

Programmanr. 31
21-12-2025 - 17:00

Heren, 400m vrije slag

Senioren Open
Resultaten Finale

Punten: AQUA 2025

rang	naam	vereniging						tijd		RT	FINA	para
PARA Open												
1.	Julian Hendriks <i>Nederlands Record PARA</i>	TeamNL PARA - De Otters Het Go200603717						S7	5:04.89	+0,68	337	718
	50m: 34.55 100m: 1:11.87	34.55 37.32	150m: 1:49.46 200m: 2:27.89	37.59 38.43	250m: 3:07.12 300m: 3:46.91	39.23 39.79	350m: 4:26.24 400m: 5:04.89	39.33 38.65				
2.	Lars Jacobsen	DWK		199705453		S14	4:47.16	+0,80		403	638	
	50m: 30.59 100m: 1:05.02	30.59 34.43	150m: 1:41.54 200m: 2:18.43	36.52 36.89	250m: 2:56.70 300m: 3:33.68	38.27 36.98	350m: 4:11.95 400m: 4:47.16	38.27 35.21				
3.	Thomas Braat	AZC		200802269		S14	4:48.77	+0,89		397	628	
	50m: 31.15 100m: 1:05.85	31.15 34.70	150m: 1:42.41 200m: 2:20.25	36.56 37.84	250m: 2:57.83 300m: 3:36.17	37.58 38.34	350m: 4:13.48 400m: 4:48.77	37.31 35.29				

senioren Open

Finale A

1.	Tiago Fonseca Gomes	Team NL - PSV			200703587	3:45.04		+0,63	839							
		50m:	26.20	26.20		150m:	1:22.60			28.24	250m:	2:20.15	28.68	350m:	3:17.94	28.75
		100m:	54.36	28.16		200m:	1:51.47			28.87	300m:	2:49.19	29.04	400m:	3:45.04	27.10
2.	Lucas Peters	ZPC AMERSFOORT			200301325	3:45.08		+0,71	838							
		50m:	25.91	25.91		150m:	1:22.86			28.48	250m:	2:20.42	28.72	350m:	3:17.86	28.54
		100m:	54.38	28.47		200m:	1:51.70			28.84	300m:	2:49.32	28.90	400m:	3:45.08	27.22
3.	Austin Namesnik	ZPC AMERSFOORT			200101817	3:47.37		+0,60	813							
		50m:	25.93	25.93		150m:	1:23.23			28.77	250m:	2:21.65	28.97	350m:	3:19.42	28.74
		100m:	54.46	28.53		200m:	1:52.68			29.45	300m:	2:50.68	29.03	400m:	3:47.37	27.95
4.	Koen Marsman	Team NL - ZPC AMERSFOORT			200502763	3:51.99		+0,51	765							
		50m:	25.43	25.43		150m:	1:22.75			29.15	250m:	2:22.58	30.04	350m:	3:22.83	30.12
		100m:	53.60	28.17		200m:	1:52.54			29.79	300m:	2:52.71	30.13	400m:	3:51.99	29.16
5.	Martijn Nies	PSV			200902095	3:56.10		+0,70	726							
		50m:	26.17	26.17		150m:	1:23.30			28.87	250m:	2:23.59	30.59	350m:	3:26.98	32.36
		100m:	54.43	28.26		200m:	1:53.00			29.70	300m:	2:54.62	31.03	400m:	3:56.10	29.12
	Bram Loots	Team NL - Team Noord Holland			200700197	3:56.10		+0,66	726							
		50m:	27.18	27.18		150m:	1:26.79			30.20	250m:	2:27.34	30.34	350m:	3:27.42	29.89
		100m:	56.59	29.41		200m:	1:57.00			30.21	300m:	2:57.53	30.19	400m:	3:56.10	28.68
7.	Youri Voet	ZPC AMERSFOORT			200502269	3:56.28		+0,70	724							
		50m:	26.76	26.76		150m:	1:26.21			30.08	250m:	2:27.04	30.32	350m:	3:27.40	29.71
		100m:	56.13	29.37		200m:	1:56.72			30.51	300m:	2:57.69	30.65	400m:	3:56.28	28.88
8.	Diede Veld	HZ&PC Heerenveen			200800011	3:59.63		+0,78	694							
		50m:	25.86	25.86		150m:	1:23.99			29.48	250m:	2:25.14	31.00	350m:	3:28.32	31.72
		100m:	54.51	28.65		200m:	1:54.14			30.15	300m:	2:56.60	31.46	400m:	3:59.63	31.31

Finale B

9.	Tobian Vos	ZPC AMERSFOORT				200900005	3:57.37			+0,68	714					
		50m:	26.28	26.28	150m:		1:25.09	29.55	250m:			2:25.71	30.55	350m:	3:27.71	30.90
		100m:	55.54	29.26	200m:		1:55.16	30.07	300m:			2:56.81	31.10	400m:	3:57.37	29.66
10.	Olivier Wilbers	De Dolfijn				200600181	4:00.63			+0,73	686					
		50m:	27.83	27.83	150m:		1:27.76	30.17	250m:			2:29.31	30.99	350m:	3:31.22	30.78
		100m:	57.59	29.76	200m:		1:58.32	30.56	300m:			3:00.44	31.13	400m:	4:00.63	29.41
11.	Milan Veelders	ZPC AMERSFOORT				200800279	4:04.05			+0,71	657					
		50m:	26.59	26.59	150m:		1:25.82	29.90	250m:			2:28.10	31.39	350m:	3:32.15	32.19
		100m:	55.92	29.33	200m:		1:56.71	30.89	300m:			2:59.96	31.86	400m:	4:04.05	31.90
12.	Rens Stijf	ZPC AMERSFOORT				200501419	4:04.99			+0,66	650					
		50m:	27.19	27.19	150m:		1:27.85	30.91	250m:			2:31.00	31.69	350m:	3:33.97	31.49
		100m:	56.94	29.75	200m:		1:59.31	31.46	300m:			3:02.48	31.48	400m:	4:04.99	31.02
13.	Jelte de Jong	ZPCH				200900975	4:08.99			+0,74	619					
		50m:	27.46	27.46	150m:		1:28.60	31.15	250m:			2:32.01	31.68	350m:	3:36.50	32.51
		100m:	57.45	29.99	200m:		2:00.33	31.73	300m:			3:03.99	31.98	400m:	4:08.99	32.49
14.	Bas Mostert	VZC				200800629	4:09.00				619					
		50m:	27.10	27.10	150m:		1:28.34	31.30	250m:			2:32.87	32.22	350m:	3:38.18	32.69
		100m:	57.04	29.94	200m:		2:00.65	32.31	300m:			3:05.49	32.62	400m:	4:09.00	30.82

B = Bonus inschrijving



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



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

rang	naam	vereniging						tijd		RT	FINA	para
15.	Stefan van der Meer	VZC						200901361		4:09.11	+0,66	618
	50m:	27.26	27.26	150m:	1:29.55	31.66	250m:	2:33.73	32.29	350m:	3:37.83	31.76
	100m:	57.89	30.63	200m:	2:01.44	31.89	300m:	3:06.07	32.34	400m:	4:09.11	31.28
16.	Denzel Barthen	WVZ						200700147		4:11.76	+0,76	599
	50m:	27.00	27.00	150m:	1:28.81	31.58	250m:	2:34.02	32.69	350m:	3:37.49	31.75
	100m:	57.23	30.23	200m:	2:01.33	32.52	300m:	3:05.74	31.72	400m:	4:11.76	34.27
NG	Sven Klink	Swol 1894						200500349				

B = Bonus inschrijving