

Programmanr. 3
23-01-2026 - 15:43

Jongens, 400m vrije slag

Onder 14
Resultaten

rang	naam	vereniging	intijd	tijd	RT
1.	Max van Splunder	De Dolfijn	4:32.10	201200531	4:29.83 +0,72
	50m: 28.76	28.76 150m: 1:34.99	33.98	250m: 2:44.67	35.09 350m: 3:55.46
	100m: 1:01.01	32.25 200m: 2:09.58	34.59	300m: 3:20.12	35.45 400m: 4:29.83
2.	Tim Slagers	Aquapoldro	4:35.41	201200263	4:33.90 +0,74
	50m: 29.37	29.37 150m: 1:35.82	33.98	250m: 2:46.20	35.56 350m: 3:58.57
	100m: 1:01.84	32.47 200m: 2:10.64	34.82	300m: 3:22.25	36.05 400m: 4:33.90
3.	Luca Denkers	ZV New Wave Almere	4:41.87	201202399	4:40.45 +0,57
	50m: 29.56	29.56 150m: 1:40.53	36.18	250m: 2:53.62	36.71 350m: 4:04.26
	100m: 1:04.35	34.79 200m: 2:16.91	36.38	300m: 3:28.94	35.32 400m: 4:40.45
4.	Jaro Hermans	PSV	4:44.61	201200173	4:41.56 +0,45
	50m: 31.16	31.16 150m: 1:40.63	35.08	250m: 2:52.60	36.18 350m: 4:05.67
	100m: 1:05.55	34.39 200m: 2:16.42	35.79	300m: 3:29.11	36.51 400m: 4:41.56
5.	Toa Jahn	Het Y	4:38.76	201201665	4:42.32 +0,61
	50m: 28.20	28.20 150m: 1:34.02	34.16	250m: 2:47.79	37.79 350m: 4:05.49
	100m: 59.86	31.66 200m: 2:10.00	35.98	300m: 3:26.92	39.13 400m: 4:42.32
6.	A. Janse van Rensburg	De Treffers	4:45.65	201202261	4:42.98 +0,73
	50m: 29.49	29.49 150m: 1:38.71	35.53	250m: 2:51.82	36.78 350m: 4:05.40
	100m: 1:03.18	33.69 200m: 2:15.04	36.33	300m: 3:28.65	36.83 400m: 4:42.98
7.	Tijn Pieters	Orca	4:44.91	201300715	4:43.09 +0,70
	50m: 30.90	30.90 150m: 1:41.87	36.02	250m: 2:54.97	36.73 350m: 4:07.62
	100m: 1:05.85	34.95 200m: 2:18.24	36.37	300m: 3:31.19	36.22 400m: 4:43.09
8.	Felipe Kerkhoff	ZPC AMERSFOORT	4:50.35	201202625	4:43.24 +0,73
	50m: 32.33	32.33 150m: 1:44.30	36.03	250m: 2:57.05	36.40 350m: 4:07.97
	100m: 1:08.27	35.94 200m: 2:20.65	36.35	300m: 3:32.41	35.36 400m: 4:43.24
9.	Guust Heijne	DWK	4:41.84	201202139	4:43.98 +0,72
	50m: 30.99	30.99 150m: 1:43.33	36.55	250m: 2:57.54	37.41 350m: 4:10.23
	100m: 1:06.78	35.79 200m: 2:20.13	36.80	300m: 3:34.70	37.16 400m: 4:43.98
10.	Joep Barwegen	HZ&PC Heerenveen	4:39.53	201201823	4:44.03 +0,69
	50m: 29.94	29.94 150m: 1:39.42	35.86	250m: 2:53.16	37.15 350m: 4:07.72
	100m: 1:03.56	33.62 200m: 2:16.01	36.59	300m: 3:30.33	37.17 400m: 4:44.03
11.	Finn Ostermann	AZC	4:48.45	201301059	4:44.28 +0,68
	50m: 31.49	31.49 150m: 1:43.17	36.30	250m: 2:56.85	37.04 350m: 4:09.37
	100m: 1:06.87	35.38 200m: 2:19.81	36.64	300m: 3:33.38	36.53 400m: 4:44.28
12.	Marcelo Fritz Medina	De Dolfijn	4:59.56	201201885	4:45.24 +0,73
	50m: 30.03	30.03 150m: 1:39.66	35.46	250m: 2:53.40	37.28 350m: 4:08.62
	100m: 1:04.20	34.17 200m: 2:16.12	36.46	300m: 3:30.89	37.49 400m: 4:45.24
13.	Metz Agema alle tt *	Deltasteur	4:55.33	201200929	4:45.46 +0,72
	50m: 30.71	30.71 150m: 1:42.96	36.77	250m: 2:57.18	37.17 350m: 4:10.85
	100m: 1:06.19	35.48 200m: 2:20.01	37.05	300m: 3:34.44	37.26 400m: 4:45.46
14.	Kurt Feldmann	Blue Marlins	5:09.33	201203089	4:45.98 +0,77
	50m: 31.29	31.29 150m: 1:43.48	36.31	250m: 2:57.62	37.47 350m: 4:11.46
	100m: 1:07.17	35.88 200m: 2:20.15	36.67	300m: 3:35.00	37.38 400m: 4:45.98
15.	Wessel Vis	De Treffers	4:56.65	201201273	4:46.80 +0,68
	50m: 31.32	31.32 150m: 1:43.33	36.89	250m: 2:57.68	37.18 350m: 4:12.68
	100m: 1:06.44	35.12 200m: 2:20.50	37.17	300m: 3:35.48	37.80 400m: 4:46.80
16.	Ruben Lima Ribeiro	Hellas-Glana	4:52.22	201300693	4:47.49 +0,67
	50m: 31.62	31.62 150m: 1:42.49	35.86	250m: 2:56.29	37.34 350m: 4:10.95
	100m: 1:06.63	35.01 200m: 2:18.95	36.46	300m: 3:33.55	37.26 400m: 4:47.49
17.	Siem Rewinkel	De Veene	5:35.32	201201473	4:48.70 +0,62
	50m: 29.76	29.76 150m: 1:41.68	37.16	250m: 2:57.37	38.16 350m: 4:12.02
	100m: 1:04.52	34.76 200m: 2:19.21	37.53	300m: 3:35.15	37.78 400m: 4:48.70
18.	Jesse Voet	Aqua-Novio'94	4:55.91	201300057	4:49.52 +0,78
	50m: 31.58	31.58 150m: 1:45.15	37.28	250m: 2:59.26	37.08 350m: 4:15.11
	100m: 1:07.87	36.29 200m: 2:22.18	37.03	300m: 3:37.99	38.73 400m: 4:49.52
19.	Lars Thül	SWOL 1894	4:47.82	201200119	4:49.78 +0,80
	50m: 32.55	32.55 150m: 1:45.15	36.19	250m: 2:58.06	36.96 350m: 4:12.20
	100m: 1:08.96	36.41 200m: 2:21.10	35.95	300m: 3:35.05	36.99 400m: 4:49.78

Programmanr. 3, Jongens, 400m vrije slag, Onder 14

rang	naam	vereniging			intijd			tijd			RT	
20.	Rutger Donker	NDD			4:43.97			201200361			4:50.53	+0,69
	50m: 31.24	31.24	150m: 1:43.57	36.62	250m: 2:58.49	37.38	350m: 4:14.27	38.12				
	100m: 1:06.95	35.71	200m: 2:21.11	37.54	300m: 3:36.15	37.66	400m: 4:50.53	36.26				
21.	Luc van Drunick	Noordwijkerhout			4:53.14			201201659			4:51.59	+0,64
	50m: 31.44	31.44	150m: 1:42.99	36.31	250m: 2:58.23	37.91	350m: 4:13.48	37.68				
	100m: 1:06.68	35.24	200m: 2:20.32	37.33	300m: 3:35.80	37.57	400m: 4:51.59	38.11				
22.	Gijs Leeneman	HZ&PC Heerenveen			5:00.76			201200479			4:51.76	+0,70
	50m: 31.47	31.47	150m: 1:44.44	36.97	250m: 3:00.16	37.44	350m: 4:12.09	34.88				
	100m: 1:07.47	36.00	200m: 2:22.72	38.28	300m: 3:37.21	37.05	400m: 4:51.76	39.67				
23.	Orlando Caffaggi	Blue Marlins			4:58.31			201203059			4:52.15	+0,71
	50m: 32.66	32.66	150m: 1:46.89	37.46	250m: 3:02.52	37.88	350m: 4:16.10	36.24				
	100m: 1:09.43	36.77	200m: 2:24.64	37.75	300m: 3:39.86	37.34	400m: 4:52.15	36.05				
24.	Michael Simons	PSV			5:03.80			201200025			4:52.69	+0,64
	50m: 32.47	32.47	150m: 1:48.61	38.72	250m: 3:03.25	36.82	350m: 4:18.05	36.83				
	100m: 1:09.89	37.42	200m: 2:26.43	37.82	300m: 3:41.22	37.97	400m: 4:52.69	34.64				
25.	Lorenzo Della Vedova	De Otters Het Gooi			4:52.32			201201833			4:53.07	+0,75
	50m: 31.06	31.06	150m: 1:44.05	37.08	250m: 3:00.15	38.19	350m: 4:16.00	38.10				
	100m: 1:06.97	35.91	200m: 2:21.96	37.91	300m: 3:37.90	37.75	400m: 4:53.07	37.07				
26.	Pieter de Jonge	Aqua-Novio'94			4:53.73			201200211			4:53.61	+0,74
	50m: 31.80	31.80	150m: 1:44.19	36.50	250m: 2:59.43	37.88	350m: 4:16.41	38.46				
	100m: 1:07.69	35.89	200m: 2:21.55	37.36	300m: 3:37.95	38.52	400m: 4:53.61	37.20				
27.	Celestin van der Beek	PSV			5:02.41			201201183			4:53.90	+0,67
	50m: 32.16	32.16	150m: 1:46.86	37.30	250m: 3:02.20	37.20	350m: 4:17.81	38.29				
	100m: 1:09.56	37.40	200m: 2:25.00	38.14	300m: 3:39.52	37.32	400m: 4:53.90	36.09				
28.	Floris Meijers	SWOL 1894			4:57.58			201300015			4:54.33	+0,75
	50m: 32.36	32.36	150m: 1:46.05	37.51	250m: 3:02.82	38.55	350m: 4:18.36	37.44				
	100m: 1:08.54	36.18	200m: 2:24.27	38.22	300m: 3:40.92	38.10	400m: 4:54.33	35.97				
29.	Bram Engelen	Hellas-Glana			5:11.31			201300421			4:54.69	+0,67
	50m: 32.51	32.51	150m: 1:47.23	38.46	250m: 3:04.74	38.96	350m: 4:19.72	37.01				
	100m: 1:08.77	36.26	200m: 2:25.78	38.55	300m: 3:42.71	37.97	400m: 4:54.69	34.97				
30.	Luuk ten Asbroek	Het Ravijn			5:06.99			201200601			4:58.14	+0,68
	50m: 33.04	33.04	150m: 1:48.46	38.35	250m: 3:05.34	38.53	350m: 4:22.53	38.50				
	100m: 1:10.11	37.07	200m: 2:26.81	38.35	300m: 3:44.03	38.69	400m: 4:58.14	35.61				
31.	Nouh Karman	Zwemlust- den Hommel			4:57.50			201201383			4:58.23 *	+0,79
	50m: 32.94	32.94	150m: 1:45.96	37.23	250m: 3:02.64	38.43	350m: 4:19.57	38.22				
	100m: 1:08.73	35.79	200m: 2:24.21	38.25	300m: 3:41.35	38.71	400m: 4:58.23	38.66				
32.	Maarten de Leeuw	Deltasteur			5:03.30			201200241			4:59.00	+0,75
	50m: 32.59	32.59	150m: 1:47.44	38.06	250m: 3:04.37	38.26	350m: 4:21.46	38.89				
	100m: 1:09.38	36.79	200m: 2:26.11	38.67	300m: 3:42.57	38.20	400m: 4:59.00	37.54				
33.	Mats van der Kamp	Deltasteur			4:59.00			201200113			5:00.85	+0,64
	50m: 33.37	33.37	150m: 1:48.03	37.33	250m: 3:04.49	38.02	350m: 4:22.28	38.48				
	100m: 1:10.70	37.33	200m: 2:26.47	38.44	300m: 3:43.80	39.31	400m: 5:00.85	38.57				
34.	Charles Araysa	Zwemlust- den Hommel			5:12.72			201201155			5:01.91	+0,64
	50m: 32.26	32.26	150m: 1:46.06	37.58	250m: 3:03.11	39.16	350m: 4:22.45	39.58				
	100m: 1:08.48	36.22	200m: 2:23.95	37.89	300m: 3:42.87	39.76	400m: 5:01.91	39.46				
35.	Thomas Metz	ZPC AMERSFOORT			5:09.53			201300043			5:02.15	+0,86
	50m: 34.85	34.85	150m: 1:51.56	38.57	250m: 3:09.07	38.95	350m: 4:26.00	38.46				
	100m: 1:12.99	38.14	200m: 2:30.12	38.56	300m: 3:47.54	38.47	400m: 5:02.15	36.15				
36.	Stef van de Wal	DWK			5:07.74			201200803			5:02.66	+0,40
	100m*											
	50m: 32.57	32.57	150m: 1:48.71	38.40	250m: 3:05.22	38.10	350m: 4:23.67	39.48				
	100m: 1:10.31	37.74	200m: 2:27.12	38.41	300m: 3:44.19	38.97	400m: 5:02.66	38.99				
37.	Thijs Valkenburg	WVZ			5:03.20			201201511			5:03.86	+0,68
	50m: 32.49	32.49	150m: 1:47.89	38.61	250m: 3:05.91	39.57	350m: 4:25.80	40.13				
	100m: 1:09.28	36.79	200m: 2:26.34	38.45	300m: 3:45.67	39.76	400m: 5:03.86	38.06				
38.	Tim Koornstra	De Vikings			5:11.94			201200231			5:12.79	+0,79
	50m: 35.07	35.07	150m: 1:54.52	40.48	250m: 3:13.86	39.41	350m: 4:33.97	40.10				
	100m: 1:14.04	38.97	200m: 2:34.45	39.93	300m: 3:53.87	40.01	400m: 5:12.79	38.82				

Programmanr. 3, Jongens, 400m vrije slag, Onder 14

rang	naam	vereniging				intijd				tijd		RT
39.	Rio Babic	Steenwijk 1934				5:08.12		201200867		5:16.72		+0,73
	50m:	32.36	32.36	150m:	1:49.90	39.90	250m:	3:12.65	41.51	350m:	4:37.12	42.70
	100m:	1:10.00	37.64	200m:	2:31.14	41.24	300m:	3:54.42	41.77	400m:	5:16.72	39.60
40.	Isai Shields	Niemo Barracuda				5:15.93		201300031		5:17.84		+0,77
	50m:	34.69	34.69	150m:	1:52.73	39.91	250m:	3:13.70	40.99	350m:	4:37.59	42.25
	100m:	1:12.82	38.13	200m:	2:32.71	39.98	300m:	3:55.34	41.64	400m:	5:17.84	40.25