

Programmanr. 2
12-6-2025 - 17:15

Heren, 400m vrije slag

Senioren Open
Resultaten Finale

Punten: AQUA 2024

rang	naam	vereniging	tijd	RT	FINA	para
PARA Open						
1.	Bas Takken	TeamNL PARA - De Dolfijn	199901643 S10	4:20.98	+0,73	599 786
	50m: 28.33	28.33 150m: 1:33.05	33.22 250m: 2:40.53	34.59 350m: 3:47.78	33.74	
	100m: 59.83	31.50 200m: 2:05.94	32.89 300m: 3:14.04	33.51 400m: 4:20.98	33.20	
2.	Thijs van Hofweegen	ZPC AMERSFOORT	199605253 S6	5:24.31	+0,81	312 745
	50m: 34.05	34.05 150m: 1:52.41	40.47 250m: 3:15.83	42.19 350m: 4:42.50	43.73	
	100m: 1:11.94	37.89 200m: 2:33.64	41.23 300m: 3:58.77	42.94 400m: 5:24.31	41.81	
3.	Julian Hendriks	TeamNL PARA - De Otters Het Go	200603717 S7	5:08.96	+0,93	361 692
	50m: 35.39	35.39 150m: 1:51.99	38.91 250m: 3:10.16	39.27 350m: 4:29.72	40.02	
	100m: 1:13.08	37.69 200m: 2:30.89	38.90 300m: 3:49.70	39.54 400m: 5:08.96	39.24	
4.	Lars Jacobsen	DWK	199705453 S14	4:46.94	+0,83	451 646
	50m: 30.47	30.47 150m: 1:42.00	36.28 250m: 2:57.02	37.80 350m: 4:11.79	37.01	
	100m: 1:05.72	35.25 200m: 2:19.22	37.22 300m: 3:34.78	37.76 400m: 4:46.94	35.15	
5.	Thomas Braat	AZC	200802269 S14	5:02.96	+0,86	383 549
	50m: 32.13	32.13 150m: 1:49.12	39.43 250m: 3:07.98	39.20 350m: 4:26.21	38.93	
	100m: 1:09.69	37.56 200m: 2:28.78	39.66 300m: 3:47.28	39.30 400m: 5:02.96	36.75	
6.	Jesse Bruines	Batavia Swim	200402413 S8	5:30.85	+0,76	294 516
	50m: 35.25	35.25 150m: 1:57.41	42.25 250m: 3:22.90	43.09 350m: 4:50.00	43.70	
	100m: 1:15.16	39.91 200m: 2:39.81	42.40 300m: 4:06.30	43.40 400m: 5:30.85	40.85	

Senioren Open

Finale A

1.	Tiago Fonseca Gomes	Team NL - PSV	200703587	3:54.24	+0,58	829
	50m: 27.25	27.25 150m: 1:26.65	29.83 250m: 2:26.54	29.95 350m: 3:25.81	29.26	
	100m: 56.82	29.57 200m: 1:56.59	29.94 300m: 2:56.55	30.01 400m: 3:54.24	28.43	
2.	Sander Crooijmans	Aqua-Novio'94	200100383	3:54.27	+0,73	828
	50m: 27.74	27.74 150m: 1:26.84	29.59 250m: 2:26.56	29.81 350m: 3:25.73	29.53	
	100m: 57.25	29.51 200m: 1:56.75	29.91 300m: 2:56.20	29.64 400m: 3:54.27	28.54	
3.	Émile Fouzaï	ZPC AMERSFOORT	200500263	3:58.53	+0,68	785
	50m: 27.40	27.40 150m: 1:27.58	30.19 250m: 2:27.99	30.08 350m: 3:28.35	30.17	
	100m: 57.39	29.99 200m: 1:57.91	30.33 300m: 2:58.18	30.19 400m: 3:58.53	30.18	
4.	Austin Namesnik	ZPC AMERSFOORT	200101817	4:00.37	+0,67	767
	50m: 27.08	27.08 150m: 1:28.12	30.65 250m: 2:30.09	31.09 350m: 3:31.25	29.83	
	100m: 57.47	30.39 200m: 1:59.00	30.88 300m: 3:01.42	31.33 400m: 4:00.37	29.12	
5.	Bram Loots	Team NL - Team Noord-Holland (S200700197		4:03.01	+0,69	742
	50m: 27.88	27.88 150m: 1:29.67	30.89 250m: 2:31.62	31.01 350m: 3:33.64	30.57	
	100m: 58.78	30.90 200m: 2:00.61	30.94 300m: 3:03.07	31.45 400m: 4:03.01	29.37	
6.	Tieme Wiersma	DZ&PC	200701031	4:03.16	+0,76	741
	50m: 27.78	27.78 150m: 1:28.46	30.64 250m: 2:30.88	31.45 350m: 3:33.70	31.23	
	100m: 57.82	30.04 200m: 1:59.43	30.97 300m: 3:02.47	31.59 400m: 4:03.16	29.46	
7.	Martijn Nies	PSV	200902095	4:05.66	+0,62	718
	50m: 27.24	27.24 150m: 1:28.17	30.55 250m: 2:30.45	31.12 350m: 3:34.01	31.66	
	100m: 57.62	30.38 200m: 1:59.33	31.16 300m: 3:02.35	31.90 400m: 4:05.66	31.65	
8.	Wouter Zijlstra	HZ&PC Heerenveen	200401545	4:08.29	+0,61	696
	50m: 27.99	27.99 150m: 1:30.51	31.73 250m: 2:34.21	31.74 350m: 3:37.37	31.08	
	100m: 58.78	30.79 200m: 2:02.47	31.96 300m: 3:06.29	32.08 400m: 4:08.29	30.92	
9.	Lucas van Rooij	PSV	200603943	4:08.82	+0,67	691
	50m: 28.05	28.05 150m: 1:29.21	30.81 250m: 2:32.81	31.91 350m: 3:37.35	32.24	
	100m: 58.40	30.35 200m: 2:00.90	31.69 300m: 3:05.11	32.30 400m: 4:08.82	31.47	
10.	Diede Veld	HZ&PC Heerenveen	200800011	4:11.95	+0,75	666
	50m: 28.19	28.19 150m: 1:30.77	31.52 250m: 2:35.08	32.11 350m: 3:40.39	32.22	
	100m: 59.25	31.06 200m: 2:02.97	32.20 300m: 3:08.17	33.09 400m: 4:11.95	31.56	

Finale B

11.	Bas Mostert	VZC	200800629	4:10.21	+0,64	680
	50m: 28.38	28.38 150m: 1:31.24	32.18 250m: 2:35.98	32.60 350m: 3:39.80	31.33	
	100m: 59.06	30.68 200m: 2:03.38	32.14 300m: 3:08.47	32.49 400m: 4:10.21	30.41	
12.	Milan Veelders	OZ&PC	200800279	4:11.21	+0,75	672
	50m: 28.65	28.65 150m: 1:32.72	31.97 250m: 2:36.52	31.53 350m: 3:40.20	31.66	
	100m: 1:00.75	32.10 200m: 2:04.99	32.27 300m: 3:08.54	32.02 400m: 4:11.21	31.01	

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

rang	naam	vereniging				tijd				RT	FINA	para
13.	Xiaoyu Yin	Blue Marlins				200803363				4:14.30	+0,67	648
	50m:	28.13	28.13	150m:	1:31.41	32.21	250m:	2:35.98	32.37	350m:	3:41.26	33.00
	100m:	59.20	31.07	200m:	2:03.61	32.20	300m:	3:08.26	32.28	400m:	4:14.30	33.04
14.	Rens Stijf	ZPC AMERSFOORT				200501419				4:14.83	+0,70	644
	50m:	28.06	28.06	150m:	1:32.48	32.50	250m:	2:37.75	32.27	350m:	3:42.48	32.48
	100m:	59.98	31.92	200m:	2:05.48	33.00	300m:	3:10.00	32.25	400m:	4:14.83	32.35
15.	Thijs Wellink	ZPC AMERSFOORT				200600715				4:17.66	+0,70	623
	50m:	27.93	27.93	150m:	1:32.61	32.75	250m:	2:38.92	33.01	350m:	3:45.64	33.23
	100m:	59.86	31.93	200m:	2:05.91	33.30	300m:	3:12.41	33.49	400m:	4:17.66	32.02
16.	Darren Chen	ZPC AMERSFOORT				200001149				4:18.55	+0,66	616
	50m:	28.52	28.52	150m:	1:33.79	33.34	250m:	2:39.49	32.65	350m:	3:45.96	32.81
	100m:	1:00.45	31.93	200m:	2:06.84	33.05	300m:	3:13.15	33.66	400m:	4:18.55	32.59
17.	Luuk Ruinemans	De Dinkel				200301085				4:20.57	+0,82	602
	50m:	28.70	28.70	150m:	1:34.69	33.13	250m:	2:41.76	33.47	350m:	3:48.13	32.93
	100m:	1:01.56	32.86	200m:	2:08.29	33.60	300m:	3:15.20	33.44	400m:	4:20.57	32.44
18.	Melle van Veen	Dedemsvaart-AC				200700661				4:23.33	+0,71	583
	50m:	28.75	28.75	150m:	1:34.49	33.35	250m:	2:42.48	33.99	350m:	3:51.22	34.65
	100m:	1:01.14	32.39	200m:	2:08.49	34.00	300m:	3:16.57	34.09	400m:	4:23.33	32.11
19.	Rik Doornenbal	Blue Marlins				199803871				4:24.30	+0,62	577
	50m:	28.77	28.77	150m:	1:34.12	33.33	250m:	2:42.36	34.25	350m:	3:50.85	34.13
	100m:	1:00.79	32.02	200m:	2:08.11	33.99	300m:	3:16.72	34.36	400m:	4:24.30	33.45
20.	Bram ter Braak	De Dinkel				200800281				4:27.90	+0,74	554
	50m:	29.29	29.29	150m:	1:35.91	33.91	250m:	2:44.09	34.16	350m:	3:54.24	34.67
	100m:	1:02.00	32.71	200m:	2:09.93	34.02	300m:	3:19.57	35.48	400m:	4:27.90	33.66
NG.ZA	Koen Marsman	Team NL - ZPC AMERSFOORT				200502763				DIS		