

Programmanr. 25
20-12-2025 - 12:02

Heren, 400m wisselslag

Senioren Open
Resultaten Voorronde

Punten: AQUA 2025

rang	naam	vereniging	tijd	RT	FINA	para
Onder 18						
1.	Wytse Broekstra	De Vikings	200800121	4:24.96	+0,71 A	695
	50m: 28.56	28.56 150m: 1:37.52	35.02 250m: 2:47.49	35.34 350m: 3:54.50		30.85
	100m: 1:02.50	33.94 200m: 2:12.15	34.63 300m: 3:23.65	36.16 400m: 4:24.96		30.46
2.	Diede Veld	HZ&PC Heerenveen	200800011	4:28.50	+0,74 A	668
	50m: 27.74	27.74 150m: 1:35.38	35.44 250m: 2:49.60	38.92 350m: 3:59.09		29.68
	100m: 59.94	32.20 200m: 2:10.68	35.30 300m: 3:29.41	39.81 400m: 4:28.50		29.41
3.	Yarno van Dam	ACZ	200800115	4:29.52	+0,71 A	661
	50m: 28.10	28.10 150m: 1:34.09	33.51 250m: 2:47.45	39.81 350m: 3:58.87		30.97
	100m: 1:00.58	32.48 200m: 2:07.64	33.55 300m: 3:27.90	40.45 400m: 4:29.52		30.65
4.	Stefan van der Meer	VZC	200901361	4:34.19	+0,66 B	628
	50m: 28.58	28.58 150m: 1:38.16	35.35 250m: 2:51.94	39.31 350m: 4:03.31		32.07
	100m: 1:02.81	34.23 200m: 2:12.63	34.47 300m: 3:31.24	39.30 400m: 4:34.19		30.88
5.	Jelte de Jong	ZPCH	200900975	4:38.23	+0,75 B	601
	50m: 29.57	29.57 150m: 1:39.69	35.85 250m: 2:55.84	40.53 350m: 4:07.59		31.17
	100m: 1:03.84	34.27 200m: 2:15.31	35.62 300m: 3:36.42	40.58 400m: 4:38.23		30.64
6.	Daniel Wegman	ZPCH	200802843	4:40.28	+0,65 B	587
	50m: 29.28	29.28 150m: 1:39.21	36.48 250m: 2:56.27	40.57 350m: 4:10.23		32.61
	100m: 1:02.73	33.45 200m: 2:15.70	36.49 300m: 3:37.62	41.35 400m: 4:40.28		30.05
7.	Sverre van der Zwaan	WVZ	200900737	4:45.66	+0,70	555
	50m: 30.09	30.09 150m: 1:40.89	34.64 250m: 2:58.24	42.76 350m: 4:14.72		33.23
	100m: 1:06.25	36.16 200m: 2:15.48	34.59 300m: 3:41.49	43.25 400m: 4:45.66		30.94
8.	Gijs Koehoorn	HZ&PC Heerenveen	200800275	4:45.76	+0,54	554
	50m: 28.38	28.38 150m: 1:41.26	36.84 250m: 2:58.66	40.87 350m: 4:13.77		32.99
	100m: 1:04.42	36.04 200m: 2:17.79	36.53 300m: 3:40.78	42.12 400m: 4:45.76		31.99
9.	Finn Stamsnieder	OZ&PC	200900225	4:45.82	+0,79	554
	50m: 30.16	30.16 150m: 1:42.59	36.59 250m: 3:00.10	41.48 350m: 4:14.43		32.70
	100m: 1:06.00	35.84 200m: 2:18.62	36.03 300m: 3:41.73	41.63 400m: 4:45.82		31.39
10.	Teun van Weeren	OZ&PC	200801145	4:48.17	+0,70	541
	50m: 30.47	30.47 150m: 1:43.21	37.82 250m: 3:02.59	42.08 350m: 4:17.66		32.85
	100m: 1:05.39	34.92 200m: 2:20.51	37.30 300m: 3:44.81	42.22 400m: 4:48.17		30.51
11.	Koen de Vries	De Reest	200802379	4:50.70	+0,73	527
	50m: 29.92	29.92 150m: 1:44.15	38.88 250m: 3:03.32	40.81 350m: 4:18.16		33.87
	100m: 1:05.27	35.35 200m: 2:22.51	38.36 300m: 3:44.29	40.97 400m: 4:50.70		32.54
12.	Xander Kragting	ZPC AMERSFOORT	200900077	4:50.80	+0,73	526
	50m: 29.25	29.25 150m: 1:41.33	37.33 250m: 3:00.83	43.50 350m: 4:18.73		33.93
	100m: 1:04.00	34.75 200m: 2:17.33	36.00 300m: 3:44.80	43.97 400m: 4:50.80		32.07
13.	Adriaan Coppelmans	AZC	200903243	4:51.23	+0,70	524
	50m: 30.63	30.63 150m: 1:43.36	36.92 250m: 3:01.52	41.74 350m: 4:18.19		34.76
	100m: 1:06.44	35.81 200m: 2:19.78	36.42 300m: 3:43.43	41.91 400m: 4:51.23		33.04
14.	Timo Berghuis	DWK	200801991	4:52.97	+0,79	514
	50m: 30.33	30.33 150m: 1:47.98	40.58 250m: 3:07.19	42.08 350m: 4:22.22		33.36
	100m: 1:07.40	37.07 200m: 2:25.11	37.13 300m: 3:48.86	41.67 400m: 4:52.97		30.75
15.	Wessel van Dorst	Aqua-Novio'94	200900727	4:54.00	+0,69	509
	50m: 28.70	28.70 150m: 1:41.83	37.65 250m: 3:02.19	44.02 350m: 4:21.22		34.06
	100m: 1:04.18	35.48 200m: 2:18.17	36.34 300m: 3:47.16	44.97 400m: 4:54.00		32.78
16.	Mike Hilders	De Dolfijn	200900281	4:54.36	+0,67	507
	50m: 30.19	30.19 150m: 1:42.37	37.27 250m: 3:02.39	42.79 350m: 4:20.85		34.92
	100m: 1:05.10	34.91 200m: 2:19.60	37.23 300m: 3:45.93	43.54 400m: 4:54.36		33.51
17.	Aidan van der Stelt	Blue Marlins	200900901	4:56.51	+0,71	496
	50m: 30.67	30.67 150m: 1:47.15	38.65 250m: 3:08.63	43.30 350m: 4:25.33		33.83
	100m: 1:08.50	37.83 200m: 2:25.33	38.18 300m: 3:51.50	42.87 400m: 4:56.51		31.18
18.	Steven Knol	De Dolfijn	200900543	4:56.54	+0,61	496
	50m: 30.13	30.13 150m: 1:44.43	37.40 250m: 3:05.74	44.98 350m: 4:24.56		33.63
	100m: 1:07.03	36.90 200m: 2:20.76	36.33 300m: 3:50.93	45.19 400m: 4:56.54		31.98
19.	Figo van Duuren	ZPCH	200800391	4:59.21	+0,75	483
	50m: 32.25	32.25 150m: 1:49.27	37.87 250m: 3:09.57	43.77 350m: 4:27.92		33.28
	100m: 1:11.40	39.15 200m: 2:25.80	36.53 300m: 3:54.64	45.07 400m: 4:59.21		31.29

B = Bonus inschrijving

Programmanr. 25, Jongens, 400m wisselslag, Voorronde, Onder 18

rang	naam	vereniging	tijd	RT	FINA	para
20.	Felix Gepkens	VZC	200800631	4:59.29	+0,71	482
	50m: 28.99	28.99 150m: 1:41.61	38.35 250m: 3:06.22	46.22 350m: 4:27.61	34.56	
	100m: 1:03.26	34.27 200m: 2:20.00	38.39 300m: 3:53.05	46.83 400m: 4:59.29	31.68	
21.	Duuk Harms	Dedemsvaart-AC	200900201	4:59.30	+0,76	482
	50m: 32.49	32.49 150m: 1:48.38	37.24 250m: 3:07.38	41.97 350m: 4:25.29	35.42	
	100m: 1:11.14	38.65 200m: 2:25.41	37.03 300m: 3:49.87	42.49 400m: 4:59.30	34.01	
22.	Lucas Schouten	ZPCH	200901925	4:59.78	+0,73	480
	50m: 29.90	29.90 150m: 1:45.50	39.09 250m: 3:08.68	43.55 350m: 4:27.63	34.94	
	100m: 1:06.41	36.51 200m: 2:25.13	39.63 300m: 3:52.69	44.01 400m: 4:59.78	32.15	
23.	Pelle Schrieken	VZC	200801595	5:00.11	+0,66	478
	50m: 30.74	30.74 150m: 1:46.01	39.55 250m: 3:08.04	43.13 350m: 4:26.50	34.74	
	100m: 1:06.46	35.72 200m: 2:24.91	38.90 300m: 3:51.76	43.72 400m: 5:00.11	33.61	
24.	Bjorn Scholten	WS Twente	200801143	5:01.13	+0,69	474
	50m: 31.50	31.50 150m: 1:45.96	37.92 250m: 3:10.09	46.27 350m: 4:28.97	32.70	
	100m: 1:08.04	36.54 200m: 2:23.82	37.86 300m: 3:56.27	46.18 400m: 5:01.13	32.16	
25.	Thomas Nauta	Arethusa	200900339	5:03.60	+0,70	462
	50m: 34.35	34.35 150m: 1:55.36	39.35 250m: 3:13.58	39.82 350m: 4:29.81	35.12	
	100m: 1:16.01	41.66 200m: 2:33.76	38.40 300m: 3:54.69	41.11 400m: 5:03.60	33.79	
26.	Twan Wielage	KSN (SG)	200902671	5:05.53	+0,56	453
	50m: 30.97	30.97 150m: 1:45.93	38.00 250m: 3:08.63	45.18 350m: 4:30.58	35.57	
	100m: 1:07.93	36.96 200m: 2:23.45	37.52 300m: 3:55.01	46.38 400m: 5:05.53	34.95	
27.	Frits Hoeflaken	PSV	200804101	5:07.24	+0,69	446
	50m: 31.72	31.72 150m: 1:51.94	41.07 250m: 3:14.05	42.51 350m: 4:33.17	36.32	
	100m: 1:10.87	39.15 200m: 2:31.54	39.60 300m: 3:56.85	42.80 400m: 5:07.24	34.07	
28.	Lars de Kooter	De Biesboschzwemmers	200800185	5:07.55	+0,71	445
	50m: 32.69	32.69 150m: 1:53.70	41.70 250m: 3:13.70	40.33 350m: 4:31.56	35.89	
	100m: 1:12.00	39.31 200m: 2:33.37	39.67 300m: 3:55.67	41.97 400m: 5:07.55	35.99	
29.	Jamie Kenworthy	De Dolfijn	200800045	5:10.36	+0,68	433
	50m: 30.58	30.58 150m: 1:47.55	40.35 250m: 3:13.01	45.61 350m: 4:35.07	36.21	
	100m: 1:07.20	36.62 200m: 2:27.40	39.85 300m: 3:58.86	45.85 400m: 5:10.36	35.29	
AFGEM	Dylano van Brussel	PSV	200901931			

Onder 20

1.	Olivier Wilbers	De Dolfijn	200600181	4:28.85	+0,74	A	666
	50m: 29.09	29.09 150m: 1:36.71	34.35 250m: 2:49.56	39.28 350m: 4:00.01	30.75		
	100m: 1:02.36	33.27 200m: 2:10.28	33.57 300m: 3:29.26	39.70 400m: 4:28.85	28.84		
2.	Nikodim Markovic	Albion	200700255	4:28.88	+0,64	A	666
	50m: 27.08	27.08 150m: 1:32.75	33.29 250m: 2:45.11	38.46 350m: 3:58.34	33.08		
	100m: 59.46	32.38 200m: 2:06.65	33.90 300m: 3:25.26	40.15 400m: 4:28.88	30.54		
3.	Tijn Hilders	De Dolfijn	200700027	4:36.25	+0,53	B	614
	50m: 28.50	28.50 150m: 1:40.06	36.74 250m: 2:53.90	38.05 350m: 4:05.24	32.17		
	100m: 1:03.32	34.82 200m: 2:15.85	35.79 300m: 3:33.07	39.17 400m: 4:36.25	31.01		
4.	Niek Vreeling	OZ&PC	200604211	4:41.82	+0,70	B	578
	50m: 29.20	29.20 150m: 1:39.63	35.71 250m: 2:54.53	39.62 350m: 4:08.97	32.95		
	100m: 1:03.92	34.72 200m: 2:14.91	35.28 300m: 3:36.02	41.49 400m: 4:41.82	32.85		
5.	Jesse van der Meij	De Dolfijn	200600841	4:44.20	+0,78	B	563
	50m: 29.96	29.96 150m: 1:43.57	38.31 250m: 3:00.24	39.07 350m: 4:13.47	33.05		
	100m: 1:05.26	35.30 200m: 2:21.17	37.60 300m: 3:40.42	40.18 400m: 4:44.20	30.73		
6.	Jort Siebelt	OZ&PC	200700083	4:44.47	+0,79	R	562
	50m: 29.33	29.33 150m: 1:41.76	37.11 250m: 2:58.36	40.49 350m: 4:13.69	33.44		
	100m: 1:04.65	35.32 200m: 2:17.87	36.11 300m: 3:40.25	41.89 400m: 4:44.47	30.78		
7.	Jesse Marijn Thimister	ZEPS	200602893	4:45.48	+0,58	R	556
	50m: 30.78	30.78 150m: 1:46.21	39.66 250m: 3:02.40	37.95 350m: 4:14.85	33.66		
	100m: 1:06.55	35.77 200m: 2:24.45	38.24 300m: 3:41.19	38.79 400m: 4:45.48	30.63		
8.	Emiel de Bruijn	DZ&PC	200700953	4:48.27	+0,77		540
	50m: 29.69	29.69 150m: 1:44.62	38.88 250m: 3:01.36	39.24 350m: 4:15.84	34.05		
	100m: 1:05.74	36.05 200m: 2:22.12	37.50 300m: 3:41.79	40.43 400m: 4:48.27	32.43		
9.	Thijs Wellink	ZPC AMERSFOORT	200600715	4:48.45	+0,75		539
	50m: 29.42	29.42 150m: 1:42.64	38.82 250m: 3:01.79	42.28 350m: 4:17.68	33.30		
	100m: 1:03.82	34.40 200m: 2:19.51	36.87 300m: 3:44.38	42.59 400m: 4:48.45	30.77		
10.	Lou van Leeuwen	De Dolfijn	200702779	4:50.56	+0,74		527
	50m: 29.27	29.27 150m: 1:43.83	39.38 250m: 3:03.78	40.78 350m: 4:18.76	33.30		
	100m: 1:04.45	35.18 200m: 2:23.00	39.17 300m: 3:45.46	41.68 400m: 4:50.56	31.80		

B = Bonus inschrijving

Programmanr. 25, Heren, 400m wisselslag, Voorronde, Onder 20

rang	naam	vereniging	tijd	RT	FINA	para
11.	Laurens Kalle	De Schoteijl	200600161	4:51.20	+0,74	524
	50m: 28.91	28.91 150m: 1:41.41	37.97	250m: 3:01.75	43.39 350m: 4:19.35	34.35
	100m: 1:03.44	34.53 200m: 2:18.36	36.95	300m: 3:45.00	43.25 400m: 4:51.20	31.85
12.	Jelte de Boer	De Vikings	200700345	4:51.76	+0,52	521
	50m: 29.71	29.71 150m: 1:43.82	38.92	250m: 3:01.27	39.57 350m: 4:17.43	34.94
	100m: 1:04.90	35.19 200m: 2:21.70	37.88	300m: 3:42.49	41.22 400m: 4:51.76	34.33
13.	Odo McCarthy	ZV Overbetuwe	200700307	4:53.79	+0,64	510
	50m: 29.21	29.21 150m: 1:42.40	37.65	250m: 3:01.04	41.08 350m: 4:19.29	35.37
	100m: 1:04.75	35.54 200m: 2:19.96	37.56	300m: 3:43.92	42.88 400m: 4:53.79	34.50
14.	Jelle Huntjens	Hellas-Glana	200604257	4:54.12	+0,53	508
	50m: 29.92	29.92 150m: 1:46.92	39.98	250m: 3:05.57	40.19 350m: 4:20.45	34.14
	100m: 1:06.94	37.02 200m: 2:25.38	38.46	300m: 3:46.31	40.74 400m: 4:54.12	33.67
15.	Milco Matla	PSV	200600555	4:54.48	+0,74	506
	50m: 29.05	29.05 150m: 1:42.54	39.35	250m: 3:03.33	42.36 350m: 4:21.91	35.20
	100m: 1:03.19	34.14 200m: 2:20.97	38.43	300m: 3:46.71	43.38 400m: 4:54.48	32.57
16.	Tim Zuurman	Dedemsvaart-AC	200700131	5:01.97	+0,80	470
	50m: 32.74	32.74 150m: 1:50.20	38.43	250m: 3:11.00	43.72 350m: 4:29.13	34.19
	100m: 1:11.77	39.03 200m: 2:27.28	37.08	300m: 3:54.94	43.94 400m: 5:01.97	32.84
17.	Jere Wiersma	DZ&PC	200701037	5:10.40	+0,72	432
	50m: 31.50	31.50 150m: 1:51.67	41.25	250m: 3:16.12	45.98 350m: 4:36.95	35.24
	100m: 1:10.42	38.92 200m: 2:30.14	38.47	300m: 4:01.71	45.59 400m: 5:10.40	33.45
AFGEM	Ruben de Vries	Hellas-Glana	200600497			
AFGEM	Sem Belmon	PSV	200702099			
AFGEM	Tiede Groener	PSV	200700155			
AFGEM	Tieme Wiersma	DZ&PC	200701031			

senioren Open

1.	Youri Voet	ZPC AMERSFOORT	200502269	4:19.39	+0,70	A	741
	50m: 28.14	28.14 150m: 1:35.16	34.78	250m: 2:44.27	35.70 350m: 3:50.98	30.57	
	100m: 1:00.38	32.24 200m: 2:08.57	33.41	300m: 3:20.41	36.14 400m: 4:19.39	28.41	
2.	Wytse Broekstra	De Vikings	200800121	4:24.96	+0,71	A	695
	50m: 28.56	28.56 150m: 1:37.52	35.02	250m: 2:47.49	35.34 350m: 3:54.50	30.85	
	100m: 1:02.50	33.94 200m: 2:12.15	34.63	300m: 3:23.65	36.16 400m: 4:24.96	30.46	
3.	Wouter Zijlstra	HZ&PC Heerenveen	200401545	4:27.99	+0,58	A	672
	50m: 27.71	27.71 150m: 1:35.05	34.92	250m: 2:47.94	38.26 350m: 3:57.92	31.21	
	100m: 1:00.13	32.42 200m: 2:09.68	34.63	300m: 3:26.71	38.77 400m: 4:27.99	30.07	
4.	Sven Klink	Swol 1894	200500349	4:28.13	+0,72	A	671
	50m: 27.95	27.95 150m: 1:35.92	35.43	250m: 2:49.45	38.39 350m: 3:59.86	31.08	
	100m: 1:00.49	32.54 200m: 2:11.06	35.14	300m: 3:28.78	39.33 400m: 4:28.13	28.27	
5.	Diede Veld	HZ&PC Heerenveen	200800011	4:28.50	+0,74	A	668
	50m: 27.74	27.74 150m: 1:35.38	35.44	250m: 2:49.60	38.92 350m: 3:59.09	29.68	
	100m: 59.94	32.20 200m: 2:10.68	35.30	300m: 3:29.41	39.81 400m: 4:28.50	29.41	
6.	Olivier Wilbers	De Dolfijn	200600181	4:28.85	+0,74	A	666
	50m: 29.09	29.09 150m: 1:36.71	34.35	250m: 2:49.56	39.28 350m: 4:00.01	30.75	
	100m: 1:02.36	33.27 200m: 2:10.28	33.57	300m: 3:29.26	39.70 400m: 4:28.85	28.84	
7.	Nikodim Markovic	Albion	200700255	4:28.88	+0,64	A	666
	50m: 27.08	27.08 150m: 1:32.75	33.29	250m: 2:45.11	38.46 350m: 3:58.34	33.08	
	100m: 59.46	32.38 200m: 2:06.65	33.90	300m: 3:25.26	40.15 400m: 4:28.88	30.54	
8.	Yarno van Dam	ACZ	200800115	4:29.52	+0,71	A	661
	50m: 28.10	28.10 150m: 1:34.09	33.51	250m: 2:47.45	39.81 350m: 3:58.87	30.97	
	100m: 1:00.58	32.48 200m: 2:07.64	33.55	300m: 3:27.90	40.45 400m: 4:29.52	30.65	
9.	Stefan van der Meer	VZC	200901361	4:34.19	+0,66	B	628
	50m: 28.58	28.58 150m: 1:38.16	35.35	250m: 2:51.94	39.31 350m: 4:03.31	32.07	
	100m: 1:02.81	34.23 200m: 2:12.63	34.47	300m: 3:31.24	39.30 400m: 4:34.19	30.88	
10.	Tijn Hilders	De Dolfijn	200700027	4:36.25	+0,53	B	614
	50m: 28.50	28.50 150m: 1:40.06	36.74	250m: 2:53.90	38.05 350m: 4:05.24	32.17	
	100m: 1:03.32	34.82 200m: 2:15.85	35.79	300m: 3:33.07	39.17 400m: 4:36.25	31.01	
11.	Ronis van Everdingen	DWK	200300043	4:36.59	+0,75	B	611
	50m: 28.86	28.86 150m: 1:38.63	36.16	250m: 2:52.49	39.10 350m: 4:04.64	33.05	
	100m: 1:02.47	33.61 200m: 2:13.39	34.76	300m: 3:31.59	39.10 400m: 4:36.59	31.95	
12.	Jelte de Jong	ZPCH	200900975	4:38.23	+0,75	B	601
	50m: 29.57	29.57 150m: 1:39.69	35.85	250m: 2:55.84	40.53 350m: 4:07.59	31.17	
	100m: 1:03.84	34.27 200m: 2:15.31	35.62	300m: 3:36.42	40.58 400m: 4:38.23	30.64	

B = Bonus inschrijving

Programmanr. 25, Heren, 400m wisselslag, Voorronde, senioren Open

rang	naam	vereniging	tijd	RT	FINA	para
13.	Daniel Wegman	ZPCH	200802843	4:40.28	+0,65	B 587
	50m: 29.28	29.28 150m: 1:39.21	36.48 250m: 2:56.27	40.57 350m: 4:10.23	32.61	
	100m: 1:02.73	33.45 200m: 2:15.70	36.49 300m: 3:37.62	41.35 400m: 4:40.28	30.05	
14.	Luuk Ruinemans	De Dinkel	200301085	4:40.43	+0,80	B 587
	50m: 28.32	28.32 150m: 1:38.36	35.85 250m: 2:54.49	40.90 350m: 4:08.90	33.18	
	100m: 1:02.51	34.19 200m: 2:13.59	35.23 300m: 3:35.72	41.23 400m: 4:40.43	31.53	
15.	Niek Vreeling	OZ&PC	200604211	4:41.82	+0,70	B 578
	50m: 29.20	29.20 150m: 1:39.63	35.71 250m: 2:54.53	39.62 350m: 4:08.97	32.95	
	100m: 1:03.92	34.72 200m: 2:14.91	35.28 300m: 3:36.02	41.49 400m: 4:41.82	32.85	
16.	Jesse van der Meij	De Dolfijn	200600841	4:44.20	+0,78	B 563
	50m: 29.96	29.96 150m: 1:43.57	38.31 250m: 3:00.24	39.07 350m: 4:13.47	33.05	
	100m: 1:05.26	35.30 200m: 2:21.17	37.60 300m: 3:40.42	40.18 400m: 4:44.20	30.73	
17.	Jort Siebelt	OZ&PC	200700083	4:44.47	+0,79	R 562
	50m: 29.33	29.33 150m: 1:41.76	37.11 250m: 2:58.36	40.49 350m: 4:13.69	33.44	
	100m: 1:04.65	35.32 200m: 2:17.87	36.11 300m: 3:40.25	41.89 400m: 4:44.47	30.78	
18.	Jesse Marijn Thimister	ZEPS	200602893	4:45.48	+0,58	R 556
	50m: 30.78	30.78 150m: 1:46.21	39.66 250m: 3:02.40	37.95 350m: 4:14.85	33.66	
	100m: 1:06.55	35.77 200m: 2:24.45	38.24 300m: 3:41.19	38.79 400m: 4:45.48	30.63	
19.	Sverre van der Zwaan	WVZ	200900737	4:45.66	+0,70	555
	50m: 30.09	30.09 150m: 1:40.89	34.64 250m: 2:58.24	42.76 350m: 4:14.72	33.23	
	100m: 1:06.25	36.16 200m: 2:15.48	34.59 300m: 3:41.49	43.25 400m: 4:45.66	30.94	
20.	Gijs Koehoorn	HZ&PC Heerenveen	200800275	4:45.76	+0,54	554
	50m: 28.38	28.38 150m: 1:41.26	36.84 250m: 2:58.66	40.87 350m: 4:13.77	32.99	
	100m: 1:04.42	36.04 200m: 2:17.79	36.53 300m: 3:40.78	42.12 400m: 4:45.76	31.99	
21.	Finn Stamsnieder	OZ&PC	200900225	4:45.82	+0,79	554
	50m: 30.16	30.16 150m: 1:42.59	36.59 250m: 3:00.10	41.48 350m: 4:14.43	32.70	
	100m: 1:06.00	35.84 200m: 2:18.62	36.03 300m: 3:41.73	41.63 400m: 4:45.82	31.39	
	Darren Chen	ZPC AMERSFOORT	200001149	4:45.82	+0,65	554
	50m: 29.42	29.42 150m: 1:41.96	38.17 250m: 3:00.18	40.41 350m: 4:14.43	33.29	
	100m: 1:03.79	34.37 200m: 2:19.77	37.81 300m: 3:41.14	40.96 400m: 4:45.82	31.39	
23.	Teun van Weeren	OZ&PC	200801145	4:48.17	+0,70	541
	50m: 30.47	30.47 150m: 1:43.21	37.82 250m: 3:02.59	42.08 350m: 4:17.66	32.85	
	100m: 1:05.39	34.92 200m: 2:20.51	37.30 300m: 3:44.81	42.22 400m: 4:48.17	30.51	
24.	Emiel de Bruijn	DZ&PC	200700953	4:48.27	+0,77	540
	50m: 29.69	29.69 150m: 1:44.62	38.88 250m: 3:01.36	39.24 350m: 4:15.84	34.05	
	100m: 1:05.74	36.05 200m: 2:22.12	37.50 300m: 3:41.79	40.43 400m: 4:48.27	32.43	
25.	Stan Tibben	Dedemsvaart-AC	200503591	4:48.29	+0,64	540
	50m: 29.43	29.43 150m: 1:42.18	38.49 250m: 3:02.18	42.05 350m: 4:17.01	33.10	
	100m: 1:03.69	34.26 200m: 2:20.13	37.95 300m: 3:43.91	41.73 400m: 4:48.29	31.28	
26.	Thijs Wellink	ZPC AMERSFOORT	200600715	4:48.45	+0,75	539
	50m: 29.42	29.42 150m: 1:42.64	38.82 250m: 3:01.79	42.28 350m: 4:17.68	33.30	
	100m: 1:03.82	34.40 200m: 2:19.51	36.87 300m: 3:44.38	42.59 400m: 4:48.45	30.77	
27.	Jasper Breugem	WVZ	200000303	4:49.02	+0,55	536
	50m: 29.35	29.35 150m: 1:40.08	36.18 250m: 2:57.31	41.99 350m: 4:15.57	35.19	
	100m: 1:03.90	34.55 200m: 2:15.32	35.24 300m: 3:40.38	43.07 400m: 4:49.02	33.45	
28.	Bas van den Akker	PSV	200204651	4:49.77	+0,50	532
	50m: 30.28	30.28 150m: 1:44.12	38.21 250m: 3:02.81	40.78 350m: 4:17.15	33.43	
	100m: 1:05.91	35.63 200m: 2:22.03	37.91 300m: 3:43.72	40.91 400m: 4:49.77	32.62	
29.	Tom Balsen Versteeg	Hieronymus	200005673	4:50.12	+0,67	530
	50m: 29.35	29.35 150m: 1:41.43	37.33 250m: 3:01.49	41.34 350m: 4:17.57	33.42	
	100m: 1:04.10	34.75 200m: 2:20.15	38.72 300m: 3:44.15	42.66 400m: 4:50.12	32.55	
30.	Lou van Leeuwen	De Dolfijn	200702779	4:50.56	+0,74	527
	50m: 29.27	29.27 150m: 1:43.83	39.38 250m: 3:03.78	40.78 350m: 4:18.76	33.30	
	100m: 1:04.45	35.18 200m: 2:23.00	39.17 300m: 3:45.46	41.68 400m: 4:50.56	31.80	
31.	Koen de Vries	De Reest	200802379	4:50.70	+0,73	527
	50m: 29.92	29.92 150m: 1:44.15	38.88 250m: 3:03.32	40.81 350m: 4:18.16	33.87	
	100m: 1:05.27	35.35 200m: 2:22.51	38.36 300m: 3:44.29	40.97 400m: 4:50.70	32.54	
32.	Xander Kragting	ZPC AMERSFOORT	200900077	4:50.80	+0,73	526
	50m: 29.25	29.25 150m: 1:41.33	37.33 250m: 3:00.83	43.50 350m: 4:18.73	33.93	
	100m: 1:04.00	34.75 200m: 2:17.33	36.00 300m: 3:44.80	43.97 400m: 4:50.80	32.07	
33.	Laurens van Nulck	Hellas-Glana	201100521	4:50.85	+0,67	526
	50m: 30.82	30.82 150m: 1:47.35	40.47 250m: 3:04.81	38.04 350m: 4:18.95	33.82	
	100m: 1:06.88	36.06 200m: 2:26.77	39.42 300m: 3:45.13	40.32 400m: 4:50.85	31.90	

B = Bonus inschrijving

Programmanr. 25, Heren, 400m wisselslag, Voorronde, senioren Open

rang	naam	vereniging				tijd				RT	FINA	para
34.	Laurens Kalle	De Schoteijl				200600161	4:51.20				+0,74	524
	50m: 28.91	28.91	150m: 1:41.41	37.97	250m: 3:01.75	43.39	350m: 4:19.35					34.35
	100m: 1:03.44	34.53	200m: 2:18.36	36.95	300m: 3:45.00	43.25	400m: 4:51.20					31.85
35.	Adriaan Coppelmans	AZC				200903243	4:51.23				+0,70	524
	50m: 30.63	30.63	150m: 1:43.36	36.92	250m: 3:01.52	41.74	350m: 4:18.19					34.76
	100m: 1:06.44	35.81	200m: 2:19.78	36.42	300m: 3:43.43	41.91	400m: 4:51.23					33.04
	Kevin Lucas	De Dinkel				200300545	4:51.23				+0,76	524
	50m: 30.09	30.09	150m: 1:45.86	39.82	250m: 3:03.27	39.67	350m: 4:19.11					34.55
	100m: 1:06.04	35.95	200m: 2:23.60	37.74	300m: 3:44.56	41.29	400m: 4:51.23					32.12
37.	Jelte de Boer	De Vikings				200700345	4:51.76				+0,52	521
	50m: 29.71	29.71	150m: 1:43.82	38.92	250m: 3:01.27	39.57	350m: 4:17.43					34.94
	100m: 1:04.90	35.19	200m: 2:21.70	37.88	300m: 3:42.49	41.22	400m: 4:51.76					34.33
38.	Timo Berghuis	DWK				200801991	4:52.97				+0,79	514
	50m: 30.33	30.33	150m: 1:47.98	40.58	250m: 3:07.19	42.08	350m: 4:22.22					33.36
	100m: 1:07.40	37.07	200m: 2:25.11	37.13	300m: 3:48.86	41.67	400m: 4:52.97					30.75
39.	Daan Hoogendoorn	ZPC Woerden				200500113	4:53.78				+0,68	510
	50m: 30.34	30.34	150m: 1:47.54	40.63	250m: 3:06.69	40.06	350m: 4:21.38					34.58
	100m: 1:06.91	36.57	200m: 2:26.63	39.09	300m: 3:46.80	40.11	400m: 4:53.78					32.40
40.	Odo McCarthy	ZV Overbetuwe				200700307	4:53.79				+0,64	510
	50m: 29.21	29.21	150m: 1:42.40	37.65	250m: 3:01.04	41.08	350m: 4:19.29					35.37
	100m: 1:04.75	35.54	200m: 2:19.96	37.56	300m: 3:43.92	42.88	400m: 4:53.79					34.50
41.	Wessel van Dorst	Aqua-Novio'94				200900727	4:54.00				+0,69	509
	50m: 28.70	28.70	150m: 1:41.83	37.65	250m: 3:02.19	44.02	350m: 4:21.22					34.06
	100m: 1:04.18	35.48	200m: 2:18.17	36.34	300m: 3:47.16	44.97	400m: 4:54.00					32.78
42.	Jelle Huntjens	Hellas-Glana				200604257	4:54.12				+0,53	508
	50m: 29.92	29.92	150m: 1:46.92	39.98	250m: 3:05.57	40.19	350m: 4:20.45					34.14
	100m: 1:06.94	37.02	200m: 2:25.38	38.46	300m: 3:46.31	40.74	400m: 4:54.12					33.67
43.	Mike Hilders	De Dolfijn				200900281	4:54.36				+0,67	507
	50m: 30.19	30.19	150m: 1:42.37	37.27	250m: 3:02.39	42.79	350m: 4:20.85					34.92
	100m: 1:05.10	34.91	200m: 2:19.60	37.23	300m: 3:45.93	43.54	400m: 4:54.36					33.51
44.	Milco Matla	PSV				200600555	4:54.48				+0,74	506
	50m: 29.05	29.05	150m: 1:42.54	39.35	250m: 3:03.33	42.36	350m: 4:21.91					35.20
	100m: 1:03.19	34.14	200m: 2:20.97	38.43	300m: 3:46.71	43.38	400m: 4:54.48					32.57
45.	Aidan van der Stelt	Blue Marlins				200900901	4:56.51				+0,71	496
	50m: 30.67	30.67	150m: 1:47.15	38.65	250m: 3:08.63	43.30	350m: 4:25.33					33.83
	100m: 1:08.50	37.83	200m: 2:25.33	38.18	300m: 3:51.50	42.87	400m: 4:56.51					31.18
46.	Steven Knol	De Dolfijn				200900543	4:56.54				+0,61	496
	50m: 30.13	30.13	150m: 1:44.43	37.40	250m: 3:05.74	44.98	350m: 4:24.56					33.63
	100m: 1:07.03	36.90	200m: 2:20.76	36.33	300m: 3:50.93	45.19	400m: 4:56.54					31.98
47.	Figo van Duuren	ZPCH				200800391	4:59.21				+0,75	483
	50m: 32.25	32.25	150m: 1:49.27	37.87	250m: 3:09.57	43.77	350m: 4:27.92					33.28
	100m: 1:11.40	39.15	200m: 2:25.80	36.53	300m: 3:54.64	45.07	400m: 4:59.21					31.29
48.	Felix Gepkens	VZC				200800631	4:59.29				+0,71	482
	50m: 28.99	28.99	150m: 1:41.61	38.35	250m: 3:06.22	46.22	350m: 4:27.61					34.56
	100m: 1:03.26	34.27	200m: 2:20.00	38.39	300m: 3:53.05	46.83	400m: 4:59.29					31.68
49.	Duuk Harms	Dedemsvaart-AC				200900201	4:59.30				+0,76	482
	50m: 32.49	32.49	150m: 1:48.38	37.24	250m: 3:07.38	41.97	350m: 4:25.29					35.42
	100m: 1:11.14	38.65	200m: 2:25.41	37.03	300m: 3:49.87	42.49	400m: 4:59.30					34.01
50.	Lucas Schouten	ZPCH				200901925	4:59.78				+0,73	480
	50m: 29.90	29.90	150m: 1:45.50	39.09	250m: 3:08.68	43.55	350m: 4:27.63					34.94
	100m: 1:06.41	36.51	200m: 2:25.13	39.63	300m: 3:52.69	44.01	400m: 4:59.78					32.15
51.	Pelle Schrieken	VZC				200801595	5:00.11				+0,66	478
	50m: 30.74	30.74	150m: 1:46.01	39.55	250m: 3:08.04	43.13	350m: 4:26.50					34.74
	100m: 1:06.46	35.72	200m: 2:24.91	38.90	300m: 3:51.76	43.72	400m: 5:00.11					33.61
52.	Bjorn Scholten	WS Twente				200801143	5:01.13				+0,69	474
	50m: 31.50	31.50	150m: 1:45.96	37.92	250m: 3:10.09	46.27	350m: 4:28.97					32.70
	100m: 1:08.04	36.54	200m: 2:23.82	37.86	300m: 3:56.27	46.18	400m: 5:01.13					32.16
53.	Mick van Kempen	CWW				200203375	5:01.25				+0,75	473
	50m: 29.70	29.70	150m: 1:47.36	41.22	250m: 3:07.36	40.71	350m: 4:25.51					36.27
	100m: 1:06.14	36.44	200m: 2:26.65	39.29	300m: 3:49.24	41.88	400m: 5:01.25					35.74
54.	Tim Zuurman	Dedemsvaart-AC				200700131	5:01.97				+0,80	470
	50m: 32.74	32.74	150m: 1:50.20	38.43	250m: 3:11.00	43.72	350m: 4:29.13					34.19
	100m: 1:11.77	39.03	200m: 2:27.28	37.08	300m: 3:54.94	43.94	400m: 5:01.97					32.84

B = Bonus inschrijving

Programmanr. 25, Heren, 400m wisselslag, Voorronde, senioren Open

rang	naam	vereniging				tijd				RT	FINA	para
55.	Thomas Nauta	Arethusa				200900339				5:03.60	+0,70	462
	50m: 34.35	34.35	150m: 1:55.36	39.35	250m: 3:13.58	39.82	350m: 4:29.81	35.12				
	100m: 1:16.01	41.66	200m: 2:33.76	38.40	300m: 3:54.69	41.11	400m: 5:03.60	33.79				
56.	Twan Wielage	KSN (SG)				200902671				5:05.53	+0,56	453
	50m: 30.97	30.97	150m: 1:45.93	38.00	250m: 3:08.63	45.18	350m: 4:30.58	35.57				
	100m: 1:07.93	36.96	200m: 2:23.45	37.52	300m: 3:55.01	46.38	400m: 5:05.53	34.95				
57.	Frits Hoeflaken	PSV				200804101				5:07.24	+0,69	446
	50m: 31.72	31.72	150m: 1:51.94	41.07	250m: 3:14.05	42.51	350m: 4:33.17	36.32				
	100m: 1:10.87	39.15	200m: 2:31.54	39.60	300m: 3:56.85	42.80	400m: 5:07.24	34.07				
58.	Lars de Kooter	De Biesboschzwemmers				200800185				5:07.55	+0,71	445
	50m: 32.69	32.69	150m: 1:53.70	41.70	250m: 3:13.70	40.33	350m: 4:31.56	35.89				
	100m: 1:12.00	39.31	200m: 2:33.37	39.67	300m: 3:55.67	41.97	400m: 5:07.55	35.99				
59.	Jamie Kenworthy	De Dolfijn				200800045				5:10.36	+0,68	433
	50m: 30.58	30.58	150m: 1:47.55	40.35	250m: 3:13.01	45.61	350m: 4:35.07	36.21				
	100m: 1:07.20	36.62	200m: 2:27.40	39.85	300m: 3:58.86	45.85	400m: 5:10.36	35.29				
60.	Jere Wiersma	DZ&PC				200701037				5:10.40	+0,72	432
	50m: 31.50	31.50	150m: 1:51.67	41.25	250m: 3:16.12	45.98	350m: 4:36.95	35.24				
	100m: 1:10.42	38.92	200m: 2:30.14	38.47	300m: 4:01.71	45.59	400m: 5:10.40	33.45				
DIS	Luc Mul	DAW				200201025				AF		
	AF - De aangegeven afstand niet uitgezwommen.											
GEM	Ruben de Vries	Hellas-Glana				200600497						
GEM	Sem Belmon	PSV				200702099						
GEM	Tiede Groener	PSV				200700155						
GEM	Dylano van Brussel	PSV				200901931						
GEM	Tieme Wiersma	DZ&PC				200701031						

B = Bonus inschrijving