

Nederlandse Junior Kampioenschappen
Drachten, 20 - 22-6-2025

Programmanr. 23
21-6-2025 - 15:30

Jongens, 400m vrije slag

Onder 16
Resultaten

Punten: AQUA 2025

rang	naam			vereniging					tijd	RT	FINA
1.	Martijn Nies			PSV		200902095			4:10.62	+0,78	677
	50m:	29.51	29.51	150m:	1:32.91	33.13	250m:	2:36.79	30.71	350m:	3:41.05
	100m:	59.78	30.27	200m:	2:06.08	33.17	300m:	3:08.84	32.05	400m:	4:10.62
2.	Tobian Vos			ZPC AMERSFOORT		200900005			4:12.14	+0,78	664
	50m:	27.83	27.83	150m:	1:32.76	33.39	250m:	2:37.94	32.10	350m:	3:42.26
	100m:	59.37	31.54	200m:	2:05.84	33.08	300m:	3:10.21	32.27	400m:	4:12.14
3.	Jelte de Jong			ZPCH		200900975			4:18.15	+0,73	619
	50m:	29.25	29.25	150m:	1:33.91	32.81	250m:	2:39.39	32.51	350m:	3:45.64
	100m:	1:01.10	31.85	200m:	2:06.88	32.97	300m:	3:12.36	32.97	400m:	4:18.15
4.	Juan Cruz Slappendel			Orca		200903053			4:22.40	+0,68	589
	50m:	28.02	28.02	150m:	1:32.83	33.01	250m:	2:40.91	34.07	350m:	3:50.08
	100m:	59.82	31.80	200m:	2:06.84	34.01	300m:	3:15.54	34.63	400m:	4:22.40
5.	Finn Eghuizen			HZ&PC Heerenveen		200900431			4:22.81	+0,63	587
	50m:	28.07	28.07	150m:	1:33.42	33.16	250m:	2:41.48	34.29	350m:	3:50.02
	100m:	1:00.26	32.19	200m:	2:07.19	33.77	300m:	3:15.89	34.41	400m:	4:22.81
6.	Stefan van der Meer			VZC		200901361			4:23.04	+0,65	585
	50m:	28.79	28.79	150m:	1:34.84	33.60	250m:	2:42.50	33.90	350m:	3:50.34
	100m:	1:01.24	32.45	200m:	2:08.60	33.76	300m:	3:16.31	33.81	400m:	4:23.04
7.	Wanne van Geest			ACZ		200901425			4:23.11	+0,81	585
	50m:	27.80	27.80	150m:	1:33.56	33.59	250m:	2:41.78	33.84	350m:	3:50.26
	100m:	59.97	32.17	200m:	2:07.94	34.38	300m:	3:16.21	34.43	400m:	4:23.11
8.	Baris Tomu			ZPCH		201000869			4:23.35	+0,60	583
	50m:	29.83	29.83	150m:	1:36.35	33.67	250m:	2:44.32	34.38	350m:	3:51.08
	100m:	1:02.68	32.85	200m:	2:09.94	33.59	300m:	3:17.91	33.59	400m:	4:23.35
9.	Mattias Stolk			HZ&PC Heerenveen		201000525			4:24.12	+0,74	578
	50m:	29.81	29.81	150m:	1:36.39	33.62	250m:	2:44.07	34.02	350m:	3:51.68
	100m:	1:02.77	32.96	200m:	2:10.05	33.66	300m:	3:17.61	33.54	400m:	4:24.12
10.	Abel op den Velde			De Duinkikkers		201000079			4:27.62	+0,73	556
	50m:	29.77	29.77	150m:	1:36.51	33.73	250m:	2:45.66	34.63	350m:	3:55.00
	100m:	1:02.78	33.01	200m:	2:11.03	34.52	300m:	3:20.53	34.87	400m:	4:27.62
11.	Bink Elgersma			Zwemlust- den Hommel		201000137			4:27.89	+0,77	554
	50m:	28.69	28.69	150m:	1:35.00	34.04	250m:	2:44.33	34.96	350m:	3:54.16
	100m:	1:00.96	32.27	200m:	2:09.37	34.37	300m:	3:19.17	34.84	400m:	4:27.89
12.	Steven Knol			De Dolfijn		200900543			4:28.26	+0,65	552
	50m:	29.12	29.12	150m:	1:35.84	34.09	250m:	2:45.50	35.00	350m:	3:55.04
	100m:	1:01.75	32.63	200m:	2:10.50	34.66	300m:	3:20.68	35.18	400m:	4:28.26
13.	Wessel van Dorst			Aqua-Novio'94		200900727			4:28.63	+0,68	549
	50m:	29.86	29.86	150m:	1:37.69	34.01	250m:	2:46.26	34.55	350m:	3:55.32
	100m:	1:03.68	33.82	200m:	2:11.71	34.02	300m:	3:20.95	34.69	400m:	4:28.63
14.	Xander Kragting			ZPC AMERSFOORT		200900077			4:28.71	+0,74	549
	50m:	29.54	29.54	150m:	1:35.92	33.84	250m:	2:44.89	34.80	350m:	3:55.17
	100m:	1:02.08	32.54	200m:	2:10.09	34.17	300m:	3:20.12	35.23	400m:	4:28.71
15.	Aidan van der Stelt			Blue Marlins		200900901			4:29.47	+0,71	544
	50m:	30.47	30.47	150m:	1:37.69	34.08	250m:	2:47.28	34.84	350m:	3:56.67
	100m:	1:03.61	33.14	200m:	2:12.44	34.75	300m:	3:22.37	35.09	400m:	4:29.47
16.	Alief Jan van der Sluis			PSV		201003425			4:29.76	+0,64	542
	50m:	30.33	30.33	150m:	1:38.92	34.93	250m:	2:48.92	35.49	350m:	3:58.67
	100m:	1:03.99	33.66	200m:	2:13.43	34.51	300m:	3:23.85	34.93	400m:	4:29.76
17.	Finn Stamsnieder			OZ&PC		200900225			4:30.66	+1,18	537
	50m:	29.54	29.54	150m:	1:37.03	34.08	250m:	2:46.52	34.54	350m:	3:56.82
	100m:	1:02.95	33.41	200m:	2:11.98	34.95	300m:	3:21.46	34.94	400m:	4:30.66
	Brent Schiffers			ZPC Woerden		200902041			4:30.66	+0,72	537
	50m:	29.41	29.41	150m:	1:37.28	34.64	250m:	2:47.40	35.15	350m:	3:56.87
	100m:	1:02.64	33.23	200m:	2:12.25	34.97	300m:	3:22.74	35.34	400m:	4:30.66
19.	Mathijs Boersma			ZPC Hoogeveen		201000313			4:31.00	+0,76	535
	50m:	30.43	30.43	150m:	1:37.68	33.56	250m:	2:46.98	34.70	350m:	3:56.77
	100m:	1:04.12	33.69	200m:	2:12.28	34.60	300m:	3:22.14	35.16	400m:	4:31.00

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Programmanr. 23, Jongens, 400m vrije slag, Onder 16

rang	naam	vereniging	tijd	RT	FINA
20.	Duco de Gelder	Blue Marlins	201000217	4:31.04	535
	50m: 29.92 29.92	150m: 1:37.98 34.47	250m: 2:48.54 34.95	350m: 3:58.30 34.44	
	100m: 1:03.51 33.59	200m: 2:13.59 35.61	300m: 3:23.86 35.32	400m: 4:31.04 32.74	
21.	Dax van den Nouland	Blue Marlins	201000071	4:32.01 +0,68	529
	50m: 30.70 30.70	150m: 1:39.29 34.60	250m: 2:49.13 34.62	350m: 3:58.25 34.33	
	100m: 1:04.69 33.99	200m: 2:14.51 35.22	300m: 3:23.92 34.79	400m: 4:32.01 33.76	
22.	Alexander van der Maaten	Blue Marlins	200903251	4:33.24 +0,66	522
	50m: 30.27 30.27	150m: 1:39.04 34.46	250m: 2:48.29 34.20	350m: 3:58.29 34.54	
	100m: 1:04.58 34.31	200m: 2:14.09 35.05	300m: 3:23.75 35.46	400m: 4:33.24 34.95	
23.	Sven Bakker	Team Noord Holland	200900085	4:33.53 +0,67	520
	50m: 30.81 30.81	150m: 1:40.12 35.30	250m: 2:50.58 35.24	350m: 4:00.35 34.80	
	100m: 1:04.82 34.01	200m: 2:15.34 35.22	300m: 3:25.55 34.97	400m: 4:33.53 33.18	
24.	Thijmen Puijssers	Hieronymus	201000129	4:33.77 +0,69	519
	50m: 29.78 29.78	150m: 1:38.55 35.40	250m: 2:49.62 35.82	350m: 4:00.64 35.04	
	100m: 1:03.15 33.37	200m: 2:13.80 35.25	300m: 3:25.60 35.98	400m: 4:33.77 33.13	
25.	Ruben Kragt	Dedemsvaart-AC	201000007	4:34.04 +0,73	517
	50m: 31.11 31.11	150m: 1:40.19 34.95	250m: 2:50.67 35.41	350m: 4:01.66 35.40	
	100m: 1:05.24 34.13	200m: 2:15.26 35.07	300m: 3:26.26 35.59	400m: 4:34.04 32.38	
26.	Ties Hesse	Team Noord Holland	200901015	4:34.52 +0,68	515
	50m: 29.71 29.71	150m: 1:39.57 35.40	250m: 2:51.19 35.85	350m: 4:02.28 35.53	
	100m: 1:04.17 34.46	200m: 2:15.34 35.77	300m: 3:26.75 35.56	400m: 4:34.52 32.24	
27.	Stan Rothschild	ZPC Hoogeveen	201000353	4:34.66 +0,75	514
	50m: 30.78 30.78	150m: 1:39.30 34.81	250m: 2:49.16 35.16	350m: 4:00.37 35.86	
	100m: 1:04.49 33.71	200m: 2:14.00 34.70	300m: 3:24.51 35.35	400m: 4:34.66 34.29	
28.	Guus van Duinen	Dedemsvaart-AC	200901107	4:35.00 +0,79	512
	50m: 29.74 29.74	150m: 1:37.80 34.63	250m: 2:49.24 35.81	350m: 4:01.21 35.88	
	100m: 1:03.17 33.43	200m: 2:13.43 35.63	300m: 3:25.33 36.09	400m: 4:35.00 33.79	
29.	Sven Mulder	WVZ	200901655	4:36.12 +0,73	506
	50m: 30.45 30.45	150m: 1:39.22 34.79	250m: 2:50.24 35.74	350m: 4:01.72 35.54	
	100m: 1:04.43 33.98	200m: 2:14.50 35.28	300m: 3:26.18 35.94	400m: 4:36.12 34.40	
30.	Finn Hilders	De Dolfijn	200900283	4:36.14 +0,65	506
	50m: 30.37 30.37	150m: 1:39.62 35.03	250m: 2:50.96 35.82	350m: 4:03.35 36.02	
	100m: 1:04.59 34.22	200m: 2:15.14 35.52	300m: 3:27.33 36.37	400m: 4:36.14 32.79	
31.	Oleksandr Hordiienko	De Aalscholver	201003061	4:36.21 +0,68	505
	50m: 31.08 31.08	150m: 1:41.99 35.87	250m: 2:54.09 35.31	350m: 4:04.21 34.17	
	100m: 1:06.12 35.04	200m: 2:18.78 36.79	300m: 3:30.04 35.95	400m: 4:36.21 32.00	
32.	Mathijs de Wit	KSN (SG)	201001215	4:36.39 +0,70	504
	50m: 30.01 30.01	150m: 1:39.90 35.50	250m: 2:50.96 35.69	350m: 4:02.15 35.55	
	100m: 1:04.40 34.39	200m: 2:15.27 35.37	300m: 3:26.60 35.64	400m: 4:36.39 34.24	
33.	Evren Ege Orcunus	De Dolfijn	201003253	4:36.70 +0,62	503
	50m: 31.42 31.42	150m: 1:41.24 34.60	250m: 2:51.06 34.91	350m: 4:01.85 35.18	
	100m: 1:06.64 35.22	200m: 2:16.15 34.91	300m: 3:26.67 35.61	400m: 4:36.70 34.85	
34.	Tren Wullms	Hellas-Glana	201000469	4:36.85 +0,67	502
	50m: 30.35 30.35	150m: 1:39.25 34.55	250m: 2:50.09 35.29	350m: 4:02.27 35.93	
	100m: 1:04.70 34.35	200m: 2:14.80 35.55	300m: 3:26.34 36.25	400m: 4:36.85 34.58	
35.	Dyon Scholten	Steenwijk 1934	200900095	4:37.02 +0,86	501
	50m: 30.37 30.37	150m: 1:39.04 34.81	250m: 2:50.63 35.65	350m: 4:03.12 35.58	
	100m: 1:04.23 33.86	200m: 2:14.98 35.94	300m: 3:27.54 36.91	400m: 4:37.02 33.90	
36.	Ruah Kes	De Dolfijn	200904001	4:37.22 +0,76	500
	50m: 30.41 30.41	150m: 1:40.33 35.44	250m: 2:51.99 35.58	350m: 4:02.95 35.03	
	100m: 1:04.89 34.48	200m: 2:16.41 36.08	300m: 3:27.92 35.93	400m: 4:37.22 34.27	
37.	Bas Marinus	Team Noord Holland	200903379	4:38.92 +0,69	491
	50m: 30.23 30.23	150m: 1:40.73 36.08	250m: 2:52.52 35.55	350m: 4:04.43 36.00	
	100m: 1:04.65 34.42	200m: 2:16.97 36.24	300m: 3:28.43 35.91	400m: 4:38.92 34.49	
38.	Lucas Schouten	ZPCH	200901925	4:39.71 +0,73	487
	50m: 31.43 31.43	150m: 1:44.06 36.68	250m: 2:55.70 34.43	350m: 4:05.53 34.63	
	100m: 1:07.38 35.95	200m: 2:21.27 37.21	300m: 3:30.90 35.20	400m: 4:39.71 34.18	
39.	Tristan Meijers	SWOL 1894	201000089	4:40.36 +0,78	483
	50m: 30.76 30.76	150m: 1:41.49 35.96	250m: 2:53.89 36.73	350m: 4:05.89 36.23	
	100m: 1:05.53 34.77	200m: 2:17.16 35.67	300m: 3:29.66 35.77	400m: 4:40.36 34.47	

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Programmanr. 23, Jongens, 400m vrije slag, Onder 16

rang	naam	vereniging	tijd	RT	FINA
40.	Twan Wielage	KSN (SG)	200902671	4:40.44 +0,81	483
	50m: 30.84 30.84	150m: 1:39.04 34.44	250m: 2:50.44 36.10	350m: 4:03.75 36.92	
	100m: 1:04.60 33.76	200m: 2:14.34 35.30	300m: 3:26.83 36.39	400m: 4:40.44 36.69	
41.	Tycho Wienbelt	De Vikings	201001397	4:40.85 +0,79	481
	50m: 31.21 31.21	150m: 1:41.72 35.74	250m: 2:53.82 35.81	350m: 4:05.97 35.57	
	100m: 1:05.98 34.77	200m: 2:18.01 36.29	300m: 3:30.40 36.58	400m: 4:40.85 34.88	
42.	Mauro Bedeke	DAW	201000537	4:41.52 +0,51	477
	50m: 30.83 30.83	150m: 1:42.29 36.33	250m: 2:54.92 36.60	350m: 4:07.27 35.63	
	100m: 1:05.96 35.13	200m: 2:18.32 36.03	300m: 3:31.64 36.72	400m: 4:41.52 34.25	
43.	Sacha van Hees Ajdnik	ZEPS	200900489	4:41.92 +0,71	475
	50m: 30.06 30.06	150m: 1:43.07 37.15	250m: 2:56.53 35.91	350m: 4:07.72 34.96	
	100m: 1:05.92 35.86	200m: 2:20.62 37.55	300m: 3:32.76 36.23	400m: 4:41.92 34.20	
44.	Thijn Runia	DZT'62	201000895	4:42.24 +0,75	474
	50m: 31.11 31.11	150m: 1:42.98 36.28	250m: 2:55.34 36.36	350m: 4:07.29 35.94	
	100m: 1:06.70 35.59	200m: 2:18.98 36.00	300m: 3:31.35 36.01	400m: 4:42.24 34.95	
45.	Kris Westerhout	ZZ&PC De Devel	201000883	4:42.77 +0,61	471
	50m: 30.44 30.44	150m: 1:41.03 36.06	250m: 2:54.67 36.79	350m: 4:08.17 36.67	
	100m: 1:04.97 34.53	200m: 2:17.88 36.85	300m: 3:31.50 36.83	400m: 4:42.77 34.60	
46.	Victor de Haan	HZ&PC Heerenveen	201001921	4:43.15 +0,58	469
	50m: 30.58 30.58	150m: 1:42.29 36.49	250m: 2:55.16 36.46	350m: 4:07.39 35.92	
	100m: 1:05.80 35.22	200m: 2:18.70 36.41	300m: 3:31.47 36.31	400m: 4:43.15 35.76	
47.	Thomas Nauta	Arethusa	200900339	4:43.54 +0,72	467
	50m: 30.80 30.80	150m: 1:41.96 35.79	250m: 2:55.29 36.74	350m: 4:08.88 36.29	
	100m: 1:06.17 35.37	200m: 2:18.55 36.59	300m: 3:32.59 37.30	400m: 4:43.54 34.66	
48.	Ivo Bot	Wiekslag	200900509	4:44.08 +0,68	464
	50m: 30.66 30.66	150m: 1:43.64 36.67	250m: 2:58.33 36.95	350m: 4:10.40 34.59	
	100m: 1:06.97 36.31	200m: 2:21.38 37.74	300m: 3:35.81 37.48	400m: 4:44.08 33.68	
49.	Mathieu Gepkens	VZC	201000045	4:44.36 +0,74	463
	50m: 31.17 31.17	150m: 1:42.71 36.42	250m: 2:55.66 36.50	350m: 4:09.08 36.89	
	100m: 1:06.29 35.12	200m: 2:19.16 36.45	300m: 3:32.19 36.53	400m: 4:44.36 35.28	
50.	Ruben Nooter	Dedemsvaart-AC	200901577	4:45.24 +0,70	459
	50m: 30.36 30.36	150m: 1:41.96 35.72	250m: 2:55.54 36.86	350m: 4:09.88 37.13	
	100m: 1:06.24 35.88	200m: 2:18.68 36.72	300m: 3:32.75 37.21	400m: 4:45.24 35.36	
51.	Henry Watson	De Dolfijn	201001703	4:46.00 +0,73	455
	50m: 31.24 31.24	150m: 1:42.94 36.41	250m: 2:55.94 36.53	350m: 4:09.67 37.07	
	100m: 1:06.53 35.29	200m: 2:19.41 36.47	300m: 3:32.60 36.66	400m: 4:46.00 36.33	
52.	Stijn Dijkstra	DZ&PC	201000279	4:46.23 +0,74	454
	50m: 31.17 31.17	150m: 1:43.14 36.64	250m: 2:56.21 36.32	350m: 4:10.29 36.63	
	100m: 1:06.50 35.33	200m: 2:19.89 36.75	300m: 3:33.66 37.45	400m: 4:46.23 35.94	
53.	Mees de Vries	Zwemlust- den Hommel	201001151	4:47.54 +0,76	448
	50m: 30.69 30.69	150m: 1:42.95 37.21	250m: 2:57.17 37.14	350m: 4:11.80 37.40	
	100m: 1:05.74 35.05	200m: 2:20.03 37.08	300m: 3:34.40 37.23	400m: 4:47.54 35.74	
54.	Joey Snabel	ZPC AMERSFOORT	201002847	4:48.71 +0,72	442
	50m: 31.17 31.17	150m: 1:42.61 36.85	250m: 2:55.81 36.70	350m: 4:11.36 37.85	
	100m: 1:05.76 34.59	200m: 2:19.11 36.50	300m: 3:33.51 37.70	400m: 4:48.71 37.35	
55.	Roan van der Stege	SWOL 1894	200900107	4:52.63 +0,71	425
	50m: 31.80 31.80	150m: 1:44.60 37.00	250m: 3:00.18 38.26	350m: 4:16.28 38.25	
	100m: 1:07.60 35.80	200m: 2:21.92 37.32	300m: 3:38.03 37.85	400m: 4:52.63 36.35	
NG	Ocean van Loon	Blue Marlins	200904039		