

Event 13
25-10-2025 - 17:30

Men, 400m Freestyle

Open
Results Final

Points: AQUA 2025

rang	naam	vereniging	intijd	tijd	RT	wa para
1.	Duncan Scott	University Of Stirling	3:48.59	149309	3:42.43	+0,66 868
	50m: 24.81	24.81 150m: 1:19.69	27.59	250m: 2:16.67	28.42 350m: 3:14.06	28.80
	100m: 52.10	27.29 200m: 1:48.25	28.56	300m: 2:45.26	28.59 400m: 3:42.43	28.37
2.	Tiago Fonseca Gomes	Team NL - PSV	3:53.55	200703587	3:43.75 EK	+0,64 853
	50m: 25.31	25.31 150m: 1:21.46	28.45	250m: 2:18.89	28.69 350m: 3:15.82	28.35
	100m: 53.01	27.70 200m: 1:50.20	28.74	300m: 2:47.47	28.58 400m: 3:43.75	27.93
3.	Austin Namesnik	ZPC AMERSFOORT	3:53.96	200101817	3:51.77	+0,59 768
	50m: 25.61	25.61 150m: 1:23.32	29.34	250m: 2:22.90	29.73 350m: 3:23.49	30.41
	100m: 53.98	28.37 200m: 1:53.17	29.85	300m: 2:53.08	30.18 400m: 3:51.77	28.28
4.	Koen Marsman	Team NL - ZPC AMERSFOOF3	3:57.77	200502763	3:53.44	+0,62 751
	50m: 25.72	25.72 150m: 1:23.31	29.24	250m: 2:23.34	30.29 350m: 3:24.26	30.45
	100m: 54.07	28.35 200m: 1:53.05	29.74	300m: 2:53.81	30.47 400m: 3:53.44	29.18
5.	Tieme Wiersma	DZ&PC	3:58.32	200701031	3:59.76	+0,72 693
	50m: 27.01	27.01 150m: 1:27.19	30.56	250m: 2:28.32	30.46 350m: 3:30.33	31.16
	100m: 56.63	29.62 200m: 1:57.86	30.67	300m: 2:59.17	30.85 400m: 3:59.76	29.43
6.	Seppe Lammens	Zwemfed	4:05.57	VZF/10009/07	4:03.27	+0,70 664
	50m: 26.95	26.95 150m: 1:27.02	30.34	250m: 2:28.88	30.77 350m: 3:32.73	32.11
	100m: 56.68	29.73 200m: 1:58.11	31.09	300m: 3:00.62	31.74 400m: 4:03.27	30.54
7.	Wouter Zijlstra	HZ&PC Heerenveen	4:03.12	200401545	4:03.80	+0,62 659
	50m: 26.44	26.44 150m: 1:26.44	30.51	250m: 2:28.90	31.35 350m: 3:32.49	32.09
	100m: 55.93	29.49 200m: 1:57.55	31.11	300m: 3:00.40	31.50 400m: 4:03.80	31.31
8.	Milan Veelders	ZPC AMERSFOORT	4:07.92	200800279	4:07.82 *	+0,72 628
	50m: 27.29	27.29 150m: 1:27.78	30.63	250m: 2:31.20	32.10 350m: 3:36.08	32.58
	100m: 57.15	29.86 200m: 1:59.10	31.32	300m: 3:03.50	32.30 400m: 4:07.82	31.74
9.	Tommaso Spadea	Leuven Aquatics	4:07.82	LAQUA/11260/08	4:08.30	+0,69 624
	50m: 27.96	27.96 150m: 1:29.57	30.86	250m: 2:32.36	31.53 350m: 3:37.07	32.51
	100m: 58.71	30.75 200m: 2:00.83	31.26	300m: 3:04.56	32.20 400m: 4:08.30	31.23