



Programmanr. 2
25-4-2026 - 14:25

Heren, 400m vrije slag

10 jaar en ouder
Resultaten

rang	naam	vereniging	intijd	tijd	RT
1.	Matthijs van Velzen	Deltasteur	4:23.73	201100435	4:37.94
	50m: 1:02.76	150m: 2:14.57	250m: 3:26.52	350m: 4:37.94	
	100m: 1:02.76	200m: 2:14.57	300m: 3:26.52	400m: 4:37.94	
2.	Tim de Vrugt	ENC Arnhem	4:44.82	199306719	4:50.11
	50m: 1:06.43	150m: 2:20.50	250m: 3:35.94	350m: 4:50.11	
	100m: 1:06.43	200m: 2:20.50	300m: 3:35.94	400m: 4:50.11	
3.	Daan Vinke	Deltasteur	4:47.12	201001039	4:55.83
	50m: 1:08.93	150m: 2:25.19	250m: 3:40.89	350m: 4:55.83	
	100m: 1:08.93	200m: 2:25.19	300m: 3:40.89	400m: 4:55.83	
4.	Jelle Postma	De Duinkickers	5:06.69	201000559	4:57.76
	50m: 1:09.75	150m: 2:25.66	250m: 3:42.60	350m: 4:57.76	
	100m: 1:09.75	200m: 2:25.66	300m: 3:42.60	400m: 4:57.76	
5.	Bram Engelen	Hellas-Glana	4:51.25	201300421	5:02.46
	50m: 1:10.47	150m: 2:29.92	250m: 3:48.25	350m: 5:02.46	
	100m: 1:10.47	200m: 2:29.92	300m: 3:48.25	400m: 5:02.46	
6.	Milan van den Berg	SWOL 1894	5:00.42	201100253	5:13.26
	50m: 1:11.49	150m: 2:31.79	250m: 3:53.00	350m: 5:13.26	
	100m: 1:11.49	200m: 2:31.79	300m: 3:53.00	400m: 5:13.26	
7.	Dinand Gerritsen	Batavia Swim	6:03.11	201300335	5:24.36
	50m: 1:18.10	150m: 2:42.87	250m: 4:06.94	350m: 5:24.36	
	100m: 1:18.10	200m: 2:42.87	300m: 4:06.94	400m: 5:24.36	
8.	Sebastiaan van Dijk	MZ&PC Maastricht	5:50.00	201202591	5:35.93
	50m:	150m:	250m:	350m:	
	100m:	200m:	300m:	400m: 5:35.93	
9.	Paul van Daalen	De Blauwe Schuur	5:33.73	198100331	5:36.23
	50m: 1:15.75	150m: 2:41.90	250m: 4:10.63	350m: 5:36.23	
	100m: 1:15.75	200m: 2:41.90	300m: 4:10.63	400m: 5:36.23	
10.	Luc Boogaard	Deltasteur	5:24.43	201300259	5:39.27
	50m: 1:16.99	150m: 2:45.35	250m: 4:14.79	350m: 5:39.27	
	100m: 1:16.99	200m: 2:45.35	300m: 4:14.79	400m: 5:39.27	
11.	Yaroslav Lytvynenko	VZC	5:42.01	201102573	5:41.80
	50m: 1:15.54	150m: 2:43.84	250m: 4:15.42	350m: 5:41.80	
	100m: 1:15.54	200m: 2:43.84	300m: 4:15.42	400m: 5:41.80	
12.	Julian van der Ende	CWW	5:34.68	201300353	5:45.19
	50m: 1:21.88	150m: 2:51.19	250m: 4:21.41	350m: 5:45.19	
	100m: 1:21.88	200m: 2:51.19	300m: 4:21.41	400m: 5:45.19	
13.	Moos Schurink	HZPC	5:48.78	201300829	5:56.20
	50m: 1:22.41	150m: 2:53.75	250m: 4:25.85	350m: 5:56.20	
	100m: 1:22.41	200m: 2:53.75	300m: 4:25.85	400m: 5:56.20	
14.	Jesper Jansen	Aqua-Novio'94	5:53.76	201300759	5:57.89
	50m: 1:23.98	150m: 2:57.29	250m: 4:30.04	350m: 5:57.89	
	100m: 1:23.98	200m: 2:57.29	300m: 4:30.04	400m: 5:57.89	
15.	Moreno Broenink	Batavia Swim	6:07.91	201300941	5:59.36
	50m: 1:25.13	150m: 2:57.23	250m: 4:30.29	350m: 5:59.36	
	100m: 1:25.13	200m: 2:57.23	300m: 4:30.29	400m: 5:59.36	
16.	Mattis Bisschop	De Dolfijn	5:58.49	201400517	6:21.69
	50m: 1:29.89	150m: 3:07.74	250m: 4:47.11	350m: 6:21.69	
	100m: 1:29.89	200m: 3:07.74	300m: 4:47.11	400m: 6:21.69	