

Programmanr. 31
21-12-2025 - 9:00

Heren, 400m vrije slag

Senioren Open
Resultaten Voorronde

Punten: AQUA 2025

rang	naam	vereniging	tijd	RT	FINA	para
PARA onder 18						
1.	Thomas Braat	AZC	200802269 S14	4:57.29	+0,92 Q	363 575
	50m: 31.80	31.80 150m: 1:46.01	37.90 250m: 3:03.31	38.68 350m: 4:20.67		39.08
	100m: 1:08.11	36.31 200m: 2:24.63	38.62 300m: 3:41.59	38.28 400m: 4:57.29		36.62
PARA Open						
1.	Julian Hendriks	TeamNL PARA - De Otters Het Go	200603717 S7	5:11.40	+0,74 Q	316 674
	50m: 35.58	35.58 150m: 1:51.37	38.47 250m: 3:10.41	39.91 350m: 4:31.54		40.23
	100m: 1:12.90	37.32 200m: 2:30.50	39.13 300m: 3:51.31	40.90 400m: 5:11.40		39.86
2.	Lars Jacobsen	DWK	199705453 S14	4:47.16	+0,85 Q	403 638
	50m: 31.48	31.48 150m: 1:42.88	36.64 250m: 2:57.93	37.58 350m: 4:12.60		37.50
	100m: 1:06.24	34.76 200m: 2:20.35	37.47 300m: 3:35.10	37.17 400m: 4:47.16		34.56
3.	Thomas Braat	AZC	200802269 S14	4:57.29	+0,92 Q	363 575
	50m: 31.80	31.80 150m: 1:46.01	37.90 250m: 3:03.31	38.68 350m: 4:20.67		39.08
	100m: 1:08.11	36.31 200m: 2:24.63	38.62 300m: 3:41.59	38.28 400m: 4:57.29		36.62
4.	Jesse Bruines	Batavia Swim	200402413 S8	5:40.23	+0,76 Q	242 465
	50m: 37.55	37.55 150m: 2:02.97	43.45 250m: 3:30.89	43.66 350m: 4:59.03		44.01
	100m: 1:19.52	41.97 200m: 2:47.23	44.26 300m: 4:15.02	44.13 400m: 5:40.23		41.20
Onder 18						
1.	Martijn Nies	PSV	200902095	3:55.00	+0,72 A	736
	50m: 26.45	26.45 150m: 1:24.57	29.38 250m: 2:24.92	30.19 350m: 3:25.96		30.61
	100m: 55.19	28.74 200m: 1:54.73	30.16 300m: 2:55.35	30.43 400m: 3:55.00		29.04
2.	Diede Veld	HZ&PC Heerenveen	200800011	3:56.73	+0,74 A	720
	50m: 26.61	26.61 150m: 1:25.57	29.90 250m: 2:26.13	30.15 350m: 3:26.66		30.12
	100m: 55.67	29.06 200m: 1:55.98	30.41 300m: 2:56.54	30.41 400m: 3:56.73		30.07
3.	Tobian Vos	ZPC AMERSFOORT	200900005	4:05.03	+0,73 B	649
	50m: 27.59	27.59 150m: 1:28.41	31.09 250m: 2:31.56	31.20 350m: 3:34.18		31.54
	100m: 57.32	29.73 200m: 2:00.36	31.95 300m: 3:02.64	31.08 400m: 4:05.03		30.85
4.	Milan Veelders	ZPC AMERSFOORT	200800279	4:05.26	+0,71 B	648
	50m: 27.80	27.80 150m: 1:29.43	31.06 250m: 2:32.44	31.29 350m: 3:35.59		31.07
	100m: 58.37	30.57 200m: 2:01.15	31.72 300m: 3:04.52	32.08 400m: 4:05.26		29.67
5.	Bas Mostert	VZC	200800629	4:06.47	+0,32 B	638
	50m: 27.70	27.70 150m: 1:29.32	31.62 250m: 2:33.31	32.14 350m: 3:36.48		31.37
	100m: 57.70	30.00 200m: 2:01.17	31.85 300m: 3:05.11	31.80 400m: 4:06.47		29.99
6.	Xiaoyu Yin	Blue Marlins	200803363	4:07.12	+0,67 B	633
	50m: 27.31	27.31 150m: 1:26.77	30.19 250m: 2:29.56	31.47 350m: 3:34.61		32.73
	100m: 56.58	29.27 200m: 1:58.09	31.32 300m: 3:01.88	32.32 400m: 4:07.12		32.51
7.	Jelte de Jong	ZPCH	200900975	4:07.96	+0,74 R	627
	50m: 27.84	27.84 150m: 1:29.97	31.53 250m: 2:33.00	31.40 350m: 3:36.50		31.78
	100m: 58.44	30.60 200m: 2:01.60	31.63 300m: 3:04.72	31.72 400m: 4:07.96		31.46
8.	Stefan van der Meer	VZC	200901361	4:08.33	+0,65	624
	50m: 27.33	27.33 150m: 1:28.92	31.36 250m: 2:32.82	31.96 350m: 3:37.05		32.08
	100m: 57.56	30.23 200m: 2:00.86	31.94 300m: 3:04.97	32.15 400m: 4:08.33		31.28
9.	Rian Schoneveld	De Berkelduikers	200801789	4:09.76	+0,55	613
	50m: 27.72	27.72 150m: 1:30.99	31.99 250m: 2:36.12	32.60 350m: 3:39.76		31.86
	100m: 59.00	31.28 200m: 2:03.52	32.53 300m: 3:07.90	31.78 400m: 4:09.76		30.00
10.	Wessel van Dorst	Aqua-Novio'94	200900727	4:14.22	+0,67	581
	50m: 27.96	27.96 150m: 1:31.72	32.35 250m: 2:36.96	32.52 350m: 3:43.28		32.95
	100m: 59.37	31.41 200m: 2:04.44	32.72 300m: 3:10.33	33.37 400m: 4:14.22		30.94
11.	Juan Cruz Slappendel	Orca	200903053	4:15.04	+0,71	576
	50m: 28.92	28.92 150m: 1:32.81	32.37 250m: 2:37.43	32.20 350m: 3:42.97		32.88
	100m: 1:00.44	31.52 200m: 2:05.23	32.42 300m: 3:10.09	32.66 400m: 4:15.04		32.07
12.	Filip Piszczynski	KSN (SG)	200802125	4:15.27	+0,70	574
	50m: 28.78	28.78 150m: 1:32.66	31.89 250m: 2:37.29	32.25 350m: 3:42.34		32.52
	100m: 1:00.77	31.99 200m: 2:05.04	32.38 300m: 3:09.82	32.53 400m: 4:15.27		32.93

B = Bonus inschrijving

Programmanr. 31, Jongens, 400m vrije slag, Voorronde, Onder 18

rang	naam	vereniging	tijd	RT	FINA	para
13.	Sverre van der Zwaan	WVZ	200900737	4:16.17	+0,56	568
	50m: 28.51	28.51 150m: 1:32.59	32.22 250m: 2:37.89	32.57 350m: 3:44.16	32.99	
	100m: 1:00.37	31.86 200m: 2:05.32	32.73 300m: 3:11.17	33.28 400m: 4:16.17	32.01	
14.	Xander Kragting	ZPC AMERSFOORT	200900077	4:16.32	+0,63	567
	50m: 28.59	28.59 150m: 1:32.04	32.07 250m: 2:37.25	32.60 350m: 3:43.43	33.19	
	100m: 59.97	31.38 200m: 2:04.65	32.61 300m: 3:10.24	32.99 400m: 4:16.32	32.89	
15.	Timo Berghuis	DWK	200801991	4:17.31	+0,65	561
	50m: 28.49	28.49 150m: 1:33.49	32.67 250m: 2:40.34	33.39 350m: 3:46.17	32.00	
	100m: 1:00.82	32.33 200m: 2:06.95	33.46 300m: 3:14.17	33.83 400m: 4:17.31	31.14	
16.	Gijs Hartwijk	ZVL-1886	200800573	4:17.33	+0,67	561
	50m: 28.84	28.84 150m: 1:32.99	32.36 250m: 2:38.41	32.94 350m: 3:44.85	33.55	
	100m: 1:00.63	31.79 200m: 2:05.47	32.48 300m: 3:11.30	32.89 400m: 4:17.33	32.48	
17.	Figo van Duuren	ZPCH	200800391	4:17.53	+0,82	559
	50m: 29.42	29.42 150m: 1:33.47	32.32 250m: 2:39.30	32.65 350m: 3:45.38	32.99	
	100m: 1:01.15	31.73 200m: 2:06.65	33.18 300m: 3:12.39	33.09 400m: 4:17.53	32.15	
18.	Teun van Weeren	OZ&PC	200801145	4:19.15	+0,70	549
	50m: 29.58	29.58 150m: 1:33.93	32.43 250m: 2:40.18	33.16 350m: 3:46.89	33.28	
	100m: 1:01.50	31.92 200m: 2:07.02	33.09 300m: 3:13.61	33.43 400m: 4:19.15	32.26	
19.	Bjorn Scholten	WS Twente	200801143	4:19.91	+0,86	544
	50m: 29.50	29.50 150m: 1:34.70	33.02 250m: 2:42.01	33.84 350m: 3:48.47	32.54	
	100m: 1:01.68	32.18 200m: 2:08.17	33.47 300m: 3:15.93	33.92 400m: 4:19.91	31.44	
20.	Felix Gepkens	VZC	200800631	4:21.25	+0,57	536
	50m: 29.00	29.00 150m: 1:34.39	32.64 250m: 2:40.10	32.59 350m: 3:47.41	34.06	
	100m: 1:01.75	32.75 200m: 2:07.51	33.12 300m: 3:13.35	33.25 400m: 4:21.25	33.84	
21.	Seth van den Dool	Blue Marlins	200803809	4:21.45	+0,56	535
	50m: 28.17	28.17 150m: 1:33.06	32.84 250m: 2:39.82	33.20 350m: 3:47.59	33.92	
	100m: 1:00.22	32.05 200m: 2:06.62	33.56 300m: 3:13.67	33.85 400m: 4:21.45	33.86	
22.	Koen de Vries	De Reest	200802379	4:22.75	+0,72	527
	50m: 29.35	29.35 150m: 1:34.17	32.81 250m: 2:41.14	33.84 350m: 3:48.82	33.86	
	100m: 1:01.36	32.01 200m: 2:07.30	33.13 300m: 3:14.96	33.82 400m: 4:22.75	33.93	
23.	Aidan van der Stelt	Blue Marlins	200900901	4:23.15	+0,60	524
	50m: 28.81	28.81 150m: 1:34.27	32.68 250m: 2:41.66	33.83 350m: 3:49.66	34.16	
	100m: 1:01.59	32.78 200m: 2:07.83	33.56 300m: 3:15.50	33.84 400m: 4:23.15	33.49	
24.	Steven Knol	De Dolfijn	200900543	4:23.68	+0,71	521
	50m: 29.50	29.50 150m: 1:35.47	33.36 250m: 2:43.27	33.95 350m: 3:50.99	33.91	
	100m: 1:02.11	32.61 200m: 2:09.32	33.85 300m: 3:17.08	33.81 400m: 4:23.68	32.69	
25.	Dyon Scholten	Steenwijk 1934	200900095	4:26.22	+0,75	506
	50m: 28.43	28.43 150m: 1:33.60	33.23 250m: 2:41.60	34.24 350m: 3:51.69	35.31	
	100m: 1:00.37	31.94 200m: 2:07.36	33.76 300m: 3:16.38	34.78 400m: 4:26.22	34.53	
26.	Liam Tjin Wong Joe	De Dolfijn	200804105	4:26.32	+0,67	506
	50m: 29.01	29.01 150m: 1:34.43	33.35 250m: 2:42.61	34.16 350m: 3:52.01	34.74	
	100m: 1:01.08	32.07 200m: 2:08.45	34.02 300m: 3:17.27	34.66 400m: 4:26.32	34.31	
27.	Twan Wielage	KSN (SG)	200902671	4:38.54	+0,72	442
	50m: 29.64	29.64 150m: 1:35.97	33.82 250m: 2:47.10	35.73 350m: 4:01.60	37.25	
	100m: 1:02.15	32.51 200m: 2:11.37	35.40 300m: 3:24.35	37.25 400m: 4:38.54	36.94	
NG	Yarno van Dam	ACZ	200800115			
NG	Joey Pop	ZVVS	200800277			

Onder 20

1.	Tiago Fonseca Gomes	Team NL - PSV	200703587	3:52.82	+0,61	A	757
	50m: 26.96	26.96 150m: 1:24.28	28.37 250m: 2:22.28	29.05 350m: 3:23.42	30.93		
	100m: 55.91	28.95 200m: 1:53.23	28.95 300m: 2:52.49	30.21 400m: 3:52.82	29.40		
2.	Bram Loots	Team NL - Team Noord Holland	200700197	3:57.42	+0,49	A	714
	50m: 27.12	27.12 150m: 1:26.70	29.95 250m: 2:26.88	30.10 350m: 3:27.54	30.36		
	100m: 56.75	29.63 200m: 1:56.78	30.08 300m: 2:57.18	30.30 400m: 3:57.42	29.88		
3.	Olivier Wilbers	De Dolfijn	200600181	4:01.87	+0,71	B	675
	50m: 27.94	27.94 150m: 1:28.55	30.66 250m: 2:30.32	30.93 350m: 3:32.73	31.23		
	100m: 57.89	29.95 200m: 1:59.39	30.84 300m: 3:01.50	31.18 400m: 4:01.87	29.14		
4.	Boele Böhm	Blue Marlins	200700739	4:02.01	+0,71	B	674
	50m: 26.48	26.48 150m: 1:26.27	29.91 250m: 2:28.54	31.51 350m: 3:31.55	31.77		
	100m: 56.36	29.88 200m: 1:57.03	30.76 300m: 2:59.78	31.24 400m: 4:02.01	30.46		

B = Bonus inschrijving

Programmanr. 31, Heren, 400m vrije slag, Voorronde, Onder 20

rang	naam	vereniging				tijd				RT	FINA	para
5.	Denzel Barthen	WVZ				200700147				4:07.88	+0,72 R	627
	50m: 27.25	27.25	150m: 1:29.53	31.75	250m: 2:32.98	31.64	350m: 3:37.62	32.50				
	100m: 57.78	30.53	200m: 2:01.34	31.81	300m: 3:05.12	32.14	400m: 4:07.88	30.26				
6.	Bas Blanker	ACZ				200601497				4:08.47	+0,73	623
	50m: 27.41	27.41	150m: 1:29.53	31.54	250m: 2:34.00	32.32	350m: 3:38.12	31.84				
	100m: 57.99	30.58	200m: 2:01.68	32.15	300m: 3:06.28	32.28	400m: 4:08.47	30.35				
7.	Tijn Hilders	De Dolfijn				200700027				4:09.87	+0,87	612
	50m: 27.87	27.87	150m: 1:30.87	31.93	250m: 2:34.85	31.88	350m: 3:39.10	32.16				
	100m: 58.94	31.07	200m: 2:02.97	32.10	300m: 3:06.94	32.09	400m: 4:09.87	30.77				
8.	Jort Siebelt	OZ&PC				200700083				4:11.79	+0,73	599
	50m: 27.90	27.90	150m: 1:30.51	31.77	250m: 2:34.84	32.39	350m: 3:40.60	33.19				
	100m: 58.74	30.84	200m: 2:02.45	31.94	300m: 3:07.41	32.57	400m: 4:11.79	31.19				
9.	Thijs Wellink	ZPC AMERSFOORT				200600715				4:11.80	+0,73	598
	50m: 27.52	27.52	150m: 1:30.53	32.04	250m: 2:34.49	31.75	350m: 3:39.57	32.74				
	100m: 58.49	30.97	200m: 2:02.74	32.21	300m: 3:06.83	32.34	400m: 4:11.80	32.23				
10.	Melle van Veen	Dedemsvaart-AC				200700661				4:15.17	+0,73	575
	50m: 28.36	28.36	150m: 1:32.61	32.51	250m: 2:37.95	32.64	350m: 3:44.00	33.09				
	100m: 1:00.10	31.74	200m: 2:05.31	32.70	300m: 3:10.91	32.96	400m: 4:15.17	31.17				
11.	Lou van Leeuwen	De Dolfijn				200702779				4:16.64	+0,76	565
	50m: 28.62	28.62	150m: 1:32.41	32.21	250m: 2:37.91	32.62	350m: 3:44.43	33.49				
	100m: 1:00.20	31.58	200m: 2:05.29	32.88	300m: 3:10.94	33.03	400m: 4:16.64	32.21				
12.	Gijs Vesseur	ZPC AMERSFOORT				200700277				4:17.63	+0,73	559
	50m: 27.55	27.55	150m: 1:31.12	32.55	250m: 2:37.22	33.14	350m: 3:42.32	31.80				
	100m: 58.57	31.02	200m: 2:04.08	32.96	300m: 3:10.52	33.30	400m: 4:17.63	35.31				
AFGEM	Ruben de Vries	Hellas-Glana				200600497						
AFGEM	Tiede Groener	PSV				200700155						
AFGEM	Tim van Erven	DZ&PC				200700175						
AFGEM	Tieme Wiersma	DZ&PC				200701031						

senioren Open

1.	Lucas Peters	ZPC AMERSFOORT				200301325				3:50.51	+0,73 A	780
	50m: 26.69	26.69	150m: 1:24.78	29.48	250m: 2:23.91	29.61	350m: 3:23.30	29.58				
	100m: 55.30	28.61	200m: 1:54.30	29.52	300m: 2:53.72	29.81	400m: 3:50.51	27.21				
2.	Austin Namesnik	ZPC AMERSFOORT				200101817				3:50.63	+0,59 A	779
	50m: 25.87	25.87	150m: 1:24.21	29.50	250m: 2:23.65	29.64	350m: 3:23.10	29.35				
	100m: 54.71	28.84	200m: 1:54.01	29.80	300m: 2:53.75	30.10	400m: 3:50.63	27.53				
3.	Tiago Fonseca Gomes	Team NL - PSV				200703587				3:52.82	+0,61 A	757
	50m: 26.96	26.96	150m: 1:24.28	28.37	250m: 2:22.28	29.05	350m: 3:23.42	30.93				
	100m: 55.91	28.95	200m: 1:53.23	28.95	300m: 2:52.49	30.21	400m: 3:52.82	29.40				
4.	Koen Marsman	Team NL - ZPC AMERSFOORT				200502763				3:54.40	+0,66 A	742
	50m: 26.09	26.09	150m: 1:24.40	29.61	250m: 2:24.19	29.83	350m: 3:24.66	30.41				
	100m: 54.79	28.70	200m: 1:54.36	29.96	300m: 2:54.25	30.06	400m: 3:54.40	29.74				
5.	Martijn Nies	PSV				200902095				3:55.00	+0,72 A	736
	50m: 26.45	26.45	150m: 1:24.57	29.38	250m: 2:24.92	30.19	350m: 3:25.96	30.61				
	100m: 55.19	28.74	200m: 1:54.73	30.16	300m: 2:55.35	30.43	400m: 3:55.00	29.04				
6.	Diede Veld	HZ&PC Heerenveen				200800011				3:56.73	+0,74 A	720
	50m: 26.61	26.61	150m: 1:25.57	29.90	250m: 2:26.13	30.15	350m: 3:26.66	30.12				
	100m: 55.67	29.06	200m: 1:55.98	30.41	300m: 2:56.54	30.41	400m: 3:56.73	30.07				
7.	Bram Loots	Team NL - Team Noord Holland				200700197				3:57.42	+0,49 A	714
	50m: 27.12	27.12	150m: 1:26.70	29.95	250m: 2:26.88	30.10	350m: 3:27.54	30.36				
	100m: 56.75	29.63	200m: 1:56.78	30.08	300m: 2:57.18	30.30	400m: 3:57.42	29.88				
8.	Youri Voet	ZPC AMERSFOORT				200502269				3:57.73	+0,65 A	711
	50m: 27.34	27.34	150m: 1:26.73	29.98	250m: 2:27.51	30.41	350m: 3:28.22	30.25				
	100m: 56.75	29.41	200m: 1:57.10	30.37	300m: 2:57.97	30.46	400m: 3:57.73	29.51				
9.	Sven Klink	Swol 1894				200500349				4:00.86	+0,71 B	684
	50m: 27.22	27.22	150m: 1:26.37	29.94	250m: 2:27.37	30.54	350m: 3:30.00	31.53				
	100m: 56.43	29.21	200m: 1:56.83	30.46	300m: 2:58.47	31.10	400m: 4:00.86	30.86				
10.	Wouter Zijlstra	HZ&PC Heerenveen				200401545				4:01.60	+0,61 B	678
	50m: 26.64	26.64	150m: 1:27.15	30.63	250m: 2:28.39	30.82	350m: 3:31.24	31.55				
	100m: 56.52	29.88	200m: 1:57.57	30.42	300m: 2:59.69	31.30	400m: 4:01.60	30.36				
11.	Olivier Wilbers	De Dolfijn				200600181				4:01.87	+0,71 B	675
	50m: 27.94	27.94	150m: 1:28.55	30.66	250m: 2:30.32	30.93	350m: 3:32.73	31.23				
	100m: 57.89	29.95	200m: 1:59.39	30.84	300m: 3:01.50	31.18	400m: 4:01.87	29.14				

B = Bonus inschrijving

Programmanr. 31, Heren, 400m vrije slag, Voorronde, senioren Open

rang	naam	vereniging	tijd	RT	FINA	para
12.	Boele Böhm	Blue Marlins	200700739	4:02.01	+0,71	B 674
	50m: 26.48	150m: 1:26.27	29.91	250m: 2:28.54	31.51	350m: 3:31.55
	100m: 56.36	200m: 1:57.03	30.76	300m: 2:59.78	31.24	400m: 4:02.01
13.	Tobian Vos	ZPC AMERSFOORT	200900005	4:05.03	+0,73	B 649
	50m: 27.59	150m: 1:28.41	31.09	250m: 2:31.56	31.20	350m: 3:34.18
	100m: 57.32	200m: 2:00.36	31.95	300m: 3:02.64	31.08	400m: 4:05.03
14.	Milan Veelders	ZPC AMERSFOORT	200800279	4:05.26	+0,71	B 648
	50m: 27.80	150m: 1:29.43	31.06	250m: 2:32.44	31.29	350m: 3:35.59
	100m: 58.37	200m: 2:01.15	31.72	300m: 3:04.52	32.08	400m: 4:05.26
15.	Bas Mostert	VZC	200800629	4:06.47	+0,32	B 638
	50m: 27.70	150m: 1:29.32	31.62	250m: 2:33.31	32.14	350m: 3:36.48
	100m: 57.70	200m: 2:01.17	31.85	300m: 3:05.11	31.80	400m: 4:06.47
16.	Xiaoyu Yin	Blue Marlins	200803363	4:07.12	+0,67	B 633
	50m: 27.31	150m: 1:26.77	30.19	250m: 2:29.56	31.47	350m: 3:34.61
	100m: 56.58	200m: 1:58.09	31.32	300m: 3:01.88	32.32	400m: 4:07.12
17.	Denzel Barthen	WVZ	200700147	4:07.88	+0,72	R 627
	50m: 27.25	150m: 1:29.53	31.75	250m: 2:32.98	31.64	350m: 3:37.62
	100m: 57.78	200m: 2:01.34	31.81	300m: 3:05.12	32.14	400m: 4:07.88
18.	Jelte de Jong	ZPCH	200900975	4:07.96	+0,74	R 627
	50m: 27.84	150m: 1:29.97	31.53	250m: 2:33.00	31.40	350m: 3:36.50
	100m: 58.44	200m: 2:01.60	31.63	300m: 3:04.72	31.72	400m: 4:07.96
19.	Stefan van der Meer	VZC	200901361	4:08.33	+0,65	624
	50m: 27.33	150m: 1:28.92	31.36	250m: 2:32.82	31.96	350m: 3:37.05
	100m: 57.56	200m: 2:00.86	31.94	300m: 3:04.97	32.15	400m: 4:08.33
20.	Bas Blanker	ACZ	200601497	4:08.47	+0,73	623
	50m: 27.41	150m: 1:29.53	31.54	250m: 2:34.00	32.32	350m: 3:38.12
	100m: 57.99	200m: 2:01.68	32.15	300m: 3:06.28	32.28	400m: 4:08.47
21.	Rens Stijf	ZPC AMERSFOORT	200501419	4:09.20	+0,51	617
	50m: 27.65	150m: 1:30.32	31.50	250m: 2:34.14	31.89	350m: 3:38.35
	100m: 58.82	200m: 2:02.25	31.93	300m: 3:06.32	32.18	400m: 4:09.20
22.	Rian Schoneveld	De Berkelduikers	200801789	4:09.76	+0,55	613
	50m: 27.72	150m: 1:30.99	31.99	250m: 2:36.12	32.60	350m: 3:39.76
	100m: 59.00	200m: 2:03.52	32.53	300m: 3:07.90	31.78	400m: 4:09.76
23.	Tijn Hilders	De Dolfijn	200700027	4:09.87	+0,87	612
	50m: 27.87	150m: 1:30.87	31.93	250m: 2:34.85	31.88	350m: 3:39.10
	100m: 58.94	200m: 2:02.97	32.10	300m: 3:06.94	32.09	400m: 4:09.87
24.	Jorian Tanis	Albion	199900327	4:10.42	+0,81	608
	50m: 27.97	150m: 1:30.68	31.73	250m: 2:35.36	32.20	350m: 3:39.70
	100m: 58.95	200m: 2:03.16	32.48	300m: 3:07.76	32.40	400m: 4:10.42
25.	Jort Siebelt	OZ&PC	200700083	4:11.79	+0,73	599
	50m: 27.90	150m: 1:30.51	31.77	250m: 2:34.84	32.39	350m: 3:40.60
	100m: 58.74	200m: 2:02.45	31.94	300m: 3:07.41	32.57	400m: 4:11.79
26.	Thijs Wellink	ZPC AMERSFOORT	200600715	4:11.80	+0,73	598
	50m: 27.52	150m: 1:30.53	32.04	250m: 2:34.49	31.75	350m: 3:39.57
	100m: 58.49	200m: 2:02.74	32.21	300m: 3:06.83	32.34	400m: 4:11.80
27.	Luuk Ruinemans	De Dinkel	200301085	4:12.28	+0,79	595
	50m: 27.80	150m: 1:30.93	31.97	250m: 2:35.47	32.30	350m: 3:40.32
	100m: 58.96	200m: 2:03.17	32.24	300m: 3:07.65	32.18	400m: 4:12.28
28.	Wessel van Dorst	Aqua-Novio'94	200900727	4:14.22	+0,67	581
	50m: 27.96	150m: 1:31.72	32.35	250m: 2:36.96	32.52	350m: 3:43.28
	100m: 59.37	200m: 2:04.44	32.72	300m: 3:10.33	33.37	400m: 4:14.22
29.	Juan Cruz Slappendel	Orca	200903053	4:15.04	+0,71	576
	50m: 28.92	150m: 1:32.81	32.37	250m: 2:37.43	32.20	350m: 3:42.97
	100m: 1:00.44	200m: 2:05.23	32.42	300m: 3:10.09	32.66	400m: 4:15.04
30.	Melle van Veen	Dedemsvaart-AC	200700661	4:15.17	+0,73	575
	50m: 28.36	150m: 1:32.61	32.51	250m: 2:37.95	32.64	350m: 3:44.00
	100m: 1:00.10	200m: 2:05.31	32.70	300m: 3:10.91	32.96	400m: 4:15.17
31.	Filip Piszczynski	KSN (SG)	200802125	4:15.27	+0,70	574
	50m: 28.78	150m: 1:32.66	31.89	250m: 2:37.29	32.25	350m: 3:42.34
	100m: 1:00.77	200m: 2:05.04	32.38	300m: 3:09.82	32.53	400m: 4:15.27
32.	Sverre van der Zwaan	WVZ	200900737	4:16.17	+0,56	568
	50m: 28.51	150m: 1:32.59	32.22	250m: 2:37.89	32.57	350m: 3:44.16
	100m: 1:00.37	200m: 2:05.32	32.73	300m: 3:11.17	33.28	400m: 4:16.17

B = Bonus inschrijving



Nederlandse Kampioenschappen korte baan 2025
Den Haag, 19 - 21-12-2025



Programmanr. 31, Heren, 400m vrije slag, Voorronde, senioren Open

rang	naam	vereniging	tijd	RT	FINA	para
33.	Xander Kragting	ZPC AMERSFOORT	200900077	4:16.32	+0,63	567
	50m: 28.59	28.59 150m: 1:32.04	32.07 250m: 2:37.25	32.60 350m: 3:43.43	33.19	
	100m: 59.97	31.38 200m: 2:04.65	32.61 300m: 3:10.24	32.99 400m: 4:16.32	32.89	
34.	Lou van Leeuwen	De Dolfijn	200702779	4:16.64	+0,76	565
	50m: 28.62	28.62 150m: 1:32.41	32.21 250m: 2:37.91	32.62 350m: 3:44.43	33.49	
	100m: 1:00.20	31.58 200m: 2:05.29	32.88 300m: 3:10.94	33.03 400m: 4:16.64	32.21	
35.	Timo Berghuis	DWK	200801991	4:17.31	+0,65	561
	50m: 28.49	28.49 150m: 1:33.49	32.67 250m: 2:40.34	33.39 350m: 3:46.17	32.00	
	100m: 1:00.82	32.33 200m: 2:06.95	33.46 300m: 3:14.17	33.83 400m: 4:17.31	31.14	
36.	Gijs Hartwijk	ZVL-1886	200800573	4:17.33	+0,67	561
	50m: 28.84	28.84 150m: 1:32.99	32.36 250m: 2:38.41	32.94 350m: 3:44.85	33.55	
	100m: 1:00.63	31.79 200m: 2:05.47	32.48 300m: 3:11.30	32.89 400m: 4:17.33	32.48	
37.	Figo van Duuren	ZPCH	200800391	4:17.53	+0,82	559
	50m: 29.42	29.42 150m: 1:33.47	32.32 250m: 2:39.30	32.65 350m: 3:45.38	32.99	
	100m: 1:01.15	31.73 200m: 2:06.65	33.18 300m: 3:12.39	33.09 400m: 4:17.53	32.15	
38.	Gijs Vesseur	ZPC AMERSFOORT	200700277	4:17.63	+0,73	559
	50m: 27.55	27.55 150m: 1:31.12	32.55 250m: 2:37.22	33.14 350m: 3:42.32	31.80	
	100m: 58.57	31.02 200m: 2:04.08	32.96 300m: 3:10.52	33.30 400m: 4:17.63	35.31	
39.	Teun van Weeren	OZ&PC	200801145	4:19.15	+0,70	549
	50m: 29.58	29.58 150m: 1:33.93	32.43 250m: 2:40.18	33.16 350m: 3:46.89	33.28	
	100m: 1:01.50	31.92 200m: 2:07.02	33.09 300m: 3:13.61	33.43 400m: 4:19.15	32.26	
40.	Bjorn Scholten	WS Twente	200801143	4:19.91	+0,86	544
	50m: 29.50	29.50 150m: 1:34.70	33.02 250m: 2:42.01	33.84 350m: 3:48.47	32.54	
	100m: 1:01.68	32.18 200m: 2:08.17	33.47 300m: 3:15.93	33.92 400m: 4:19.91	31.44	
41.	Felix Gepkens	VZC	200800631	4:21.25	+0,57	536
	50m: 29.00	29.00 150m: 1:34.39	32.64 250m: 2:40.10	32.59 350m: 3:47.41	34.06	
	100m: 1:01.75	32.75 200m: 2:07.51	33.12 300m: 3:13.35	33.25 400m: 4:21.25	33.84	
42.	Seth van den Dool	Blue Marlins	200803809	4:21.45	+0,56	535
	50m: 28.17	28.17 150m: 1:33.06	32.84 250m: 2:39.82	33.20 350m: 3:47.59	33.92	
	100m: 1:00.22	32.05 200m: 2:06.62	33.56 300m: 3:13.67	33.85 400m: 4:21.45	33.86	
43.	Koen de Vries	De Reest	200802379	4:22.75	+0,72	527
	50m: 29.35	29.35 150m: 1:34.17	32.81 250m: 2:41.14	33.84 350m: 3:48.82	33.86	
	100m: 1:01.36	32.01 200m: 2:07.30	33.13 300m: 3:14.96	33.82 400m: 4:22.75	33.93	
44.	Aidan van der Stelt	Blue Marlins	200900901	4:23.15	+0,60	524
	50m: 28.81	28.81 150m: 1:34.27	32.68 250m: 2:41.66	33.83 350m: 3:49.66	34.16	
	100m: 1:01.59	32.78 200m: 2:07.83	33.56 300m: 3:15.50	33.84 400m: 4:23.15	33.49	
45.	Steven Knol	De Dolfijn	200900543	4:23.68	+0,71	521
	50m: 29.50	29.50 150m: 1:35.47	33.36 250m: 2:43.27	33.95 350m: 3:50.99	33.91	
	100m: 1:02.11	32.61 200m: 2:09.32	33.85 300m: 3:17.08	33.81 400m: 4:23.68	32.69	
46.	Dyon Scholten	Steenwijk 1934	200900095	4:26.22	+0,75	506
	50m: 28.43	28.43 150m: 1:33.60	33.23 250m: 2:41.60	34.24 350m: 3:51.69	35.31	
	100m: 1:00.37	31.94 200m: 2:07.36	33.76 300m: 3:16.38	34.78 400m: 4:26.22	34.53	
47.	Liam Tjin Wong Joe	De Dolfijn	200804105	4:26.32	+0,67	506
	50m: 29.01	29.01 150m: 1:34.43	33.35 250m: 2:42.61	34.16 350m: 3:52.01	34.74	
	100m: 1:01.08	32.07 200m: 2:08.45	34.02 300m: 3:17.27	34.66 400m: 4:26.32	34.31	
48.	Twan Wielage	KSN (SG)	200902671	4:38.54	+0,72	442
	50m: 29.64	29.64 150m: 1:35.97	33.82 250m: 2:47.10	35.73 350m: 4:01.60	37.25	
	100m: 1:02.15	32.51 200m: 2:11.37	35.40 300m: 3:24.35	37.25 400m: 4:38.54	36.94	
AFGEM	Ruben de Vries	Hellas-Glana	200600497			
AFGEM	Tiede Groener	PSV	200700155			
AFGEM	Tim van Erven	DZ&PC	200700175			
AFGEM	Tieme Wiersma	DZ&PC	200701031			
NG	Yarno van Dam	ACZ	200800115			
NG	Joey Pop	ZVVS	200800277			

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