

Programmanr. 21
22-3-2026 - 10:45

Jongens, 400m vrije slag

12 - 17 jaar
Resultaten

Arena I.T.T. Record 16 - 17	4:01.23	Tiago Fonseca Gomes	NED	Eindhoven	2024
Arena I.T.T. Record 14 - 15	4:03.67	Tiago Fonseca Gomes	NED	Eindhoven	2023
Arena I.T.T. Record 12 - 13	4:23.43	Xiaoyu Yin	NED	Eindhoven	2022

rang	naam	vereniging	intijd	tijd	RT			
12 - 13 jaar								
1.	Esteban Molina Fueyo	Waterloo Natation	4:39.02	WN/011918/12	4:37.55 +0,75			
	50m: 30.39	30.39	150m: 1:41.02	36.00	250m: 2:53.32	36.16	350m: 4:04.63	34.98
	100m: 1:05.02	34.63	200m: 2:17.16	36.14	300m: 3:29.65	36.33	400m: 4:37.55	32.92
2.	Lars Voet	KAZS	4:50.41	KAZS/11153/12	4:44.41 +0,67			
	50m: 30.53	30.53	150m: 1:42.51	36.50	250m: 2:56.30	37.08	350m: 4:09.27	36.34
	100m: 1:06.01	35.48	200m: 2:19.22	36.71	300m: 3:32.93	36.63	400m: 4:44.41	35.14
3.	A. Janse van Rensburg	De Treffers	5:01.32	201202261	4:47.64 +0,73			
	50m: 31.72	31.72	150m: 1:42.25	35.59	250m: 2:55.74	36.65	350m: 4:11.11	37.67
	100m: 1:06.66	34.94	200m: 2:19.09	36.84	300m: 3:33.44	37.70	400m: 4:47.64	36.53
4.	Ruben Lima Ribeiro	Hellas-Glana	4:47.49	201300693	4:49.93 +0,55			
	50m: 31.62	31.62	150m: 1:43.94	37.69	250m: 2:59.86	38.13	350m: 4:14.47	37.20
	100m: 1:06.25	34.63	200m: 2:21.73	37.79	300m: 3:37.27	37.41	400m: 4:49.93	35.46
5.	Felipe Kerkhoff	ZPC AMERSFOORT	4:52.76	201202625	4:50.07 +0,68			
	50m: 32.79	32.79	150m: 1:47.14	37.33	250m: 3:01.45	36.98	350m: 4:15.22	36.66
	100m: 1:09.81	37.02	200m: 2:24.47	37.33	300m: 3:38.56	37.11	400m: 4:50.07	34.85
6.	Jaro Hermans	PSV	4:55.57	201200173	4:52.80 +0,70			
	50m: 32.05	32.05	150m: 1:44.71	37.30	250m: 3:00.49	37.90	350m: 4:16.28	37.85
	100m: 1:07.41	35.36	200m: 2:22.59	37.88	300m: 3:38.43	37.94	400m: 4:52.80	36.52
7.	Giovanni Gleria	CNSW	5:00.26	CNSW/013530/13	4:54.78 +0,62			
	50m: 32.90	32.90	150m: 1:46.55	37.32	250m: 3:02.37	38.04	350m: 4:18.26	38.00
	100m: 1:09.23	36.33	200m: 2:24.33	37.78	300m: 3:40.26	37.89	400m: 4:54.78	36.52
8.	Celestin van der Beek	PSV	5:29.30	201201183	4:56.88 +0,65			
	50m: 32.38	32.38	150m: 1:49.17	38.99	250m: 3:05.92	37.93	350m: 4:20.73	36.51
	100m: 1:10.18	37.80	200m: 2:27.99	38.82	300m: 3:44.22	38.30	400m: 4:56.88	36.15
9.	Michael Simons	PSV	5:28.44	201200025	5:02.98 +0,66			
	50m: 33.73	33.73	150m: 1:51.84	39.31	250m: 3:09.66	39.14	350m: 4:26.47	38.82
	100m: 1:12.53	38.80	200m: 2:30.52	38.68	300m: 3:47.65	37.99	400m: 5:02.98	36.51
10.	Jayden Korndewal	ZPC AMERSFOORT	5:12.52	201200015	5:03.73			
	50m: 33.94	33.94	150m: 1:50.72	38.69	250m: 3:09.45	39.39	350m: 4:26.90	37.98
	100m: 1:12.03	38.09	200m: 2:30.06	39.34	300m: 3:48.92	39.47	400m: 5:03.73	36.83
11.	Anton Istoc	Waterloo Natation	5:13.58	WN/013138/13	5:09.02 +0,71			
	50m: 34.36	34.36	150m: 1:52.00	39.33	250m: 3:10.97	39.49	350m: 4:30.42	39.75
	100m: 1:12.67	38.31	200m: 2:31.48	39.48	300m: 3:50.67	39.70	400m: 5:09.02	38.60
12.	Alex Pasala	PSV	6:09.75	201300803	5:09.63 +0,70			
	50m: 35.12	35.12	150m: 1:53.99	39.66	250m: 3:13.51	39.66	350m: 4:32.02	38.56
	100m: 1:14.33	39.21	200m: 2:33.85	39.86	300m: 3:53.46	39.95	400m: 5:09.63	37.61
13.	Alex Haesebroek	Waterloo Natation	5:29.58	WN/013137/13	5:10.18 +0,70			
	50m: 33.71	33.71	150m: 1:50.87	38.84	250m: 3:09.71	39.28	350m: 4:30.41	40.21
	100m: 1:12.03	38.32	200m: 2:30.43	39.56	300m: 3:50.20	40.49	400m: 5:10.18	39.77
14.	Gilles Goffette	CNSW	5:18.29	CNSW/013487/13	5:13.27			
	50m: 35.54	35.54	150m: 1:54.40	40.12	250m: 3:14.51	39.85	350m: 4:35.91	40.24
	100m: 1:14.28	38.74	200m: 2:34.66	40.26	300m: 3:55.67	41.16	400m: 5:13.27	37.36
15.	Willem Vanhulle	MEGA	5:48.02	MEGA/11457/13	5:14.86 +0,60			
	50m: 35.99	35.99	150m: 1:56.25	40.51	250m: 3:17.64	40.20	350m: 4:36.95	39.23
	100m: 1:15.74	39.75	200m: 2:37.44	41.19	300m: 3:57.72	40.08	400m: 5:14.86	37.91
16.	Barnaby Southworth	CNSW	5:55.24	CNSW/015057/13	5:16.55 +0,39			
	50m: 36.37	36.37	150m: 1:57.10	40.87	250m: 3:19.03	41.23	350m: 4:39.11	40.16
	100m: 1:16.23	39.86	200m: 2:37.80	40.70	300m: 3:58.95	39.92	400m: 5:16.55	37.44
17.	H. Kuzey Kudat	Hellas-Glana	5:23.91	201201917	5:19.16 +0,71			
	50m: 35.10	35.10	150m: 1:53.94	40.05	250m: 3:15.18	40.90	350m: 4:39.26	41.84
	100m: 1:13.89	38.79	200m: 2:34.28	40.34	300m: 3:57.42	42.24	400m: 5:19.16	39.90
18.	Ian van Os	Z & PC De Zeeuwse Kust	5:24.67	201301239	5:19.71 +0,57			
	50m: 34.57	34.57	150m: 1:54.42	40.57	250m: 3:16.71	41.86	350m: 4:40.63	41.76
	100m: 1:13.85	39.28	200m: 2:34.85	40.43	300m: 3:58.87	42.16	400m: 5:19.71	39.08

Programmanr. 21, Jongens, 400m vrije slag, 12 - 13 jaar

rang	naam	vereniging	intijd	tijd	RT			
19.	Nicolas Devue	KAZS	5:17.61	KAZS/11115/12	5:20.44 +0,58			
	50m: 33.72	33.72	150m: 1:54.56	40.67	250m: 3:17.95	42.18	350m: 4:41.92	42.11
	100m: 1:13.89	40.17	200m: 2:35.77	41.21	300m: 3:59.81	41.86	400m: 5:20.44	38.52
20.	Malek Majed	CNSW	5:20.75	CNSW/014414/13	5:23.69 +0,79			
	50m: 37.60	37.60	150m: 1:59.50	41.33	250m: 3:22.05	40.61	350m: 4:44.38	40.66
	100m: 1:18.17	40.57	200m: 2:41.44	41.94	300m: 4:03.72	41.67	400m: 5:23.69	39.31
21.	Miguel Kuijken	PSV	6:19.26	201300251	5:24.33 +0,69			
	50m: 36.29	36.29	150m: 1:58.97	41.71	250m: 3:23.00	42.10	350m: 4:46.18	40.79
	100m: 1:17.26	40.97	200m: 2:40.90	41.93	300m: 4:05.39	42.39	400m: 5:24.33	38.15
22.	Rube Lievens	Zwemclub Geel	NT	ZGEEL/11194/12	5:31.14 +0,68			
	50m: 35.23	35.23	150m: 1:58.88	42.40	250m: 3:25.60	43.39	350m: 4:52.65	42.94
	100m: 1:16.48	41.25	200m: 2:42.21	43.33	300m: 4:09.71	44.11	400m: 5:31.14	38.49
23.	L. Goßmann Lopez	Aachener SV 06	5:31.20	458819	5:32.96 +0,63			
	50m: 36.35	36.35	150m: 1:59.00	42.16	250m: 3:25.41	43.23	350m: 4:52.23	43.56
	100m: 1:16.84	40.49	200m: 2:42.18	43.18	300m: 4:08.67	43.26	400m: 5:32.96	40.73
24.	Ruben Neyrinck	Zwemclub Geel	5:22.77	ZGEEL/11153/13	5:35.15			
	50m: 37.00	37.00	150m: 2:01.72	43.33	250m: 3:27.53	44.23	350m: 4:52.76	43.52
	100m: 1:18.39	41.39	200m: 2:43.30	41.58	300m: 4:09.24	41.71	400m: 5:35.15	42.39
25.	Merijn Hofmans	Arethusa	NT	201200607	5:37.97 +0,60			
	50m: 36.47	36.47	150m: 2:01.37	43.48	250m: 3:29.50	43.84	350m: 4:57.42	43.80
	100m: 1:17.89	41.42	200m: 2:45.66	44.29	300m: 4:13.62	44.12	400m: 5:37.97	40.55
26.	Abdelaziz El Omrani	Aachener SV 06	5:45.11	444344	5:40.89 +0,76			
	50m: 35.14	35.14	150m: 2:00.06	44.06	250m: 3:29.58	44.48	350m: 4:59.10	44.85
	100m: 1:16.00	40.86	200m: 2:45.10	45.04	300m: 4:14.25	44.67	400m: 5:40.89	41.79
27.	Mauro Hindryckx	MEGA	6:02.45	MEGA/11510/13	5:42.45 +0,79			
	50m: 35.00	35.00	150m: 1:57.26	42.53	250m: 3:27.23	45.85	350m: 4:58.19	45.42
	100m: 1:14.73	39.73	200m: 2:41.38	44.12	300m: 4:12.77	45.54	400m: 5:42.45	44.26
28.	Musa Kaan Bozkurt	Hieronymus	7:06.15	201202593	5:47.82 +0,94			
	50m: 36.51	36.51	150m: 2:03.69	44.80	250m: 3:35.13	46.40	350m: 5:05.25	44.84
	100m: 1:18.89	42.38	200m: 2:48.73	45.04	300m: 4:20.41	45.28	400m: 5:47.82	42.57
29.	Luuk Bijman	Niemo Barracuda	6:06.77	201200201	5:50.58			
	50m: 38.25	38.25	150m: 2:04.93	44.08	250m: 3:35.58	45.47	350m: 5:07.43	45.48
	100m: 1:20.85	42.60	200m: 2:50.11	45.18	300m: 4:21.95	46.37	400m: 5:50.58	43.15
30.	Enzi Nyembo	ZV De Aalscholver	NT	201300163	5:52.39 +0,68			
	50m: 36.97	36.97	150m: 2:05.66	45.65	250m: 3:38.79	47.32	350m: 5:11.55	45.57
	100m: 1:20.01	43.04	200m: 2:51.47	45.81	300m: 4:25.98	47.19	400m: 5:52.39	40.84
31.	Iede de Wit	Hieronymus	7:12.82	201300213	5:54.71 +0,56			
	50m: 37.04	37.04	150m: 2:05.24	45.38	250m: 3:38.95	47.02	350m: 5:12.19	46.82
	100m: 1:19.86	42.82	200m: 2:51.93	46.89	300m: 4:25.37	46.42	400m: 5:54.71	42.52
32.	Taim Manlaali	ZPC AMERSFOORT	5:58.75	201202831	6:02.38 +0,73			
	50m: 36.07	36.07	150m: 2:05.09	46.46	250m: 3:40.74	48.36	350m: 5:17.16	48.74
	100m: 1:18.63	42.56	200m: 2:52.38	47.29	300m: 4:28.42	47.68	400m: 6:02.38	45.22
33.	Bartek Kolodziej	PSV	NT	201301141	6:03.76			
	50m: 39.36	39.36	150m: 2:13.40	47.83	250m: 3:48.00	46.47	350m: 5:21.68	46.92
	100m: 1:25.57	46.21	200m: 3:01.53	48.13	300m: 4:34.76	46.76	400m: 6:03.76	42.08
34.	Tim Lindner	Aachener SV 06	6:01.39	449744	6:11.85			
	50m: 37.45	37.45	150m: 2:09.15	46.74	250m: 3:46.76	49.70	350m: 5:24.61	47.95
	100m: 1:22.41	44.96	200m: 2:57.06	47.91	300m: 4:36.66	49.90	400m: 6:11.85	47.24
35.	Ali Sezer	PSV	7:12.76	201301921	6:26.47 +0,74			
	50m: 42.55	42.55	150m: 2:20.68	49.68	250m: 4:00.47	50.14	350m: 5:39.28	49.27
	100m: 1:31.00	48.45	200m: 3:10.33	49.65	300m: 4:50.01	49.54	400m: 6:26.47	47.19
AFGEM	Bram Engelen	Hellas-Glana	4:54.69	201300421				
AFGEM	Pjotr Dezutter	Scheldestroom	5:57.96	201300125				

14 - 15 jaar

1.	Laurens van Nulck	Hellas-Glana	4:32.40	201100521	4:22.96 +0,70			
	50m: 30.23	30.23	150m: 1:36.23	33.36	250m: 2:43.21	33.57	350m: 3:50.08	33.46
	100m: 1:02.87	32.64	200m: 2:09.64	33.41	300m: 3:16.62	33.41	400m: 4:22.96	32.88
2.	Lukas Roosen	Peltse Zwemclub	4:31.54	PZC/11077/10	4:27.67 +0,64			
	50m: 29.84	29.84	150m: 1:37.55	33.98	250m: 2:46.11	34.09	350m: 3:54.53	33.78
	100m: 1:03.57	33.73	200m: 2:12.02	34.47	300m: 3:20.75	34.64	400m: 4:27.67	33.14

Programmanr. 21, Jongens, 400m vrije slag, 14 - 15 jaar

rang	naam	vereniging	intijd	tijd	RT
3.	Erdem Eren	PSV	4:38.51	201103697	4:29.65 +0,66
	50m: 30.13	30.13 150m: 1:38.35	34.75 250m: 2:48.80	35.20 350m: 3:57.88	34.38
	100m: 1:03.60	33.47 200m: 2:13.60	35.25 300m: 3:23.50	34.70 400m: 4:29.65	31.77
4.	Thijmen Puijssers	Hieronymus	4:33.77	201000129	4:29.91 +0,63
	50m: 29.69	29.69 150m: 1:37.51	34.38 250m: 2:47.21	34.92 350m: 3:57.14	35.05
	100m: 1:03.13	33.44 200m: 2:12.29	34.78 300m: 3:22.09	34.88 400m: 4:29.91	32.77
5.	Leo De Witte	KAZS	4:30.27	KAZS/11102/10	4:30.55 +0,69
	50m: 30.05	30.05 150m: 1:38.58	34.35 250m: 2:48.09	34.97 350m: 3:57.39	34.42
	100m: 1:04.23	34.18 200m: 2:13.12	34.54 300m: 3:22.97	34.88 400m: 4:30.55	33.16
6.	Vic Van Nooten	Leuven Aquatics	4:30.94	LAQUA/11454/10	4:30.75 +0,74
	50m: 29.73	29.73 150m: 1:38.24	34.52 250m: 2:47.99	34.87 350m: 3:57.40	34.52
	100m: 1:03.72	33.99 200m: 2:13.12	34.88 300m: 3:22.88	34.89 400m: 4:30.75	33.35
7.	Wannes Vets	KAZS	4:33.22	KAZS/11117/11	4:30.80 +0,66
	50m: 30.39	30.39 150m: 1:38.33	34.67 250m: 2:48.36	34.92 350m: 3:57.43	34.28
	100m: 1:03.66	33.27 200m: 2:13.44	35.11 300m: 3:23.15	34.79 400m: 4:30.80	33.37
8.	Douwe Enzerink	ZPC AMERSFOORT	4:38.90	201102657	4:30.91 +0,70
	50m: 29.42	29.42 150m: 1:37.31	34.61 250m: 2:47.35	35.21 350m: 3:57.47	34.92
	100m: 1:02.70	33.28 200m: 2:12.14	34.83 300m: 3:22.55	35.20 400m: 4:30.91	33.44
9.	Tren Wullms	Hellas-Glana	4:39.37	201000469	4:31.67 +0,73
	50m: 29.95	29.95 150m: 1:37.76	34.36 250m: 2:47.27	34.99 350m: 3:57.63	35.23
	100m: 1:03.40	33.45 200m: 2:12.28	34.52 300m: 3:22.40	35.13 400m: 4:31.67	34.04
10.	Warre Leyssen	Peltse Zwemclub	4:31.81	PZC/11082/10	4:37.50 +0,67
	50m: 31.18	31.18 150m: 1:41.25	35.88 250m: 2:52.92	35.55 350m: 4:03.92	35.07
	100m: 1:05.37	34.19 200m: 2:17.37	36.12 300m: 3:28.85	35.93 400m: 4:37.50	33.58
11.	Milan Schuilenburg	ZPC AMERSFOORT	4:39.39	201000935	4:38.79 +0,65
	50m: 30.84	30.84 150m: 1:41.01	35.67 250m: 2:53.31	36.09 350m: 4:05.26	35.53
	100m: 1:05.34	34.50 200m: 2:17.22	36.21 300m: 3:29.73	36.42 400m: 4:38.79	33.53
12.	Sam Diederens	Hellas-Glana	5:17.08	201001863	4:40.69 +0,72
	50m: 31.21	31.21 150m: 1:41.15	35.42 250m: 2:54.18	36.65 350m: 4:06.75	35.52
	100m: 1:05.73	34.52 200m: 2:17.53	36.38 300m: 3:31.23	37.05 400m: 4:40.69	33.94
13.	Tristan Kerguiduff	Waterloo Natation	4:44.69	WN/011264/11	4:43.38 +0,59
	50m: 31.31	31.31 150m: 1:41.85	35.89 250m: 2:54.02	36.31 350m: 4:07.67	36.80
	100m: 1:05.96	34.65 200m: 2:17.71	35.86 300m: 3:30.87	36.85 400m: 4:43.38	35.71
14.	Wael Zrirak	Zwemclub Geel	4:35.41	ZGEEEL/11159/10	4:45.34 +0,70
	50m: 30.42	30.42 150m: 1:41.99	36.84 250m: 2:56.22	37.13 350m: 4:10.16	36.28
	100m: 1:05.15	34.73 200m: 2:19.09	37.10 300m: 3:33.88	37.66 400m: 4:45.34	35.18
15.	Dylano Fransen	Peltse Zwemclub	NT		4:45.36 +0,72
	50m: 31.18	31.18 150m: 1:42.83	36.17 250m: 2:57.51	37.81 350m: 4:10.73	35.64
	100m: 1:06.66	35.48 200m: 2:19.70	36.87 300m: 3:35.09	37.58 400m: 4:45.36	34.63
16.	Daan Vermeulen	MEGA	4:50.30	MEGA/11441/11	4:45.74 +0,71
	50m: 32.99	32.99 150m: 1:45.84	36.41 250m: 2:58.05	35.86 350m: 4:10.10	35.30
	100m: 1:09.43	36.44 200m: 2:22.19	36.35 300m: 3:34.80	36.75 400m: 4:45.74	35.64
17.	Vince van Dam	ACZ	5:01.87	201000405	4:46.94 +0,68
	50m: 32.30	32.30 150m: 1:44.99	36.50 250m: 2:58.71	36.59 350m: 4:11.65	36.35
	100m: 1:08.49	36.19 200m: 2:22.12	37.13 300m: 3:35.30	36.59 400m: 4:46.94	35.29
18.	Sebastian Asscherickx	KAZS	4:54.66	KAZS/11185/11	4:48.88 +0,70
	50m: 33.36	33.36 150m: 1:49.31	37.79 250m: 3:03.70	37.13 350m: 4:16.85	35.61
	100m: 1:11.52	38.16 200m: 2:26.57	37.26 300m: 3:41.24	37.54 400m: 4:48.88	32.03
19.	Thomas Garcia	CNSW	4:44.59	CNSW/012483/11	4:51.26 +0,71
	50m: 32.23	32.23 150m: 1:44.10	36.63 250m: 2:58.96	37.49 350m: 4:14.67	37.81
	100m: 1:07.47	35.24 200m: 2:21.47	37.37 300m: 3:36.86	37.90 400m: 4:51.26	36.59
20.	Warre Huens	MEGA	4:42.01	MEGA/11253/10	4:51.42 +0,66
	50m: 31.28	31.28 150m: 1:42.58	36.49 250m: 2:58.21	38.48 350m: 4:14.54	38.00
	100m: 1:06.09	34.81 200m: 2:19.73	37.15 300m: 3:36.54	38.33 400m: 4:51.42	36.88
21.	Ian Timmermans	PSV	4:41.48	201004001	4:52.19 +0,61
	50m: 31.57	31.57 150m: 1:43.77	37.29 250m: 3:00.39	39.21 350m: 4:16.82	38.25
	100m: 1:06.48	34.91 200m: 2:21.18	37.41 300m: 3:38.57	38.18 400m: 4:52.19	35.37
22.	Enzo Cardaci	CNSW	5:01.81	CNSW/016000/11	4:53.69 +0,76
	50m: 30.75	30.75 150m: 1:44.82	38.09 250m: 2:59.89	37.12 350m: 4:16.82	37.77
	100m: 1:06.73	35.98 200m: 2:22.77	37.95 300m: 3:39.05	39.16 400m: 4:53.69	36.87
23.	Xander De Jonghe	De Marlijn (SG)	5:18.85	201101095	4:54.08 +0,70
	50m: 32.24	32.24 150m: 1:45.35	37.37 250m: 3:01.36	38.39 350m: 4:18.22	38.60
	100m: 1:07.98	35.74 200m: 2:22.97	37.62 300m: 3:39.62	38.26 400m: 4:54.08	35.86

Programmanr. 21, Jongens, 400m vrije slag, 14 - 15 jaar

rang	naam	vereniging	intijd	tijd	RT	
24.	Jasper Cox	ZPC AMERSFOORT	4:55.79	201003589	4:57.67 +0,59	
	50m: 32.16	32.16 150m: 1:47.12	38.50	250m: 3:04.24	38.61 350m: 4:21.51	38.70
	100m: 1:08.62	36.46 200m: 2:25.63	38.51	300m: 3:42.81	38.57 400m: 4:57.67	36.16
25.	Tibo Janssen	ZPC De Rog Weert	5:04.96	201101591	4:59.81 +0,69	
	50m: 32.45	32.45 150m: 1:48.21	38.37	250m: 3:06.65	39.05 350m: 4:24.04	39.05
	100m: 1:09.84	37.39 200m: 2:27.60	39.39	300m: 3:44.99	38.34 400m: 4:59.81	35.77
26.	Elliot van Ruth	PSV	5:15.84	201102347	5:03.42 +0,72	
	50m: 33.80	33.80 150m: 1:51.61	38.95	250m: 3:09.46	38.78 350m: 4:27.35	38.77
	100m: 1:12.66	38.86 200m: 2:30.68	39.07	300m: 3:48.58	39.12 400m: 5:03.42	36.07
27.	Mauro De Bal Suijs	MEGA	5:07.73	MEGA/11387/11	5:04.39 +0,67	
	50m: 32.36	32.36 150m: 1:48.81	38.93	250m: 3:08.45	39.75 350m: 4:27.84	39.07
	100m: 1:09.88	37.52 200m: 2:28.70	39.89	300m: 3:48.77	40.32 400m: 5:04.39	36.55
28.	Dante Vanhelfmont	KAZS	5:15.06	KAZS/11131/11	5:10.44 +0,69	
	50m: 34.34	34.34 150m: 1:55.49	41.38	250m: 3:16.49	40.15 350m: 4:34.63	38.33
	100m: 1:14.11	39.77 200m: 2:36.34	40.85	300m: 3:56.30	39.81 400m: 5:10.44	35.81
29.	Stephen Verheyen	KAZS	5:12.59	KAZS/11223/11	5:11.75 +0,80	
	50m: 35.25	35.25 150m: 1:57.07	41.53	250m: 3:17.11	39.80 350m: 4:34.05	38.44
	100m: 1:15.54	40.29 200m: 2:37.31	40.24	300m: 3:55.61	38.50 400m: 5:11.75	37.70
30.	Tiago Verheggen	ZV Hydra	5:23.62	201003277	5:39.40 +0,77	
	50m: 35.13	35.13 150m: 1:56.79	41.95	250m: 3:26.97	45.77 350m: 4:57.33	44.59
	100m: 1:14.84	39.71 200m: 2:41.20	44.41	300m: 4:12.74	45.77 400m: 5:39.40	42.07
31.	Pepijn van Rijn	PSV	5:30.94	201100331	5:51.71 +0,61	
	50m: 37.41	37.41 150m: 2:05.05	44.61	250m: 3:36.60	45.30 350m: 5:07.62	45.59
	100m: 1:20.44	43.03 200m: 2:51.30	46.25	300m: 4:22.03	45.43 400m: 5:51.71	44.09
DIS	Federico Gorini	CNSW	5:02.13	CNSW/012484/11		AA
	<i>AA - De start ingezet voor het startsignaal (en wel gezwommen).</i>					
AFGEM	Benjamin Wiemer	Aachener SV 06	5:02.88	458695		
AFGEM	Mathias Mannaerts	De Lommelse Waterbengels	4:51.52	LWB/11069/11		
AFGEM	Taysir Hadj Fradj	MEGA	5:02.16	MEGA/11360/10		
AFGEM	Milann Begue	Zwemclub Geel	4:39.58	ZGEEL/11156/11		

16 - 17 jaar

1.	Martijn Nies	PSV	4:04.22	200902095	4:01.10 +0,69	
	<i>Arena I.T.T. Record</i>					
	50m: 27.57	27.57 150m: 1:28.06	30.39	250m: 2:29.58	30.81 350m: 3:31.56	30.89
	100m: 57.67	30.10 200m: 1:58.77	30.71	300m: 3:00.67	31.09 400m: 4:01.10	29.54
2.	Yarno van Dam	ACZ	4:11.86	200800115	4:05.78 +0,72	
	50m: 27.52	27.52 150m: 1:28.91	31.30	250m: 2:31.95	31.75 350m: 3:35.29	31.86
	100m: 57.61	30.09 200m: 2:00.20	31.29	300m: 3:03.43	31.48 400m: 4:05.78	30.49
3.	Tobian Vos	ZPC AMERSFOORT	4:12.14	200900005	4:05.92 +0,74	
	50m: 27.56	27.56 150m: 1:28.71	31.23	250m: 2:31.49	31.35 350m: 3:35.53	31.88
	100m: 57.48	29.92 200m: 2:00.14	31.43	300m: 3:03.65	32.16 400m: 4:05.92	30.39
4.	Xander Kragting	ZPC AMERSFOORT	4:27.74	200900077	4:23.19 +0,70	
	50m: 29.49	29.49 150m: 1:35.33	33.01	250m: 2:42.44	33.49 350m: 3:50.15	33.64
	100m: 1:02.32	32.83 200m: 2:08.95	33.62	300m: 3:16.51	34.07 400m: 4:23.19	33.04
5.	Theodore Allan	PSV	4:20.32	200902925	4:26.84 +0,61	
	50m: 28.79	28.79 150m: 1:33.82	32.99	250m: 2:42.57	34.56 350m: 3:52.80	34.96
	100m: 1:00.83	32.04 200m: 2:08.01	34.19	300m: 3:17.84	35.27 400m: 4:26.84	34.04
6.	Lowie Vanbesien	MEGA	4:27.99	MEGA/11251/09	4:31.02 +0,73	
	50m: 30.68	30.68 150m: 1:39.22	34.71	250m: 2:48.24	34.06 350m: 3:57.89	35.20
	100m: 1:04.51	33.83 200m: 2:14.18	34.96	300m: 3:22.69	34.45 400m: 4:31.02	33.13
7.	Siebe Vets	KAZS	4:29.24	KAZS/11065/08	4:34.17 +0,78	
	50m: 30.48	30.48 150m: 1:39.22	34.82	250m: 2:49.43	34.94 350m: 3:59.59	35.09
	100m: 1:04.40	33.92 200m: 2:14.49	35.27	300m: 3:24.50	35.07 400m: 4:34.17	34.58
8.	Thijn Metten	ZPC AMERSFOORT	4:39.93	200801327	4:35.46 +0,77	
	50m: 28.29	28.29 150m: 1:36.66	35.20	250m: 2:50.12	36.67 350m: 4:02.19	35.61
	100m: 1:01.46	33.17 200m: 2:13.45	36.79	300m: 3:26.58	36.46 400m: 4:35.46	33.27
9.	Arthur Willem	KAZS	4:39.85	KAZS/11114/09	4:41.63 +0,69	
	50m: 30.73	30.73 150m: 1:40.17	35.23	250m: 2:53.37	36.51 350m: 4:06.93	36.53
	100m: 1:04.94	34.21 200m: 2:16.86	36.69	300m: 3:30.40	37.03 400m: 4:41.63	34.70

Programmanr. 21, Jongens, 400m vrije slag, 16 - 17 jaar

rang	naam	vereniging	intijd	tijd	RT
10.	Korneel Bulckaen	MEGA	4:58.03	MEGA/11326/09	4:49.61 +0,75
	50m: 32.21	32.21 150m: 1:45.08	37.10	250m: 2:59.98	37.73
	100m: 1:07.98	35.77 200m: 2:22.25	37.17	300m: 3:37.24	37.26
				350m: 4:14.25	37.01
				400m: 4:49.61	35.36
11.	Hannes Wouters	KAZS	4:55.53	KAZS/11077/08	4:51.22 +0,63
	50m: 32.12	32.12 150m: 1:45.97	37.79	250m: 3:01.65	38.04
	100m: 1:08.18	36.06 200m: 2:23.61	37.64	300m: 3:39.46	37.81
				350m: 4:16.67	37.21
				400m: 4:51.22	34.55
12.	Sven Buijs	Hieronymus	4:37.75	200902853	4:52.00 +0,73
	50m: 30.88	30.88 150m: 1:41.30	36.15	250m: 2:58.28	38.00
	100m: 1:05.15	34.27 200m: 2:20.28	38.98	300m: 3:36.42	38.14
				350m: 4:15.54	39.12
				400m: 4:52.00	36.46
13.	Michaël Danilov	Peltse Zwemclub	4:49.50	PZC/11054/09	4:52.49 +0,74
	50m: 32.60	32.60 150m: 1:46.22	37.29	250m: 3:02.30	38.27
	100m: 1:08.93	36.33 200m: 2:24.03	37.81	300m: 3:40.25	37.95
				350m: 4:17.83	37.58
				400m: 4:52.49	34.66
14.	Elias Van Thillo	MEGA	4:55.43	MEGA/11469/09	4:54.07 +0,70
	50m: 32.35	32.35 150m: 1:45.57	37.02	250m: 3:01.62	37.88
	100m: 1:08.55	36.20 200m: 2:23.74	38.17	300m: 3:40.23	38.61
				350m: 4:17.88	37.65
				400m: 4:54.07	36.19
15.	Liam Matthews	ZV De Aalscholver	4:53.75	200902685	4:55.54 +0,65
	50m: 31.02	31.02 150m: 1:43.50	37.26	250m: 3:00.07	39.53
	100m: 1:06.24	35.22 200m: 2:20.54	37.04	300m: 3:39.37	39.30
				350m: 4:19.10	39.73
				400m: 4:55.54	36.44
16.	Wesley Korndewal	ZPC AMERSFOORT	4:59.60	200900405	4:58.02 +0,72
	50m: 32.58	32.58 150m: 1:47.08	38.08	250m: 3:04.39	38.93
	100m: 1:09.00	36.42 200m: 2:25.46	38.38	300m: 3:43.03	38.64
				350m: 4:21.51	38.48
				400m: 4:58.02	36.51
17.	Thijs Bijman	Niemo Barracuda	5:07.55	200901111	4:59.52 +0,73
	50m: 33.24	33.24 150m: 1:48.61	38.66	250m: 3:07.15	38.99
	100m: 1:09.95	36.71 200m: 2:28.16	39.55	300m: 3:46.25	39.10
				350m: 4:25.59	39.34
				400m: 4:59.52	33.93