

Programmanr. 22  
 30-5-2026 - 12:53

Heren, 400m wisselslag

 Senioren Open  
 Resultaten

rang	naam	vereniging	intijd	tijd	RT	
<b>Onder 14</b>						
1.	Celestin van der Beek	PSV	5:36.37	201201183	<b>5:19.97</b>	
	50m: 34.34	34.34 150m: 1:58.95	44.17	250m: 3:24.89	44.79 350m: 4:45.19	36.41
	100m: 1:14.78	40.44 200m: 2:40.10	41.15	300m: 4:08.78	43.89 400m: 5:19.97	34.78
2.	Adrian J.	De Treffers	5:53.46	201202261	<b>5:29.59</b>	+0,61
	50m: 33.51	33.51 150m: 1:54.97	39.92	250m: 3:25.17	50.63 350m: 4:52.67	38.03
	100m: 1:15.05	41.54 200m: 2:34.54	39.57	300m: 4:14.64	49.47 400m: 5:29.59	36.92
3.	Wessel Vis	De Treffers	5:48.79	201201273	<b>5:40.22</b>	+0,56
	50m: 34.02	34.02 150m: 1:58.89	43.25	250m: 3:32.03	51.66 350m: 5:03.93	38.55
	100m: 1:15.64	41.62 200m: 2:40.37	41.48	300m: 4:25.38	53.35 400m: 5:40.22	36.29
4.	Alex Pasala	PSV	5:55.67	201300803	<b>5:47.91</b>	
	50m: 36.14	36.14 150m: 2:04.17	46.09	250m: 3:38.74	50.71 350m: 5:10.24	39.97
	100m: 1:18.08	41.94 200m: 2:48.03	43.86	300m: 4:30.27	51.53 400m: 5:47.91	37.67
5.	Jurre Bruins Slot	De Schelde	5:52.42	201300511	<b>5:56.08</b>	+0,59
	50m: 41.31	41.31 150m: 2:13.87	45.40	250m: 3:50.79	51.74 350m: 5:19.40	37.82
	100m: 1:28.47	47.16 200m: 2:59.05	45.18	300m: 4:41.58	50.79 400m: 5:56.08	36.68
6.	Yaro de Vries	ZWK Merlet	6:25.20	201200115	<b>5:59.39</b>	+0,80
	50m: 37.44	37.44 150m: 2:12.50	47.91	250m: 3:44.74	45.26 350m: 5:16.08	43.00
	100m: 1:24.59	47.15 200m: 2:59.48	46.98	300m: 4:33.08	48.34 400m: 5:59.39	43.31
7.	Miguel Kuijken	PSV	6:08.64	201300251	<b>6:00.45</b>	+0,56
	50m: 40.24	40.24 150m: 2:12.60	46.16	250m: 3:49.76	51.45 350m: 5:22.00	40.07
	100m: 1:26.44	46.20 200m: 2:58.31	45.71	300m: 4:41.93	52.17 400m: 6:00.45	38.45
8.	Ian van Os	Z & PC De Zeeuwse Kust	5:59.33	201301239	<b>6:08.77</b>	+0,63
	50m: 38.66	38.66 150m: 2:14.73	48.60	250m: 3:50.42	49.31 350m: 5:27.63	44.95
	100m: 1:26.13	47.47 200m: 3:01.11	46.38	300m: 4:42.68	52.26 400m: 6:08.77	41.14
9.	Rens Bouwmans	Dzt'62	6:14.26	201301389	<b>6:11.72</b>	+0,69
	50m: 40.76	40.76 150m: 2:19.44	46.79	250m: 3:58.55	53.65 350m: 5:33.24	39.39
	100m: 1:32.65	51.89 200m: 3:04.90	45.46	300m: 4:53.85	55.30 400m: 6:11.72	38.48
10.	Gust Cremers	Tempo Valkenswaard	6:33.78	201201647	<b>6:29.76</b>	+0,61
	50m: 43.61	43.61 150m: 2:27.84	49.07	250m: 4:11.94	56.50 350m: 5:51.38	44.95
	100m: 1:38.77	55.16 200m: 3:15.44	47.60	300m: 5:09.34	57.40 400m: 6:29.76	38.38
11.	Bartek Kolodziej	PSV	6:57.89	201301141	<b>6:40.45</b>	
	50m: 44.83	44.83 150m: 2:31.94	52.14	250m: 4:18.40	57.75 350m: 6:00.17	44.28
	100m: 1:39.80	54.97 200m: 3:20.65	48.71	300m: 5:15.89	57.49 400m: 6:40.45	40.28
12.	Jesse Drewes	De Biesboschzweimmers	6:37.50	201300295	<b>6:40.94</b>	+0,75
	50m: 44.18	44.18 150m: 2:31.59	50.62	250m: 4:15.52	55.76 350m: 5:55.63	45.68
	100m: 1:40.97	56.79 200m: 3:19.76	48.17	300m: 5:09.95	54.43 400m: 6:40.94	45.31
13.	Jens Lathouwers	Z&PV Nuenen	6:49.77	201301953	<b>6:52.29</b>	+0,54
	50m: 46.36	46.36 150m: 2:34.26	49.05	250m: 4:18.66	56.77 350m: 6:03.46	48.31
	100m: 1:45.21	58.85 200m: 3:21.89	47.63	300m: 5:15.15	56.49 400m: 6:52.29	48.83
14.	Iede de Wit	Hieronymus	6:54.27	201300213	<b>6:52.56</b>	
	50m: 46.59	46.59 150m: 2:33.31	49.12	250m: 4:20.95	59.35 350m: 6:07.22	45.92
	100m: 1:44.19	57.60 200m: 3:21.60	48.29	300m: 5:21.30	1:00.35 400m: 6:52.56	45.34
DIS	Djayden van Dooren	ZWK Merlet	6:33.86	201201361		VE
	<i>VE - Afwisselende bewegingen van de benen of voeten ten opzichte van elkaar gemaakt.</i>					

**Onder 16**

1.	Ian Timmermans	PSV	5:35.33	201004001	<b>5:25.50</b>	
	50m: 32.90	32.90 150m: 1:52.96	42.51	250m: 3:24.29	51.09 350m: 4:52.04	36.45
	100m: 1:10.45	37.55 200m: 2:33.20	40.24	300m: 4:15.59	51.30 400m: 5:25.50	33.46
2.	Mads Blacquière	PSV	5:38.53	201103233	<b>5:27.70</b>	
	50m: 35.41	35.41 150m: 2:00.46	43.52	250m: 3:29.06	45.31 350m: 4:52.80	38.08
	100m: 1:16.94	41.53 200m: 2:43.75	43.29	300m: 4:14.72	45.66 400m: 5:27.70	34.90
3.	Tijn van den Berkmortel	Zegenwerp	6:12.69	201102579	<b>5:28.16</b>	+0,72
	50m: 31.84	31.84 150m: 1:52.92	42.99	250m: 3:24.02	50.51 350m: 4:51.74	37.21
	100m: 1:09.93	38.09 200m: 2:33.51	40.59	300m: 4:14.53	50.51 400m: 5:28.16	36.42
4.	Siem Kuijsters	O.Z. & P.C. De Warande	5:52.18	201100449	<b>5:38.78</b>	+0,54
	50m: 33.35	33.35 150m: 2:05.08	44.62	250m: 3:37.25	47.57 350m: 5:03.08	38.10
	100m: 1:20.46	47.11 200m: 2:49.68	44.60	300m: 4:24.98	47.73 400m: 5:38.78	35.70



## Programmanr. 22, Jongens, 400m wisselslag, Onder 16

rang	naam	vereniging	intijd	tijd	RT			
5.	Collin van der Ham	WZV	5:43.16	201000877	<b>5:42.50</b> +0,74			
	50m: 32.81	32.81	150m: 1:56.43	44.43	250m: 3:31.86	52.81	350m: 5:02.59	38.85
	100m: 1:12.00	39.19	200m: 2:39.05	42.62	300m: 4:23.74	51.88	400m: 5:42.50	39.91
6.	Devano Weijers	ZWK Merlet	6:26.22	201100921	<b>6:20.72</b> +0,73			
	50m: 38.88	38.88	150m: 2:16.50	49.38	250m: 4:02.11	56.13	350m: 5:39.52	41.40
	100m: 1:27.12	48.24	200m: 3:05.98	49.48	300m: 4:58.12	56.01	400m: 6:20.72	41.20
7.	Djivano van Dooren	ZWK Merlet	6:20.05	201003533	<b>6:25.63</b> +0,75			
	50m: 40.70	40.70	150m: 2:23.38	50.66	250m: 4:05.59	53.97	350m: 5:42.77	42.53
	100m: 1:32.72	52.02	200m: 3:11.62	48.24	300m: 5:00.24	54.65	400m: 6:25.63	42.86
8.	Thomas Bohnen	V.Z.V. Njord	6:26.17	201101613	<b>6:41.61</b> +0,80			
	50m: 37.31	37.31	150m: 2:18.01	52.23	250m: 4:04.84	56.20	350m: 5:52.75	49.68
	100m: 1:25.78	48.47	200m: 3:08.64	50.63	300m: 5:03.07	58.23	400m: 6:41.61	48.86

## Onder 18

1.	Frits Hoeflaken	PSV	5:04.60	200804101	<b>4:56.29</b> +0,52			
	50m: 30.39	30.39	150m: 1:45.08	38.90	250m: 3:03.22	39.39	350m: 4:21.20	36.65
	100m: 1:06.18	35.79	200m: 2:23.83	38.75	300m: 3:44.55	41.33	400m: 4:56.29	35.09
2.	Fedor Sazonov	PSV	5:03.73	200900707	<b>5:09.69</b> +0,54			
	50m: 31.14	31.14	150m: 1:48.07	40.23	250m: 3:12.41	43.62	350m: 4:36.11	39.06
	100m: 1:07.84	36.70	200m: 2:28.79	40.72	300m: 3:57.05	44.64	400m: 5:09.69	33.58
3.	Jelle van den Berg	De Treffers	5:05.16	200802053	<b>5:10.11</b> +0,71			
	50m: 29.82	29.82	150m: 1:49.08	42.34	250m: 3:16.40	46.68	350m: 4:38.23	34.15
	100m: 1:06.74	36.92	200m: 2:29.72	40.64	300m: 4:04.08	47.68	400m: 5:10.11	31.88
4.	Nicolai Matla	PSV	5:23.09	200901031	<b>5:20.93</b> +0,71			
	50m: 31.88	31.88	150m: 1:55.26	45.49	250m: 3:21.23	43.14	350m: 4:44.50	38.76
	100m: 1:09.77	37.89	200m: 2:38.09	42.83	300m: 4:05.74	44.51	400m: 5:20.93	36.43
5.	Lars de Kooter	De Biesboschzweimmers	5:21.47	200800185	<b>5:25.36</b> +0,69			
	50m: 33.98	33.98	150m: 2:00.71	44.67	250m: 3:25.66	42.10	350m: 4:47.49	38.31
	100m: 1:16.04	42.06	200m: 2:43.56	42.85	300m: 4:09.18	43.52	400m: 5:25.36	37.87
6.	Iven Pas	V.Z.V. Njord	5:32.27	200900387	<b>5:27.12</b> +0,76			
	50m: 34.74	34.74	150m: 1:58.25	40.49	250m: 3:28.15	48.44	350m: 4:53.01	36.19
	100m: 1:17.76	43.02	200m: 2:39.71	41.46	300m: 4:16.82	48.67	400m: 5:27.12	34.11
7.	Senn oude Lohuis	Sbc2000	5:28.54	200801067	<b>5:46.70</b> +0,49			
	50m: 35.62	35.62	150m: 2:08.10	47.48	250m: 3:42.24	48.32	350m: 5:10.89	38.64
	100m: 1:20.62	45.00	200m: 2:53.92	45.82	300m: 4:32.25	50.01	400m: 5:46.70	35.81
8.	Kasper van der Westen	Sbc2000	5:36.86	200900503	<b>5:46.89</b> +0,73			
	50m: 37.12	37.12	150m: 2:08.75	46.91	250m: 3:40.88	46.93	350m: 5:09.75	40.31
	100m: 1:21.84	44.72	200m: 2:53.95	45.20	300m: 4:29.44	48.56	400m: 5:46.89	37.14
9.	Matthijs Vinke	Scheldestroom	5:31.01	200900105	<b>5:47.53</b> +0,81			
	50m: 36.65	36.65	150m: 2:07.18	46.02	250m: 3:40.50	48.21	350m: 5:09.03	40.52
	100m: 1:21.16	44.51	200m: 2:52.29	45.11	300m: 4:28.51	48.01	400m: 5:47.53	38.50
10.	Ruben Bouw	ZWK Merlet	5:52.89	200902035	<b>5:51.30</b> +0,88			
	50m: 37.15	37.15	150m: 2:08.06	46.41	250m: 3:44.60	49.84	350m: 5:13.89	38.31
	100m: 1:21.65	44.50	200m: 2:54.76	46.70	300m: 4:35.58	50.98	400m: 5:51.30	37.41

## 18 en ouder

1.	Paolo del Villar	PSV	5:07.48	200504559	<b>5:06.02</b> +0,45			
	50m: 29.77	29.77	150m: 1:44.87	40.63	250m: 3:07.40	43.11	350m: 4:30.06	38.86
	100m: 1:04.24	34.47	200m: 2:24.29	39.42	300m: 3:51.20	43.80	400m: 5:06.02	35.96
2.	Milco Matla	PSV	5:11.63	200600555	<b>5:08.23</b> +0,75			
	50m: 29.67	29.67	150m: 1:45.96	41.60	250m: 3:11.08	45.33	350m: 4:34.09	36.98
	100m: 1:04.36	34.69	200m: 2:25.75	39.79	300m: 3:57.11	46.03	400m: 5:08.23	34.14
3.	Nick Bongers	Sbc2000	5:14.63	199800843	<b>5:14.61</b> +0,73			
	50m: 32.15	32.15	150m: 1:53.16	42.26	250m: 3:18.24	42.31	350m: 4:38.54	37.45
	100m: 1:10.90	38.75	200m: 2:35.93	42.77	300m: 4:01.09	42.85	400m: 5:14.61	36.07
4.	Bas van den Akker	PSV	4:49.77	200204651	<b>5:16.23</b> +0,67			
	50m: 32.38	32.38	150m: 1:53.33	42.20	250m: 3:20.14	44.34	350m: 4:41.57	35.94
	100m: 1:11.13	38.75	200m: 2:35.80	42.47	300m: 4:05.63	45.49	400m: 5:16.23	34.66
5.	Jesper Pas	V.Z.V. Njord	5:22.12	200200967	<b>5:21.11</b> +0,61			
	50m: 31.33	31.33	150m: 1:52.12	41.80	250m: 3:19.73	46.97	350m: 4:44.96	37.37
	100m: 1:10.32	38.99	200m: 2:32.76	40.64	300m: 4:07.59	47.86	400m: 5:21.11	36.15

Programmanr. 22, Heren, 400m wisselslag, 18 en ouder

rang	naam	vereniging	intijd	tijd	RT			
6.	Joris van Keulen	De Treffers	5:25.39	200700159	<b>5:24.83</b> +0,70			
	50m: 35.16	35.16	150m: 1:58.56	41.11	250m: 3:26.00	46.95	350m: 4:49.37	36.76
	100m: 1:17.45	42.29	200m: 2:39.05	40.49	300m: 4:12.61	46.61	400m: 5:24.83	35.46
7.	Coen Graat	ZWK Merlet	5:35.57	200201363	<b>5:30.22</b> +0,68			
	50m: 30.91	30.91	150m: 1:53.89	43.36	250m: 3:27.09	50.80	350m: 4:54.80	37.38
	100m: 1:10.53	39.62	200m: 2:36.29	42.40	300m: 4:17.42	50.33	400m: 5:30.22	35.42
8.	Pieter Pijnenburg	De Biesboschzweimmers	5:36.07	199305227	<b>5:30.63</b> +0,75			
	50m: 35.44	35.44	150m: 2:02.43	44.77	250m: 3:30.96	44.00	350m: 4:53.23	37.82
	100m: 1:17.66	42.22	200m: 2:46.96	44.53	300m: 4:15.41	44.45	400m: 5:30.63	37.40
9.	Robin Hermans	Trb/Res	5:38.10	199400987	<b>5:33.79</b> +0,70			
	50m: 32.27	32.27	150m: 1:54.46	43.64	250m: 3:27.04	48.71	350m: 4:55.35	39.53
	100m: 1:10.82	38.55	200m: 2:38.33	43.87	300m: 4:15.82	48.78	400m: 5:33.79	38.44
10.	Tren Lemmers	ZWK Merlet	5:20.92	200201563	<b>5:34.08</b> +0,75			
	50m: 33.51	33.51	150m: 1:59.30	44.00	250m: 3:30.51	45.99	350m: 4:57.30	39.44
	100m: 1:15.30	41.79	200m: 2:44.52	45.22	300m: 4:17.86	47.35	400m: 5:34.08	36.78
11.	Erik Drewes	De Biesboschzweimmers	5:30.46	198400543	<b>5:47.30</b> +0,75			
	50m: 32.41	32.41	150m: 1:59.45	47.43	250m: 3:35.18	49.98	350m: 5:07.24	42.38
	100m: 1:12.02	39.61	200m: 2:45.20	45.75	300m: 4:24.86	49.68	400m: 5:47.30	40.06