

Programmanr. 5
20-6-2025 - 17:04

Jongens, 400m wisselslag

Onder 16
Resultaten

Punten: AQUA 2025

rang	naam			vereniging					tijd	RT	FINA
1.	Martijn Nies			PSV			200902095		4:44.67		618
	50m:	28.26	28.26	150m:	1:38.03	37.73	250m:	2:56.37	41.16	350m:	33.82
	100m:	1:00.30	32.04	200m:	2:15.21	37.18	300m:	3:39.36	42.99	400m:	31.49
2.	Stefan van der Meer			VZC			200901361		4:47.75		598
	50m:	29.20	29.20	150m:	1:42.33	37.78	250m:	2:59.79	40.97	350m:	33.62
	100m:	1:04.55	35.35	200m:	2:18.82	36.49	300m:	3:41.44	41.65	400m:	32.69
3.	Jelte de Jong			ZPCH			200900975		4:54.90		556
	50m:	30.06	30.06	150m:	1:43.12	38.51	250m:	3:03.39	42.53	350m:	34.15
	100m:	1:04.61	34.55	200m:	2:20.86	37.74	300m:	3:47.11	43.72	400m:	33.64
4.	Sverre van der Zwaan			WVZ			200900737		4:56.14		549
	50m:	30.79	30.79	150m:	1:43.70	37.20	250m:	3:03.51	42.15	350m:	34.62
	100m:	1:06.50	35.71	200m:	2:21.36	37.66	300m:	3:48.47	44.96	400m:	33.05
5.	Pieter van Oosten			Blue Marlins			200903977		4:56.18		548
	50m:	29.63	29.63	150m:	1:47.00	41.06	250m:	3:06.78	39.13	350m:	35.87
	100m:	1:05.94	36.31	200m:	2:27.65	40.65	300m:	3:47.79	41.01	400m:	32.52
6.	Adriaan Coppelmans			AZC			200903243		4:57.20		543
	50m:	30.38	30.38	150m:	1:44.39	36.83	250m:	3:05.18	43.28	350m:	34.81
	100m:	1:07.56	37.18	200m:	2:21.90	37.51	300m:	3:49.23	44.05	400m:	33.16
7.	Luca Boorsma			De Dolfijn			200902031		4:58.11		538
	50m:	28.53	28.53	150m:	1:40.23	36.76	250m:	3:01.54	43.48	350m:	37.29
	100m:	1:03.47	34.94	200m:	2:18.06	37.83	300m:	3:45.99	44.45	400m:	34.83
8.	Fedor Sazonov			PSV			200900707		5:03.73		508
	50m:	32.05	32.05	150m:	1:49.31	39.68	250m:	3:11.65	43.55	350m:	34.90
	100m:	1:09.63	37.58	200m:	2:28.10	38.79	300m:	3:54.78	43.13	400m:	34.05
9.	Mattias Stolk			HZ&PC Heerenveen			201000525		5:04.34		505
	50m:	32.10	32.10	150m:	1:52.34	41.14	250m:	3:12.54	40.19	350m:	35.37
	100m:	1:11.20	39.10	200m:	2:32.35	40.01	300m:	3:55.12	42.58	400m:	33.85
10.	Davi Fonseca Gomes			PSV			200902795		5:04.68		504
	50m:	30.12	30.12	150m:	1:49.31	42.69	250m:	3:10.33	41.74	350m:	36.41
	100m:	1:06.62	36.50	200m:	2:28.59	39.28	300m:	3:53.22	42.89	400m:	35.05
11.	Aidan van der Stelt			Blue Marlins			200900901		5:05.84		498
	50m:	30.93	30.93	150m:	1:48.06	41.26	250m:	3:12.74	45.16	350m:	35.19
	100m:	1:06.80	35.87	200m:	2:27.58	39.52	300m:	3:57.52	44.78	400m:	33.13
12.	Finn Stamnsnieder			OZ&PC			200900225		5:06.45		495
	50m:	31.12	31.12	150m:	1:48.29	39.16	250m:	3:10.02	43.57	350m:	36.17
	100m:	1:09.13	38.01	200m:	2:26.45	38.16	300m:	3:55.14	45.12	400m:	35.14
13.	Juan Cruz Slappendel			Orca			200903053		5:06.49		495
	50m:	30.08	30.08	150m:	1:47.70	42.50	250m:	3:13.82	45.65	350m:	34.01
	100m:	1:05.20	35.12	200m:	2:28.17	40.47	300m:	4:01.20	47.38	400m:	31.28
14.	Evren Ege Orcunus			De Dolfijn			201003253		5:07.44		490
	50m:	31.45	31.45	150m:	1:46.93	39.51	250m:	3:11.59	45.34	350m:	35.89
	100m:	1:07.42	35.97	200m:	2:26.25	39.32	300m:	3:57.69	46.10	400m:	33.86
15.	Max van der Spank			PSV			201000275		5:07.81		488
	50m:	30.73	30.73	150m:	1:48.40	40.25	250m:	3:11.51	43.63	350m:	36.06
	100m:	1:08.15	37.42	200m:	2:27.88	39.48	300m:	3:56.74	45.23	400m:	35.01
16.	Abel op den Velde			De Duinkickers			201000079		5:08.96		483
	50m:	30.86	30.86	150m:	1:47.95	38.76	250m:	3:13.11	47.22	350m:	35.12
	100m:	1:09.19	38.33	200m:	2:25.89	37.94	300m:	4:01.27	48.16	400m:	32.57
17.	Sven Potappel			DWK			201000127		5:09.14		482
	50m:	30.78	30.78	150m:	1:48.20	41.32	250m:	3:13.01	43.82	350m:	37.38
	100m:	1:06.88	36.10	200m:	2:29.19	40.99	300m:	3:57.25	44.24	400m:	34.51
18.	Lucas Schouten			ZPCH			200901925		5:09.16		482
	50m:	30.77	30.77	150m:	1:47.57	39.37	250m:	3:12.64	46.02	350m:	36.09
	100m:	1:08.20	37.43	200m:	2:26.62	39.05	300m:	3:58.99	46.35	400m:	34.08
19.	Thijmen Pruijssers			Hieronymus			201000129		5:09.47		481
	50m:	32.44	32.44	150m:	1:51.97	40.17	250m:	3:16.10	44.88	350m:	35.90
	100m:	1:11.80	39.36	200m:	2:31.22	39.25	300m:	4:01.63	45.53	400m:	31.94

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rang	naam	vereniging	tijd	RT	FINA
20.	Dax van den Nouland	Blue Marlins	201000071	5:09.65	480
	50m: 33.27 33.27	150m: 1:53.14 40.73	250m: 3:16.62 43.79	350m: 4:35.91 35.84	
	100m: 1:12.41 39.14	200m: 2:32.83 39.69	300m: 4:00.07 43.45	400m: 5:09.65 33.74	
21.	Ruben Kragt	Dedemsvaart-AC	201000007	5:09.67	480
	50m: 31.05 31.05	150m: 1:48.19 39.93	250m: 3:12.31 44.69	350m: 4:34.85 37.01	
	100m: 1:08.26 37.21	200m: 2:27.62 39.43	300m: 3:57.84 45.53	400m: 5:09.67 34.82	
22.	Tycho Wienbelt	De Vikings	201001397	5:10.06	478
	50m: 32.44 32.44	150m: 1:50.95 40.87	250m: 3:14.15 44.08	350m: 4:35.47 35.73	
	100m: 1:10.08 37.64	200m: 2:30.07 39.12	300m: 3:59.74 45.59	400m: 5:10.06 34.59	
23.	Mike Hilders	De Dolfijn	200900281	5:11.30	472
	50m: 30.54 30.54	150m: 1:46.94 40.02	250m: 3:11.74 45.05	350m: 4:35.37 37.79	
	100m: 1:06.92 36.38	200m: 2:26.69 39.75	300m: 3:57.58 45.84	400m: 5:11.30 35.93	
24.	Steven Knol	De Dolfijn	200900543	5:12.57	466
	50m: 32.02 32.02	150m: 1:52.53 41.43	250m: 3:19.30 47.83	350m: 4:40.76 33.37	
	100m: 1:11.10 39.08	200m: 2:31.47 38.94	300m: 4:07.39 48.09	400m: 5:12.57 31.81	
25.	Bas Marinus	Team Noord Holland	200903379	5:16.23	450
	50m: 31.26 31.26	150m: 1:50.79 41.97	250m: 3:18.11 45.83	350m: 4:40.81 35.71	
	100m: 1:08.82 37.56	200m: 2:32.28 41.49	300m: 4:05.10 46.99	400m: 5:16.23 35.42	
26.	Duuk Harms	Dedemsvaart-AC	200900201	5:16.26	450
	50m: 32.00 32.00	150m: 1:52.74 40.62	250m: 3:17.60 45.11	350m: 4:40.46 36.69	
	100m: 1:12.12 40.12	200m: 2:32.49 39.75	300m: 4:03.77 46.17	400m: 5:16.26 35.80	
27.	Henry Watson	De Dolfijn	201001703	5:16.35	450
	50m: 30.92 30.92	150m: 1:50.32 41.43	250m: 3:16.78 45.59	350m: 4:39.86 37.18	
	100m: 1:08.89 37.97	200m: 2:31.19 40.87	300m: 4:02.68 45.90	400m: 5:16.35 36.49	
28.	Jens de Mayer	Team Noord Holland	200900775	5:16.68	449
	50m: 32.17 32.17	150m: 1:49.52 39.94	250m: 3:16.73 47.38	350m: 4:40.97 34.99	
	100m: 1:09.58 37.41	200m: 2:29.35 39.83	300m: 4:05.98 49.25	400m: 5:16.68 35.71	
29.	Oleksandr Hordiienko	De Aalscholver	201003061	5:18.75	440
	50m: 32.81 32.81	150m: 1:53.43 41.97	250m: 3:20.46 47.30	350m: 4:44.33 37.13	
	100m: 1:11.46 38.65	200m: 2:33.16 39.73	300m: 4:07.20 46.74	400m: 5:18.75 34.42	
30.	Sven Mulder	WVZ	200901655	5:19.63	436
	50m: 33.04 33.04	150m: 1:54.86 40.09	250m: 3:22.39 48.91	350m: 4:46.07 34.39	
	100m: 1:14.77 41.73	200m: 2:33.48 38.62	300m: 4:11.68 49.29	400m: 5:19.63 33.56	
31.	Twan Wielage	KSN (SG)	200902671	5:19.82	435
	50m: 32.21 32.21	150m: 1:51.40 40.19	250m: 3:19.26 48.32	350m: 4:45.43 38.08	
	100m: 1:11.21 39.00	200m: 2:30.94 39.54	300m: 4:07.35 48.09	400m: 5:19.82 34.39	
32.	Paul Rutenberg	De Geul	200900979	5:20.29	434
	50m: 30.92 30.92	150m: 1:52.54 43.73	250m: 3:20.18 44.86	350m: 4:43.68 36.76	
	100m: 1:08.81 37.89	200m: 2:35.32 42.78	300m: 4:06.92 46.74	400m: 5:20.29 36.61	
33.	Arthur Alberts	ZV Zwartsluis	200900239	5:20.90	431
	50m: 33.21 33.21	150m: 1:53.64 40.41	250m: 3:20.23 46.38	350m: 4:44.94 37.82	
	100m: 1:13.23 40.02	200m: 2:33.85 40.21	300m: 4:07.12 46.89	400m: 5:20.90 35.96	
34.	Baris Tomu	ZPCH	201000869	5:21.51	429
	50m: 31.78 31.78	150m: 1:54.14 41.24	250m: 3:22.41 47.08	350m: 4:46.94 35.50	
	100m: 1:12.90 41.12	200m: 2:35.33 41.19	300m: 4:11.44 49.03	400m: 5:21.51 34.57	
35.	Ivo Bot	Wiekslag	200900509	5:21.95	427
	50m: 29.78 29.78	150m: 1:48.53 40.27	250m: 3:17.53 48.36	350m: 4:44.78 37.69	
	100m: 1:08.26 38.48	200m: 2:29.17 40.64	300m: 4:07.09 49.56	400m: 5:21.95 37.17	
36.	Tristan Meijers	SWOL 1894	201000089	5:22.33	425
	50m: 34.42 34.42	150m: 1:57.57 41.08	250m: 3:24.90 47.83	350m: 4:47.67 35.71	
	100m: 1:16.49 42.07	200m: 2:37.07 39.50	300m: 4:11.96 47.06	400m: 5:22.33 34.66	
37.	Thomas Nauta	Arethusa	200900339	5:22.52	425
	50m: 34.43 34.43	150m: 2:01.40 43.11	250m: 3:25.11 43.56	350m: 4:47.38 36.94	
	100m: 1:18.29 43.86	200m: 2:41.55 40.15	300m: 4:10.44 45.33	400m: 5:22.52 35.14	
38.	Mees de Vries	Zwemlust- den Hommel	201001151	5:23.22	422
	50m: 33.34 33.34	150m: 1:59.77 44.16	250m: 3:25.73 40.93	350m: 4:47.34 37.64	
	100m: 1:15.61 42.27	200m: 2:44.80 45.03	300m: 4:09.70 43.97	400m: 5:23.22 35.88	
39.	Kick Germers	SWOL 1894	201000185	5:24.13	418
	50m: 33.64 33.64	150m: 1:56.31 43.23	250m: 3:23.27 44.56	350m: 4:47.04 38.92	
	100m: 1:13.08 39.44	200m: 2:38.71 42.40	300m: 4:08.12 44.85	400m: 5:24.13 37.09	

Programmanr. 5, Jongens, 400m wisselslag, Onder 16

rang	naam	vereniging	tijd	RT	FINA
40.	Brian Arturo Bloemsma	De Dolfijn	200901155	5:24.75	416
	50m: 30.94 30.94	150m: 1:55.49 46.68	250m: 3:21.32 41.44	350m: 4:45.28 39.97	
	100m: 1:08.81 37.87	200m: 2:39.88 44.39	300m: 4:05.31 43.99	400m: 5:24.75 39.47	
41.	Dyon Scholten	Steenwijk 1934	200900095	5:25.04	415
	50m: 33.11 33.11	150m: 1:55.61 41.49	250m: 3:24.75 48.83	350m: 4:51.50 36.32	
	100m: 1:14.12 41.01	200m: 2:35.92 40.31	300m: 4:15.18 50.43	400m: 5:25.04 33.54	
42.	Mathieu Gepkens	VZC	201000045	5:25.49	413
	50m: 33.88 33.88	150m: 1:56.70 40.53	250m: 3:23.03 46.62	350m: 4:48.45 38.64	
	100m: 1:16.17 42.29	200m: 2:36.41 39.71	300m: 4:09.81 46.78	400m: 5:25.49 37.04	
43.	Nicolai Matla	PSV	200901031	5:25.75	412
	50m: 33.53 33.53	150m: 1:58.40 45.66	250m: 3:24.50 42.79	350m: 4:48.68 39.63	
	100m: 1:12.74 39.21	200m: 2:41.71 43.31	300m: 4:09.05 44.55	400m: 5:25.75 37.07	
44.	Hessel Wachter	Zwemclub Zeist	200903337	5:25.91	411
	50m: 31.95 31.95	150m: 1:55.59 45.27	250m: 3:24.96 44.65	350m: 4:48.97 37.97	
	100m: 1:10.32 38.37	200m: 2:40.31 44.72	300m: 4:11.00 46.04	400m: 5:25.91 36.94	
45.	Ruben Nooter	Dedemsvaart-AC	200901577	5:25.92	411
	50m: 32.52 32.52	150m: 1:56.90 42.68	250m: 3:24.13 45.01	350m: 4:49.71 38.65	
	100m: 1:14.22 41.70	200m: 2:39.12 42.22	300m: 4:11.06 46.93	400m: 5:25.92 36.21	
46.	Milan Schuilenburg	ZPC AMERSFOORT	201000935	5:27.11	407
	50m: 32.54 32.54	150m: 1:59.43 46.40	250m: 3:26.85 42.22	350m: 4:49.58 39.30	
	100m: 1:13.03 40.49	200m: 2:44.63 45.20	300m: 4:10.28 43.43	400m: 5:27.11 37.53	
47.	Mauro Bedeke	DAW	201000537	5:27.25	406
	50m: 32.45 32.45	150m: 1:55.25 43.29	250m: 3:26.18 47.46	350m: 4:51.67 37.58	
	100m: 1:11.96 39.51	200m: 2:38.72 43.47	300m: 4:14.09 47.91	400m: 5:27.25 35.58	
48.	Jan Schouten	ZVL-1886	200902305	5:27.39	406
	50m: 32.66 32.66	150m: 1:55.83 44.47	250m: 3:23.15 44.62	350m: 4:51.47 42.42	
	100m: 1:11.36 38.70	200m: 2:38.53 42.70	300m: 4:09.05 45.90	400m: 5:27.39 35.92	
49.	Tristan Fredema	Blue Marlins	200903699	5:27.83	404
	50m: 34.30 34.30	150m: 2:00.57 44.64	250m: 3:28.36 44.59	350m: 4:52.30 37.79	
	100m: 1:15.93 41.63	200m: 2:43.77 43.20	300m: 4:14.51 46.15	400m: 5:27.83 35.53	
50.	Roan van der Stege	SWOL 1894	200900107	5:27.97	404
	50m: 31.79 31.79	150m: 1:54.32 44.04	250m: 3:23.53 46.54	350m: 4:51.26 38.98	
	100m: 1:10.28 38.49	200m: 2:36.99 42.67	300m: 4:12.28 48.75	400m: 5:27.97 36.71	
51.	Oden Hankins	Blue Marlins	200902301	5:28.90	400
	50m: 32.98 32.98	150m: 1:57.51 42.44	250m: 3:23.71 45.62	350m: 4:51.05 38.06	
	100m: 1:15.07 42.09	200m: 2:38.09 40.58	300m: 4:12.99 49.28	400m: 5:28.90 37.85	
52.	Kris Westerhout	ZZ&PC De Devel	201000883	5:30.16	396
	50m: 34.58 34.58	150m: 2:00.01 44.76	250m: 3:28.51 45.08	350m: 4:53.82 39.03	
	100m: 1:15.25 40.67	200m: 2:43.43 43.42	300m: 4:14.79 46.28	400m: 5:30.16 36.34	
53.	Sacha van Hees Ajdnik	ZEPS	200900489	5:33.02	386
	50m: 32.98 32.98	150m: 1:58.47 44.69	250m: 3:32.37 50.24	350m: 4:58.19 35.25	
	100m: 1:13.78 40.80	200m: 2:42.13 43.66	300m: 4:22.94 50.57	400m: 5:33.02 34.83	
54.	Bram Kulpe	De Veene	200900329	5:34.25	381
	50m: 34.67 34.67	150m: 2:01.53 45.18	250m: 3:32.49 47.85	350m: 4:57.25 37.05	
	100m: 1:16.35 41.68	200m: 2:44.64 43.11	300m: 4:20.20 47.71	400m: 5:34.25 37.00	
55.	Cas Heylighen	Hellas-Glana	200901327	5:41.51	358
	50m: 32.23 32.23	150m: 1:56.98 43.75	250m: 3:27.08 47.71	350m: 4:59.77 43.85	
	100m: 1:13.23 41.00	200m: 2:39.37 42.39	300m: 4:15.92 48.84	400m: 5:41.51 41.74	
DIS	Thijn Runia	DZT'62	201000895		
	VH - Niet met twee handen gelijktijdig keer- en/of eindpunt aangetikt.				
DIS	Sven Bakker	Team Noord Holland	200900085		
	AA - De start ingezet voor het startsignaal (en wel gezwommen).				
DIS	Gerdian Leeftink	ZPC De Hof	201000091		
	SR - Meer dan 1 vlinderbeenslag gemaakt voordat de 1e schoolslagbeenslag is gemaakt.				