

Programmanr. 29
20-06-2026 - 16:20

Jongens, 400m vrije slag

Onder 14
Resultaten

rang	naam	vereniging	intijd	tijd	RT
1.	Max van Splunder	De Dolfijn	4:36.56	201200531	4:31.23 +0,73
	50m: 29.85	29.85 150m: 1:37.18	34.30 250m: 2:46.99	35.35 350m: 3:57.54	35.32
	100m: 1:02.88	33.03 200m: 2:11.64	34.46 300m: 3:22.22	35.23 400m: 4:31.23	33.69
2.	Finn Ostermann	AZC	4:40.74	201301059	4:35.48 +0,75
	50m: 30.36	30.36 150m: 1:38.93	34.75 250m: 2:49.85	35.53 350m: 4:00.96	35.29
	100m: 1:04.18	33.82 200m: 2:14.32	35.39 300m: 3:25.67	35.82 400m: 4:35.48	34.52
3.	A. Janse van Rensburg	De Treffers	4:39.29	201202261	4:36.49 +0,77
	50m: 31.37	31.37 150m: 1:41.28	35.43 250m: 2:52.80	36.00 350m: 4:03.20	35.42
	100m: 1:05.85	34.48 200m: 2:16.80	35.52 300m: 3:27.78	34.98 400m: 4:36.49	33.29
4.	Joep Barwegen	HZ&PC Heerenveen	4:46.05	201201823	4:36.67 +0,69
	50m: 29.95	29.95 150m: 1:39.18	35.26 250m: 2:49.59	34.88 350m: 4:02.33	36.28
	100m: 1:03.92	33.97 200m: 2:14.71	35.53 300m: 3:26.05	36.46 400m: 4:36.67	34.34
5.	Luca Denkers	ZV New Wave Almere	4:38.40	201202399	4:36.93 +0,61
	50m: 30.46	30.46 150m: 1:38.93	34.58 250m: 2:50.36	36.74 350m: 4:01.98	36.07
	100m: 1:04.35	33.89 200m: 2:13.62	34.69 300m: 3:25.91	35.55 400m: 4:36.93	34.95
6.	Tijn Pieters	Orca	4:39.40	201300715	4:38.48 +0,74
	50m: 30.27	30.27 150m: 1:39.27	34.91 250m: 2:50.55	36.00 350m: 4:03.79	36.67
	100m: 1:04.36	34.09 200m: 2:14.55	35.28 300m: 3:27.12	36.57 400m: 4:38.48	34.69
7.	Jaro Hermans	PSV	4:41.00	201200173	4:40.46 +0,65
	50m: 29.99	29.99 150m: 1:38.56	35.04 250m: 2:51.26	36.19 350m: 4:04.69	36.52
	100m: 1:03.52	33.53 200m: 2:15.07	36.51 300m: 3:28.17	36.91 400m: 4:40.46	35.77
8.	Celestin van der Beek	PSV	4:40.89	201201183	4:42.80 +0,64
	50m: 31.79	31.79 150m: 1:44.52	36.71 250m: 2:56.89	36.25 350m: 4:07.82	35.11
	100m: 1:07.81	36.02 200m: 2:20.64	36.12 300m: 3:32.71	35.82 400m: 4:42.80	34.98
9.	Felipe Kerkhoff	ZPC AMERSFOORT	4:42.00	201202625	4:42.81 +0,74
	50m: 31.48	31.48 150m: 1:43.52	36.58 250m: 2:56.64	36.77 350m: 4:09.11	36.04
	100m: 1:06.94	35.46 200m: 2:19.87	36.35 300m: 3:33.07	36.43 400m: 4:42.81	33.70
10.	Jesse Voet	Aqua-Novio'94	4:49.19	201300057	4:42.93 +0,74
	50m: 30.87	30.87 150m: 1:42.15	36.53 250m: 2:55.92	36.82 350m: 4:08.49	35.92
	100m: 1:05.62	34.75 200m: 2:19.10	36.95 300m: 3:32.57	36.65 400m: 4:42.93	34.44
11.	Orlando Carlo Caffaggi	Blue Marlins	5:10.99	201203059	4:44.14 +0,63
	50m: 30.70	30.70 150m: 1:42.56	36.20 250m: 2:56.30	36.86 350m: 4:09.52	36.23
	100m: 1:06.36	35.66 200m: 2:19.44	36.88 300m: 3:33.29	36.99 400m: 4:44.14	34.62
12.	Michael Simons	PSV	4:53.22	201200025	4:45.13 +0,67
	50m: 31.45	31.45 150m: 1:44.66	36.62 250m: 2:57.85	36.48 350m: 4:10.82	36.29
	100m: 1:08.04	36.59 200m: 2:21.37	36.71 300m: 3:34.53	36.68 400m: 4:45.13	34.31
13.	Marcelo Fritz Medina	De Dolfijn	4:52.65	201201885	4:46.15 +0,75
	50m: 30.83	30.83 150m: 1:41.78	36.06 250m: 2:55.96	37.02 350m: 4:10.41	37.35
	100m: 1:05.72	34.89 200m: 2:18.94	37.16 300m: 3:33.06	37.10 400m: 4:46.15	35.74
14.	Toa Jahn	Het Y	4:40.41	201201665	4:46.47 +0,55
	50m: 31.41	31.41 150m: 1:44.12	37.57 250m: 2:58.53	37.11 350m: 4:12.31	36.40
	100m: 1:06.55	35.14 200m: 2:21.42	37.30 300m: 3:35.91	37.38 400m: 4:46.47	34.16
15.	Ruben Lima Ribeiro	Hellas-Glana	4:49.93	201300693	4:46.97 +0,61
	50m: 31.76	31.76 150m: 1:44.19	36.98 250m: 2:58.84	37.93 350m: 4:13.24	37.26
	100m: 1:07.21	35.45 200m: 2:20.91	36.72 300m: 3:35.98	37.14 400m: 4:46.97	33.73
16.	Lars Thül	SWOL 1894	4:48.14	201200119	4:47.65 +0,72
	50m: 32.83	32.83 150m: 1:45.89	37.26 250m: 2:58.62	36.96 350m: 4:12.01	36.90
	100m: 1:08.63	35.80 200m: 2:21.66	35.77 300m: 3:35.11	36.49 400m: 4:47.65	35.64
17.	Alen Minasyan	MSV-Zeemacht	4:59.90	201201357	4:49.40 +0,74
	50m: 31.47	31.47 150m: 1:44.70	36.87 250m: 2:59.29	37.16 350m: 4:14.61	37.17
	100m: 1:07.83	36.36 200m: 2:22.13	37.43 300m: 3:37.44	38.15 400m: 4:49.40	34.79
18.	Luc van Drunick	Noordwijkerhout	4:54.98	201201659	4:49.80 +0,71
	50m: 31.38	31.38 150m: 1:44.22	36.74 250m: 2:58.76	37.15 350m: 4:13.86	37.45
	100m: 1:07.48	36.10 200m: 2:21.61	37.39 300m: 3:36.41	37.65 400m: 4:49.80	35.94
19.	Metz Agema	Deltasteur	5:00.75	201200929	4:50.01 +0,73
	50m: 32.28	32.28 150m: 1:45.29	37.15 250m: 3:00.18	37.26 350m: 4:14.88	37.13
	100m: 1:08.14	35.86 200m: 2:22.92	37.63 300m: 3:37.75	37.57 400m: 4:50.01	35.13

NJK 2026
Drachten, 19- - 21-6-2026

Programmanr. 29, Jongens, 400m vrije slag, Onder 14

rang	naam	vereniging	intijd	tijd	RT
20.	Wessel Vis	De Treffers	5:00.67	201201273	4:50.65 +0,65
	50m: 31.45	31.45 150m: 1:45.28	37.75 250m: 3:01.77	38.49	350m: 4:15.92 37.13
	100m: 1:07.53	36.08 200m: 2:23.28	38.00 300m: 3:38.79	37.02	400m: 4:50.65 34.73
21.	Pieter de Jonge	Aqua-Novio'94	4:53.10	201200211	4:52.71 +0,67
	50m: 31.61	31.61 150m: 1:44.57	36.97 250m: 2:59.68	37.86	350m: 4:15.92 38.22
	100m: 1:07.60	35.99 200m: 2:21.82	37.25 300m: 3:37.70	38.02	400m: 4:52.71 36.79
22.	Gijs Leeneman	HZ&PC Heerenveen	5:00.82	201200479	4:52.82 +0,64
	50m: 31.46	31.46 150m: 1:45.75	37.61 250m: 3:01.56	37.28	350m: 4:16.98 37.58
	100m: 1:08.14	36.68 200m: 2:24.28	38.53 300m: 3:39.40	37.84	400m: 4:52.82 35.84
23.	Kay Potze	KSN (SG)	4:59.53	201301089	4:52.85 +0,76
	50m: 31.73	31.73 150m: 1:46.04	37.94 250m: 3:01.52	37.36	350m: 4:16.64 36.97
	100m: 1:08.10	36.37 200m: 2:24.16	38.12 300m: 3:39.67	38.15	400m: 4:52.85 36.21
24.	Rutger Donker	NDD	4:53.33	201200361	4:53.10 +0,69
	50m: 31.46	31.46 150m: 1:45.42	37.48 250m: 3:00.79	37.46	350m: 4:17.00 37.38
	100m: 1:07.94	36.48 200m: 2:23.33	37.91 300m: 3:39.62	38.83	400m: 4:53.10 36.10
25.	Luuk ten Asbroek	Het Ravijn	5:01.64	201200601	4:54.36 +0,63
	50m: 32.74	32.74 150m: 1:46.92	37.59 250m: 3:02.34	37.36	350m: 4:18.38 37.78
	100m: 1:09.33	36.59 200m: 2:24.98	38.06 300m: 3:40.60	38.26	400m: 4:54.36 35.98
26.	Siem Rewinkel	Z&PV de Veene	5:38.28	201201473	4:57.41 +0,77
	50m: 30.53	30.53 150m: 1:42.67	36.78 250m: 3:00.73	39.10	350m: 4:20.59 39.33
	100m: 1:05.89	35.36 200m: 2:21.63	38.96 300m: 3:41.26	40.53	400m: 4:57.41 36.82
27.	Bram Engelen	Hellas-Glana	5:02.46	201300421	4:57.66 +0,69
	50m: 31.73	31.73 150m: 1:48.01	38.34 250m: 3:05.66	38.40	350m: 4:22.43 37.82
	100m: 1:09.67	37.94 200m: 2:27.26	39.25 300m: 3:44.61	38.95	400m: 4:57.66 35.23
28.	Thomas Metz	ZV New Wave Almere	5:39.06	201300043	4:58.15 +0,72
	50m: 34.05	34.05 150m: 1:50.12	38.30 250m: 3:06.10	37.60	350m: 4:21.98 37.45
	100m: 1:11.82	37.77 200m: 2:28.50	38.38 300m: 3:44.53	38.43	400m: 4:58.15 36.17
29.	Tim Koornstra	De Vikings	5:13.26	201200231	4:58.23 +0,80
	50m: 33.17	33.17 150m: 1:48.25	37.21 250m: 3:04.61	38.46	350m: 4:21.40 37.82
	100m: 1:11.04	37.87 200m: 2:26.15	37.90 300m: 3:43.58	38.97	400m: 4:58.23 36.83
30.	Lorenzo Della Vedova	De Otters Het Gooi	5:21.76	201201833	4:58.25 +0,78
	50m: 32.18	32.18 150m: 1:47.42	38.27 250m: 3:04.11	38.50	350m: 4:21.88 38.71
	100m: 1:09.15	36.97 200m: 2:25.61	38.19 300m: 3:43.17	39.06	400m: 4:58.25 36.37
31.	Job Oude Ophuis	OZ&PC	5:11.96	201300047	4:58.96 +0,72
	50m: 34.23	34.23 150m: 1:50.15	38.16 250m: 3:07.57	38.53	350m: 4:23.57 37.26
	100m: 1:11.99	37.76 200m: 2:29.04	38.89 300m: 3:46.31	38.74	400m: 4:58.96 35.39
	Thijmen Dijkstra	Team Noord Holland (SG)	5:03.53	201200845	4:58.96 +0,82
	50m: 32.42	32.42 150m: 1:48.09	38.52 250m: 3:06.39	39.54	350m: 4:23.58 38.43
	100m: 1:09.57	37.15 200m: 2:26.85	38.76 300m: 3:45.15	38.76	400m: 4:58.96 35.38
33.	Jayden Korndewal	ZPC AMERSFOORT	5:00.67	201200015	4:59.30 +0,68
	50m: 33.23	33.23 150m: 1:48.79	38.42 250m: 3:06.49	38.22	350m: 4:23.38 38.41
	100m: 1:10.37	37.14 200m: 2:28.27	39.48 300m: 3:44.97	38.48	400m: 4:59.30 35.92
34.	Nouh Karman	Zwemlust- den Hommel	5:07.02	201201383	4:59.36 +0,74
	50m: 33.88	33.88 150m: 1:49.49	38.34 250m: 3:07.53	38.57	350m: 4:23.89 37.86
	100m: 1:11.15	37.27 200m: 2:28.96	39.47 300m: 3:46.03	38.50	400m: 4:59.36 35.47
35.	Aris Tomu	ZPCH	5:01.33	201200861	4:59.39 +0,72
	50m: 32.05	32.05 150m: 1:47.56	38.40 250m: 3:05.08	38.76	350m: 4:22.76 38.49
	100m: 1:09.16	37.11 200m: 2:26.32	38.76 300m: 3:44.27	39.19	400m: 4:59.39 36.63
36.	Lucas Vos	SWOL 1894	5:06.08	201300005	4:59.57 +0,68
	50m: 32.79	32.79 150m: 1:47.66	37.96 250m: 3:04.50	38.45	350m: 4:22.55 39.23
	100m: 1:09.70	36.91 200m: 2:26.05	38.39 300m: 3:43.32	38.82	400m: 4:59.57 37.02
37.	Floris Meijers	SWOL 1894	5:01.68	201300015	5:00.63 +0,66
	50m: 32.16	32.16 150m: 1:48.57	38.81 250m: 3:06.20	38.69	350m: 4:23.92 38.41
	100m: 1:09.76	37.60 200m: 2:27.51	38.94 300m: 3:45.51	39.31	400m: 5:00.63 36.71
38.	Stef van de Wal	DWK	5:03.37	201200803	5:01.31 +0,60
	50m: 33.21	33.21 150m: 1:49.09	38.77 250m: 3:07.04	39.06	350m: 4:25.21 38.91
	100m: 1:10.32	37.11 200m: 2:27.98	38.89 300m: 3:46.30	39.26	400m: 5:01.31 36.10
39.	Charles Araysa	Zwemlust- den Hommel	5:12.68	201201155	5:03.86 +0,58
	50m: 33.94	33.94 150m: 1:48.95	38.14 250m: 3:07.87	39.83	350m: 4:26.87 39.50
	100m: 1:10.81	36.87 200m: 2:28.04	39.09 300m: 3:47.37	39.50	400m: 5:03.86 36.99

NJK 2026
Drachten, 19- - 21-6-2026

Programmanr. 29, Jongens, 400m vrije slag, Onder 14

rang	naam	vereniging	intijd	tijd	RT	
40.	Alex Pasala	PSV	5:00.97	201300803	5:04.56	
	50m: 33.86	33.86 150m: 1:49.63	38.32 250m: 3:07.62	39.17	350m: 4:26.26	39.32
	100m: 1:11.31	37.45 200m: 2:28.45	38.82 300m: 3:46.94	39.32	400m: 5:04.56	38.30
41.	Teije Baars	DWK	5:04.64	201300203	5:06.91	+0,64
	50m: 32.85	32.85 150m: 1:49.85	39.45 250m: 3:08.60	39.26	350m: 4:28.30	39.82
	100m: 1:10.40	37.55 200m: 2:29.34	39.49 300m: 3:48.48	39.88	400m: 5:06.91	38.61
42.	Maarten de Leeuw	Deltasteur	5:19.77	201200241	5:07.39	+0,78
	50m: 34.07	34.07 150m: 1:52.43	39.51 250m: 3:11.84	39.63	350m: 4:30.48	38.50
	100m: 1:12.92	38.85 200m: 2:32.21	39.78 300m: 3:51.98	40.14	400m: 5:07.39	36.91
43.	Luuk Hoogland	DAW	5:02.26	201200939	5:09.15	+0,59
	50m: 33.54	33.54 150m: 1:50.22	39.14 250m: 3:09.53	39.89	350m: 4:29.61	39.94
	100m: 1:11.08	37.54 200m: 2:29.64	39.42 300m: 3:49.67	40.14	400m: 5:09.15	39.54
44.	Thijs Valkenburg	WVZ	5:13.49	201201511	5:09.78	+0,65
	50m: 34.16	34.16 150m: 1:53.58	40.58 250m: 3:14.57	40.70	350m: 4:32.50	38.65
	100m: 1:13.00	38.84 200m: 2:33.87	40.29 300m: 3:53.85	39.28	400m: 5:09.78	37.28
45.	Milan Metz	ZV New Wave Almere	5:11.99	201300045	5:09.99	+0,60
	50m: 34.37	34.37 150m: 1:52.57	39.15 250m: 3:12.34	39.94	350m: 4:31.47	39.02
	100m: 1:13.42	39.05 200m: 2:32.40	39.83 300m: 3:52.45	40.11	400m: 5:09.99	38.52
46.	David Cheng Haddad	Blue Marlins	5:22.96	201203329	5:11.03	+0,64
	50m: 32.96	32.96 150m: 1:51.09	39.58 250m: 3:12.69	41.21	350m: 4:33.90	39.96
	100m: 1:11.51	38.55 200m: 2:31.48	40.39 300m: 3:53.94	41.25	400m: 5:11.03	37.13
47.	Deem Vink	VZC	5:21.30	201202353	5:13.11	+0,72
	50m: 33.93	33.93 150m: 1:52.99	40.46 250m: 3:14.42	40.21	350m: 4:34.18	39.28
	100m: 1:12.53	38.60 200m: 2:34.21	41.22 300m: 3:54.90	40.48	400m: 5:13.11	38.93
48.	Rio Babic	Steenwijk 1934	5:17.57	201200867	5:14.18	+0,67
	50m: 32.41	32.41 150m: 1:50.32	40.61 250m: 3:15.77	43.44	350m: 4:38.46	40.70
	100m: 1:09.71	37.30 200m: 2:32.33	42.01 300m: 3:57.76	41.99	400m: 5:14.18	35.72
49.	Tom Kuhn	De Dolfijn	5:17.04	201300585	5:14.52	+0,63
	50m: 32.67	32.67 150m: 1:51.61	40.63 250m: 3:13.91	41.78	350m: 4:35.80	41.47
	100m: 1:10.98	38.31 200m: 2:32.13	40.52 300m: 3:54.33	40.42	400m: 5:14.52	38.72
50.	Dirk Rietman	SWOL 1894	5:22.56	201300131	5:26.89	+0,67
	50m: 33.88	33.88 150m: 1:56.79	41.59 250m: 3:22.45	43.02	350m: 4:47.79	42.39
	100m: 1:15.20	41.32 200m: 2:39.43	42.64 300m: 4:05.40	42.95	400m: 5:26.89	39.10