Programmanr. 8 — Heren, 400m vrije slag — Senioren Open
29/11/2025 - 15:35 — Resultaten

rang	naam	vereniging	intijd						tijd	RT
Onder 14										
1.	Adrian Janse van Rensburg	De Treffers	4:46.31	201202261					**4:45.65**	+0,76
	50m: 32.13	32.13	150m: 1:43.18	35.82	250m: 2:56.36	36.46	350m: 4:09.13	36.68		
	100m: 1:07.36	35.23	200m: 2:19.90	36.72	300m: 3:32.45	36.09	400m: 4:45.65	36.52		
2.	Jaro Hermans	PSV	4:50.59	201200173					**4:51.16**	+0,75
	50m: 32.55	32.55	150m: 1:44.89	36.37	250m: 2:59.27	37.44	350m: 4:14.70	37.54		
	100m: 1:08.52	35.97	200m: 2:21.83	36.94	300m: 3:37.16	37.89	400m: 4:51.16	36.46		
3.	Celestin van der Beek	PSV	5:06.97	201201183					**5:02.41**	+0,75
	50m: 34.02	34.02	150m: 1:51.25	38.84	250m: 3:08.42	38.51	350m: 4:26.03	38.09		
	100m: 1:12.41	38.39	200m: 2:29.91	38.66	300m: 3:47.94	39.52	400m: 5:02.41	36.38		
4.	Michael Simons	PSV	5:12.87	201200025					**5:03.80**	+0,69
	50m: 34.25	34.25	150m: 1:53.15	39.99	250m: 3:11.13	38.91	350m: 4:27.77	38.83		
	100m: 1:13.16	38.91	200m: 2:32.22	39.07	300m: 3:48.94	37.81	400m: 5:03.80	36.03		
5.	Wessel Vis	De Treffers	5:06.13	201201273					**5:04.19**	+0,83
	50m: 33.96	33.96	150m: 1:52.38	40.13	250m: 3:11.05	39.15	350m: 4:28.12	38.80		
	100m: 1:12.25	38.29	200m: 2:31.90	39.52	300m: 3:49.32	38.27	400m: 5:04.19	36.07		
6.	Rens Bouwmans	Dzt'62	5:17.38	201301389					**5:15.76**	+0,68
	50m: 34.96	34.96	150m: 1:56.46	40.15	250m: 3:18.86	41.63	350m: 4:38.73	39.19		
	100m: 1:16.31	41.35	200m: 2:37.23	40.77	300m: 3:59.54	40.68	400m: 5:15.76	37.03		
7.	Miguel Kuijken	PSV	5:23.90	201300251					**5:23.91**	+0,74
	50m: 36.44	36.44	150m: 1:58.52	41.00	250m: 3:23.04	42.72	350m: 4:45.58	41.35		
	100m: 1:17.52	41.08	200m: 2:40.32	41.80	300m: 4:04.23	41.19	400m: 5:23.91	38.33		
8.	Jelle Stevens	ZWK Merlet	5:32.08	201200393					**5:25.11**	+0,86
	50m: 36.20	36.20	150m: 1:58.27	41.15	250m: 3:22.59	42.36	350m: 4:46.68	42.45		
	100m: 1:17.12	40.92	200m: 2:40.23	41.96	300m: 4:04.23	41.64	400m: 5:25.11	38.43		
9.	Djayden van Dooren	ZWK Merlet	5:33.30	201201361					**5:36.85**	+0,70
	50m: 37.48	37.48	150m: 1:59.56	40.82	250m: 3:21.56	41.01	350m: 4:40.52	38.18		
	100m: 1:18.74	41.26	200m: 2:40.55	40.99	300m: 4:02.34	40.78	400m: 5:36.85	56.33		
10.	Mishael Dirawi Rawi	PSV	5:32.80	201202263					**5:43.28**	+0,78
	50m: 37.34	37.34	150m: 2:03.52	44.03	250m: 3:33.48	44.66	350m: 5:03.02	44.32		
	100m: 1:19.49	42.15	200m: 2:48.82	45.30	300m: 4:18.70	45.22	400m: 5:43.28	40.26		
11.	Yaro de Vries	ZWK Merlet	5:38.29	201200115					**5:44.12**	+0,90
	50m: 37.92	37.92	150m: 2:06.52	44.47	250m: 3:35.67	44.70	350m: 5:06.26	44.85		
	100m: 1:22.05	44.13	200m: 2:50.97	44.45	300m: 4:21.41	45.74	400m: 5:44.12	37.86		
Onder 16										
1.	Thijmen Pruijssers	Hieronymus	4:22.91	201000129					**4:25.38**	+0,66
	50m: 29.54	29.54	150m: 1:36.35	33.90	250m: 2:43.93	33.78	350m: 3:52.59	34.51		
	100m: 1:02.45	32.91	200m: 2:10.15	33.80	300m: 3:18.08	34.15	400m: 4:25.38	32.79		
2.	Thijn Runia	Dzt'62	4:30.04	201000895					**4:31.13**	+0,82
	50m: 30.04	30.04	150m: 1:38.41	34.33	250m: 2:48.38	35.20	350m: 3:57.90	34.74		
	100m: 1:04.08	34.04	200m: 2:13.18	34.77	300m: 3:23.16	34.78	400m: 4:31.13	33.23		
3.	Berat Baykal	PSV	4:39.04	201003507					**4:33.44**	+0,73
	50m: 30.46	30.46	150m: 1:38.67	34.50	250m: 2:48.93	35.39	350m: 3:58.40	35.11		
	100m: 1:04.17	33.71	200m: 2:13.54	34.87	300m: 3:23.29	34.36	400m: 4:33.44	35.04		
4.	Ian Timmermans	PSV	4:46.29	201004001					**4:41.48**	+0,66
	50m: 31.49	31.49	150m: 1:41.97	35.30	250m: 2:55.54	37.28	350m: 4:08.68	35.97		
	100m: 1:06.67	35.18	200m: 2:18.26	36.29	300m: 3:32.71	37.17	400m: 4:41.48	32.80		
5.	Tijn van den Berkmortel	Zegenwerp	4:58.01	201102579					**4:51.21**	+0,91
	50m: 33.02	33.02	150m: 1:46.04	37.01	250m: 3:01.21	37.69	350m: 4:15.55	36.93		
	100m: 1:09.03	36.01	200m: 2:23.52	37.48	300m: 3:38.62	37.41	400m: 4:51.21	35.66		
6.	Sjoerd van Zwienen	O.Z. & P.C. De Warande	4:57.79	201102195					**4:56.92**	+0,79
	50m: 31.72	31.72	150m: 1:45.05	37.41	250m: 3:00.54	37.72	350m: 4:19.06	39.59		
	100m: 1:07.64	35.92	200m: 2:22.82	37.77	300m: 3:39.47	38.93	400m: 4:56.92	37.86		
7.	Ben Konings	Sbc2000	4:58.40	201002835					**4:58.15**	+0,75
	50m: 32.89	32.89	150m: 1:47.50	37.95	250m: 3:03.88	38.04	350m: 4:21.07	38.64		
	100m: 1:09.55	36.66	200m: 2:25.84	38.34	300m: 3:42.43	38.55	400m: 4:58.15	37.08		

Programmanr. 8, Jongens, 400m vrije slag, Onder 16

rang	naam	vereniging	intijd		tijd	RT
8.	Siem Kuijsters	O.Z. & P.C. De Warande	4:59.20	201100449	**5:04.60**	
	50m: 33.12	33.12 150m: 1:49.08	38.67	250m: 3:07.91 39.48	350m: 4:27.90	39.31
	100m: 1:10.41	37.29 200m: 2:28.43	39.35	300m: 3:48.59 40.68	400m: 5:04.60	36.70
9.	Mylan Hermsen	ZWK Merlet	5:12.26	201002711	**5:17.46**	+0,68
	50m: 36.24	36.24 150m: 1:59.18	42.14	250m: 3:21.82 41.34	350m: 4:40.89	38.72
	100m: 1:17.04	40.80 200m: 2:40.48	41.30	300m: 4:02.17 40.35	400m: 5:17.46	36.57
10.	Collin van der Ham	Waalwijkse Zwem Vereniging	5:03.51	201000877	**5:17.62**	+0,74
	50m: 34.66	34.66 150m: 1:56.74	41.80	250m: 3:20.01 41.56	350m: 4:41.39	40.06
	100m: 1:14.94	40.28 200m: 2:38.45	41.71	300m: 4:01.33 41.32	400m: 5:17.62	36.23
11.	Elliot van Ruth	PSV	5:10.42	201102347	**5:18.22**	+1,23
	50m: 36.29	36.29 150m: 1:58.19	41.50	250m: 3:20.10 40.48	350m: 4:41.18	40.62
	100m: 1:16.69	40.40 200m: 2:39.62	41.43	300m: 4:00.56 40.46	400m: 5:18.22	37.04

Onder 18

1.	Martijn Nies	PSV	3:56.88	200902095	**4:02.38**	+0,73
	50m: 26.49	26.49 150m: 1:26.22	30.41	250m: 2:28.56 31.26	350m: 3:31.02	30.49
	100m: 55.81	29.32 200m: 1:57.30	31.08	300m: 3:00.53 31.97	400m: 4:02.38	31.36
2.	Jelle van den Berg	De Treffers	4:29.93	200802053	**4:18.22**	+0,39
	50m: 28.45	28.45 150m: 1:31.87	32.31	250m: 2:38.45 33.43	350m: 3:46.14	33.90
	100m: 59.56	31.11 200m: 2:05.02	33.15	300m: 3:12.24 33.79	400m: 4:18.22	32.08
3.	Frits Hoeflaken	PSV	4:27.96	200804101	**4:23.11**	+0,73
	50m: 29.13	29.13 150m: 1:35.04	33.14	250m: 2:42.18 33.71	350m: 3:50.32	34.07
	100m: 1:01.90	32.77 200m: 2:08.47	33.43	300m: 3:16.25 34.07	400m: 4:23.11	32.79
4.	Thomas Nauta	Arethusa	4:30.63	200900339	**4:29.58**	+0,69
	50m: 30.04	30.04 150m: 1:37.70	34.30	250m: 2:46.85 34.59	350m: 3:55.96	34.54
	100m: 1:03.40	33.36 200m: 2:12.26	34.56	300m: 3:21.42 34.57	400m: 4:29.58	33.62
5.	Jelle Veenhuis	Zegenwerp	4:42.28	200900745	**4:38.90**	+0,74
	50m: 30.48	30.48 150m: 1:40.43	35.92	250m: 2:53.12 36.18	350m: 4:05.09	35.49
	100m: 1:04.51	34.03 200m: 2:16.94	36.51	300m: 3:29.60 36.48	400m: 4:38.90	33.81
6.	Lars de Kooter	De Biesboschzwemmers	4:35.40	200800185	**4:40.85**	+0,72
	50m: 30.84	30.84 150m: 1:40.73	35.52	250m: 2:52.59 35.84	350m: 4:05.16	36.25
	100m: 1:05.21	34.37 200m: 2:16.75	36.02	300m: 3:28.91 36.32	400m: 4:40.85	35.69

18 en ouder

1.	Luuk Smits	Z&PV Nuenen	4:13.91	200001015	**4:17.41**	+0,74
	50m: 27.02	27.02 150m: 1:31.50	32.97	250m: 2:37.69 33.41	350m: 3:45.07	33.29
	100m: 58.53	31.51 200m: 2:04.28	32.78	300m: 3:11.78 34.09	400m: 4:17.41	32.34
2.	Guy Hungens	Tempo Valkenswaard	4:28.36	200101697	**4:26.83**	+0,67
	50m: 28.70	28.70 150m: 1:35.23	34.11	250m: 2:44.53 34.56	350m: 3:53.03	34.29
	100m: 1:01.12	32.42 200m: 2:09.97	34.74	300m: 3:18.74 34.21	400m: 4:26.83	33.80
3.	Milco Matla	PSV	4:26.75	200600555	**4:27.07**	+0,77
	50m: 29.57	29.57 150m: 1:37.44	34.14	250m: 2:45.87 34.05	350m: 3:54.46	34.05
	100m: 1:03.30	33.73 200m: 2:11.82	34.38	300m: 3:20.41 34.54	400m: 4:27.07	32.61
4.	Brian van Gennip	ZV Hydra	4:24.51	200003573	**4:29.01**	+0,85
	50m: 28.38	28.38 150m: 1:34.72	34.02	250m: 2:44.98 35.21	350m: 3:55.72	35.55
	100m: 1:00.70	32.32 200m: 2:09.77	35.05	300m: 3:20.17 35.19	400m: 4:29.01	33.29
5.	Tim Versteegen	Dbd	4:31.45	200200085	**4:33.13**	+0,85
	50m: 29.36	29.36 150m: 1:36.95	34.25	250m: 2:46.44 34.83	350m: 3:58.83	36.36
	100m: 1:02.70	33.34 200m: 2:11.61	34.66	300m: 3:22.47 36.03	400m: 4:33.13	34.30
6.	Nick Bongers	Sbc2000	4:34.91	199800843	**4:33.32**	
	50m: 30.05	30.05 150m: 1:38.41	34.61	250m: 2:48.94 35.57	350m: 3:59.32	35.19
	100m: 1:03.80	33.75 200m: 2:13.37	34.96	300m: 3:24.13 35.19	400m: 4:33.32	34.00
7.	Floris Melchers	Sbc2000	4:37.29	200703285	**4:41.07**	+0,67
	50m: 30.36	30.36 150m: 1:40.01	35.65	250m: 2:51.59 36.07	350m: 4:04.83	36.86
	100m: 1:04.36	34.00 200m: 2:15.52	35.51	300m: 3:27.97 36.38	400m: 4:41.07	36.24
AFGEM	Ondrej Sevcik	V.Z.V. Njord	4:34.78	200702971		
NG	Bas van den Akker	PSV	4:23.36	200204651		