

Programmanr. 2
12-6-2025 - 9:19

Heren, 400m vrije slag

Senioren Open
Resultaten Voorronde

Punten: AQUA 2024

rang	naam	vereniging				tijd				RT	FINA	para
PARA onder 18												
1.	Thomas Braat	AZC				200802269	S14	4:58.53	+0,79	Q	400	574
	50m: 31.81	31.81	150m: 1:45.71	37.84	250m: 3:03.26	38.72	350m: 4:21.07	38.79				
	100m: 1:07.87	36.06	200m: 2:24.54	38.83	300m: 3:42.28	39.02	400m: 4:58.53	37.46				
PARA Open												
1.	Bas Takken	TeamNL PARA - De Dolfijn				199901643	S10	4:22.92	+0,73	Q	586	768
	50m: 28.12	28.12	150m: 1:32.66	33.06	250m: 2:40.85	34.20	350m: 3:49.69	34.46				
	100m: 59.60	31.48	200m: 2:06.65	33.99	300m: 3:15.23	34.38	400m: 4:22.92	33.23				
2.	Thijs van Hofweegen	ZPC AMERSFOORT				199605253	S6	5:27.25	+0,80	Q	304	726
	50m: 33.37	33.37	150m: 1:53.14	40.87	250m: 3:17.00	42.37	350m: 4:44.74	44.37				
	100m: 1:12.27	38.90	200m: 2:34.63	41.49	300m: 4:00.37	43.37	400m: 5:27.25	42.51				
3.	Julian Hendriks	TeamNL PARA - De Otters Het Go				200603717	S7	5:12.39	+0,83	Q	349	670
	50m: 34.22	34.22	150m: 1:49.57	38.18	250m: 3:09.30	40.07	350m: 4:31.23	41.40				
	100m: 1:11.39	37.17	200m: 2:29.23	39.66	300m: 3:49.83	40.53	400m: 5:12.39	41.16				
4.	Lars Jacobsen	DWK				199705453	S14	4:45.37	+0,80	Q	458	657
	50m: 31.93	31.93	150m: 1:42.12	35.26	250m: 2:55.05	36.56	350m: 4:09.91	37.32				
	100m: 1:06.86	34.93	200m: 2:18.49	36.37	300m: 3:32.59	37.54	400m: 4:45.37	35.46				
5.	Thomas Braat	AZC				200802269	S14	4:58.53	+0,79	Q	400	574
	50m: 31.81	31.81	150m: 1:45.71	37.84	250m: 3:03.26	38.72	350m: 4:21.07	38.79				
	100m: 1:07.87	36.06	200m: 2:24.54	38.83	300m: 3:42.28	39.02	400m: 4:58.53	37.46				
6.	Jesse Bruines	Batavia Swim				200402413	S8	5:32.30	+0,72	Q	290	509
	50m: 35.03	35.03	150m: 1:57.89	42.37	250m: 3:24.30	43.18	350m: 4:51.57	43.66				
	100m: 1:15.52	40.49	200m: 2:41.12	43.23	300m: 4:07.91	43.61	400m: 5:32.30	40.73				
onder 18												
1.	Tiago Fonseca Gomes	Team NL - PSV				200703587		3:57.90	+0,61	A	791	
	50m: 27.78	27.78	150m: 1:28.27	30.64	250m: 2:29.80	30.25	350m: 3:29.37	29.26				
	100m: 57.63	29.85	200m: 1:59.55	31.28	300m: 3:00.11	30.31	400m: 3:57.90	28.53				
2.	Tiede Groener	PSV				200700155		4:00.97	+0,70	A	761	
	50m: 27.56	27.56	150m: 1:30.02	31.35	250m: 2:31.13	29.96	350m: 3:31.71	30.16				
	100m: 58.67	31.11	200m: 2:01.17	31.15	300m: 3:01.55	30.42	400m: 4:00.97	29.26				
3.	Tieme Wiersma	DZ&PC				200701031		4:03.71	+0,71	A	736	
	50m: 28.08	28.08	150m: 1:29.08	30.82	250m: 2:31.26	31.03	350m: 3:33.80	31.01				
	100m: 58.26	30.18	200m: 2:00.23	31.15	300m: 3:02.79	31.53	400m: 4:03.71	29.91				
4.	Martijn Nies	PSV				200902095		4:04.22	+0,70	A	731	
	50m: 28.59	28.59	150m: 1:30.24	30.98	250m: 2:31.72	30.62	350m: 3:33.94	30.80				
	100m: 59.26	30.67	200m: 2:01.10	30.86	300m: 3:03.14	31.42	400m: 4:04.22	30.28				
5.	Bram Loots	Team NL - Team Noord-Holland (S200700197						4:04.50	+0,69	A	729	
	50m: 28.68	28.68	150m: 1:31.35	31.74	250m: 2:33.32	30.71	350m: 3:34.99	31.11				
	100m: 59.61	30.93	200m: 2:02.61	31.26	300m: 3:03.88	30.56	400m: 4:04.50	29.51				
6.	Diede Veld	HZ&PC Heerenveen				200800011		4:07.72	+0,72	B	701	
	50m: 28.54	28.54	150m: 1:32.00	32.12	250m: 2:35.17	31.46	350m: 3:37.98	30.88				
	100m: 59.88	31.34	200m: 2:03.71	31.71	300m: 3:07.10	31.93	400m: 4:07.72	29.74				
7.	Bas Mostert	VZC				200800629		4:12.18	+0,67	B	664	
	50m: 28.24	28.24	150m: 1:30.77	31.68	250m: 2:36.05	32.59	350m: 3:41.15	32.11				
	100m: 59.09	30.85	200m: 2:03.46	32.69	300m: 3:09.04	32.99	400m: 4:12.18	31.03				
8.	Milan Veelders	OZ&PC				200800279		4:13.76	+0,75	B	652	
	50m: 28.84	28.84	150m: 1:33.61	32.35	250m: 2:38.37	31.83	350m: 3:42.19	31.85				
	100m: 1:01.26	32.42	200m: 2:06.54	32.93	300m: 3:10.34	31.97	400m: 4:13.76	31.57				
9.	Xiaoyu Yin	Blue Marlins				200803363		4:14.15	+0,67	B	649	
	50m: 28.15	28.15	150m: 1:32.36	32.53	250m: 2:36.92	31.97	350m: 3:41.98	32.38				
	100m: 59.83	31.68	200m: 2:04.95	32.59	300m: 3:09.60	32.68	400m: 4:14.15	32.17				
10.	Boele Böhm	Blue Marlins				200700739		4:15.18	+0,70	B	641	
	50m: 28.12	28.12	150m: 1:32.02	32.67	250m: 2:37.31	32.80	350m: 3:43.21	33.07				
	100m: 59.35	31.23	200m: 2:04.51	32.49	300m: 3:10.14	32.83	400m: 4:15.18	31.97				
11.	Tijn Hilders	De Dolfijn				200700027		4:18.42	+0,72	R	617	
	50m: 28.30	28.30	150m: 1:33.06	32.88	250m: 2:38.98	32.94	350m: 3:45.60	33.28				
	100m: 1:00.18	31.88	200m: 2:06.04	32.98	300m: 3:12.32	33.34	400m: 4:18.42	32.82				

Programmanr. 2, Jongens, 400m vrije slag, Voorronde, onder 18

rang	naam	vereniging				tijd				RT	FINA	para
12.	Melle van Veen	Dedemsvaart-AC				200700661				4:20.33	+0,72	604
	50m: 29.33	29.33	150m: 1:34.53	33.27	250m: 2:41.59	33.43	350m: 3:48.65	33.53	400m: 4:20.33			
	100m: 1:01.26	31.93	200m: 2:08.16	33.63	300m: 3:15.12	33.53						
13.	Bram ter Braak	De Dinkel				200800281				4:22.21	+0,77	591
	50m: 29.09	29.09	150m: 1:34.42	33.01	250m: 2:41.63	33.52	350m: 3:49.31	33.35	400m: 4:22.21			
	100m: 1:01.41	32.32	200m: 2:08.11	33.69	300m: 3:15.96	34.33						
14.	Tim van Erven	DZ&PC				200700175				4:23.28	+0,81	584
	50m: 29.80	29.80	150m: 1:35.32	33.17	250m: 2:42.92	33.84	350m: 3:50.66	33.77	400m: 4:23.28			
	100m: 1:02.15	32.35	200m: 2:09.08	33.76	300m: 3:16.89	33.97						
15.	Ties Berghs	ZEPS				200700709				4:24.28	+0,69	577
	50m: 29.12	29.12	150m: 1:34.06	33.14	250m: 2:42.29	34.14	350m: 3:51.41	34.73	400m: 4:24.28			
	100m: 1:00.92	31.80	200m: 2:08.15	34.09	300m: 3:16.68	34.39						
16.	Jasper Thijert	WS Twente				200700321				4:25.22	+0,70	571
	50m: 29.23	29.23	150m: 1:35.96	34.14	250m: 2:45.87	35.50	350m: 3:53.86	33.25	400m: 4:25.22			
	100m: 1:01.82	32.59	200m: 2:10.37	34.41	300m: 3:20.61	34.74						
17.	Jort Siebelt	OZ&PC				200700083				4:25.43	+0,85	569
	50m: 29.65	29.65	150m: 1:36.35	33.95	250m: 2:44.25	34.15	350m: 3:52.46	33.52	400m: 4:25.43			
	100m: 1:02.40	32.75	200m: 2:10.10	33.75	300m: 3:18.94	34.69						
18.	Gijs Hartwijk	ZVL-1886				200800573				4:27.18	+0,69	558
	50m: 29.28	29.28	150m: 1:36.01	33.74	250m: 2:44.30	34.01	350m: 3:53.54	34.24	400m: 4:27.18			
	100m: 1:02.27	32.99	200m: 2:10.29	34.28	300m: 3:19.30	35.00						
19.	Timo Berghuis	NDD				200801991				4:27.20	+0,81	558
	50m: 29.78	29.78	150m: 1:37.29	34.23	250m: 2:46.90	34.15	350m: 3:54.83	33.38	400m: 4:27.20			
	100m: 1:03.06	33.28	200m: 2:12.75	35.46	300m: 3:21.45	34.55						
20.	Xander Kragting	ZPC AMERSFOORT				200900077				4:27.74	+0,72	555
	50m: 29.42	29.42	150m: 1:36.07	33.92	250m: 2:44.83	34.28	350m: 3:54.35	34.64	400m: 4:27.74			
	100m: 1:02.15	32.73	200m: 2:10.55	34.48	300m: 3:19.71	34.88						
21.	Lou van Leeuwen	De Dolfijn				200702779				4:28.06	+0,74	553
	50m: 29.95	29.95	150m: 1:37.12	34.07	250m: 2:46.04	34.54	350m: 3:54.87	34.51	400m: 4:28.06			
	100m: 1:03.05	33.10	200m: 2:11.50	34.38	300m: 3:20.36	34.32						
22.	Rian Schoneveld	De Berkelduikers				200801789				4:28.15	+0,68	552
	50m: 28.74	28.74	150m: 1:36.16	34.79	250m: 2:46.43	35.19	350m: 3:55.63	34.47	400m: 4:28.15			
	100m: 1:01.37	32.63	200m: 2:11.24	35.08	300m: 3:21.16	34.73						
23.	Teun van Weeren	OZ&PC				200801145				4:28.36	+0,70	551
	50m: 30.31	30.31	150m: 1:37.82	33.97	250m: 2:47.13	34.71	350m: 3:56.53	34.27	400m: 4:28.36			
	100m: 1:03.85	33.54	200m: 2:12.42	34.60	300m: 3:22.26	35.13						
24.	Jere Wiersma	DZ&PC				200701037				4:29.22	+0,71	546
	50m: 29.01	29.01	150m: 1:36.81	34.35	250m: 2:46.12	34.55	350m: 3:55.59	34.61	400m: 4:29.22			
	100m: 1:02.46	33.45	200m: 2:11.57	34.76	300m: 3:20.98	34.86						
25.	Tim Zuurman	Dedemsvaart-AC				200700131				4:30.30	+0,80	539
	50m: 30.60	30.60	150m: 1:38.02	34.25	250m: 2:48.01	35.22	350m: 3:58.41	35.33	400m: 4:30.30			
	100m: 1:03.77	33.17	200m: 2:12.79	34.77	300m: 3:23.08	35.07						
26.	Rens Noordover	Team Noord-Holland (SG)				200800237				4:30.56	+0,74	538
	50m: 30.13	30.13	150m: 1:36.23	33.56	250m: 2:45.31	34.89	350m: 3:55.95	35.46	400m: 4:30.56			
	100m: 1:02.67	32.54	200m: 2:10.42	34.19	300m: 3:20.49	35.18						
27.	Figo van Duuren	ZPCH				200800391				4:31.56	+0,76	532
	50m: 30.48	30.48	150m: 1:40.02	35.16	250m: 2:50.03	35.04	350m: 3:59.56	34.59	400m: 4:31.56			
	100m: 1:04.86	34.38	200m: 2:14.99	34.97	300m: 3:24.97	34.94						
28.	Felix Gepkens	VZC				200800631				4:32.09	+0,68	529
	50m: 29.54	29.54	150m: 1:37.00	34.32	250m: 2:46.94	34.47	350m: 3:57.79	35.59	400m: 4:32.09			
	100m: 1:02.68	33.14	200m: 2:12.47	35.47	300m: 3:22.20	35.26						
29.	Mink Hugen	Aqua-Novio'94				200801391				4:32.56	+0,75	526
	50m: 30.38	30.38	150m: 1:38.04	34.32	250m: 2:48.08	35.30	350m: 3:57.98	35.12	400m: 4:32.56			
	100m: 1:03.72	33.34	200m: 2:12.78	34.74	300m: 3:22.86	34.78						
30.	Vincent Huele	Blue Marlins				200703423				4:33.53	+0,79	520
	50m: 30.33	30.33	150m: 1:38.43	34.62	250m: 2:49.21	35.66	350m: 4:00.01	35.29	400m: 4:33.53			
	100m: 1:03.81	33.48	200m: 2:13.55	35.12	300m: 3:24.72	35.51						
31.	Youp Stuifzand	Deltasteur				200800521				4:35.80	+0,72	508
	50m: 29.15	29.15	150m: 1:37.24	34.83	250m: 2:49.59	36.19	350m: 4:01.56	34.91	400m: 4:35.80			
	100m: 1:02.41	33.26	200m: 2:13.40	36.16	300m: 3:26.65	37.06						
32.	Twan Wielage	KSN (SG)				200902671				4:36.96	+0,79	501
	50m: 30.68	30.68	150m: 1:38.63	34.61	250m: 2:49.55	35.38	350m: 4:02.34	36.35	400m: 4:36.96			
	100m: 1:04.02	33.34	200m: 2:14.17	35.54	300m: 3:25.99	36.44						

Programmanr. 2, Jongens, 400m vrije slag, Voorronde, onder 18

rang	naam	vereniging	tijd	RT	FINA	para
33.	Sem Belmon	PSV	200702099	4:39.29	+0,68	489
	50m: 29.23	29.23 150m: 1:36.57	33.93 250m: 2:47.51	35.58 350m: 4:02.41	37.13	
	100m: 1:02.64	33.41 200m: 2:11.93	35.36 300m: 3:25.28	37.77 400m: 4:39.29	36.88	
34.	Isaak van der Eijk	WZK Zwemmen	200703689	4:40.18	+0,83	484
	50m: 31.08	31.08 150m: 1:40.70	35.52 250m: 2:53.07	36.24 350m: 4:06.21	36.72	
	100m: 1:05.18	34.10 200m: 2:16.83	36.13 300m: 3:29.49	36.42 400m: 4:40.18	33.97	
35.	Koen de Vries	De Reest	200802379	4:41.30	+0,72	478
	50m: 31.96	31.96 150m: 1:42.47	35.65 250m: 2:54.42	36.24 350m: 4:06.85	36.15	
	100m: 1:06.82	34.86 200m: 2:18.18	35.71 300m: 3:30.70	36.28 400m: 4:41.30	34.45	
36.	Twan Hoogervorst	De Columbiaan	200700741	4:41.38	+0,67	478
	50m: 28.92	28.92 150m: 1:36.98	34.87 250m: 2:49.80	36.88 350m: 4:04.80	37.71	
	100m: 1:02.11	33.19 200m: 2:12.92	35.94 300m: 3:27.09	37.29 400m: 4:41.38	36.58	

onder 20

1.	Koen Marsman	Team NL - ZPC AMERSFOORT	200502763	3:58.88	+0,63	A	781
	50m: 26.42	26.42 150m: 1:26.00	30.44 250m: 2:27.80	31.06 350m: 3:29.19	30.86		
	100m: 55.56	29.14 200m: 1:56.74	30.74 300m: 2:58.33	30.53 400m: 3:58.88	29.69		
2.	Émile Fouzaï	ZPC AMERSFOORT	200500263	4:00.99	+0,72	A	761
	50m: 26.88	26.88 150m: 1:26.58	30.28 250m: 2:27.94	31.12 350m: 3:30.70	31.04		
	100m: 56.30	29.42 200m: 1:56.82	30.24 300m: 2:59.66	31.72 400m: 4:00.99	30.29		
3.	Sven Klink	SWOL 1894	200500349	4:06.63	+0,73	B	710
	50m: 27.81	27.81 150m: 1:28.18	30.59 250m: 2:30.52	31.33 350m: 3:35.40	32.72		
	100m: 57.59	29.78 200m: 1:59.19	31.01 300m: 3:02.68	32.16 400m: 4:06.63	31.23		
4.	Olivier Wilbers	ZPC Hoogeveen	200600181	4:08.53	+0,74	B	694
	50m: 29.42	29.42 150m: 1:31.96	31.59 250m: 2:35.10	31.64 350m: 3:37.93	31.22		
	100m: 1:00.37	30.95 200m: 2:03.46	31.50 300m: 3:06.71	31.61 400m: 4:08.53	30.60		
5.	Lucas van Rooij	PSV	200603943	4:09.47	+0,63	B	686
	50m: 28.23	28.23 150m: 1:30.58	31.32 250m: 2:34.20	31.75 350m: 3:38.32	31.86		
	100m: 59.26	31.03 200m: 2:02.45	31.87 300m: 3:06.46	32.26 400m: 4:09.47	31.15		
6.	Bas Blanker	ACZ	200601497	4:15.22	+0,75	B	641
	50m: 28.86	28.86 150m: 1:33.18	32.51 250m: 2:38.53	32.64 350m: 3:44.42	32.83		
	100m: 1:00.67	31.81 200m: 2:05.89	32.71 300m: 3:11.59	33.06 400m: 4:15.22	30.80		
7.	Rens Stijf	ZPC AMERSFOORT	200501419	4:15.62	+0,72	B	638
	50m: 28.73	28.73 150m: 1:34.00	32.94 250m: 2:39.78	32.78 350m: 3:44.69	32.38		
	100m: 1:01.06	32.33 200m: 2:07.00	33.00 300m: 3:12.31	32.53 400m: 4:15.62	30.93		
8.	Thijs Wellink	ZPC AMERSFOORT	200600715	4:19.13	+0,70	R	612
	50m: 28.10	28.10 150m: 1:31.70	32.28 250m: 2:38.49	33.62 350m: 3:45.85	33.60		
	100m: 59.42	31.32 200m: 2:04.87	33.17 300m: 3:12.25	33.76 400m: 4:19.13	33.28		
9.	Storm Tolsma	DZ&PC	200600277	4:24.78	+0,74		574
	50m: 29.00	29.00 150m: 1:33.83	33.02 250m: 2:41.85	34.37 350m: 3:51.19	34.75		
	100m: 1:00.81	31.81 200m: 2:07.48	33.65 300m: 3:16.44	34.59 400m: 4:24.78	33.59		
10.	Luka Geraerds	Hellas-Glana	200502077	4:24.79	+0,75		574
	50m: 29.58	29.58 150m: 1:35.38	33.38 250m: 2:44.08	34.57 350m: 3:53.04	33.98		
	100m: 1:02.00	32.42 200m: 2:09.51	34.13 300m: 3:19.06	34.98 400m: 4:24.79	31.75		
11.	Ruben de Vries	Hellas-Glana	200600497	4:31.51	+0,70		532
	50m: 29.81	29.81 150m: 1:36.57	34.14 250m: 2:45.61	34.54 350m: 3:56.45	35.72		
	100m: 1:02.43	32.62 200m: 2:11.07	34.50 300m: 3:20.73	35.12 400m: 4:31.51	35.06		
12.	Julian Prummel	De Otters Het Gooi	200501731	4:32.87	+0,74		524
	50m: 29.44	29.44 150m: 1:35.45	33.79 250m: 2:45.12	34.95 350m: 3:56.91	36.04		
	100m: 1:01.66	32.22 200m: 2:10.17	34.72 300m: 3:20.87	35.75 400m: 4:32.87	35.96		
13.	Laurens Kalle	De Schoteijl	200600161	4:34.83	+0,78		513
	50m: 29.33	29.33 150m: 1:38.70	35.06 250m: 2:50.22	35.48 350m: 4:01.40	34.52		
	100m: 1:03.64	34.31 200m: 2:14.74	36.04 300m: 3:26.88	36.66 400m: 4:34.83	33.43		
14.	Paolo del Villar	PSV	200504559	4:35.44	+0,58		510
	50m: 29.53	29.53 150m: 1:37.51	34.79 250m: 2:48.68	35.92 350m: 4:00.87	35.87		
	100m: 1:02.72	33.19 200m: 2:12.76	35.25 300m: 3:25.00	36.32 400m: 4:35.44	34.57		
15.	Dennis Mosterman	Dedemsvaart-AC	200501283	4:35.62	+0,77		509
	50m: 30.99	30.99 150m: 1:39.24	34.81 250m: 2:49.61	35.60 350m: 4:00.92	35.54		
	100m: 1:04.43	33.44 200m: 2:14.01	34.77 300m: 3:25.38	35.77 400m: 4:35.62	34.70		

Programmanr. 2, Heren, 400m vrije slag, Voorronde

Senioren Open

1.	Sander Crooijmans	Aqua-Novio'94	200100383	3:55.22	+0,74	A	818	
	50m: 27.62	27.62	150m: 1:26.33	29.73	250m: 2:25.72	29.39	350m: 3:25.65	30.05
	100m: 56.60	28.98	200m: 1:56.33	30.00	300m: 2:55.60	29.88	400m: 3:55.22	29.57
2.	Tiago Fonseca Gomes	Team NL - PSV	200703587	3:57.90	+0,61	A	791	
	50m: 27.78	27.78	150m: 1:28.27	30.64	250m: 2:29.80	30.25	350m: 3:29.37	29.26
	100m: 57.63	29.85	200m: 1:59.55	31.28	300m: 3:00.11	30.31	400m: 3:57.90	28.53
3.	Koen Marsman	Team NL - ZPC AMERSFOORT	200502763	3:58.88	+0,63	A	781	
	50m: 26.42	26.42	150m: 1:26.00	30.44	250m: 2:27.80	31.06	350m: 3:29.19	30.86
	100m: 55.56	29.14	200m: 1:56.74	30.74	300m: 2:58.33	30.53	400m: 3:58.88	29.69
4.	Tiede Groener	PSV	200700155	4:00.97	+0,70	A	761	
	50m: 27.56	27.56	150m: 1:30.02	31.35	250m: 2:31.13	29.96	350m: 3:31.71	30.16
	100m: 58.67	31.11	200m: 2:01.17	31.15	300m: 3:01.55	30.42	400m: 4:00.97	29.26
5.	Émile Fouzaï	ZPC AMERSFOORT	200500263	4:00.99	+0,72	A	761	
	50m: 26.88	26.88	150m: 1:26.58	30.28	250m: 2:27.94	31.12	350m: 3:30.70	31.04
	100m: 56.30	29.42	200m: 1:56.82	30.24	300m: 2:59.66	31.72	400m: 4:00.99	30.29
6.	Austin Namesnik	ZPC AMERSFOORT	200101817	4:01.65	+0,61	A	755	
	50m: 27.26	27.26	150m: 1:28.46	30.89	250m: 2:30.78	30.90	350m: 3:33.11	31.10
	100m: 57.57	30.31	200m: 1:59.88	31.42	300m: 3:02.01	31.23	400m: 4:01.65	28.54
7.	Tieme Wiersma	DZ&PC	200701031	4:03.71	+0,71	A	736	
	50m: 28.08	28.08	150m: 1:29.08	30.82	250m: 2:31.26	31.03	350m: 3:33.80	31.01
	100m: 58.26	30.18	200m: 2:00.23	31.15	300m: 3:02.79	31.53	400m: 4:03.71	29.91
8.	Martijn Nies	PSV	200902095	4:04.22	+0,70	A	731	
	50m: 28.59	28.59	150m: 1:30.24	30.98	250m: 2:31.72	30.62	350m: 3:33.94	30.80
	100m: 59.26	30.67	200m: 2:01.10	30.86	300m: 3:03.14	31.42	400m: 4:04.22	30.28
9.	Bram Loots	Team NL - Team Noord-Holland (S200700197		4:04.50	+0,69	A	729	
	50m: 28.68	28.68	150m: 1:31.35	31.74	250m: 2:33.32	30.71	350m: 3:34.99	31.11
	100m: 59.61	30.93	200m: 2:02.61	31.26	300m: 3:03.88	30.56	400m: 4:04.50	29.51
10.	Wouter Zijlstra	HZ&PC Heerenveen	200401545	4:05.74	+0,60	A	718	
	50m: 28.14	28.14	150m: 1:31.11	31.80	250m: 2:33.23	30.93	350m: 3:35.66	31.07
	100m: 59.31	31.17	200m: 2:02.30	31.19	300m: 3:04.59	31.36	400m: 4:05.74	30.08
11.	Sven Klink	SWOL 1894	200500349	4:06.63	+0,73	B	710	
	50m: 27.81	27.81	150m: 1:28.18	30.59	250m: 2:30.52	31.33	350m: 3:35.40	32.72
	100m: 57.59	29.78	200m: 1:59.19	31.01	300m: 3:02.68	32.16	400m: 4:06.63	31.23
12.	Diede Veld	HZ&PC Heerenveen	200800011	4:07.72	+0,72	B	701	
	50m: 28.54	28.54	150m: 1:32.00	32.12	250m: 2:35.17	31.46	350m: 3:37.98	30.88
	100m: 59.88	31.34	200m: 2:03.71	31.71	300m: 3:07.10	31.93	400m: 4:07.72	29.74
13.	Olivier Wilbers	ZPC Hoozeveen	200600181	4:08.53	+0,74	B	694	
	50m: 29.42	29.42	150m: 1:31.96	31.59	250m: 2:35.10	31.64	350m: 3:37.93	31.22
	100m: 1:00.37	30.95	200m: 2:03.46	31.50	300m: 3:06.71	31.61	400m: 4:08.53	30.60
14.	Lucas van Rooij	PSV	200603943	4:09.47	+0,63	B	686	
	50m: 28.23	28.23	150m: 1:30.58	31.32	250m: 2:34.20	31.75	350m: 3:38.32	31.86
	100m: 59.26	31.03	200m: 2:02.45	31.87	300m: 3:06.46	32.26	400m: 4:09.47	31.15
15.	Bas Mostert	VZC	200800629	4:12.18	+0,67	B	664	
	50m: 28.24	28.24	150m: 1:30.77	31.68	250m: 2:36.05	32.59	350m: 3:41.15	32.11
	100m: 59.09	30.85	200m: 2:03.46	32.69	300m: 3:09.04	32.99	400m: 4:12.18	31.03
16.	Milan Veelders	OZ&PC	200800279	4:13.76	+0,75	B	652	
	50m: 28.84	28.84	150m: 1:33.61	32.35	250m: 2:38.37	31.83	350m: 3:42.19	31.85
	100m: 1:01.26	32.42	200m: 2:06.54	32.93	300m: 3:10.34	31.97	400m: 4:13.76	31.57
17.	Xiaoyu Yin	Blue Marlins	200803363	4:14.15	+0,67	B	649	
	50m: 28.15	28.15	150m: 1:32.36	32.53	250m: 2:36.92	31.97	350m: 3:41.98	32.38
	100m: 59.83	31.68	200m: 2:04.95	32.59	300m: 3:09.60	32.68	400m: 4:14.15	32.17
18.	Boele Böhm	Blue Marlins	200700739	4:15.18	+0,70	B	641	
	50m: 28.12	28.12	150m: 1:32.02	32.67	250m: 2:37.31	32.80	350m: 3:43.21	33.07
	100m: 59.35	31.23	200m: 2:04.51	32.49	300m: 3:10.14	32.83	400m: 4:15.18	31.97
19.	Bas Blanker	ACZ	200601497	4:15.22	+0,75	B	641	
	50m: 28.86	28.86	150m: 1:33.18	32.51	250m: 2:38.53	32.64	350m: 3:44.42	32.83
	100m: 1:00.67	31.81	200m: 2:05.89	32.71	300m: 3:11.59	33.06	400m: 4:15.22	30.80
20.	Rens Stijf	ZPC AMERSFOORT	200501419	4:15.62	+0,72	B	638	
	50m: 28.73	28.73	150m: 1:34.00	32.94	250m: 2:39.78	32.78	350m: 3:44.69	32.38
	100m: 1:01.06	32.33	200m: 2:07.00	33.00	300m: 3:12.31	32.53	400m: 4:15.62	30.93
21.	Tijn Hilders	De Dolfijn	200700027	4:18.42	+0,72	R	617	
	50m: 28.30	28.30	150m: 1:33.06	32.88	250m: 2:38.98	32.94	350m: 3:45.60	33.28
	100m: 1:00.18	31.88	200m: 2:06.04	32.98	300m: 3:12.32	33.34	400m: 4:18.42	32.82

Programmanr. 2, Heren, 400m vrije slag, Voorronde, Senioren Open

rang	naam	vereniging		tijd		RT	FINA	para
22.	Thijs Wellink	ZPC AMERSFOORT		200600715	4:19.13	+0,70 R	612	
	50m: 28.10	28.10	150m: 1:31.70	32.28	250m: 2:38.49	33.62	350m: 3:45.85	33.60
	100m: 59.42	31.32	200m: 2:04.87	33.17	300m: 3:12.25	33.76	400m: 4:19.13	33.28
23.	Melle van Veen	Dedemsvaart-AC		200700661	4:20.33	+0,72	604	
	50m: 29.33	29.33	150m: 1:34.53	33.27	250m: 2:41.59	33.43	350m: 3:48.65	33.53
	100m: 1:01.26	31.93	200m: 2:08.16	33.63	300m: 3:15.12	33.53	400m: 4:20.33	31.68
24.	Darren Chen	ZPC AMERSFOORT		200001149	4:20.48	+0,66	603	
	50m: 27.71	27.71	150m: 1:31.67	32.85	250m: 2:39.00	33.78	350m: 3:46.95	33.88
	100m: 58.82	31.11	200m: 2:05.22	33.55	300m: 3:13.07	34.07	400m: 4:20.48	33.53
25.	Luuk Ruinemans	De Dinkel		200301085	4:21.82	+0,79	593	
	50m: 28.57	28.57	150m: 1:34.20	33.13	250m: 2:40.83	33.07	350m: 3:48.23	33.89
	100m: 1:01.07	32.50	200m: 2:07.76	33.56	300m: 3:14.34	33.51	400m: 4:21.82	33.59
26.	Bram ter Braak	De Dinkel		200800281	4:22.21	+0,77	591	
	50m: 29.09	29.09	150m: 1:34.42	33.01	250m: 2:41.63	33.52	350m: 3:49.31	33.35
	100m: 1:01.41	32.32	200m: 2:08.11	33.69	300m: 3:15.96	34.33	400m: 4:22.21	32.90
27.	Rik Doornenbal	Blue Marlins		199803871	4:22.26	+0,63	590	
	50m: 28.35	28.35	150m: 1:32.82	32.82	250m: 2:40.49	33.79	350m: 3:48.83	34.05
	100m: 1:00.00	31.65	200m: 2:06.70	33.88	300m: 3:14.78	34.29	400m: 4:22.26	33.43
28.	Bas Takken	TeamNL PARA - De Dolfijn		199901643	4:22.92	+0,73 Q	586	768
	50m: 28.12	28.12	150m: 1:32.66	33.06	250m: 2:40.85	34.20	350m: 3:49.69	34.46
	100m: 59.60	31.48	200m: 2:06.65	33.99	300m: 3:15.23	34.38	400m: 4:22.92	33.23
29.	Tim van Erven	DZ&PC		200700175	4:23.28	+0,81	584	
	50m: 29.80	29.80	150m: 1:35.32	33.17	250m: 2:42.92	33.84	350m: 3:50.66	33.77
	100m: 1:02.15	32.35	200m: 2:09.08	33.76	300m: 3:16.89	33.97	400m: 4:23.28	32.62
30.	Luc Mul	DAW		200201025	4:23.86	+0,74	580	
	50m: 28.81	28.81	150m: 1:33.70	33.04	250m: 2:41.59	34.22	350m: 3:50.62	34.70
	100m: 1:00.66	31.85	200m: 2:07.37	33.67	300m: 3:15.92	34.33	400m: 4:23.86	33.24
31.	Ties Berghs	ZEPS		200700709	4:24.28	+0,69	577	
	50m: 29.12	29.12	150m: 1:34.06	33.14	250m: 2:42.29	34.14	350m: 3:51.41	34.73
	100m: 1:00.92	31.80	200m: 2:08.15	34.09	300m: 3:16.68	34.39	400m: 4:24.28	32.87
32.	Storm Tolsma	DZ&PC		200600277	4:24.78	+0,74	574	
	50m: 29.00	29.00	150m: 1:33.83	33.02	250m: 2:41.85	34.37	350m: 3:51.19	34.75
	100m: 1:00.81	31.81	200m: 2:07.48	33.65	300m: 3:16.44	34.59	400m: 4:24.78	33.59
33.	Luka Geraerds	Hellas-Glana		200502077	4:24.79	+0,75	574	
	50m: 29.58	29.58	150m: 1:35.38	33.38	250m: 2:44.08	34.57	350m: 3:53.04	33.98
	100m: 1:02.00	32.42	200m: 2:09.51	34.13	300m: 3:19.06	34.98	400m: 4:24.79	31.75
34.	Jasper Thijert	WS Twente		200700321	4:25.22	+0,70	571	
	50m: 29.23	29.23	150m: 1:35.96	34.14	250m: 2:45.87	35.50	350m: 3:53.86	33.25
	100m: 1:01.82	32.59	200m: 2:10.37	34.41	300m: 3:20.61	34.74	400m: 4:25.22	31.36
35.	Jort Siebelt	OZ&PC		200700083	4:25.43	+0,85	569	
	50m: 29.65	29.65	150m: 1:36.35	33.95	250m: 2:44.25	34.15	350m: 3:52.46	33.52
	100m: 1:02.40	32.75	200m: 2:10.10	33.75	300m: 3:18.94	34.69	400m: 4:25.43	32.97
36.	Gijs Hartwijk	ZVL-1886		200800573	4:27.18	+0,69	558	
	50m: 29.28	29.28	150m: 1:36.01	33.74	250m: 2:44.30	34.01	350m: 3:53.54	34.24
	100m: 1:02.27	32.99	200m: 2:10.29	34.28	300m: 3:19.30	35.00	400m: 4:27.18	33.64
37.	Timo Berghuis	NDD		200801991	4:27.20	+0,81	558	
	50m: 29.78	29.78	150m: 1:37.29	34.23	250m: 2:46.90	34.15	350m: 3:54.83	33.38
	100m: 1:03.06	33.28	200m: 2:12.75	35.46	300m: 3:21.45	34.55	400m: 4:27.20	32.37
38.	Xander Kragting	ZPC AMERSFOORT		200900077	4:27.74	+0,72	555	
	50m: 29.42	29.42	150m: 1:36.07	33.92	250m: 2:44.83	34.28	350m: 3:54.35	34.64
	100m: 1:02.15	32.73	200m: 2:10.55	34.48	300m: 3:19.71	34.88	400m: 4:27.74	33.39
39.	Lou van Leeuwen	De Dolfijn		200702779	4:28.06	+0,74	553	
	50m: 29.95	29.95	150m: 1:37.12	34.07	250m: 2:46.04	34.54	350m: 3:54.87	34.51
	100m: 1:03.05	33.10	200m: 2:11.50	34.38	300m: 3:20.36	34.32	400m: 4:28.06	33.19
40.	Rian Schoneveld	De Berkelduikers		200801789	4:28.15	+0,68	552	
	50m: 28.74	28.74	150m: 1:36.16	34.79	250m: 2:46.43	35.19	350m: 3:55.63	34.47
	100m: 1:01.37	32.63	200m: 2:11.24	35.08	300m: 3:21.16	34.73	400m: 4:28.15	32.52
41.	Teun van Weeren	OZ&PC		200801145	4:28.36	+0,70	551	
	50m: 30.31	30.31	150m: 1:37.82	33.97	250m: 2:47.13	34.71	350m: 3:56.53	34.27
	100m: 1:03.85	33.54	200m: 2:12.42	34.60	300m: 3:22.26	35.13	400m: 4:28.36	31.83
42.	Jere Wiersma	DZ&PC		200701037	4:29.22	+0,71	546	
	50m: 29.01	29.01	150m: 1:36.81	34.35	250m: 2:46.12	34.55	350m: 3:55.59	34.61
	100m: 1:02.46	33.45	200m: 2:11.57	34.76	300m: 3:20.98	34.86	400m: 4:29.22	33.63

Programmanr. 2, Heren, 400m vrije slag, Voorronde, Senioren Open

rang	naam	vereniging				tijd				RT	FINA	para
43.	Tim Zuurman	Dedemsvaart-AC				200700131				4:30.30	+0,80	539
	50m: 30.60	30.60	150m: 1:38.02	34.25	250m: 2:48.01	35.22	350m: 3:58.41	35.33				
	100m: 1:03.77	33.17	200m: 2:12.79	34.77	300m: 3:23.08	35.07	400m: 4:30.30	31.89				
44.	Rens Noordover	Team Noord-Holland (SG)				200800237				4:30.56	+0,74	538
	50m: 30.13	30.13	150m: 1:36.23	33.56	250m: 2:45.31	34.89	350m: 3:55.95	35.46				
	100m: 1:02.67	32.54	200m: 2:10.42	34.19	300m: 3:20.49	35.18	400m: 4:30.56	34.61				
45.	Ruben de Vries	Hellas-Glana				200600497				4:31.51	+0,70	532
	50m: 29.81	29.81	150m: 1:36.57	34.14	250m: 2:45.61	34.54	350m: 3:56.45	35.72				
	100m: 1:02.43	32.62	200m: 2:11.07	34.50	300m: 3:20.73	35.12	400m: 4:31.51	35.06				
46.	Figo van Duuren	ZPCH				200800391				4:31.56	+0,76	532
	50m: 30.48	30.48	150m: 1:40.02	35.16	250m: 2:50.03	35.04	350m: 3:59.56	34.59				
	100m: 1:04.86	34.38	200m: 2:14.99	34.97	300m: 3:24.97	34.94	400m: 4:31.56	32.00				
47.	Felix Gepkens	VZC				200800631				4:32.09	+0,68	529
	50m: 29.54	29.54	150m: 1:37.00	34.32	250m: 2:46.94	34.47	350m: 3:57.79	35.59				
	100m: 1:02.68	33.14	200m: 2:12.47	35.47	300m: 3:22.20	35.26	400m: 4:32.09	34.30				
48.	Mink Hugen	Aqua-Novio'94				200801391				4:32.56	+0,75	526
	50m: 30.38	30.38	150m: 1:38.04	34.32	250m: 2:48.08	35.30	350m: 3:57.98	35.12				
	100m: 1:03.72	33.34	200m: 2:12.78	34.74	300m: 3:22.86	34.78	400m: 4:32.56	34.58				
49.	Julian Prummel	De Otters Het Gooi				200501731				4:32.87	+0,74	524
	50m: 29.44	29.44	150m: 1:35.45	33.79	250m: 2:45.12	34.95	350m: 3:56.91	36.04				
	100m: 1:01.66	32.22	200m: 2:10.17	34.72	300m: 3:20.87	35.75	400m: 4:32.87	35.96				
50.	Vincent Huele	Blue Marlins				200703423				4:33.53	+0,79	520
	50m: 30.33	30.33	150m: 1:38.43	34.62	250m: 2:49.21	35.66	350m: 4:00.01	35.29				
	100m: 1:03.81	33.48	200m: 2:13.55	35.12	300m: 3:24.72	35.51	400m: 4:33.53	33.52				
51.	Laurens Kalle	De Schoteijl				200600161				4:34.83	+0,78	513
	50m: 29.33	29.33	150m: 1:38.70	35.06	250m: 2:50.22	35.48	350m: 4:01.40	34.52				
	100m: 1:03.64	34.31	200m: 2:14.74	36.04	300m: 3:26.88	36.66	400m: 4:34.83	33.43				
52.	Paolo del Villar	PSV				200504559				4:35.44	+0,58	510
	50m: 29.53	29.53	150m: 1:37.51	34.79	250m: 2:48.68	35.92	350m: 4:00.87	35.87				
	100m: 1:02.72	33.19	200m: 2:12.76	35.25	300m: 3:25.00	36.32	400m: 4:35.44	34.57				
53.	Dennis Mosterman	Dedemsvaart-AC				200501283				4:35.62	+0,77	509
	50m: 30.99	30.99	150m: 1:39.24	34.81	250m: 2:49.61	35.60	350m: 4:00.92	35.54				
	100m: 1:04.43	33.44	200m: 2:14.01	34.77	300m: 3:25.38	35.77	400m: 4:35.62	34.70				
54.	Youp Stuifzand	Deltasteur				200800521				4:35.80	+0,72	508
	50m: 29.15	29.15	150m: 1:37.24	34.83	250m: 2:49.59	36.19	350m: 4:01.56	34.91				
	100m: 1:02.41	33.26	200m: 2:13.40	36.16	300m: 3:26.65	37.06	400m: 4:35.80	34.24				
55.	Twan Wielage	KSN (SG)				200902671				4:36.96	+0,79	501
	50m: 30.68	30.68	150m: 1:38.63	34.61	250m: 2:49.55	35.38	350m: 4:02.34	36.35				
	100m: 1:04.02	33.34	200m: 2:14.17	35.54	300m: 3:25.99	36.44	400m: 4:36.96	34.62				
56.	Sem Belmon	PSV				200702099				4:39.29	+0,68	489
	50m: 29.23	29.23	150m: 1:36.57	33.93	250m: 2:47.51	35.58	350m: 4:02.41	37.13				
	100m: 1:02.64	33.41	200m: 2:11.93	35.36	300m: 3:25.28	37.77	400m: 4:39.29	36.88				
57.	Isaak van der Eijk	WZK Zwemmen				200703689				4:40.18	+0,83	484
	50m: 31.08	31.08	150m: 1:40.70	35.52	250m: 2:53.07	36.24	350m: 4:06.21	36.72				
	100m: 1:05.18	34.10	200m: 2:16.83	36.13	300m: 3:29.49	36.42	400m: 4:40.18	33.97				
58.	Koen de Vries	De Reest				200802379				4:41.30	+0,72	478
	50m: 31.96	31.96	150m: 1:42.47	35.65	250m: 2:54.42	36.24	350m: 4:06.85	36.15				
	100m: 1:06.82	34.86	200m: 2:18.18	35.71	300m: 3:30.70	36.28	400m: 4:41.30	34.45				
59.	Twan Hoogervorst	De Columbiaan				200700741				4:41.38	+0,67	478
	50m: 28.92	28.92	150m: 1:36.98	34.87	250m: 2:49.80	36.88	350m: 4:04.80	37.71				
	100m: 1:02.11	33.19	200m: 2:12.92	35.94	300m: 3:27.09	37.29	400m: 4:41.38	36.58				
60.	Lars Jacobsen	DWK				199705453				4:45.37	+0,80	Q 458
	50m: 31.93	31.93	150m: 1:42.12	35.26	250m: 2:55.05	36.56	350m: 4:09.91	37.32			657	
	100m: 1:06.86	34.93	200m: 2:18.49	36.37	300m: 3:32.59	37.54	400m: 4:45.37	35.46				
61.	Thomas Braat	AZC				200802269				4:58.53	+0,79	Q 400
	50m: 31.81	31.81	150m: 1:45.71	37.84	250m: 3:03.26	38.72	350m: 4:21.07	38.79			574	
	100m: 1:07.87	36.06	200m: 2:24.54	38.83	300m: 3:42.28	39.02	400m: 4:58.53	37.46				
62.	Julian Hendriks	TeamNL PARA - De Otters Het Go				200603717				5:12.39	+0,83	Q 349
	50m: 34.22	34.22	150m: 1:49.57	38.18	250m: 3:09.30	40.07	350m: 4:31.23	41.40			670	
	100m: 1:11.39	37.17	200m: 2:29.23	39.66	300m: 3:49.83	40.53	400m: 5:12.39	41.16				
63.	Thijs van Hofweegen	ZPC AMERSFOORT				199605253				5:27.25	+0,80	Q 304
	50m: 33.37	33.37	150m: 1:53.14	40.87	250m: 3:17.00	42.37	350m: 4:44.74	44.37			726	
	100m: 1:12.27	38.90	200m: 2:34.63	41.49	300m: 4:00.37	43.37	400m: 5:27.25	42.51				

Programmanr. 2, Heren, 400m vrije slag, Voorronde, Senioren Open

rang	naam	vereniging						tijd		RT	FINA	para	
64.	Jesse Bruines	Batavia Swim						200402413	S8	5:32.30	+0,72 Q	290	509
	50m:	35.03	35.03	150m:	1:57.89	42.37	250m:	3:24.30	43.18	350m:	4:51.57	43.66	
	100m:	1:15.52	40.49	200m:	2:41.12	43.23	300m:	4:07.91	43.61	400m:	5:32.30	40.73	