

**Programmanr. 28**  
**9-4-2023 - 9:11**
**Heren, 400m vrije slag**
**Senioren Open**  
**Resultaten Voorrunde**

Punten: FINA 2022

rang	naam	vereniging		tijd	RT	fin.	FINA	PARA	rudolf	100m	200m	300m	400m
<b>PARA</b>													
1.	Thijs van Hofweegen	ZPC AMERSFOORT	S6	<b>5:23.50</b>	+0,88	Q	314	849		1:13.84	2:35.32	3:59.41	5:23.50
	50m: 34.29	34.29	150m: 1:54.18	40.34	250m: 3:17.48	42.16				350m: 4:42.36	42.95		
	100m: 1:13.84	39.55	200m: 2:35.32	41.14	300m: 3:59.41	41.93				400m: 5:23.50	41.14		
2.	Bas Takken	HPC PARA - De Dolfijn	S10	<b>4:18.93</b>	+0,75	Q	613	835	8,2	59.63	2:04.94	3:12.21	4:18.93
	50m: 28.46	28.46	150m: 1:31.95	32.32	250m: 2:38.13	33.19				350m: 3:45.76	33.55		
	100m: 59.63	31.17	200m: 2:04.94	32.99	300m: 3:12.21	34.08				400m: 4:18.93	33.17		
3.	Yannick Eckart	SC Potsdam e.V.	S9	<b>5:01.91</b>	+0,74	Q	387	615		1:10.13	2:27.87	3:46.80	5:01.91
	50m: 32.75	32.75	150m: 1:48.73	38.60	250m: 3:07.11	39.24				350m: 4:26.24	39.44		
	100m: 1:10.13	37.38	200m: 2:27.87	39.14	300m: 3:46.80	39.69				400m: 5:01.91	35.67		
4.	Julian Hendriks	De Otters Het Gooi	S7	<b>5:34.63</b>		R	284	580		1:16.43	2:39.49	4:06.84	5:34.63
	50m: 36.79	36.79	150m: 1:57.73	41.30	250m: 3:22.64	43.15				350m: 4:52.14	45.30		
	100m: 1:16.43	39.64	200m: 2:39.49	41.76	300m: 4:06.84	44.20				400m: 5:34.63	42.49		
5.	Jordy Maes	Belgian Organisation for AdaS&d	S5	<b>5:33.08</b>	+0,80	Q	288	539		1:18.22	2:44.25	4:11.32	5:33.08
	50m: 37.11	37.11	150m: 2:00.62	42.40	250m: 3:27.51	43.26				350m: 4:53.87	42.55		
	100m: 1:18.22	41.11	200m: 2:44.25	43.63	300m: 4:11.32	43.81				400m: 5:33.08	39.21		
6.	Leon-Elias Kunert	SC Potsdam e.V.	S10	<b>5:19.19</b>	+0,68	R	327	446		1:14.26	2:35.12	3:57.72	5:19.19
	50m: 34.67	34.67	150m: 1:54.86	40.60	250m: 3:16.57	41.45				350m: 4:38.45	40.73		
	100m: 1:14.26	39.59	200m: 2:35.12	40.26	300m: 3:57.72	41.15				400m: 5:19.19	40.74		
DIS	Diogo Luis Cancela	Portugal	S8										
<b>Junior</b>													
1.	Efe öngören	Blue Marlins		<b>4:03.70</b>	+0,66	Q	736		15,5	57.90	1:59.86	3:01.90	4:03.70
	50m: 27.82	27.82	150m: 1:28.89	30.99	250m: 2:30.63	30.77				350m: 3:33.38	31.48		
	100m: 57.90	30.08	200m: 1:59.86	30.97	300m: 3:01.90	31.27				400m: 4:03.70	30.32		
2.	Tiago Fonseca Gomes	PSV		<b>4:03.83</b>	+0,65	Q	735		17,4	57.52	1:59.69	3:02.83	4:03.83
	50m: 27.21	27.21	150m: 1:28.32	30.80	250m: 2:31.04	31.35				350m: 3:33.93	31.10		
	100m: 57.52	30.31	200m: 1:59.69	31.37	300m: 3:02.83	31.79				400m: 4:03.83	29.90		
3.	Sven Klink	SWOL 1894		<b>4:06.13</b>	+0,77	Q	714		14,8	58.39	2:00.38	3:03.97	4:06.13
	50m: 28.21	28.21	150m: 1:29.15	30.76	250m: 2:32.05	31.67				350m: 3:35.75	31.78		
	100m: 58.39	30.18	200m: 2:00.38	31.23	300m: 3:03.97	31.92				400m: 4:06.13	30.38		
4.	Émile Fouzaï	Blue Marlins		<b>4:06.21</b>	+0,75	Q	714		14,8	59.19	2:01.74	3:05.13	4:06.21
	50m: 28.29	28.29	150m: 1:30.23	31.04	250m: 2:33.48	31.74				350m: 3:36.69	31.56		
	100m: 59.19	30.90	200m: 2:01.74	31.51	300m: 3:05.13	31.65				400m: 4:06.21	29.52		
5.	Borys Rudman	Blue Marlins		<b>4:11.14</b>	+0,69	Q	672		13,4	57.79	2:02.05	3:07.46	4:11.14
	50m: 27.01	27.01	150m: 1:29.57	31.78	250m: 2:34.36	32.31				350m: 3:40.28	32.82		
	100m: 57.79	30.78	200m: 2:02.05	32.48	300m: 3:07.46	33.10				400m: 4:11.14	30.86		
6.	Bram Loots	KZC		<b>4:13.11</b>	+0,69	Q	657		14,9	58.17	2:02.54	3:09.14	4:13.11
	50m: 27.56	27.56	150m: 1:29.85	31.68	250m: 2:36.06	33.52				350m: 3:42.63	33.49		
	100m: 58.17	30.61	200m: 2:02.54	32.69	300m: 3:09.14	33.08				400m: 4:13.11	30.48		
7.	Nicolas Kolmberger	SC Wfr. München		<b>4:16.41</b>	+0,75	Q	632		11,9	59.86	2:04.66	3:10.88	4:16.41
	50m: 28.85	28.85	150m: 1:32.35	32.49	250m: 2:37.88	33.22				350m: 3:44.18	33.30		
	100m: 59.86	31.01	200m: 2:04.66	32.31	300m: 3:10.88	33.00				400m: 4:16.41	32.23		
8.	Tieme Wiersma	DZ&PC		<b>4:17.65</b>	+0,71	Q	623		13,6	59.05	2:05.37	3:12.32	4:17.65
	50m: 28.00	28.00	150m: 1:32.19	33.14	250m: 2:38.46	33.09				350m: 3:45.65	33.33		
	100m: 59.05	31.05	200m: 2:05.37	33.18	300m: 3:12.32	33.86				400m: 4:17.65	32.00		
9.	Leon-Elias Kunert	SC Potsdam e.V.	S10	<b>5:19.19</b>	+0,68	R	327	446		1:14.26	2:35.12	3:57.72	5:19.19
	50m: 34.67	34.67	150m: 1:54.86	40.60	250m: 3:16.57	41.45				350m: 4:38.45	40.73		
	100m: 1:14.26	39.59	200m: 2:35.12	40.26	300m: 3:57.72	41.15				400m: 5:19.19	40.74		
10.	Julian Hendriks	De Otters Het Gooi	S7	<b>5:34.63</b>		R	284	580		1:16.43	2:39.49	4:06.84	5:34.63
	50m: 36.79	36.79	150m: 1:57.73	41.30	250m: 3:22.64	43.15				350m: 4:52.14	45.30		
	100m: 1:16.43	39.64	200m: 2:39.49	41.76	300m: 4:06.84	44.20				400m: 5:34.63	42.49		
NG	Yanieck Weijland	HPC - Blue Marlins											

**Programmanr. 28, Heren, 400m vrije slag, Voorronde**
**Senioren Open**

1. Sven Schwarz	W98 Hannover	<b>3:55.65</b>	+0,76	A	814	15,1	56.38	1:55.93	2:55.04	3:55.65
50m: 27.12	27.12	150m: 1:25.92	29.54	250m: 2:25.13	29.20	350m: 3:25.62	30.58			
100m: 56.38	29.26	200m: 1:55.93	30.01	300m: 2:55.04	29.91	400m: 3:55.65	30.03			
2. Silas Beth	SG Bad Schwartau	<b>3:58.21</b>	+0,77	A	788	14,3	57.69	1:58.85	2:59.20	3:58.21
50m: 27.72	27.72	150m: 1:28.24	30.55	250m: 2:29.07	30.22	350m: 3:29.26	30.06			
100m: 57.69	29.97	200m: 1:58.85	30.61	300m: 2:59.20	30.13	400m: 3:58.21	28.95			
3. Richard Nagy	SK Dukla Banska Bystrica	<b>3:59.28</b>	+0,74	A	777	14,0	56.43	1:56.10	2:57.22	3:59.28
50m: 27.08	27.08	150m: 1:26.14	29.71	250m: 2:26.29	30.19	350m: 3:28.69	31.47			
100m: 56.43	29.35	200m: 1:56.10	29.96	300m: 2:57.22	30.93	400m: 3:59.28	30.59			
4. Ondrej Gemov	Czech Republic - National Team	<b>3:59.56</b>	+0,68	A	775	13,9	57.75	1:58.71	2:59.38	3:59.56
50m: 27.51	27.51	150m: 1:28.10	30.35	250m: 2:28.85	30.14	350m: 3:29.76	30.38			
100m: 57.75	30.24	200m: 1:58.71	30.61	300m: 2:59.38	30.53	400m: 3:59.56	29.80			
5. Moritz Bockes	SG Stadtwerke München	<b>4:00.09</b>	+0,63	A	770	13,7	57.08	1:58.53	3:00.14	4:00.09
50m: 26.86	26.86	150m: 1:27.79	30.71	250m: 2:29.18	30.65	350m: 3:30.85	30.71			
100m: 57.08	30.22	200m: 1:58.53	30.74	300m: 3:00.14	30.96	400m: 4:00.09	29.24			
6. Noah Lerch	SSG Günzburg-Leipheim	<b>4:00.52</b>	+0,71	A	766	15,4	57.95	1:59.95	3:01.83	4:00.52
50m: 27.92	27.92	150m: 1:28.76	30.81	250m: 2:30.86	30.91	350m: 3:32.01	30.18			
100m: 57.95	30.03	200m: 1:59.95	31.19	300m: 3:01.83	30.97	400m: 4:00.52	28.51			
7. Lucas Peters	HPC - Nextline Swimming	<b>4:01.33</b>	+0,70	A	758	13,4	56.66	1:57.70	3:00.47	4:01.33
50m: 27.28	27.28	150m: 1:26.86	30.20	250m: 2:28.92	31.22	350m: 3:31.66	31.19			
100m: 56.66	29.38	200m: 1:57.70	30.84	300m: 3:00.47	31.55	400m: 4:01.33	29.67			
8. Saso Boskan	Plavalni klub Triglav Kranj	<b>4:01.49</b>	+0,64	A	756	13,3	57.90	1:59.81	3:01.40	4:01.49
50m: 27.65	27.65	150m: 1:28.78	30.88	250m: 2:30.56	30.75	350m: 3:32.31	30.91			
100m: 57.90	30.25	200m: 1:59.81	31.03	300m: 3:01.40	30.84	400m: 4:01.49	29.18			
9. David Koutny	Czech Republic - U21 National Team	<b>4:01.63</b>	+0,76	B	755	13,3	57.20	1:57.75	3:00.03	4:01.63
50m: 27.66	27.66	150m: 1:27.54	30.34	250m: 2:29.03	31.28	350m: 3:31.52	31.49			
100m: 57.20	29.54	200m: 1:57.75	30.21	300m: 3:00.03	31.00	400m: 4:01.63	30.11			
10. Jan Cejka	Czech Republic - National Team	<b>4:01.94</b>	+0,74	B	752	13,2	58.03	1:59.28	3:00.15	4:01.94
50m: 27.78	27.78	150m: 1:28.64	30.61	250m: 2:29.65	30.37	350m: 3:31.24	31.09			
100m: 58.03	30.25	200m: 1:59.28	30.64	300m: 3:00.15	30.50	400m: 4:01.94	30.70			
11. Michal Judickij	Czech Republic - U21 National Team	<b>4:02.62</b>	+0,66	B	746	14,8	57.77	1:59.56	3:01.52	4:02.62
50m: 27.66	27.66	150m: 1:28.52	30.75	250m: 2:30.27	30.71	350m: 3:32.34	30.82			
100m: 57.77	30.11	200m: 1:59.56	31.04	300m: 3:01.52	31.25	400m: 4:02.62	30.28			
12. Bart Sommeling	De Dolfijn	<b>4:02.78</b>	+0,81	B	744	12,9	58.07	1:59.61	3:02.54	4:02.78
50m: 27.78	27.78	150m: 1:28.81	30.74	250m: 2:31.11	31.50	350m: 3:33.71	31.17			
100m: 58.07	30.29	200m: 1:59.61	30.80	300m: 3:02.54	31.43	400m: 4:02.78	29.07			
13. Alexander Trampitsch	Austrian Swimming federation	<b>4:02.94</b>	+0,69	B	743	12,9	1:00.49	2:04.64	3:03.99	4:02.94
50m: 28.36	28.36	150m: 1:32.20	31.71	250m: 2:34.08	29.44	350m: 3:33.87	29.88			
100m: 1:00.49	32.13	200m: 2:04.64	32.44	300m: 3:03.99	29.91	400m: 4:02.94	29.07			
14. Efe öngören	Blue Marlins	<b>4:03.70</b>	+0,66	Q	736	15,5	57.90	1:59.86	3:01.90	4:03.70
50m: 27.82	27.82	150m: 1:28.89	30.99	250m: 2:30.63	30.77	350m: 3:33.38	31.48			
100m: 57.90	30.08	200m: 1:59.86	30.97	300m: 3:01.90	31.27	400m: 4:03.70	30.32			
15. Tiago Fonseca Gomes	PSV	<b>4:03.83</b>	+0,65	Q	735	17,4	57.52	1:59.69	3:02.83	4:03.83
50m: 27.21	27.21	150m: 1:28.32	30.80	250m: 2:31.04	31.35	350m: 3:33.93	31.10			
100m: 57.52	30.31	200m: 1:59.69	31.37	300m: 3:02.83	31.79	400m: 4:03.83	29.90			
16. Tomáš Ludvík	TJ LOKOMOTIVA BEROUN z. s.	<b>4:04.68</b>	+0,71	B	727	12,4	57.83	1:59.53	3:01.94	4:04.68
50m: 27.83	27.83	150m: 1:28.44	30.61	250m: 2:30.64	31.11	350m: 3:33.60	31.66			
100m: 57.83	30.00	200m: 1:59.53	31.09	300m: 3:01.94	31.30	400m: 4:04.68	31.08			
17. Niels Dijkshoorn	HPC - ZVVS	<b>4:05.74</b>	+0,72	R	718	12,1	57.79	2:01.12	3:03.74	4:05.74
50m: 27.40	27.40	150m: 1:29.28	31.49	250m: 2:32.19	31.07	350m: 3:35.32	31.58			
100m: 57.79	30.39	200m: 2:01.12	31.84	300m: 3:03.74	31.55	400m: 4:05.74	30.42			
18. Tomas Chocholaty	Czech Republic - U21 National Team	<b>4:05.97</b>	+0,71	R	716	13,8	57.82	1:59.83	3:03.21	4:05.97
50m: 27.65	27.65	150m: 1:28.51	30.69	250m: 2:31.01	31.18	350m: 3:34.79	31.58			
100m: 57.82	30.17	200m: 1:59.83	31.32	300m: 3:03.21	32.20	400m: 4:05.97	31.18			
19. Sven Klink	SWOL 1894	<b>4:06.13</b>	+0,77	Q	714	14,8	58.39	2:00.38	3:03.97	4:06.13
50m: 28.21	28.21	150m: 1:29.15	30.76	250m: 2:32.05	31.67	350m: 3:35.75	31.78			
100m: 58.39	30.18	200m: 2:00.38	31.23	300m: 3:03.97	31.92	400m: 4:06.13	30.38			
20. Émile Fouzai	Blue Marlins	<b>4:06.21</b>	+0,75	Q	714	14,8	59.19	2:01.74	3:05.13	4:06.21
50m: 28.29	28.29	150m: 1:30.23	31.04	250m: 2:33.48	31.74	350m: 3:36.69	31.56			
100m: 59.19	30.90	200m: 2:01.74	31.51	300m: 3:05.13	31.65	400m: 4:06.21	29.52			
21. Merlin Belmon	HPC - ZPC AMERSFOORT	<b>4:10.86</b>	+0,78		675	12,4	57.51	2:00.91	3:06.17	4:10.86
50m: 27.18	27.18	150m: 1:28.81	31.30	250m: 2:33.45	32.54	350m: 3:38.91	32.74			
100m: 57.51	30.33	200m: 2:00.91	32.10	300m: 3:06.17	32.72	400m: 4:10.86	31.95			

**Programmanr. 28, Heren, 400m vrije slag, Voorronde, Senioren Open**

rang naam	vereniging	tijd	RT	fin.	FINA PARA	rudolf	100m	200m	300m	400m
22. Borys Rudman	Blue Marlins	<b>4:11.14</b>	+0,69	Q	672	13,4	57.79	2:02.05	3:07.46	4:11.14
50m: 27.01	27.01	150m: 1:29.57	31.78	250m: 2:34.36	32.31	350m: 3:40.28	32.82			
100m: 57.79	30.78	200m: 2:02.05	32.48	300m: 3:07.46	33.10	400m: 4:11.14	30.86			
23. Greg Fairbairn	University of Stirling	<b>4:12.14</b>	+0,69		664	10,2	58.19	2:02.34	3:07.53	4:12.14
50m: 27.65	27.65	150m: 1:29.50	31.31	250m: 2:34.64	32.30	350m: 3:40.45	32.92			
100m: 58.19	30.54	200m: 2:02.34	32.84	300m: 3:07.53	32.89	400m: 4:12.14	31.69			
24. Luis Kurz	Austrian Swimming federation	<b>4:13.08</b>	+0,62		657	9,9	53.87	2:01.91	3:12.47	4:13.08
50m: 25.86	25.86	150m: 1:27.09	33.22	250m: 2:37.36	35.45	350m: 3:42.87	30.40			
100m: 53.87	28.01	200m: 2:01.91	34.82	300m: 3:12.47	35.11	400m: 4:13.08	30.21			
25. Bram Loots	KZC	<b>4:13.11</b>	+0,69	Q	657	14,9	58.17	2:02.54	3:09.14	4:13.11
50m: 27.56	27.56	150m: 1:29.85	31.68	250m: 2:36.06	33.52	350m: 3:42.63	33.49			
100m: 58.17	30.61	200m: 2:02.54	32.69	300m: 3:09.14	33.08	400m: 4:13.11	30.48			
26. Nicolas Kolmberger	SC Wfr. München	<b>4:16.41</b>	+0,75	Q	632	11,9	59.86	2:04.66	3:10.88	4:16.41
50m: 28.85	28.85	150m: 1:32.35	32.49	250m: 2:37.88	33.22	350m: 3:44.18	33.30			
100m: 59.86	31.01	200m: 2:04.66	32.31	300m: 3:10.88	33.00	400m: 4:16.41	32.23			
27. Joris Janssen	PSV	<b>4:17.56</b>	+0,77		623	8,6	59.62	2:04.63	3:10.66	4:17.56
50m: 28.29	28.29	150m: 1:31.83	32.21	250m: 2:37.38	32.75	350m: 3:44.28	33.62			
100m: 59.62	31.33	200m: 2:04.63	32.80	300m: 3:10.66	33.28	400m: 4:17.56	33.28			
28. Tieme Wiersma	DZ&PC	<b>4:17.65</b>	+0,71	Q	623	13,6	59.05	2:05.37	3:12.32	4:17.65
50m: 28.00	28.00	150m: 1:32.19	33.14	250m: 2:38.46	33.09	350m: 3:45.65	33.33			
100m: 59.05	31.05	200m: 2:05.37	33.18	300m: 3:12.32	33.86	400m: 4:17.65	32.00			
29. Bas Takken	HPC PARA - De Dolfijn	S10 <b>4:18.93</b>	+0,75	Q	613 835	8,2	59.63	2:04.94	3:12.21	4:18.93
50m: 28.46	28.46	150m: 1:31.95	32.32	250m: 2:38.13	33.19	350m: 3:45.76	33.55			
100m: 59.63	31.17	200m: 2:04.94	32.99	300m: 3:12.21	34.08	400m: 4:18.93	33.17			
30. Yannick Eckart	SC Potsdam e.V.	S9 <b>5:01.91</b>	+0,74	Q	387 615		1:10.13	2:27.87	3:46.80	5:01.91
50m: 32.75	32.75	150m: 1:48.73	38.60	250m: 3:07.11	39.24	350m: 4:26.24	39.44			
100m: 1:10.13	37.38	200m: 2:27.87	39.14	300m: 3:46.80	39.69	400m: 5:01.91	35.67			
31. Leon-Elias Kunert	SC Potsdam e.V.	S10 <b>5:19.19</b>	+0,68	R	327 446		1:14.26	2:35.12	3:57.72	5:19.19
50m: 34.67	34.67	150m: 1:54.86	40.60	250m: 3:16.57	41.45	350m: 4:38.45	40.73			
100m: 1:14.26	39.59	200m: 2:35.12	40.26	300m: 3:57.72	41.15	400m: 5:19.19	40.74			
32. Thijs van Hofweegen	ZPC AMERSFOORT	S6 <b>5:23.50</b>	+0,88	Q	314 849		1:13.84	2:35.32	3:59.41	5:23.50
50m: 34.29	34.29	150m: 1:54.18	40.34	250m: 3:17.48	42.16	350m: 4:42.36	42.95			
100m: 1:13.84	39.55	200m: 2:35.32	41.14	300m: 3:59.41	41.93	400m: 5:23.50	41.14			
33. Jordy Maes	Belgian Organisation for Adas8	S5 <b>5:33.08</b>	+0,80	Q	288 539		1:18.22	2:44.25	4:11.32	5:33.08
50m: 37.11	37.11	150m: 2:00.62	42.40	250m: 3:27.51	43.26	350m: 4:53.87	42.55			
100m: 1:18.22	41.11	200m: 2:44.25	43.63	300m: 4:11.32	43.81	400m: 5:33.08	39.21			
34. Julian Hendriks	De Otters Het Gooi	S7 <b>5:34.63</b>		R	284 580		1:16.43	2:39.49	4:06.84	5:34.63
50m: 36.79	36.79	150m: 1:57.73	41.30	250m: 3:22.64	43.15	350m: 4:52.14	45.30			
100m: 1:16.43	39.64	200m: 2:39.49	41.76	300m: 4:06.84	44.20	400m: 5:34.63	42.49			
DIS Diogo Luis Cancela	Portugal	S8								
NG Luc Kroon	De Dolfijn									
NG Yanieck Weijland	HPC - Blue Marlins									
NG Thomas Jansen	HPC - WVZ									