

NJK korte baan 2026
Amsterdam, 23- - 25-1-2026

Programmanr. 23
24-01-2026 - 15:30

Jongens, 400m vrije slag

Onder 16
Resultaten

rang	naam	vereniging	intijd	tijd	RT
1.	Mattias Stolk	HZ&PC Heerenveen	4:09.98	201000525	4:07.29 +0,70
	50m: 28.00	28.00 150m: 1:30.44	31.93 250m: 2:34.17	32.05 350m: 3:37.34	31.68
	100m: 58.51	30.51 200m: 2:02.12	31.68 300m: 3:05.66	31.49 400m: 4:07.29	29.95
2.	Baris Tomu	ZPCH	4:11.58	201000869	4:07.98 +0,68
	50m: 27.94	27.94 150m: 1:30.30	31.48 250m: 2:33.69	31.73 350m: 3:37.47	32.00
	100m: 58.82	30.88 200m: 2:01.96	31.66 300m: 3:05.47	31.78 400m: 4:07.98	30.51
3.	Ramon Vos	ZPC Hoogeveen	4:16.87	201100051	4:09.31 +0,74
	50m: 28.39	28.39 150m: 1:31.28	31.64 250m: 2:34.85	31.85 350m: 3:38.39	31.71
	100m: 59.64	31.25 200m: 2:03.00	31.72 300m: 3:06.68	31.83 400m: 4:09.31	30.92
4.	Dax van den Noulund	Blue Marlins	4:14.69	201000071	4:15.65 +0,69
	50m: 28.65	28.65 150m: 1:31.95	32.10 250m: 2:37.18	32.50 350m: 3:43.59	33.11
	100m: 59.85	31.20 200m: 2:04.68	32.73 300m: 3:10.48	33.30 400m: 4:15.65	32.06
5.	Ruben Kragt	Dedemsvaart-AC	4:17.62	201000007	4:15.81 +0,70
	50m: 29.09	29.09 150m: 1:32.69	32.26 250m: 2:37.97	32.73 350m: 3:44.23	33.37
	100m: 1:00.43	31.34 200m: 2:05.24	32.55 300m: 3:10.86	32.89 400m: 4:15.81	31.58
6.	Giovanni Wolfgang	MSV-Zeemacht	4:20.17	201100859	4:17.43 +0,66
	50m: 28.51	28.51 150m: 1:33.84	33.13 250m: 2:39.58	32.44 350m: 3:44.94	32.90
	100m: 1:00.71	32.20 200m: 2:07.14	33.30 300m: 3:12.04	32.46 400m: 4:17.43	32.49
7.	Laurens van Nulck	Hellas-Glana	4:17.68	201100521	4:17.84 +0,75
	50m: 28.75	28.75 150m: 1:33.29	32.62 250m: 2:39.42	33.47 350m: 3:45.69	33.33
	100m: 1:00.67	31.92 200m: 2:05.95	32.66 300m: 3:12.36	32.94 400m: 4:17.84	32.15
8.	Abel op den Velde	De Duinkickers	4:19.57	201000079	4:18.91 +0,71
	50m: 27.63	27.63 150m: 1:31.59	33.01 250m: 2:38.89	33.69 350m: 3:46.38	33.86
	100m: 58.58	30.95 200m: 2:05.20	33.61 300m: 3:12.52	33.63 400m: 4:18.91	32.53
9.	Douwe Enzerink	ZPC AMERSFOORT	4:25.66	201102657	4:21.07 +0,65
	50m: 28.94	28.94 150m: 1:34.75	33.32 250m: 2:41.91	33.38 350m: 3:49.65	33.97
	100m: 1:01.43	32.49 200m: 2:08.53	33.78 300m: 3:15.68	33.77 400m: 4:21.07	31.42
10.	Daan Mulder	KSN (SG)	4:25.36	201100267	4:21.55 +0,84
	50m: 30.31	30.31 150m: 1:36.14	33.12 250m: 2:42.41	33.24 350m: 3:49.81	33.71
	100m: 1:03.02	32.71 200m: 2:09.17	33.03 300m: 3:16.10	33.69 400m: 4:21.55	31.74
11.	Rafael Agterbos	OZ&PC	4:25.97	201000171	4:21.96 +0,78
	50m: 29.78	29.78 150m: 1:36.19	33.48 250m: 2:42.94	33.08 350m: 3:49.66	33.24
	100m: 1:02.71	32.93 200m: 2:09.86	33.67 300m: 3:16.42	33.48 400m: 4:21.96	32.30
12.	Tristan Meijers	SWOL 1894	4:25.34	201000089	4:21.99 +0,73
	50m: 29.95	29.95 150m: 1:36.36	33.44 250m: 2:43.98	33.55 350m: 3:50.40	32.78
	100m: 1:02.92	32.97 200m: 2:10.43	34.07 300m: 3:17.62	33.64 400m: 4:21.99	31.59
13.	Mathijs de Wit	KSN (SG)	4:25.85	201001215	4:22.08 +0,70
	50m: 28.35	28.35 150m: 1:35.68	34.23 250m: 2:43.23	33.69 350m: 3:50.67	33.87
	100m: 1:01.45	33.10 200m: 2:09.54	33.86 300m: 3:16.80	33.57 400m: 4:22.08	31.41
14.	Thijmen Pruijssers	Hieronymus	4:22.91	201000129	4:22.20 +0,67
	50m: 28.87	28.87 150m: 1:33.65	32.87 250m: 2:41.15	33.93 350m: 3:50.27	34.66
	100m: 1:00.78	31.91 200m: 2:07.22	33.57 300m: 3:15.61	34.46 400m: 4:22.20	31.93
15.	Tren Wullms	Hellas-Glana	4:24.47	201000469	4:22.36 +0,76
	50m: 29.13	29.13 150m: 1:34.95	33.39 250m: 2:42.03	33.55 350m: 3:50.44	34.52
	100m: 1:01.56	32.43 200m: 2:08.48	33.53 300m: 3:15.92	33.89 400m: 4:22.36	31.92
16.	Mauro Bedeke	DAW	4:24.81	201000537	4:24.09 +0,67
	50m: 29.64	29.64 150m: 1:37.15	34.27 250m: 2:44.71	33.64 350m: 3:51.50	33.48
	100m: 1:02.88	33.24 200m: 2:11.07	33.92 300m: 3:18.02	33.31 400m: 4:24.09	32.59
17.	Mees Janssen	Blue Marlins	4:27.67	201102025	4:25.39 +0,68
	50m: 28.89	28.89 150m: 1:36.06	33.80 250m: 2:43.25	33.34 350m: 3:51.92	34.62
	100m: 1:02.26	33.37 200m: 2:09.91	33.85 300m: 3:17.30	34.05 400m: 4:25.39	33.47
18.	Kasper Lubbers	Orca	4:30.62	201100025	4:25.92 +0,69
	50m: 31.07	31.07 150m: 1:38.93	33.84 250m: 2:46.92	34.19 350m: 3:54.46	33.20
	100m: 1:05.09	34.02 200m: 2:12.73	33.80 300m: 3:21.26	34.34 400m: 4:25.92	31.46
19.	Alief Jan van der Sluis	PSV	4:29.76	201003425	4:26.61 +0,66
	50m: 30.05	30.05 150m: 1:37.40	34.50 250m: 2:46.29	34.04 350m: 3:56.12	35.39
	100m: 1:02.90	32.85 200m: 2:12.25	34.85 300m: 3:20.73	34.44 400m: 4:26.61	30.49

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

rang	naam	vereniging	intijd	tijd	RT
19.	Mees de Vries	Zwemlust- den Hommel	4:29.26	201001151	4:26.61 +0,74
	50m: 29.54	29.54 150m: 1:38.26	34.68 250m: 2:45.59	33.78 350m: 3:53.54	34.11
	100m: 1:03.58	34.04 200m: 2:11.81	33.55 300m: 3:19.43	33.84 400m: 4:26.61	33.07
21.	Finn Wensveen	Zv de Ham	4:28.78	201000811	4:28.07 +0,85
	50m: 29.90	29.90 150m: 1:37.39	34.20 250m: 2:45.87	34.05 350m: 3:55.22	34.70
	100m: 1:03.19	33.29 200m: 2:11.82	34.43 300m: 3:20.52	34.65 400m: 4:28.07	32.85
22.	Stan Rothschild	ZPC Hoogeveen	4:31.82	201000353	4:28.18 +0,70
	50m: 29.60	29.60 150m: 1:35.79	33.77 250m: 2:43.98	34.44 350m: 3:54.18	35.29
	100m: 1:02.02	32.42 200m: 2:09.54	33.75 300m: 3:18.89	34.91 400m: 4:28.18	34.00
23.	Matthijs van Velzen	Deltasteur	4:23.73	201100435	4:28.21 +0,62
	50m: 29.04	29.04 150m: 1:36.83	34.49 250m: 2:46.17	34.81 350m: 3:55.09	34.80
	100m: 1:02.34	33.30 200m: 2:11.36	34.53 300m: 3:20.29	34.12 400m: 4:28.21	33.12
24.	Kris Westerhout	ZZ&PC De Devel	4:31.61	201000883	4:29.73 +0,65
	50m: 30.19	30.19 150m: 1:37.89	34.57 250m: 2:47.49	34.65 350m: 3:56.41	34.33
	100m: 1:03.32	33.13 200m: 2:12.84	34.95 300m: 3:22.08	34.59 400m: 4:29.73	33.32
25.	Stijn Dijkstra	DZ&PC	4:32.29	201000279	4:29.87 +0,72
	50m: 29.48	29.48 150m: 1:36.75	34.11 250m: 2:45.84	34.63 350m: 3:55.91	35.05
	100m: 1:02.64	33.16 200m: 2:11.21	34.46 300m: 3:20.86	35.02 400m: 4:29.87	33.96
26.	Kick Germers	SWOL 1894	4:33.05	201000185	4:30.72 +0,82
	50m: 30.72	30.72 150m: 1:38.87	34.23 250m: 2:47.62	34.21 350m: 3:57.00	34.75
	100m: 1:04.64	33.92 200m: 2:13.41	34.54 300m: 3:22.25	34.63 400m: 4:30.72	33.72
27.	Mathieu Gepkens	VZC	4:26.42	201000045	4:32.07 +0,79
	50m: 30.09	30.09 150m: 1:37.71	34.15 250m: 2:46.53	34.53 350m: 3:57.47	35.65
	100m: 1:03.56	33.47 200m: 2:12.00	34.29 300m: 3:21.82	35.29 400m: 4:32.07	34.60
28.	Berat Baykal	PSV	4:33.44	201003507	4:32.41 +0,70
	50m: 30.43	30.43 150m: 1:39.05	34.79 250m: 2:48.07	34.23 350m: 3:57.86	35.10
	100m: 1:04.26	33.83 200m: 2:13.84	34.79 300m: 3:22.76	34.69 400m: 4:32.41	34.55
29.	Tygo Kamps	MZ&PC Maastricht	4:35.65	201000987	4:32.78 +0,73
	50m: 30.64	30.64 150m: 1:39.35	35.16 250m: 2:50.12	35.36 350m: 4:01.05	35.49
	100m: 1:04.19	33.55 200m: 2:14.76	35.41 300m: 3:25.56	35.44 400m: 4:32.78	31.73
30.	Milan Schuilenburg	ZPC AMERSFOORT	4:29.08	201000935	4:33.36 +0,72
	50m: 30.11	30.11 150m: 1:38.04	34.49 250m: 2:48.25	35.36 350m: 3:58.83	35.25
	100m: 1:03.55	33.44 200m: 2:12.89	34.85 300m: 3:23.58	35.33 400m: 4:33.36	34.53
31.	David van der Valk	Wiekslag	4:31.67	201100519	4:33.76 +0,82
	50m: 30.10	30.10 150m: 1:37.56	34.10 250m: 2:48.06	35.55 350m: 3:59.87	35.83
	100m: 1:03.46	33.36 200m: 2:12.51	34.95 300m: 3:24.04	35.98 400m: 4:33.76	33.89
32.	Stijn Peters	ZPC AMERSFOORT	4:29.67	201103581	4:33.86 +0,80
	50m: 31.37	31.37 150m: 1:40.28	34.65 250m: 2:50.23	35.06 350m: 4:00.43	35.14
	100m: 1:05.63	34.26 200m: 2:15.17	34.89 300m: 3:25.29	35.06 400m: 4:33.86	33.43
33.	Maarten Dijs	GoSwim	4:37.63	201000135	4:34.17 * +0,79
	50m: 30.11	30.11 150m: 1:37.97	34.00 250m: 2:48.50	35.28 350m: 4:00.66	35.93
	100m: 1:03.97	33.86 200m: 2:13.22	35.25 300m: 3:24.73	36.23 400m: 4:34.17	33.51
34.	Thijmen Holterman	ZPC De Hof	4:33.26	201000005	4:34.59 +0,97
	50m: 31.04	31.04 150m: 1:41.33	35.18 250m: 2:51.62	34.68 350m: 4:02.23	35.25
	100m: 1:06.15	35.11 200m: 2:16.94	35.61 300m: 3:26.98	35.36 400m: 4:34.59	32.36
35.	Stan Nijhuis	OZ&PC	4:33.64	201100191	4:34.80 +0,77
	50m: 31.32	31.32 150m: 1:40.23	34.46 250m: 2:50.53	35.26 350m: 4:01.10	35.15
	100m: 1:05.77	34.45 200m: 2:15.27	35.04 300m: 3:25.95	35.42 400m: 4:34.80	33.70
36.	Ivan Half	Zv de Ham	4:36.72	201100479	4:35.68 * +0,82
	50m: 30.74	30.74 150m: 1:39.33	34.75 250m: 2:48.84	34.61 350m: 4:00.59	36.04
	100m: 1:04.58	33.84 200m: 2:14.23	34.90 300m: 3:24.55	35.71 400m: 4:35.68	35.09
37.	Mathijs Boersma	ZPC Hoogeveen	4:21.80	201000313	4:38.45 +0,77
	50m: 30.20	30.20 150m: 1:39.51	35.14 250m: 2:50.84	36.02 350m: 4:02.76	36.04
	100m: 1:04.37	34.17 200m: 2:14.82	35.31 300m: 3:26.72	35.88 400m: 4:38.45	35.69
38.	Daniël Hofman	SG Octopus - ZVV	4:37.10	201000417	4:39.53 +0,82
	50m: 30.93	30.93 150m: 1:42.48	36.12 250m: 2:54.16	35.81 350m: 4:06.15	35.77
	100m: 1:06.36	35.43 200m: 2:18.35	35.87 300m: 3:30.38	36.22 400m: 4:39.53	33.38
39.	Gijs Nooter	Dedemsvaart-AC	4:35.75	201000725	4:42.92 +0,71
	50m: 31.44	31.44 150m: 1:41.66	35.19 250m: 2:53.94	36.19 350m: 4:04.75	35.38
	100m: 1:06.47	35.03 200m: 2:17.75	36.09 300m: 3:29.37	35.43 400m: 4:42.92	38.17

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

rang	naam	vereniging		intijd		tijd		RT
40.	Daan Overmars	OZ&PC		4:29.29		201100027		4:48.92 +0,64
	50m: 32.10	32.10	150m: 1:44.06	36.43	250m: 2:58.32	37.43	350m: 4:13.42	37.74
	100m: 1:07.63	35.53	200m: 2:20.89	36.83	300m: 3:35.68	37.36	400m: 4:48.92	35.50
NG	Tycho Wienbelt	De Vikings		4:27.93		201001397		