

Programmanr. 12
13-6-2025 - 9:00

Heren, 400m wisselslag

Senioren Open
Resultaten Voorronde

Punten: AQUA 2024

rang	naam	vereniging				tijd				RT	FINA	para
onder 18												
1.	Tiede Groener	PSV				200700155	4:36.24				+0,73 A	676
	50m: 28.58	28.58	150m: 1:38.87	36.71	250m: 2:53.59	38.69	350m: 4:05.28				31.79	
	100m: 1:02.16	33.58	200m: 2:14.90	36.03	300m: 3:33.49	39.90	400m: 4:36.24				30.96	
2.	Tieme Wiersma	DZ&PC				200701031	4:40.35				+0,75 A	647
	50m: 29.84	29.84	150m: 1:43.23	37.22	250m: 2:58.77	39.85	350m: 4:10.39				31.22	
	100m: 1:06.01	36.17	200m: 2:18.92	35.69	300m: 3:39.17	40.40	400m: 4:40.35				29.96	
3.	Yarno van Dam	ACZ				200800115	4:40.54				+0,72 A	645
	50m: 28.64	28.64	150m: 1:37.81	35.73	250m: 2:55.73	41.62	350m: 4:09.42				31.47	
	100m: 1:02.08	33.44	200m: 2:14.11	36.30	300m: 3:37.95	42.22	400m: 4:40.54				31.12	
4.	Diede Veld	HZ&PC Heerenveen				200800011	4:43.95				+0,69 A	622
	50m: 28.58	28.58	150m: 1:39.93	37.76	250m: 2:59.48	42.41	350m: 4:13.66				31.46	
	100m: 1:02.17	33.59	200m: 2:17.07	37.14	300m: 3:42.20	42.72	400m: 4:43.95				30.29	
5.	Tijn Hilders	De Dolfijn				200700027	4:44.06				+0,75 A	622
	50m: 29.18	29.18	150m: 1:41.07	37.43	250m: 2:58.36	39.89	350m: 4:12.01				32.58	
	100m: 1:03.64	34.46	200m: 2:18.47	37.40	300m: 3:39.43	41.07	400m: 4:44.06				32.05	
6.	Rijk Leenders	VZC				200800627	4:51.05				+0,76 B	578
	50m: 29.85	29.85	150m: 1:43.01	37.70	250m: 3:00.08	40.76	350m: 4:18.09				35.53	
	100m: 1:05.31	35.46	200m: 2:19.32	36.31	300m: 3:42.56	42.48	400m: 4:51.05				32.96	
7.	Gijs Koehoorn	HZ&PC Heerenveen				200800275	4:56.82				+0,69 B	545
	50m: 28.00	28.00	150m: 1:41.79	39.49	250m: 3:03.05	42.78	350m: 4:22.34				34.60	
	100m: 1:02.30	34.30	200m: 2:20.27	38.48	300m: 3:47.74	44.69	400m: 4:56.82				34.48	
8.	Gijs Hartwijk	ZVL-1886				200800573	4:59.76				+0,69 B	529
	50m: 30.43	30.43	150m: 1:45.74	39.75	250m: 3:06.95	42.15	350m: 4:25.39				34.45	
	100m: 1:05.99	35.56	200m: 2:24.80	39.06	300m: 3:50.94	43.99	400m: 4:59.76				34.37	
9.	Teun van Weeren	OZ&PC				200801145	5:00.65				+0,72 B	524
	50m: 31.46	31.46	150m: 1:46.66	38.97	250m: 3:09.17	43.34	350m: 4:28.06				34.73	
	100m: 1:07.69	36.23	200m: 2:25.83	39.17	300m: 3:53.33	44.16	400m: 5:00.65				32.59	
10.	Jasper Thijert	WS Twente				200700321	5:02.79				+0,69	513
	50m: 31.99	31.99	150m: 1:52.79	41.64	250m: 3:13.21	41.27	350m: 4:30.09				36.17	
	100m: 1:11.15	39.16	200m: 2:31.94	39.15	300m: 3:53.92	40.71	400m: 5:02.79				32.70	
11.	Lou van Leeuwen	De Dolfijn				200702779	5:03.80				+0,74	508
	50m: 30.82	30.82	150m: 1:47.70	41.52	250m: 3:11.26	43.10	350m: 4:30.42				35.09	
	100m: 1:06.18	35.36	200m: 2:28.16	40.46	300m: 3:55.33	44.07	400m: 5:03.80				33.38	
12.	Koen de Vries	De Reest				200802379	5:05.15				+0,71	501
	50m: 31.57	31.57	150m: 1:48.08	40.54	250m: 3:10.73	43.16	350m: 4:30.50				36.29	
	100m: 1:07.54	35.97	200m: 2:27.57	39.49	300m: 3:54.21	43.48	400m: 5:05.15				34.65	
13.	Jelte de Boer	De Vikings				200700345	5:05.51				+0,65	500
	50m: 30.37	30.37	150m: 1:47.78	40.93	250m: 3:09.39	41.65	350m: 4:29.94				36.54	
	100m: 1:06.85	36.48	200m: 2:27.74	39.96	300m: 3:53.40	44.01	400m: 5:05.51				35.57	
14.	Jort Siebelt	OZ&PC				200700083	5:07.13				+0,88	492
	50m: 31.52	31.52	150m: 1:51.22	40.49	250m: 3:14.58	43.89	350m: 4:33.50				34.08	
	100m: 1:10.73	39.21	200m: 2:30.69	39.47	300m: 3:59.42	44.84	400m: 5:07.13				33.63	
15.	Timo Berghuis	NDD				200801991	5:07.81				+0,74	488
	50m: 31.12	31.12	150m: 1:49.50	40.30	250m: 3:15.00	45.18	350m: 4:35.45				34.69	
	100m: 1:09.20	38.08	200m: 2:29.82	40.32	300m: 4:00.76	45.76	400m: 5:07.81				32.36	
16.	Tim Zuurman	Dedemsvaart-AC				200700131	5:07.96				+0,75	488
	50m: 33.78	33.78	150m: 1:53.19	39.26	250m: 3:16.93	44.82	350m: 4:35.82				33.92	
	100m: 1:13.93	40.15	200m: 2:32.11	38.92	300m: 4:01.90	44.97	400m: 5:07.96				32.14	
17.	Emiel de Bruijn	Dedemsvaart-AC				200700953	5:08.11				+0,75	487
	50m: 30.09	30.09	150m: 1:52.18	43.81	250m: 3:15.53	40.93	350m: 4:33.89				35.56	
	100m: 1:08.37	38.28	200m: 2:34.60	42.42	300m: 3:58.33	42.80	400m: 5:08.11				34.22	
18.	Max van der Spank	PSV				201000275	5:08.89				+0,70	483
	50m: 30.92	30.92	150m: 1:48.57	40.70	250m: 3:12.84	44.26	350m: 4:34.44				35.79	
	100m: 1:07.87	36.95	200m: 2:28.58	40.01	300m: 3:58.65	45.81	400m: 5:08.89				34.45	
19.	Melle van Veen	Dedemsvaart-AC				200700661	5:09.12				+0,73	482
	50m: 29.53	29.53	150m: 1:49.93	40.78	250m: 3:13.17	43.85	350m: 4:33.92				36.75	
	100m: 1:09.15	39.62	200m: 2:29.32	39.39	300m: 3:57.17	44.00	400m: 5:09.12				35.20	
20.	Sven Potappel	DWK				201000127	5:11.17				+0,65	473
	50m: 31.03	31.03	150m: 1:49.10	41.50	250m: 3:14.61	43.80	350m: 4:36.56				36.57	
	100m: 1:07.60	36.57	200m: 2:30.81	41.71	300m: 3:59.99	45.38	400m: 5:11.17				34.61	

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rang	naam	vereniging		tijd		RT	FINA	para
21.	Mink Hugen	Aqua-Novio'94		200801391		5:12.04	+0,82	469
	50m: 31.99	31.99	150m: 1:51.73	41.56	250m: 3:16.28	44.48	350m: 4:37.10	35.76
	100m: 1:10.17	38.18	200m: 2:31.80	40.07	300m: 4:01.34	45.06	400m: 5:12.04	34.94
22.	Eli Shields	NieMo Barracuda		201000407		5:13.48	+0,66	462
	50m: 31.53	31.53	150m: 1:50.22	40.77	250m: 3:15.85	46.03	350m: 4:38.70	35.79
	100m: 1:09.45	37.92	200m: 2:29.82	39.60	300m: 4:02.91	47.06	400m: 5:13.48	34.78
23.	Odo McCarthy	ZV Overbetuwe		200700307		5:14.51	+0,62	458
	50m: 30.71	30.71	150m: 1:50.99	42.10	250m: 3:16.18	44.44	350m: 4:39.24	36.95
	100m: 1:08.89	38.18	200m: 2:31.74	40.75	300m: 4:02.29	46.11	400m: 5:14.51	35.27
24.	Seth van den Dool	Blue Marlins		200803809		5:15.12	+0,67	455
	50m: 31.41	31.41	150m: 1:53.13	43.24	250m: 3:17.30	42.19	350m: 4:39.15	36.18
	100m: 1:09.89	38.48	200m: 2:35.11	41.98	300m: 4:02.97	45.67	400m: 5:15.12	35.97
	Thijmen Puijssers	Hieronymus		201000129		5:15.12	+0,67	455
	50m: 32.72	32.72	150m: 1:52.43	40.21	250m: 3:18.35	46.95	350m: 4:40.73	35.52
	100m: 1:12.22	39.50	200m: 2:31.40	38.97	300m: 4:05.21	46.86	400m: 5:15.12	34.39
26.	Pelle Schrieken	VZC		200801595		5:15.92	+0,71	452
	50m: 32.08	32.08	150m: 1:50.95	41.76	250m: 3:17.43	45.68	350m: 4:40.20	36.88
	100m: 1:09.19	37.11	200m: 2:31.75	40.80	300m: 4:03.32	45.89	400m: 5:15.92	35.72
27.	Youp Stuifzand	Deltasteur		200800521		5:19.63	+0,97	436
	50m: 31.78	31.78	150m: 1:57.92	45.40	250m: 3:21.76	41.22	350m: 4:43.69	37.37
	100m: 1:12.52	40.74	200m: 2:40.54	42.62	300m: 4:06.32	44.56	400m: 5:19.63	35.94
AFGEM	Jere Wiersma	DZ&PC		200701037				

onder 20

1.	Yanieck Weijland	Team NL - PSV		200500329		4:24.90	+0,69	A	767
	50m: 27.71	27.71	150m: 1:33.65	34.20	250m: 2:44.53	36.28	350m: 3:53.55	31.97	
	100m: 59.45	31.74	200m: 2:08.25	34.60	300m: 3:21.58	37.05	400m: 4:24.90	31.35	
2.	Sven Klink	SWOL 1894		200500349		4:35.46	+0,76	A	682
	50m: 27.68	27.68	150m: 1:36.60	36.18	250m: 2:51.95	39.29	350m: 4:04.74	32.90	
	100m: 1:00.42	32.74	200m: 2:12.66	36.06	300m: 3:31.84	39.89	400m: 4:35.46	30.72	
3.	Youri Voet	ZPC AMERSFOORT		200502269		4:36.98	+0,72	A	671
	50m: 28.94	28.94	150m: 1:39.72	36.85	250m: 2:54.53	38.87	350m: 4:06.33	32.12	
	100m: 1:02.87	33.93	200m: 2:15.66	35.94	300m: 3:34.21	39.68	400m: 4:36.98	30.65	
4.	Olivier Wilbers	ZPC Hoogeveen		200600181		4:45.24	+0,73	B	614
	50m: 30.38	30.38	150m: 1:41.42	36.73	250m: 3:00.19	42.26	350m: 4:14.50	31.84	
	100m: 1:04.69	34.31	200m: 2:17.93	36.51	300m: 3:42.66	42.47	400m: 4:45.24	30.74	
5.	Storm Tolsma	DZ&PC		200600277		4:56.90	+0,77	B	544
	50m: 31.03	31.03	150m: 1:48.61	40.57	250m: 3:08.54	41.33	350m: 4:24.11	33.81	
	100m: 1:08.04	37.01	200m: 2:27.21	38.60	300m: 3:50.30	41.76	400m: 4:56.90	32.79	
6.	Niek Vreeling	OZ&PC		200604211		5:03.32	+0,75		511
	50m: 31.27	31.27	150m: 1:49.11	39.98	250m: 3:11.18	43.08	350m: 4:29.43	34.39	
	100m: 1:09.13	37.86	200m: 2:28.10	38.99	300m: 3:55.04	43.86	400m: 5:03.32	33.89	
7.	Stan Tibben	Dedemsvaart-AC		200503591		5:07.11	+0,64		492
	50m: 30.12	30.12	150m: 1:47.52	40.93	250m: 3:10.80	43.52	350m: 4:33.27	36.71	
	100m: 1:06.59	36.47	200m: 2:27.28	39.76	300m: 3:56.56	45.76	400m: 5:07.11	33.84	
8.	Laurens Kalle	De Schoteijl		200600161		5:07.53	+0,76		490
	50m: 30.17	30.17	150m: 1:48.57	42.20	250m: 3:13.52	45.07	350m: 4:36.07	36.85	
	100m: 1:06.37	36.20	200m: 2:28.45	39.88	300m: 3:59.22	45.70	400m: 5:07.53	31.46	
9.	Paolo del Villar	PSV		200504559		5:11.98	*	+0,60	469
	50m: 30.90	30.90	150m: 1:49.72	42.03	250m: 3:14.25	44.06	350m: 4:37.21	38.53	
	100m: 1:07.69	36.79	200m: 2:30.19	40.47	300m: 3:58.68	44.43	400m: 5:11.98	34.77	
10.	Ruben de Vries	Hellas-Glana		200600497		5:15.27	+0,70		455
	50m: 32.03	32.03	150m: 1:56.86	44.00	250m: 3:21.23	40.82	350m: 4:40.24	36.07	
	100m: 1:12.86	40.83	200m: 2:40.41	43.55	300m: 4:04.17	42.94	400m: 5:15.27	35.03	
AFGEM	Jesse Marijn Thimister	ZEPS		200602893					
AFGEM	Jesse van der Meij	De Dolfijn		200600841					

Programmanr. 12, Heren, 400m wisselslag, Voorronde

Senioren Open

1.	Thomas Jansen		Team NL - WVZ		200100143		4:16.37	+0,75	A	846		
	50m:	27.33	27.33	150m:	1:32.56	33.54	250m:	2:41.00	35.38	350m:	3:47.36	29.94
	100m:	59.02	31.69	200m:	2:05.62	33.06	300m:	3:17.42	36.42	400m:	4:16.37	29.01
2.	Yanieck Weijland		Team NL - PSV		200500329		4:24.90	+0,69	A	767		
	50m:	27.71	27.71	150m:	1:33.65	34.20	250m:	2:44.53	36.28	350m:	3:53.55	31.97
	100m:	59.45	31.74	200m:	2:08.25	34.60	300m:	3:21.58	37.05	400m:	4:24.90	31.35
3.	Sven Klink		SWOL 1894		200500349		4:35.46	+0,76	A	682		
	50m:	27.68	27.68	150m:	1:36.60	36.18	250m:	2:51.95	39.29	350m:	4:04.74	32.90
	100m:	1:00.42	32.74	200m:	2:12.66	36.06	300m:	3:31.84	39.89	400m:	4:35.46	30.72
4.	Tiede Groener		PSV		200700155		4:36.24	+0,73	A	676		
	50m:	28.58	28.58	150m:	1:38.87	36.71	250m:	2:53.59	38.69	350m:	4:05.28	31.79
	100m:	1:02.16	33.58	200m:	2:14.90	36.03	300m:	3:33.49	39.90	400m:	4:36.24	30.96
5.	Youri Voet		ZPC AMERSFOORT		200502269		4:36.98	+0,72	A	671		
	50m:	28.94	28.94	150m:	1:39.72	36.85	250m:	2:54.53	38.87	350m:	4:06.33	32.12
	100m:	1:02.87	33.93	200m:	2:15.66	35.94	300m:	3:34.21	39.68	400m:	4:36.98	30.65
6.	Wouter Zijlstra		HZ&PC Heerenveen		200401545		4:38.03	+0,63	A	663		
	50m:	29.14	29.14	150m:	1:39.05	35.90	250m:	2:55.01	40.01	350m:	4:07.35	31.06
	100m:	1:03.15	34.01	200m:	2:15.00	35.95	300m:	3:36.29	41.28	400m:	4:38.03	30.68
7.	Tieme Wiersma		DZ&PC		200701031		4:40.35	+0,75	A	647		
	50m:	29.84	29.84	150m:	1:43.23	37.22	250m:	2:58.77	39.85	350m:	4:10.39	31.22
	100m:	1:06.01	36.17	200m:	2:18.92	35.69	300m:	3:39.17	40.40	400m:	4:40.35	29.96
8.	Yarno van Dam		ACZ		200800115		4:40.54	+0,72	A	645		
	50m:	28.64	28.64	150m:	1:37.81	35.73	250m:	2:55.73	41.62	350m:	4:09.42	31.47
	100m:	1:02.08	33.44	200m:	2:14.11	36.30	300m:	3:37.95	42.22	400m:	4:40.54	31.12
9.	Diede Veld		HZ&PC Heerenveen		200800011		4:43.95	+0,69	A	622		
	50m:	28.58	28.58	150m:	1:39.93	37.76	250m:	2:59.48	42.41	350m:	4:13.66	31.46
	100m:	1:02.17	33.59	200m:	2:17.07	37.14	300m:	3:42.20	42.72	400m:	4:43.95	30.29
10.	Tijn Hilders		De Dolfijn		200700027		4:44.06	+0,75	A	622		
	50m:	29.18	29.18	150m:	1:41.07	37.43	250m:	2:58.36	39.89	350m:	4:12.01	32.58
	100m:	1:03.64	34.46	200m:	2:18.47	37.40	300m:	3:39.43	41.07	400m:	4:44.06	32.05
11.	Olivier Wilbers		ZPC Hoozeveen		200600181		4:45.24	+0,73	B	614		
	50m:	30.38	30.38	150m:	1:41.42	36.73	250m:	3:00.19	42.26	350m:	4:14.50	31.84
	100m:	1:04.69	34.31	200m:	2:17.93	36.51	300m:	3:42.66	42.47	400m:	4:45.24	30.74
12.	Abel te Riele		WVZ		200402317		4:46.30	+0,72	B	607		
	50m:	28.75	28.75	150m:	1:42.67	38.68	250m:	3:00.07	39.62	350m:	4:14.22	34.05
	100m:	1:03.99	35.24	200m:	2:20.45	37.78	300m:	3:40.17	40.10	400m:	4:46.30	32.08
13.	Ronis van Everdingen		DWK		200300043		4:49.88	+0,77	B	585		
	50m:	28.71	28.71	150m:	1:41.59	37.85	250m:	3:00.52	41.19	350m:	4:17.06	34.61
	100m:	1:03.74	35.03	200m:	2:19.33	37.74	300m:	3:42.45	41.93	400m:	4:49.88	32.82
14.	Rijk Leenders		VZC		200800627		4:51.05	+0,76	B	578		
	50m:	29.85	29.85	150m:	1:43.01	37.70	250m:	3:00.08	40.76	350m:	4:18.09	35.53
	100m:	1:05.31	35.46	200m:	2:19.32	36.31	300m:	3:42.56	42.48	400m:	4:51.05	32.96
15.	Nicko Kamphuis		ACZ		199900887		4:55.58	+0,62	B	552		
	50m:	29.99	29.99	150m:	1:46.72	40.90	250m:	3:08.52	41.30	350m:	4:23.56	33.29
	100m:	1:05.82	35.83	200m:	2:27.22	40.50	300m:	3:50.27	41.75	400m:	4:55.58	32.02
16.	Gijs Koehoorn		HZ&PC Heerenveen		200800275		4:56.82	+0,69	B	545		
	50m:	28.00	28.00	150m:	1:41.79	39.49	250m:	3:03.05	42.78	350m:	4:22.34	34.60
	100m:	1:02.30	34.30	200m:	2:20.27	38.48	300m:	3:47.74	44.69	400m:	4:56.82	34.48
17.	Storm Tolsma		DZ&PC		200600277		4:56.90	+0,77	B	544		
	50m:	31.03	31.03	150m:	1:48.61	40.57	250m:	3:08.54	41.33	350m:	4:24.11	33.81
	100m:	1:08.04	37.01	200m:	2:27.21	38.60	300m:	3:50.30	41.76	400m:	4:56.90	32.79
18.	Gijs Hartwijk		ZVL-1886		200800573		4:59.76	+0,69	B	529		
	50m:	30.43	30.43	150m:	1:45.74	39.75	250m:	3:06.95	42.15	350m:	4:25.39	34.45
	100m:	1:05.99	35.56	200m:	2:24.80	39.06	300m:	3:50.94	43.99	400m:	4:59.76	34.37
19.	Matteo Viani		Zwemlust-den Hommel		199007717		5:00.16	+0,80	B	527		
	50m:	30.02	30.02	150m:	1:45.62	41.10	250m:	3:09.64	43.20	350m:	4:27.09	33.30
	100m:	1:04.52	34.50	200m:	2:26.44	40.82	300m:	3:53.79	44.15	400m:	5:00.16	33.07
20.	Teun van Weeren		OZ&PC		200801145		5:00.65	+0,72	B	524		
	50m:	31.46	31.46	150m:	1:46.66	38.97	250m:	3:09.17	43.34	350m:	4:28.06	34.73
	100m:	1:07.69	36.23	200m:	2:25.83	39.17	300m:	3:53.33	44.16	400m:	5:00.65	32.59
21.	Guus Hoogduin		ZVL-1886		200201069		5:01.20	+0,70	R	521		
	50m:	30.40	30.40	150m:	1:44.62	39.02	250m:	3:05.66	43.50	350m:	4:27.28	36.76
	100m:	1:05.60	35.20	200m:	2:22.16	37.54	300m:	3:50.52	44.86	400m:	5:01.20	33.92

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rang	naam	vereniging						tijd			RT	FINA	para	
22.	Luuk Ruinemans	De Dinkel						200301085	5:01.93			+0,80	R	518
	50m: 29.15	29.15	150m: 1:45.10	39.70	250m: 3:08.21	44.18	350m: 4:27.53	34.79						
	100m: 1:05.40	36.25	200m: 2:24.03	38.93	300m: 3:52.74	44.53	400m: 5:01.93	34.40						
23.	Jasper Thijert	WS Twente						200700321	5:02.79			+0,69		513
	50m: 31.99	31.99	150m: 1:52.79	41.64	250m: 3:13.21	41.27	350m: 4:30.09	36.17						
	100m: 1:11.15	39.16	200m: 2:31.94	39.15	300m: 3:53.92	40.71	400m: 5:02.79	32.70						
24.	Niek Vreeling	OZ&PC						200604211	5:03.32			+0,75		511
	50m: 31.27	31.27	150m: 1:49.11	39.98	250m: 3:11.18	43.08	350m: 4:29.43	34.39						
	100m: 1:09.13	37.86	200m: 2:28.10	38.99	300m: 3:55.04	43.86	400m: 5:03.32	33.89						
25.	Martijn Velders	Aqua-Novio'94						199502619	5:03.38			+0,68		510
	50m: 31.71	31.71	150m: 1:53.11	43.58	250m: 3:14.22	38.64	350m: 4:28.84	35.84						
	100m: 1:09.53	37.82	200m: 2:35.58	42.47	300m: 3:53.00	38.78	400m: 5:03.38	34.54						
26.	Lou van Leeuwen	De Dolfijn						200702779	5:03.80			+0,74		508
	50m: 30.82	30.82	150m: 1:47.70	41.52	250m: 3:11.26	43.10	350m: 4:30.42	35.09						
	100m: 1:06.18	35.36	200m: 2:28.16	40.46	300m: 3:55.33	44.07	400m: 5:03.80	33.38						
27.	Koen de Vries	De Reest						200802379	5:05.15			+0,71		501
	50m: 31.57	31.57	150m: 1:48.08	40.54	250m: 3:10.73	43.16	350m: 4:30.50	36.29						
	100m: 1:07.54	35.97	200m: 2:27.57	39.49	300m: 3:54.21	43.48	400m: 5:05.15	34.65						
28.	Jelte de Boer	De Vikings						200700345	5:05.51			+0,65		500
	50m: 30.37	30.37	150m: 1:47.78	40.93	250m: 3:09.39	41.65	350m: 4:29.94	36.54						
	100m: 1:06.85	36.48	200m: 2:27.74	39.96	300m: 3:53.40	44.01	400m: 5:05.51	35.57						
29.	Stan Tibben	Dedemsvaart-AC						200503591	5:07.11			+0,64		492
	50m: 30.12	30.12	150m: 1:47.52	40.93	250m: 3:10.80	43.52	350m: 4:33.27	36.71						
	100m: 1:06.59	36.47	200m: 2:27.28	39.76	300m: 3:56.56	45.76	400m: 5:07.11	33.84						
30.	Jort Siebelt	OZ&PC						200700083	5:07.13			+0,88		492
	50m: 31.52	31.52	150m: 1:51.22	40.49	250m: 3:14.58	43.89	350m: 4:33.50	34.08						
	100m: 1:10.73	39.21	200m: 2:30.69	39.47	300m: 3:59.42	44.84	400m: 5:07.13	33.63						
31.	Laurens Kalle	De Schoteijl						200600161	5:07.53			+0,76		490
	50m: 30.17	30.17	150m: 1:48.57	42.20	250m: 3:13.52	45.07	350m: 4:36.07	36.85						
	100m: 1:06.37	36.20	200m: 2:28.45	39.88	300m: 3:59.22	45.70	400m: 5:07.53	31.46						
32.	Timo Berghuis	NDD						200801991	5:07.81			+0,74		488
	50m: 31.12	31.12	150m: 1:49.50	40.30	250m: 3:15.00	45.18	350m: 4:35.45	34.69						
	100m: 1:09.20	38.08	200m: 2:29.82	40.32	300m: 4:00.76	45.76	400m: 5:07.81	32.36						
33.	Tim Zuurman	Dedemsvaart-AC						200700131	5:07.96			+0,75		488
	50m: 33.78	33.78	150m: 1:53.19	39.26	250m: 3:16.93	44.82	350m: 4:35.82	33.92						
	100m: 1:13.93	40.15	200m: 2:32.11	38.92	300m: 4:01.90	44.97	400m: 5:07.96	32.14						
34.	Emiel de Bruijn	Dedemsvaart-AC						200700953	5:08.11			+0,75		487
	50m: 30.09	30.09	150m: 1:52.18	43.81	250m: 3:15.53	40.93	350m: 4:33.89	35.56						
	100m: 1:08.37	38.28	200m: 2:34.60	42.42	300m: 3:58.33	42.80	400m: 5:08.11	34.22						
35.	Max van der Spank	PSV						201000275	5:08.89			+0,70		483
	50m: 30.92	30.92	150m: 1:48.57	40.70	250m: 3:12.84	44.26	350m: 4:34.44	35.79						
	100m: 1:07.87	36.95	200m: 2:28.58	40.01	300m: 3:58.65	45.81	400m: 5:08.89	34.45						
36.	Melle van Veen	Dedemsvaart-AC						200700661	5:09.12			+0,73		482
	50m: 29.53	29.53	150m: 1:49.93	40.78	250m: 3:13.17	43.85	350m: 4:33.92	36.75						
	100m: 1:09.15	39.62	200m: 2:29.32	39.39	300m: 3:57.17	44.00	400m: 5:09.12	35.20						
37.	Kevin Lucas	De Dinkel						200300545	5:10.52			+0,83		476
	50m: 30.76	30.76	150m: 1:49.00	42.50	250m: 3:11.78	42.31	350m: 4:33.83	38.44						
	100m: 1:06.50	35.74	200m: 2:29.47	40.47	300m: 3:55.39	43.61	400m: 5:10.52	36.69						
38.	Sven Potappel	DWK						201000127	5:11.17			+0,65		473
	50m: 31.03	31.03	150m: 1:49.10	41.50	250m: 3:14.61	43.80	350m: 4:36.56	36.57						
	100m: 1:07.60	36.57	200m: 2:30.81	41.71	300m: 3:59.99	45.38	400m: 5:11.17	34.61						
39.	Paolo del Villar	PSV						200504559	5:11.98			* +0,60		469
	50m: 30.90	30.90	150m: 1:49.72	42.03	250m: 3:14.25	44.06	350m: 4:37.21	38.53						
	100m: 1:07.69	36.79	200m: 2:30.19	40.47	300m: 3:58.68	44.43	400m: 5:11.98	34.77						
40.	Mink Hugen	Aqua-Novio'94						200801391	5:12.04			+0,82		469
	50m: 31.99	31.99	150m: 1:51.73	41.56	250m: 3:16.28	44.48	350m: 4:37.10	35.76						
	100m: 1:10.17	38.18	200m: 2:31.80	40.07	300m: 4:01.34	45.06	400m: 5:12.04	34.94						
41.	Eli Shields	NieMo Barracuda						201000407	5:13.48			+0,66		462
	50m: 31.53	31.53	150m: 1:50.22	40.77	250m: 3:15.85	46.03	350m: 4:38.70	35.79						
	100m: 1:09.45	37.92	200m: 2:29.82	39.60	300m: 4:02.91	47.06	400m: 5:13.48	34.78						
42.	Odo McCarthy	ZV Overbetuwe						200700307	5:14.51			+0,62		458
	50m: 30.71	30.71	150m: 1:50.99	42.10	250m: 3:16.18	44.44	350m: 4:39.24	36.95						
	100m: 1:08.89	38.18	200m: 2:31.74	40.75	300m: 4:02.29	46.11	400m: 5:14.51	35.27						

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rang	naam	vereniging				tijd				RT	FINA	para
43.	Seth van den Dool	Blue Marlins				200803809				5:15.12	+0,67	455
	50m: 31.41	31.41	150m: 1:53.13	43.24	250m: 3:17.30	42.19	350m: 4:39.15	36.18				
	100m: 1:09.89	38.48	200m: 2:35.11	41.98	300m: 4:02.97	45.67	400m: 5:15.12	35.97				
	Thijmen Pruijssers	Hieronymus				201000129				5:15.12	+0,67	455
	50m: 32.72	32.72	150m: 1:52.43	40.21	250m: 3:18.35	46.95	350m: 4:40.73	35.52				
	100m: 1:12.22	39.50	200m: 2:31.40	38.97	300m: 4:05.21	46.86	400m: 5:15.12	34.39				
45.	Ruben de Vries	Hellas-Glana				200600497				5:15.27	+0,70	455
	50m: 32.03	32.03	150m: 1:56.86	44.00	250m: 3:21.23	40.82	350m: 4:40.24	36.07				
	100m: 1:12.86	40.83	200m: 2:40.41	43.55	300m: 4:04.17	42.94	400m: 5:15.27	35.03				
46.	Pelle Schrieken	VZC				200801595				5:15.92	+0,71	452
	50m: 32.08	32.08	150m: 1:50.95	41.76	250m: 3:17.43	45.68	350m: 4:40.20	36.88				
	100m: 1:09.19	37.11	200m: 2:31.75	40.80	300m: 4:03.32	45.89	400m: 5:15.92	35.72				
47.	Youp Stuifzand	Deltasteur				200800521				5:19.63	+0,97	436
	50m: 31.78	31.78	150m: 1:57.92	45.40	250m: 3:21.76	41.22	350m: 4:43.69	37.37				
	100m: 1:12.52	40.74	200m: 2:40.54	42.62	300m: 4:06.32	44.56	400m: 5:19.63	35.94				
48.	Mick van Kempen	CWW				200203375				5:26.54	+0,83	409
	50m: 31.67	31.67	150m: 1:55.55	44.83	250m: 3:22.41	43.90	350m: 4:47.57	39.15				
	100m: 1:10.72	39.05	200m: 2:38.51	42.96	300m: 4:08.42	46.01	400m: 5:26.54	38.97				
AFGEM	Jesse Marijn Thimister	ZEPS				200602893						
AFGEM	Darren Chen	ZPC AMERSFOORT				200001149						
AFGEM	Jere Wiersma	DZ&PC				200701037						
AFGEM	Jesse van der Meij	De Dolfijn				200600841						