2:28.21	39.86	300m: 3:49.26	41.15
			38.54	350m: 4:28.65	39.39
			41.15	400m: 5:07.02	38.37
5.	Charles Araysa	Zwemlust-den Hommel	5:14.27	201201155	5:12.68 +0,69
	50m: 34.08	34.08 150m: 1:52.12	39.53	250m: 3:11.99	39.83
	100m: 1:12.59	38.51 200m: 2:32.16	40.04	300m: 3:52.69	40.70
			39.83	350m: 4:33.22	40.53
			40.70	400m: 5:12.68	39.46
6.	Jonathan Nusteen	Zwemclub Zeist	5:36.44	201202129	5:14.42 +0,69
	50m: 35.78	35.78 150m: 1:54.37	39.17	250m: 3:14.41	39.46
	100m: 1:15.20	39.42 200m: 2:34.95	40.58	300m: 3:54.47	40.06
			39.46	350m: 4:34.05	39.58
			40.06	400m: 5:14.42	40.37
7.	Milan Metz	ZPC AMERSFOORT	4:59.53	201300045	5:15.47 +0,64
	50m: 34.41	34.41 150m: 1:53.56	40.26	250m: 3:14.63	40.61
	100m: 1:13.30	38.89 200m: 2:34.02	40.46	300m: 3:55.69	41.06
			40.61	350m: 4:36.08	40.39
			41.06	400m: 5:15.47	39.39
8.	Deem Vink	VZC	5:04.14	201202353	5:21.30 * +0,74
	50m: 34.47	34.47 150m: 1:52.94	40.46	250m: 3:15.69	41.58
	100m: 1:12.48	38.01 200m: 2:34.11	41.17	300m: 3:58.37	42.68
			41.58	350m: 4:40.26	41.89
			42.68	400m: 5:21.30	41.04
9.	Dex Barends	ZPC AMERSFOORT	5:36.20	201300265	5:28.32 +0,83
	50m: 35.94	35.94 150m: 1:58.18	41.84	250m: 3:22.59	42.94
	100m: 1:16.34	40.40 200m: 2:39.65	41.47	300m: 4:06.38	43.79
			41.84	350m: 4:46.90	40.52
			43.79	400m: 5:28.32	41.42
10.	Daan van Meerveld	ZPC AMERSFOORT	5:22.80	201200785	5:30.67 +0,64
	50m: 35.78	35.78 150m: 1:57.93	42.14	250m: 3:23.98	43.52
	100m: 1:15.79	40.01 200m: 2:40.46	42.53	300m: 4:07.30	43.32
			42.14	350m: 4:40.73	43.43
			43.32	400m: 5:30.67	39.94
11.	Erik Hovhannisyan	VZC	5:30.72	201201355	5:46.78 +0,63
	50m: 37.07	37.07 150m: 2:03.85	44.42	250m: 3:33.07	45.13
	100m: 1:19.43	42.36 200m: 2:47.94	44.09	300m: 4:18.49	45.42
			44.42	350m: 5:03.85	45.36
			45.42	400m: 5:46.78	42.93
12.	Matthiar Nap	VZC	5:35.51	201300269	6:02.32 +0,88
	50m: 38.34	38.34 150m: 2:06.62	44.83	250m: 3:39.83	47.00
	100m: 1:21.79	43.45 200m: 2:52.83	46.21	300m: 4:28.06	48.23
			44.83	350m: 5:15.88	47.82
			48.23	400m: 6:02.32	46.44

AFGEM Guust Heijne ZPC AMERSFOORT 4:41.84 201202139

Onder 16

1.	Abel op den Velde	De Duinkickers	4:27.62	201000079	4:19.98 +0,72
	50m: 28.09	28.09 150m: 1:33.15	33.16	250m: 2:39.77	33.53
	100m: 59.99	31.90 200m: 2:06.24	33.09	300m: 3:13.56	33.79
			33.53	350m: 3:47.53	33.97
			33.79	400m: 4:19.98	32.45
2.	Mees de Vries	Zwemlust-den Hommel	4:45.53	201001151	4:24.47 +0,74
	50m: 29.18	29.18 150m: 1:35.61	33.50	250m: 2:43.23	33.88
	100m: 1:02.11	32.93 200m: 2:09.35	33.74	300m: 3:17.13	33.90
			33.50	350m: 3:51.60	34.47
			33.90	400m: 4:24.47	32.87
3.	Douwe Enzerink	ZPC AMERSFOORT	4:21.07	201102657	4:33.66 +0,68
	50m: 29.37	29.37 150m: 1:37.74	34.56	250m: 2:48.42	35.56
	100m: 1:03.18	33.81 200m: 2:12.86	35.12	300m: 3:23.97	35.55
			34.56	350m: 3:59.36	35.39
			35.55	400m: 4:33.66	34.30
4.	Quinten Hofman	Zwemlust-den Hommel	4:52.83	201000955	4:47.19 +0,84
	50m: 30.90	30.90 150m: 1:42.38	36.79	250m: 2:57.55	37.79
	100m: 1:05.59	34.69 200m: 2:19.76	37.38	300m: 3:35.38	37.83
			36.79	350m: 4:12.36	36.98
			37.83	400m: 4:47.19	34.83
5.	Gwee Bokma	Zwemlust-den Hommel	5:00.25	201002259	4:48.71 * +0,74
	50m: 30.87	30.87 150m: 1:42.98	36.76	250m: 2:57.62	37.18
	100m: 1:06.22	35.35 200m: 2:20.44	37.46	300m: 3:35.49	37.87
			36.76	350m: 4:12.79	37.30
			37.87	400m: 4:48.71	35.92
6.	Maarten Dijns	GoSwim	4:34.17	201000135	4:50.49 +0,77
	50m: 31.10	31.10 150m: 1:43.57	37.38	250m: 2:59.41	37.84
	100m: 1:06.19	35.09 200m: 2:21.57	38.00	300m: 3:37.93	38.52
			37.38	350m: 4:15.88	37.95
			38.52	400m: 4:50.49	34.61
7.	Evan Havenaar	VZC	4:50.46	201102101	4:58.81 +0,87
	50m: 31.62	31.62 150m: 1:45.59	37.55	250m: 3:03.27	38.98
	100m: 1:08.04	36.42 200m: 2:24.29	38.70	300m: 3:42.62	39.35
			37.55	350m: 4:20.89	38.27
			39.35	400m: 4:58.81	37.92
8.	Pim Rijken	Zwemlust-den Hommel	5:06.95	201002927	5:02.80 +0,76
	50m: 32.65	32.65 150m: 1:47.63	38.35	250m: 3:06.90	39.99
	100m: 1:09.28	36.63 200m: 2:26.91	39.28	300m: 3:46.49	39.59
			38.35	350m: 4:25.51	39.02
			39.59	400m: 5:02.80	37.29

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Programmanr. 3, Jongens, 400m vrije slag, Onder 16

rang	naam	vereniging	intijd		tijd	RT
9.	Jasper Cox	ZPC AMERSFOORT	4:49.23	201003589	5:06.17	+0,72
	50m: 31.85	31.85 150m: 1:47.22	38.87	250m: 3:06.85	39.61	350m: 4:26.85
	100m: 1:08.35	36.50 200m: 2:27.24	40.02	300m: 3:46.86	40.01	400m: 5:06.17
10.	Lars Sturkenboom	Zwemlust-den Hommel	5:22.05	201103253	5:12.26	+0,74
	50m: 33.30	33.30 150m: 1:51.60	40.21	250m: 3:13.34	40.82	350m: 4:34.94
	100m: 1:11.39	38.09 200m: 2:32.52	40.92	300m: 3:54.41	41.07	400m: 5:12.26
11.	Thijs Hoogeveen	ZPC Woerden	4:52.90	201100503	5:12.84	+0,82
	50m: 31.79	31.79 150m: 1:46.31	38.23	250m: 3:06.76	40.58	350m: 4:30.90
	100m: 1:08.08	36.29 200m: 2:26.18	39.87	300m: 3:48.78	42.02	400m: 5:12.84
12.	Lucas Stevens	ZPC Woerden	5:07.44	201003477	5:18.88	+0,68
	50m: 33.99	33.99 150m: 1:53.51	39.70	250m: 3:15.88	41.71	350m: 4:38.56
	100m: 1:13.81	39.82 200m: 2:34.17	40.66	300m: 3:57.29	41.41	400m: 5:18.88
AFGEM	Bink Elgersma	Zwemlust-den Hommel	4:27.89	201000137		

Onder 18

1.	Milan Veelders	ZPC AMERSFOORT	4:04.02	200800279	4:15.66	+0,70
	50m: 28.46	28.46 150m: 1:30.94	31.47	250m: 2:35.49	32.45	350m: 3:42.13
	100m: 59.47	31.01 200m: 2:03.04	32.10	300m: 3:08.32	32.83	400m: 4:15.66
2.	Brent Schiffers	ZPC Woerden	4:30.66	200902041	4:34.02	+0,71
	50m: 28.52	28.52 150m: 1:34.13	33.77	250m: 2:44.20	36.04	350m: 3:57.59
	100m: 1:00.36	31.84 200m: 2:08.16	34.03	300m: 3:20.95	36.75	400m: 4:34.02
3.	Hessel Wachter	Zwemclub Zeist	5:09.76	200903337	4:56.62	+0,79
	50m: 32.49	32.49 150m: 1:46.16	37.28	250m: 3:03.32	38.47	350m: 4:20.25
	100m: 1:08.88	36.39 200m: 2:24.85	38.69	300m: 3:42.25	38.93	400m: 4:56.62
4.	Wesley Korndewal	ZPC AMERSFOORT	4:58.02	200900405	4:56.81	+0,87
	50m: 30.96	30.96 150m: 1:44.01	37.71	250m: 3:01.51	38.90	350m: 4:19.95
	100m: 1:06.30	35.34 200m: 2:22.61	38.60	300m: 3:40.79	39.28	400m: 4:56.81

18 en ouder

1.	Austin Namesnik	ZPC AMERSFOORT	3:47.37	200101817	4:00.17	+0,59
	50m: 27.06	27.06 150m: 1:27.64	30.76	250m: 2:29.62	31.15	350m: 3:31.06
	100m: 56.88	29.82 200m: 1:58.47	30.83	300m: 3:00.81	31.19	400m: 4:00.17
2.	Youri Voet	ZPC AMERSFOORT	3:54.29	200502269	4:02.22	+0,66
	50m: 27.62	27.62 150m: 1:27.20	30.17	250m: 2:28.96	30.95	350m: 3:32.10
	100m: 57.03	29.41 200m: 1:58.01	30.81	300m: 3:00.62	31.66	400m: 4:02.22
3.	Jelle Blankestijn	ZPC AMERSFOORT	4:29.02	199803737	4:36.19	+0,73
	50m: 29.62	29.62 150m: 1:37.96	34.65	250m: 2:48.77	35.75	350m: 4:01.09
	100m: 1:03.31	33.69 200m: 2:13.02	35.06	300m: 3:24.80	36.03	400m: 4:36.19
4.	Fayssal Lantema	Zwemlust-den Hommel	4:33.84	200101379	4:45.89	+0,77
	50m: 31.04	31.04 150m: 1:41.82	36.04	250m: 2:54.81	36.42	350m: 4:09.78
	100m: 1:05.78	34.74 200m: 2:18.39	36.57	300m: 3:32.38	37.57	400m: 4:45.89