

Programmanr. 9
 23-5-2026 - 15:53

Heren, 400m vrije slag

 Senioren Open
 Resultaten

rang	naam	vereniging	intijd	tijd	RT
Onder 14					
1.	Adrian J.	De Treffers	4:47.64	201202261	4:39.29 +0,68
	50m: 30.96	30.96 150m: 1:41.30	35.39	250m: 2:53.53	36.25 350m: 4:06.25
	100m: 1:05.91	34.95 200m: 2:17.28	35.98	300m: 3:30.67	37.14 400m: 4:39.29
2.	Celestin van der Beek	PSV	4:56.88	201201183	4:40.89
	50m: 32.20	32.20 150m: 1:44.16	35.84	250m: 2:56.13	35.11 350m: 4:07.20
	100m: 1:08.32	36.12 200m: 2:21.02	36.86	300m: 3:32.48	36.35 400m: 4:40.89
3.	Jaro Hermans	PSV	4:46.26	201200173	4:41.00
	50m: 30.73	30.73 150m: 1:40.97	35.81	250m: 2:53.99	36.51 350m: 4:06.92
	100m: 1:05.16	34.43 200m: 2:17.48	36.51	300m: 3:30.69	36.70 400m: 4:41.00
4.	Michael Simons	PSV	5:02.98	201200025	4:53.22 +0,63
	50m: 32.83	32.83 150m: 1:46.28	36.52	250m: 3:00.78	37.41 350m: 4:16.61
	100m: 1:09.76	36.93 200m: 2:23.37	37.09	300m: 3:38.27	37.49 400m: 4:53.22
5.	Wessel Vis	De Treffers	5:02.91	201201273	5:00.67 +0,57
	50m: 33.06	33.06 150m: 1:49.91	38.95	250m: 3:06.75	37.67 350m: 4:24.60
	100m: 1:10.96	37.90 200m: 2:29.08	39.17	300m: 3:46.05	39.30 400m: 5:00.67
6.	Alex Pasala	PSV	5:09.63	201300803	5:00.97 +0,51
	50m: 34.21	34.21 150m: 1:50.63	38.52	250m: 3:07.00	38.02 350m: 4:24.21
	100m: 1:12.11	37.90 200m: 2:28.98	38.35	300m: 3:45.12	38.12 400m: 5:00.97
7.	Jelle Stevens	ZWK Merlet	5:15.17	201200393	5:14.79 +0,77
	50m: 35.52	35.52 150m: 1:55.78	40.51	250m: 3:16.49	40.18 350m: 4:37.44
	100m: 1:15.27	39.75 200m: 2:36.31	40.53	300m: 3:57.59	41.10 400m: 5:14.79
8.	Ian van Os	Z & PC De Zeeuwse Kust	5:19.71	201301239	5:21.13 +0,45
	50m: 35.71	35.71 150m: 1:56.59	40.16	250m: 3:17.37	40.23 350m: 4:40.60
	100m: 1:16.43	40.72 200m: 2:37.14	40.55	300m: 3:59.04	41.67 400m: 5:21.13
9.	Djayden van Dooren	ZWK Merlet	5:18.74	201201361	5:21.36 +0,73
	50m: 37.44	37.44 150m: 2:00.26	41.60	250m: 3:23.07	40.85 350m: 4:43.57
	100m: 1:18.66	41.22 200m: 2:42.22	41.96	300m: 4:03.89	40.82 400m: 5:21.36
10.	Miguel Kuijken	PSV	5:24.33	201300251	5:21.55 +0,51
	50m: 37.11	37.11 150m: 1:58.67	40.90	250m: 3:21.74	41.53 350m: 4:43.83
	100m: 1:17.77	40.66 200m: 2:40.21	41.54	300m: 4:03.44	41.70 400m: 5:21.55
11.	Rens Bouwmans	Dzt'62	5:15.76	201301389	5:23.97
	50m: 35.72	35.72 150m: 2:00.23	41.90	250m: 3:23.19	41.30 350m: 4:44.95
	100m: 1:18.33	42.61 200m: 2:41.89	41.66	300m: 4:04.29	41.10 400m: 5:23.97
12.	Yaro de Vries	ZWK Merlet	5:28.85	201200115	5:30.68 +0,77
	50m: 37.07	37.07 150m: 2:03.29	42.91	250m: 3:29.77	43.09 350m: 4:54.06
	100m: 1:20.38	43.31 200m: 2:46.68	43.39	300m: 4:11.56	41.79 400m: 5:30.68
13.	Merijn Hofmans	Arethusa	5:37.97	201200607	5:36.24
	50m: 37.84	37.84 150m: 2:03.97	43.72	250m: 3:32.33	44.28 350m: 4:58.78
	100m: 1:20.25	42.41 200m: 2:48.05	44.08	300m: 4:15.68	43.35 400m: 5:36.24
14.	Pjotr Dezutter	Scheldestroom	5:44.22	201300125	5:38.07 +0,57
	50m: 39.04	39.04 150m: 2:05.21	43.53	250m: 3:32.39	43.45 350m: 4:57.35
	100m: 1:21.68	42.64 200m: 2:48.94	43.73	300m: 4:14.61	42.22 400m: 5:38.07
15.	Tycho Zoon	Onderdak	5:39.75	201202321	5:44.81
	50m: 37.41	37.41 150m: 2:05.83	44.80	250m: 3:34.85	44.36 350m: 5:03.15
	100m: 1:21.03	43.62 200m: 2:50.49	44.66	300m: 4:19.40	44.55 400m: 5:44.81
16.	Bartek Kolodziej	PSV	5:52.66	201301141	5:52.21 +0,71
	50m: 39.80	39.80 150m: 2:10.06	44.32	250m: 3:42.22	45.28 350m: 5:14.37
	100m: 1:25.74	45.94 200m: 2:56.94	46.88	300m: 4:28.70	46.48 400m: 5:52.21
17.	Iede de Wit	Hieronymus	5:54.71	201300213	6:03.65 +0,68
	50m: 39.35	39.35 150m: 2:11.55	46.71	250m: 3:45.78	46.99 350m: 5:20.08
	100m: 1:24.84	45.49 200m: 2:58.79	47.24	300m: 4:33.57	47.79 400m: 6:03.65

Programmanr. 9, Heren, 400m vrije slag

Onder 16

1.	Thijmen Puijssers	Hieronymus	4:29.91	201000129	4:27.03	+0,41
	50m: 29.10	29.10 150m: 1:35.46	33.45	250m: 2:43.72	34.15	350m: 3:53.91
	100m: 1:02.01	32.91 200m: 2:09.57	34.11	300m: 3:19.12	35.40	400m: 4:27.03
2.	Thijn Runia	Dzt'62	4:42.24	201000895	4:32.57	+0,67
	50m: 29.40	29.40 150m: 1:37.28	34.23	250m: 2:48.20	35.77	350m: 3:59.32
	100m: 1:03.05	33.65 200m: 2:12.43	35.15	300m: 3:24.13	35.93	400m: 4:32.57
3.	Tijn van den Berkmortel	Zegenwerp	4:51.67	201102579	4:48.07	+0,59
	50m: 31.68	31.68 150m: 1:43.45	36.38	250m: 2:57.81	37.38	350m: 4:12.35
	100m: 1:07.07	35.39 200m: 2:20.43	36.98	300m: 3:35.35	37.54	400m: 4:48.07
4.	Sjoerd van Zwiene	O.Z. & P.C. De Warande	5:13.51	201102195	4:52.35	+0,79
	50m: 31.07	31.07 150m: 1:42.70	36.52	250m: 2:57.77	37.44	350m: 4:15.17
	100m: 1:06.18	35.11 200m: 2:20.33	37.63	300m: 3:36.62	38.85	400m: 4:52.35
5.	Ian Timmermans	PSV	4:52.19	201004001	4:55.22	+0,62
	50m: 33.56	33.56 150m: 1:47.84	37.31	250m: 3:03.23	37.50	350m: 4:19.35
	100m: 1:10.53	36.97 200m: 2:25.73	37.89	300m: 3:41.54	38.31	400m: 4:55.22
6.	Siem Kuijsters	O.Z. & P.C. De Warande	5:27.62	201100449	4:57.97	+0,55
	50m: 30.93	30.93 150m: 1:44.96	37.66	250m: 3:03.34	39.23	350m: 4:21.73
	100m: 1:07.30	36.37 200m: 2:24.11	39.15	300m: 3:43.06	39.72	400m: 4:57.97
7.	Ben Konings	Sbc2000	5:16.40	201002835	4:59.19	+0,71
	50m: 33.69	33.69 150m: 1:50.45	38.77	250m: 3:09.08	39.27	350m: 4:23.83
	100m: 1:11.68	37.99 200m: 2:29.81	39.36	300m: 3:46.85	37.77	400m: 4:59.19
8.	Elliot van Ruth	PSV	5:03.42	201102347	5:08.61	+0,77
	50m: 33.23	33.23 150m: 1:50.06	38.74	250m: 3:09.79	39.76	350m: 4:30.23
	100m: 1:11.32	38.09 200m: 2:30.03	39.97	300m: 3:49.99	40.20	400m: 5:08.61
9.	Lars de Greef	Hieronymus	5:20.54	201003899	5:15.47	+0,73
	50m: 34.65	34.65 150m: 1:52.78	39.89	250m: 3:14.64	41.94	350m: 4:37.47
	100m: 1:12.89	38.24 200m: 2:32.70	39.92	300m: 3:57.32	42.68	400m: 5:15.47
10.	Lars Klanderman	De Marlijn (SG)	5:04.48	201000325	5:20.89	+0,73
	50m: 33.31	33.31 150m: 1:52.20	41.06	250m: 3:16.89	42.63	350m: 4:41.17
	100m: 1:11.14	37.83 200m: 2:34.26	42.06	300m: 3:58.97	42.08	400m: 5:20.89
11.	Mylan Hermsen	ZWK Merlet	5:28.23	201002711	5:26.78	
	50m: 36.68	36.68 150m: 2:00.37	42.40	250m: 3:27.18	43.97	350m: 4:50.69
	100m: 1:17.97	41.29 200m: 2:43.21	42.84	300m: 4:09.30	42.12	400m: 5:26.78
12.	Muhammed Sahin	Trb/Res	5:28.20	201101429	5:31.37	+0,66
	50m: 35.03	35.03 150m: 2:01.00	44.53	250m: 3:29.74	44.90	350m: 4:56.41
	100m: 1:16.47	41.44 200m: 2:44.84	43.84	300m: 4:13.02	43.28	400m: 5:31.37
13.	Collin van der Ham	WZV	5:03.51	201000877	5:32.29	+0,70
	50m: 34.81	34.81 150m: 1:58.12	42.55	250m: 3:24.00	42.55	350m: 4:52.09
	100m: 1:15.57	40.76 200m: 2:41.45	43.33	300m: 4:08.43	44.43	400m: 5:32.29
14.	Djivano van Dooren	ZWK Merlet	5:33.13	201003533	5:57.95	+0,80
	50m: 38.34	38.34 150m: 2:06.54	45.60	250m: 3:39.04	46.46	350m: 5:13.16
	100m: 1:20.94	42.60 200m: 2:52.58	46.04	300m: 4:25.71	46.67	400m: 5:57.95

Onder 18

1.	Jelle van den Berg	De Treffers	4:18.22	200802053	4:28.35	+0,74
	50m: 29.58	29.58 150m: 1:35.52	33.68	250m: 2:44.86	35.07	350m: 3:54.84
	100m: 1:01.84	32.26 200m: 2:09.79	34.27	300m: 3:20.27	35.41	400m: 4:28.35
2.	Thomas Nauta	Arethusa	4:37.57	200900339	4:35.14	+0,52
	50m: 29.68	29.68 150m: 1:37.52	34.57	250m: 2:48.35	35.79	350m: 4:00.30
	100m: 1:02.95	33.27 200m: 2:12.56	35.04	300m: 3:24.25	35.90	400m: 4:35.14
3.	Jelle Veenhuis	Zegenwerp	5:01.92	200900745	4:38.84	+0,62
	50m: 29.44	29.44 150m: 1:38.94	35.63	250m: 2:52.17	36.89	350m: 4:04.36
	100m: 1:03.31	33.87 200m: 2:15.28	36.34	300m: 3:28.61	36.44	400m: 4:38.84
4.	Senn oude Lohuis	Sbc2000	5:00.80	200801067	4:48.39	+0,51
	50m: 32.17	32.17 150m: 1:45.22	36.72	250m: 3:01.01	37.68	350m: 4:14.59
	100m: 1:08.50	36.33 200m: 2:23.33	38.11	300m: 3:38.74	37.73	400m: 4:48.39
5.	Nicolai Matla	PSV	4:53.93	200901031	4:49.08	+0,69
	50m: 32.21	32.21 150m: 1:45.27	36.92	250m: 2:59.19	37.21	350m: 4:14.00
	100m: 1:08.35	36.14 200m: 2:21.98	36.71	300m: 3:36.26	37.07	400m: 4:49.08
6.	Lars de Kooter	De Biesboschzwemmers	4:55.66	200800185	4:51.38	+0,63
	50m: 31.58	31.58 150m: 1:45.29	37.50	250m: 3:00.08	36.89	350m: 4:15.00
	100m: 1:07.79	36.21 200m: 2:23.19	37.90	300m: 3:37.92	37.84	400m: 4:51.38

Programmanr. 9, Jongens, 400m vrije slag, Onder 18

rang	naam	vereniging	intijd	tijd	RT			
7.	Matthijs Vinke	Scheldeestroom	4:49.16	200900105	5:11.86 +0,72			
	50m: 32.92	32.92	150m: 1:48.47	38.80	250m: 3:08.42	40.39	350m: 4:31.56	41.54
	100m: 1:09.67	36.75	200m: 2:28.03	39.56	300m: 3:50.02	41.60	400m: 5:11.86	40.30
18 en ouder								
1.	Paolo del Villar	PSV	4:25.45	200504559	4:33.31 +0,57			
	50m: 29.13	29.13	150m: 1:35.61	34.01	250m: 2:45.31	35.33	350m: 3:57.67	36.36
	100m: 1:01.60	32.47	200m: 2:09.98	34.37	300m: 3:21.31	36.00	400m: 4:33.31	35.64
2.	Milco Matla	PSV	4:37.32	200600555	4:33.53 +0,75			
	50m: 29.77	29.77	150m: 1:39.82	35.43	250m: 2:50.48	34.93	350m: 4:00.70	34.98
	100m: 1:04.39	34.62	200m: 2:15.55	35.73	300m: 3:25.72	35.24	400m: 4:33.53	32.83
3.	Bas van den Akker	PSV	4:23.36	200204651	4:40.37 +0,66			
	50m: 30.41	30.41	150m: 1:39.93	35.14	250m: 2:52.60	36.61	350m: 4:05.76	36.58
	100m: 1:04.79	34.38	200m: 2:15.99	36.06	300m: 3:29.18	36.58	400m: 4:40.37	34.61
4.	Floris Melchers	Sbc2000	4:42.70	200703285	4:41.18 +0,65			
	50m: 30.81	30.81	150m: 1:42.18	35.83	250m: 2:37.25	19.52	350m: 4:05.86	36.50
	100m: 1:06.35	35.54	200m: 2:17.73	35.55	300m: 3:29.36	52.11	400m: 4:41.18	35.32
5.	Joris van Keulen	De Treffers	4:42.42	200700159	4:41.46 +0,63			
	50m: 30.74	30.74	150m: 1:41.00	35.63	250m: 2:53.47	36.49	350m: 4:06.82	36.50
	100m: 1:05.37	34.63	200m: 2:16.98	35.98	300m: 3:30.32	36.85	400m: 4:41.46	34.64
6.	Ondrej Sevcik	V.Z.V. Njord	4:47.76	200702971	4:42.23 +0,63			
	50m: 30.58	30.58	150m: 1:42.57	36.80	250m: 2:55.63	36.62	350m: 4:07.76	35.84
	100m: 1:05.77	35.19	200m: 2:19.01	36.44	300m: 3:31.92	36.29	400m: 4:42.23	34.47
7.	Tim Versteegen	DBD	4:49.60	200200085	4:44.74 +0,75			
	50m: 29.95	29.95	150m: 1:39.75	35.77	250m: 2:53.58	37.07	350m: 4:08.27	36.68
	100m: 1:03.98	34.03	200m: 2:16.51	36.76	300m: 3:31.59	38.01	400m: 4:44.74	36.47
8.	Brian van Gennip	ZV Hydra	4:44.81	200003573	4:47.91 +0,77			
	50m: 29.23	29.23	150m: 1:40.19	36.25	250m: 2:54.76	37.38	350m: 4:10.21	37.14
	100m: 1:03.94	34.71	200m: 2:17.38	37.19	300m: 3:33.07	38.31	400m: 4:47.91	37.70
9.	Jos de Graaf	PSV	4:52.40	199106095	4:54.53 +0,68			
	50m: 32.45	32.45	150m: 1:44.76	36.55	250m: 2:58.22	36.38	350m: 4:15.69	39.62
	100m: 1:08.21	35.76	200m: 2:21.84	37.08	300m: 3:36.07	37.85	400m: 4:54.53	38.84
10.	Jesper Pas	V.Z.V. Njord	4:47.26	200200967	4:57.10 +0,72			
	50m: 31.77	31.77	150m: 1:45.87	37.50	250m: 3:02.51	38.81	350m: 4:20.20	39.16
	100m: 1:08.37	36.60	200m: 2:23.70	37.83	300m: 3:41.04	38.53	400m: 4:57.10	36.90
BM	Steijn Louter	Hieronymus	4:12.82	200500793	4:18.66 +0,69			
	50m: 27.93	27.93	150m: 1:31.47	32.20	250m: 2:37.53	33.21	350m: 3:45.62	36.14
	100m: 59.27	31.34	200m: 2:04.32	32.85	300m: 3:09.48	31.95	400m: 4:18.66	33.04