

Limietwedstrijd Lange baan
Eindhoven, 10-5-2026

Event 30
10-5-2026 - 18:16

Men, 400m Medley

11 years and older
Results

rang	naam	vereniging	intijd	tijd	RT		
1.	Fedor Sazonov	PSV	5:03.73	200900707	5:03.94 +0,68		
	50m: 31.75	31.75 150m: 1:49.69	40.70	250m: 3:12.21	43.48	350m: 4:31.29	36.25
	100m: 1:08.99	37.24 200m: 2:28.73	39.04	300m: 3:55.04	42.83	400m: 5:03.94	32.65
2.	Jonathan Norfles	AZ&PC De Futen	5:19.80	200702179	5:26.74 +0,77		
	50m: 32.93	32.93 150m: 1:59.73	46.16	250m: 3:28.01	42.93	350m: 4:50.81	37.08
	100m: 1:13.57	40.64 200m: 2:45.08	45.35	300m: 4:13.73	45.72	400m: 5:26.74	35.93
3.	Ruben Lima Ribeiro	Hellas-Glana	6:10.78	201300693	5:34.35 +0,67		
	50m: 36.46	36.46 150m: 2:05.14	44.72	250m: 3:32.94	43.31	350m: 4:58.70	38.12
	100m: 1:20.42	43.96 200m: 2:49.63	44.49	300m: 4:20.58	47.64	400m: 5:34.35	35.65
4.	Wassim Ouraghi	Cercle De Natation Sportcity	5:41.68	CNSW/013486/12	5:35.14 +0,73		
	50m: 37.36	37.36 150m: 2:07.32	45.68	250m: 3:37.38	44.72	350m: 5:00.02	37.11
	100m: 1:21.64	44.28 200m: 2:52.66	45.34	300m: 4:22.91	45.53	400m: 5:35.14	35.12
5.	Michael Simons	PSV	6:02.82	201200025	5:40.53		
	50m: 35.14	35.14 150m: 2:01.58	41.82	250m: 3:34.79	51.56	350m: 5:04.32	37.25
	100m: 1:19.76	44.62 200m: 2:43.23	41.65	300m: 4:27.07	52.28	400m: 5:40.53	36.21
6.	Jesse Hanssen	HZPC	5:31.79	201102245	5:44.30 +0,70		
	50m: 34.63	34.63 150m: 2:03.27	44.44	250m: 3:35.23	49.04	350m: 5:06.18	39.92
	100m: 1:18.83	44.20 200m: 2:46.19	42.92	300m: 4:26.26	51.03	400m: 5:44.30	38.12
7.	Job Oude Ophuis	OZ&PC	5:52.69	201300047	5:51.45 +0,57		
	50m: 36.61	36.61 150m: 2:07.53	44.51	250m: 3:42.31	50.40	350m: 5:13.24	38.83
	100m: 1:23.02	46.41 200m: 2:51.91	44.38	300m: 4:34.41	52.10	400m: 5:51.45	38.21
8.	Deem Vink	VZC	5:51.56	201202353	5:56.19 +0,72		
	50m: 34.70	34.70 150m: 2:02.79	46.95	250m: 3:39.80	52.32	350m: 5:15.82	42.18
	100m: 1:15.84	41.14 200m: 2:47.48	44.69	300m: 4:33.64	53.84	400m: 5:56.19	40.37
9.	Max van Aken	DBD	NT	200404429	6:03.87 +0,80		
	50m: 40.10	40.10 150m: 2:14.57	45.26	250m: 3:49.58	50.79	350m: 5:23.24	41.39
	100m: 1:29.31	49.21 200m: 2:58.79	44.22	300m: 4:41.85	52.27	400m: 6:03.87	40.63
10.	Ian van Os	ZPC De Zeeuwse Kust	5:59.33	201301239	6:11.95 +0,61		
	50m: 38.54	38.54 150m: 2:16.25	49.40	250m: 3:51.33	49.43	350m: 5:27.75	44.25
	100m: 1:26.85	48.31 200m: 3:01.90	45.65	300m: 4:43.50	52.17	400m: 6:11.95	44.20
11.	Stijn Rombouts	DBD	6:17.36	200105353	6:21.33 +0,62		
	50m: 36.88	36.88 150m: 2:11.13	50.55	250m: 3:58.99	59.38	350m: 5:39.94	42.34
	100m: 1:20.58	43.70 200m: 2:59.61	48.48	300m: 4:57.60	58.61	400m: 6:21.33	41.39
12.	Thomas Bohnen	VZV Njord	6:24.87	201101613	6:26.17		
	50m: 37.56	37.56 150m: 2:15.26	50.61	250m: 3:59.03	54.42	350m: 5:42.34	46.59
	100m: 1:24.65	47.09 200m: 3:04.61	49.35	300m: 4:55.75	56.72	400m: 6:26.17	43.83
13.	Devano Weijers	ZWK Merlet	NT	201100921	6:26.22 +0,74		
	50m: 38.83	38.83 150m: 2:19.91	51.48	250m: 4:07.49	58.06	350m: 5:48.89	43.12
	100m: 1:28.43	49.60 200m: 3:09.43	49.52	300m: 5:05.77	58.28	400m: 6:26.22	37.33
14.	Moos Schurink	HZPC	6:32.46	201300829	6:31.48 +0,67		
	50m: 43.50	43.50 150m: 2:25.84	48.41	250m: 4:06.90	53.55	350m: 5:47.92	45.95
	100m: 1:37.43	53.93 200m: 3:13.35	47.51	300m: 5:01.97	55.07	400m: 6:31.48	43.56
15.	Iede de Wit	Hieronymus	6:42.98	201300213	6:54.27 +0,66		
	50m: 45.01	45.01 150m: 2:31.07	50.13	250m: 4:21.27	1:01.39	350m: 6:08.74	46.45
	100m: 1:40.94	55.93 200m: 3:19.88	48.81	300m: 5:22.29	1:01.02	400m: 6:54.27	45.53
DSQ	Tiago Verheggen	Hydra	6:37.01	201003277	AF		
	<i>AF - De aangegeven afstand niet uitgezwommen.</i>						
WDR	Frits Hoeflaken	PSV	5:04.60	200804101			