

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

Programmanr. 6
19-06-2026 - 10:14

Jongens, 400m vrije slag

Onder 16
Resultaten

rang	naam	vereniging	intijd	tijd	RT		
1.	Mattias Stolk	HZ&PC Heerenveen	4:13.53	201000525	4:12.23 +0,74		
	50m: 27.42	27.42 150m: 1:29.01	31.78	250m: 2:33.84	32.76	350m: 3:39.82	33.13
	100m: 57.23	29.81 200m: 2:01.08	32.07	300m: 3:06.69	32.85	400m: 4:12.23	32.41
2.	Baris Tomu	ZPCH	4:17.81	201000869	4:14.96 +0,63		
	50m: 28.38	28.38 150m: 1:30.99	31.59	250m: 2:35.38	32.41	350m: 3:41.87	33.52
	100m: 59.40	31.02 200m: 2:02.97	31.98	300m: 3:08.35	32.97	400m: 4:14.96	33.09
3.	Dax van den Nouland	Blue Marlins	4:21.27	201000071	4:20.00 +0,65		
	50m: 28.25	28.25 150m: 1:32.26	32.38	250m: 2:38.57	33.26	350m: 3:46.53	34.09
	100m: 59.88	31.63 200m: 2:05.31	33.05	300m: 3:12.44	33.87	400m: 4:20.00	33.47
4.	Giovanni Wolfgang	MSV-Zeemacht	4:23.96	201100859	4:20.78 +0,63		
	50m: 28.39	28.39 150m: 1:31.56	31.97	250m: 2:38.05	33.56	350m: 3:47.05	34.34
	100m: 59.59	31.20 200m: 2:04.49	32.93	300m: 3:12.71	34.66	400m: 4:20.78	33.73
5.	Abel op den Velde	De Duinkickers	4:19.98	201000079	4:21.97 +0,69		
	50m: 28.09	28.09 150m: 1:32.26	33.07	250m: 2:40.30	34.42	350m: 3:48.85	34.36
	100m: 59.19	31.10 200m: 2:05.88	33.62	300m: 3:14.49	34.19	400m: 4:21.97	33.12
6.	Noah Schot	Zv de Ham	4:24.67	201004105	4:22.62 +0,69		
	50m: 29.77	29.77 150m: 1:35.90	33.20	250m: 2:43.42	33.52	350m: 3:50.20	33.08
	100m: 1:02.70	32.93 200m: 2:09.90	34.00	300m: 3:17.12	33.70	400m: 4:22.62	32.42
7.	Laurens van Nulck	Hellas-Glana	4:22.96	201100521	4:23.95 +0,73		
	50m: 29.66	29.66 150m: 1:35.19	32.97	250m: 2:42.19	33.48	350m: 3:50.14	33.86
	100m: 1:02.22	32.56 200m: 2:08.71	33.52	300m: 3:16.28	34.09	400m: 4:23.95	33.81
8.	Daan Mulder	KSN (SG)	4:29.38	201100267	4:25.39 +0,75		
	50m: 29.69	29.69 150m: 1:35.89	33.53	250m: 2:43.91	34.21	350m: 3:52.09	34.11
	100m: 1:02.36	32.67 200m: 2:09.70	33.81	300m: 3:17.98	34.07	400m: 4:25.39	33.30
9.	Kasper Lubbers	Orca	4:30.11	201100025	4:26.71 +0,63		
	50m: 30.82	30.82 150m: 1:37.38	33.74	250m: 2:45.36	34.18	350m: 3:53.74	34.28
	100m: 1:03.64	32.82 200m: 2:11.18	33.80	300m: 3:19.46	34.10	400m: 4:26.71	32.97
10.	Ruben Kragt	Dedemsvaart-AC	4:28.53	201000007	4:28.03 +0,67		
	50m: 29.64	29.64 150m: 1:34.93	33.39	250m: 2:43.33	34.49	350m: 3:53.86	35.25
	100m: 1:01.54	31.90 200m: 2:08.84	33.91	300m: 3:18.61	35.28	400m: 4:28.03	34.17
11.	Douwe Enzerink	ZPC AMERSFOORT	4:30.91	201102657	4:28.21 +0,64		
	50m: 29.43	29.43 150m: 1:36.66	34.15	250m: 2:45.63	34.69	350m: 3:54.82	34.23
	100m: 1:02.51	33.08 200m: 2:10.94	34.28	300m: 3:20.59	34.96	400m: 4:28.21	33.39
12.	Alief Jan van der Sluis	PSV	4:27.17	201003425	4:28.38 +0,67		
	50m: 29.90	29.90 150m: 1:37.79	34.38	250m: 2:47.19	34.69	350m: 3:56.10	32.98
	100m: 1:03.41	33.51 200m: 2:12.50	34.71	300m: 3:23.12	35.93	400m: 4:28.38	32.28
13.	Ramon Vos	ZPC Hoogeveen	4:20.05	201100051	4:28.39 +0,72		
	50m: 29.57	29.57 150m: 1:37.12	34.20	250m: 2:45.44	34.17	350m: 3:54.58	34.89
	100m: 1:02.92	33.35 200m: 2:11.27	34.15	300m: 3:19.69	34.25	400m: 4:28.39	33.81
14.	Oleksandr Hordiienko	ZV De Aalscholver	4:34.01	201003061	4:28.68 +0,65		
	50m: 30.90	30.90 150m: 1:39.37	34.61	250m: 2:48.69	34.40	350m: 3:56.94	33.96
	100m: 1:04.76	33.86 200m: 2:14.29	34.92	300m: 3:22.98	34.29	400m: 4:28.68	31.74
15.	Thijmen Pruijssers	Hieronymus	4:27.03	201000129	4:31.49 +0,66		
	50m: 29.04	29.04 150m: 1:35.83	34.46	250m: 2:46.80	35.90	350m: 3:58.29	35.37
	100m: 1:01.37	32.33 200m: 2:10.90	35.07	300m: 3:22.92	36.12	400m: 4:31.49	33.20
16.	Tristan Meijers	SWOL 1894	4:31.03	201000089	4:32.63 +0,74		
	50m: 30.78	30.78 150m: 1:40.19	35.38	250m: 2:49.92	35.12	350m: 3:59.46	34.63
	100m: 1:04.81	34.03 200m: 2:14.80	34.61	300m: 3:24.83	34.91	400m: 4:32.63	33.17
17.	Tycho Wienbelt	De Vikings	4:37.57	201001397	4:33.02 +0,77		
	50m: 30.18	30.18 150m: 1:37.35	34.49	250m: 2:48.41	35.92	350m: 3:59.12	35.28
	100m: 1:02.86	32.68 200m: 2:12.49	35.14	300m: 3:23.84	35.43	400m: 4:33.02	33.90
18.	Rafael Agterbos	OZ&PC	4:32.82	201000171	4:33.36 +0,74		
	50m: 30.31	30.31 150m: 1:38.45	34.46	250m: 2:48.94	35.25	350m: 3:59.10	34.46
	100m: 1:03.99	33.68 200m: 2:13.69	35.24	300m: 3:24.64	35.70	400m: 4:33.36	34.26
19.	Matthijs van Velzen	Deltasteur	4:31.80	201100435	4:33.96 +0,59		
	50m: 29.38	29.38 150m: 1:37.72	35.07	250m: 2:48.87	35.78	350m: 4:00.89	36.18
	100m: 1:02.65	33.27 200m: 2:13.09	35.37	300m: 3:24.71	35.84	400m: 4:33.96	33.07

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rang	naam	vereniging	intijd	tijd	RT
20.	Milan Schuilenburg	ZPC AMERSFOORT	4:38.31	201000935	4:34.33 +0,63
	50m: 29.44	29.44 150m: 1:37.32	34.84	250m: 2:47.95	35.47 350m: 3:59.56
	100m: 1:02.48	33.04 200m: 2:12.48	35.16	300m: 3:23.80	35.85 400m: 4:34.33
21.	Tren Wullms	Hellas-Glana	4:31.67	201000469	4:34.41 +0,76
	50m: 29.98	29.98 150m: 1:38.09	34.45	250m: 2:48.70	35.18 350m: 3:59.87
	100m: 1:03.64	33.66 200m: 2:13.52	35.43	300m: 3:24.85	36.15 400m: 4:34.41
22.	Lev Rudman	Blue Marlins	4:46.67	201102343	4:35.53 +0,69
	50m: 29.22	29.22 150m: 1:38.72	35.52	250m: 2:49.23	35.13 350m: 4:00.33
	100m: 1:03.20	33.98 200m: 2:14.10	35.38	300m: 3:23.98	34.75 400m: 4:35.53
23.	David van der Valk	Wiekslag	4:39.09	201100519	4:35.64 +0,69
	50m: 29.36	29.36 150m: 1:38.00	35.31	250m: 2:49.20	35.77 350m: 4:01.53
	100m: 1:02.69	33.33 200m: 2:13.43	35.43	300m: 3:25.52	36.32 400m: 4:35.64
24.	Mathijs de Wit	KSN (SG)	4:36.39	201001215	4:36.50 +0,67
	50m: 29.90	29.90 150m: 1:40.72	35.93	250m: 2:52.48	35.91 350m: 4:02.75
	100m: 1:04.79	34.89 200m: 2:16.57	35.85	300m: 3:27.51	35.03 400m: 4:36.50
25.	Stijn Peters	ZPC AMERSFOORT	4:34.93	201103581	4:37.35 +0,73
	50m: 30.96	30.96 150m: 1:40.59	34.76	250m: 2:51.55	34.86 350m: 4:02.39
	100m: 1:05.83	34.87 200m: 2:16.69	36.10	300m: 3:27.49	35.94 400m: 4:37.35
26.	Stan Nijhuis	OZ&PC	4:40.26	201100191	4:38.36 +0,77
	50m: 30.51	30.51 150m: 1:40.13	35.25	250m: 2:51.95	35.88 350m: 4:04.10
	100m: 1:04.88	34.37 200m: 2:16.07	35.94	300m: 3:28.06	36.11 400m: 4:38.36
27.	Kick Germers	SWOL 1894	4:38.39	201000185	4:38.47 +0,80
	50m: 30.59	30.59 150m: 1:40.02	35.32	250m: 2:51.70	35.86 350m: 4:03.51
	100m: 1:04.70	34.11 200m: 2:15.84	35.82	300m: 3:27.92	36.22 400m: 4:38.47
28.	Mauro Bedeke	DAW	4:35.01	201000537	4:39.34 +0,67
	50m: 30.71	30.71 150m: 1:40.60	35.31	250m: 2:53.15	36.17 350m: 4:05.23
	100m: 1:05.29	34.58 200m: 2:16.98	36.38	300m: 3:29.47	36.32 400m: 4:39.34
29.	Levi Hesse	Team Noord Holland (SG)	4:40.96	201100145	4:42.35 +0,82
	50m: 31.16	31.16 150m: 1:42.67	36.13	250m: 2:56.04	36.20 350m: 4:08.65
	100m: 1:06.54	35.38 200m: 2:19.84	37.17	300m: 3:33.63	37.59 400m: 4:42.35
30.	Gerdian Leef tink	ZPC De Hof	4:31.71	201000091	4:43.48 +0,88
	50m: 30.70	30.70 150m: 1:41.11	35.34	250m: 2:54.21	36.63 350m: 4:08.25
	100m: 1:05.77	35.07 200m: 2:17.58	36.47	300m: 3:31.13	36.92 400m: 4:43.48
31.	Izayah Castillo	Blue Marlins	4:41.21	201100311	4:44.04 +0,73
	50m: 29.23	29.23 150m: 1:39.85	36.61	250m: 2:53.80	37.84 350m: 4:09.17
	100m: 1:03.24	34.01 200m: 2:15.96	36.11	300m: 3:30.76	36.96 400m: 4:44.04
32.	Mads Blacquiè re	PSV	4:37.89	201103233	4:46.04 +0,49
	50m: 31.69	31.69 150m: 1:43.06	35.90	250m: 2:55.77	36.64 350m: 4:09.87
	100m: 1:07.16	35.47 200m: 2:19.13	36.07	300m: 3:32.78	37.01 400m: 4:46.04
33.	Maarten Dij s	GoSwim	4:45.65	201000135	4:46.73 +0,75
	50m: 30.77	30.77 150m: 1:42.39	36.78	250m: 2:56.68	37.14 350m: 4:11.82
	100m: 1:05.61	34.84 200m: 2:19.54	37.15	300m: 3:34.51	37.83 400m: 4:46.73
34.	Mees Otto	ZPC Woerden	4:47.69	201001319	4:48.90 +0,81
	50m: 30.90	30.90 150m: 1:42.06	35.88	250m: 2:56.06	36.79 350m: 4:11.91
	100m: 1:06.18	35.28 200m: 2:19.27	37.21	300m: 3:34.60	38.54 400m: 4:48.90
35.	Ivan Half f	Zv de Ham	4:40.40	201100479	4:50.72 +0,82
	50m: 30.80	30.80 150m: 1:42.73	36.96	250m: 2:58.87	38.23 350m: 4:14.31
	100m: 1:05.77	34.97 200m: 2:20.64	37.91	300m: 3:36.74	37.87 400m: 4:50.72
36.	Finn Wensveen	Zv de Ham	4:28.07	201000811	4:51.14 +0,84
	50m: 32.02	32.02 150m: 1:43.90	36.78	250m: 2:59.61	37.92 350m: 4:15.43
	100m: 1:07.12	35.10 200m: 2:21.69	37.79	300m: 3:37.68	38.07 400m: 4:51.14
37.	Quinten Hofman	Zwemlust- den Hommel	4:47.19	201000955	4:52.63 +0,82
	50m: 31.73	31.73 150m: 1:45.18	37.60	250m: 3:01.93	37.89 350m: 4:17.02
	100m: 1:07.58	35.85 200m: 2:24.04	38.86	300m: 3:39.67	37.74 400m: 4:52.63
38.	Gijs Nooter	Dedemsvaart-AC	4:35.75	201000725	4:52.78 +0,67
	50m: 31.71	31.71 150m: 1:45.54	37.50	250m: 3:02.53	38.35 350m: 4:17.83
	100m: 1:08.04	36.33 200m: 2:24.18	38.64	300m: 3:40.20	37.67 400m: 4:52.78
39.	Victor de Haan	HZ&PC Heerenveen	4:43.15	201001921	4:53.16 +0,76
	50m: 31.16	31.16 150m: 1:44.22	37.32	250m: 3:00.10	37.95 350m: 4:16.87
	100m: 1:06.90	35.74 200m: 2:22.15	37.93	300m: 3:38.60	38.50 400m: 4:53.16

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rang	naam	vereniging	intijd		tijd			RT
40.	Milan Eikenaar	SWOL 1894	4:35.81		4:59.03			+0,80
	50m: 31.49	31.49	150m: 1:44.93	37.29	250m: 3:02.29	38.45	350m: 4:20.38	38.61
	100m: 1:07.64	36.15	200m: 2:23.84	38.91	300m: 3:41.77	39.48	400m: 4:59.03	38.65
AFGEM	Henry Watson	De Dolfijn	4:43.73		201001703			