

Open Nederlandse Kampioenschappen lange baan & European Swimming Trials 2026
Eindhoven, 2- - 5-7-2026



Programmanr. 41
5-7-2026 - 10:48

Heren, 400m wisselslag

Senioren Open
Resultaten Voorronde

Punten: AQUA 2025

rang	naam	vereniging						tijd		RT	FINA	para
Onder 18												
1.	Martijn Nies	PSV						200902095		4:32.89 *	+0,70	A 701
	50m: 27.82	27.82	150m: 1:35.15	34.86	250m: 2:49.35	39.26	350m: 4:02.35	31.85				
	100m: 1:00.29	32.47	200m: 2:10.09	34.94	300m: 3:30.50	41.15	400m: 4:32.89	30.54				
2.	Yarno van Dam	ACZ						200800115		4:35.66	+0,67	A 680
	50m: 28.22	28.22	150m: 1:35.46	34.81	250m: 2:50.80	40.36	350m: 4:04.09	31.53				
	100m: 1:00.65	32.43	200m: 2:10.44	34.98	300m: 3:32.56	41.76	400m: 4:35.66	31.57				
3.	Stefan van der Meer	VZC						200901361		4:44.27	+0,62	B 620
	50m: 28.55	28.55	150m: 1:39.04	37.09	250m: 2:56.74	40.85	350m: 4:11.66	33.61				
	100m: 1:01.95	33.40	200m: 2:15.89	36.85	300m: 3:38.05	41.31	400m: 4:44.27	32.61				
4.	Diede Veld	HZ&PC Heerenveen						200800011		4:44.40	+0,61	B 619
	50m: 28.25	28.25	150m: 1:39.18	37.81	250m: 2:59.92	42.47	350m: 4:14.39	30.93				
	100m: 1:01.37	33.12	200m: 2:17.45	38.27	300m: 3:43.46	43.54	400m: 4:44.40	30.01				
5.	Finn Stamsnieder	OZ&PC						200900225		4:50.38	+0,70	B 582
	50m: 28.93	28.93	150m: 1:42.36	37.53	250m: 3:01.47	42.45	350m: 4:17.53	33.90				
	100m: 1:04.83	35.90	200m: 2:19.02	36.66	300m: 3:43.63	42.16	400m: 4:50.38	32.85				
6.	Teun van Weeren	OZ&PC						200801145		4:58.10	+0,58	538
	50m: 30.62	30.62	150m: 1:45.64	39.96	250m: 3:07.80	42.99	350m: 4:24.97	33.98				
	100m: 1:05.68	35.06	200m: 2:24.81	39.17	300m: 3:50.99	43.19	400m: 4:58.10	33.13				
7.	Steven Knol	De Dolfijn						200900543		4:59.86	+0,70	528
	50m: 30.88	30.88	150m: 1:47.36	39.90	250m: 3:10.30	45.19	350m: 4:28.97	33.15				
	100m: 1:07.46	36.58	200m: 2:25.11	37.75	300m: 3:55.82	45.52	400m: 4:59.86	30.89				
8.	Adriaan Coppelmans	AZC						200903243		5:00.48	+0,68	525
	50m: 30.85	30.85	150m: 1:47.36	38.39	250m: 3:08.57	43.08	350m: 4:27.65	34.65				
	100m: 1:08.97	38.12	200m: 2:25.49	38.13	300m: 3:53.00	44.43	400m: 5:00.48	32.83				
9.	Xander Kragting	ZPC AMERSFOORT						200900077		5:01.70	+0,75	519
	50m: 29.52	29.52	150m: 1:45.56	39.83	250m: 3:08.25	44.53	350m: 4:28.47	34.51				
	100m: 1:05.73	36.21	200m: 2:23.72	38.16	300m: 3:53.96	45.71	400m: 5:01.70	33.23				
10.	Timo Berghuis	DWK						200801991		5:04.04	+0,74	507
	50m: 30.17	30.17	150m: 1:47.85	41.20	250m: 3:11.90	44.00	350m: 4:30.71	34.36				
	100m: 1:06.65	36.48	200m: 2:27.90	40.05	300m: 3:56.35	44.45	400m: 5:04.04	33.33				
11.	Fedor Sazonov	PSV						200900707		5:05.48	+0,68	500
	50m: 32.05	32.05	150m: 1:49.79	40.92	250m: 3:13.35	43.39	350m: 4:33.68	36.94				
	100m: 1:08.87	36.82	200m: 2:29.96	40.17	300m: 3:56.74	43.39	400m: 5:05.48	31.80				
12.	Mike Hilders	De Dolfijn						200900281		5:06.75	+0,56	494
	50m: 30.62	30.62	150m: 1:46.62	40.02	250m: 3:11.19	44.93	350m: 4:32.05	35.12				
	100m: 1:06.60	35.98	200m: 2:26.26	39.64	300m: 3:56.93	45.74	400m: 5:06.75	34.70				
13.	Wessel van Dorst	Aqua-Novio'94						200900727		5:07.06	+0,66	492
	50m: 29.43	29.43	150m: 1:45.66	40.71	250m: 3:13.47	49.16	350m: 4:35.32	32.73				
	100m: 1:04.95	35.52	200m: 2:24.31	38.65	300m: 4:02.59	49.12	400m: 5:07.06	31.74				
14.	Koen de Vries	De Reest						200802379		5:07.12	+0,76	492
	50m: 31.11	31.11	150m: 1:49.54	41.33	250m: 3:13.62	42.39	350m: 4:32.90	34.90				
	100m: 1:08.21	37.10	200m: 2:31.23	41.69	300m: 3:58.00	44.38	400m: 5:07.12	34.22				
15.	Aidan van der Stelt	Blue Marlins						200900901		5:08.07	+0,75	487
	50m: 30.91	30.91	150m: 1:48.21	40.05	250m: 3:13.29	45.19	350m: 4:34.95	36.86				
	100m: 1:08.16	37.25	200m: 2:28.10	39.89	300m: 3:58.09	44.80	400m: 5:08.07	33.12				
16.	Duuk Harms	Dedemsvaart-AC						200900201		5:11.04	+0,63	473
	50m: 32.85	32.85	150m: 1:51.46	39.15	250m: 3:14.54	43.05	350m: 4:35.95	37.26				
	100m: 1:12.31	39.46	200m: 2:31.49	40.03	300m: 3:58.69	44.15	400m: 5:11.04	35.09				
17.	Pelle Schrieken	VZC						200801595		5:11.89	+0,62	470
	50m: 30.90	30.90	150m: 1:49.38	41.62	250m: 3:14.58	44.81	350m: 4:37.23	37.09				
	100m: 1:07.76	36.86	200m: 2:29.77	40.39	300m: 4:00.14	45.56	400m: 5:11.89	34.66				
18.	Bjorn Scholten	WS Twente						200801143		5:12.27	+0,74	468
	50m: 31.74	31.74	150m: 1:45.99	37.83	250m: 3:13.77	50.27	350m: 4:39.38	35.54				
	100m: 1:08.16	36.42	200m: 2:23.50	37.51	300m: 4:03.84	50.07	400m: 5:12.27	32.89				
19.	Seth van den Dool	Blue Marlins						200803809		5:13.20	+0,72	464
	50m: 31.61	31.61	150m: 1:54.55	42.14	250m: 3:18.08	42.26	350m: 4:38.22	36.23				
	100m: 1:12.41	40.80	200m: 2:35.82	41.27	300m: 4:01.99	43.91	400m: 5:13.20	34.98				

B = Bonus inschrijving

Open Nederlandse Kampioenschappen lange baan & European Swimming Trials 2026
Eindhoven, 2- - 5-7-2026



Programmanr. 41, Jongens, 400m wisselslag, Voorronde, Onder 18

rang	naam	vereniging				tijd				RT	FINA	para
20.	Sven Mulder	WVZ				200901655				5:15.52	453	
	50m: 32.34	32.34	150m: 1:52.20	39.27	250m: 3:18.56	47.58	350m: 4:41.09	35.39				
	100m: 1:12.93	40.59	200m: 2:30.98	38.78	300m: 4:05.70	47.14	400m: 5:15.52	34.43				
21.	Paul Ruitenbergh	Wiekslag				200900979				5:17.54 +0,73	445	
	50m: 30.90	30.90	150m: 1:51.78	43.09	250m: 3:19.29	44.90	350m: 4:42.10	36.85				
	100m: 1:08.69	37.79	200m: 2:34.39	42.61	300m: 4:05.25	45.96	400m: 5:17.54	35.44				
22.	Arthur Alberts	ZVZ				200900239				5:18.19 +0,70	442	
	50m: 31.85	31.85	150m: 1:51.38	40.16	250m: 3:17.05	46.11	350m: 4:42.11	37.95				
	100m: 1:11.22	39.37	200m: 2:30.94	39.56	300m: 4:04.16	47.11	400m: 5:18.19	36.08				
23.	Lars de Kooter	De Biesboschzwemmers				200800185				5:18.50 +0,68	441	
	50m: 33.67	33.67	150m: 1:58.75	42.86	250m: 3:21.48	40.61	350m: 4:42.15	37.76				
	100m: 1:15.89	42.22	200m: 2:40.87	42.12	300m: 4:04.39	42.91	400m: 5:18.50	36.35				
24.	Figo van Duuren	ZPCH				200800391				5:18.55 +0,63	441	
	50m: 32.18	32.18	150m: 1:53.53	40.42	250m: 3:21.11	47.96	350m: 4:44.88	34.88				
	100m: 1:13.11	40.93	200m: 2:33.15	39.62	300m: 4:10.00	48.89	400m: 5:18.55	33.67				
25.	Thomas Nauta	Arethusa				200900339				5:20.14 +0,54	434	
	50m: 35.23	35.23	150m: 2:01.34	41.42	250m: 3:24.04	42.55	350m: 4:44.96	36.52				
	100m: 1:19.92	44.69	200m: 2:41.49	40.15	300m: 4:08.44	44.40	400m: 5:20.14	35.18				
26.	Stephan Sjeptoera	HZPC				200800871				5:23.98 +0,67	419	
	50m: 34.25	34.25	150m: 1:58.78	41.67	250m: 3:23.19	42.96	350m: 4:46.94	38.80				
	100m: 1:17.11	42.86	200m: 2:40.23	41.45	300m: 4:08.14	44.95	400m: 5:23.98	37.04				
27.	Felix Gepkens	VZC				200800631				5:24.23 +0,67	418	
	50m: 30.64	30.64	150m: 1:49.56	41.55	250m: 3:18.26	47.88	350m: 4:47.33	38.93				
	100m: 1:08.01	37.37	200m: 2:30.38	40.82	300m: 4:08.40	50.14	400m: 5:24.23	36.90				
28.	Ruben Nooter	Dedemsvaart-AC				200901577				5:30.37 +0,60	395	
	50m: 31.56	31.56	150m: 1:56.80	43.40	250m: 3:25.41	46.59	350m: 4:52.98	39.51				
	100m: 1:13.40	41.84	200m: 2:38.82	42.02	300m: 4:13.47	48.06	400m: 5:30.37	37.39				
AFGEM NG	Frits Hoeflaken	PSV				200804101						
	Twan Wielage	KSN (SG)				200902671						

Onder 20

1.	Boele Böhm	Blue Marlins				200700739				4:38.35 +0,64 A	661	
	50m: 28.87	28.87	150m: 1:38.90	36.74	250m: 2:56.17	40.93	350m: 4:08.84	30.24				
	100m: 1:02.16	33.29	200m: 2:15.24	36.34	300m: 3:38.60	42.43	400m: 4:38.35	29.51				
2.	Olivier Wilbers	De Dolfijn				200600181				4:41.23 +0,72 A	641	
	50m: 30.32	30.32	150m: 1:40.66	36.09	250m: 2:57.77	41.25	350m: 4:10.91	31.37				
	100m: 1:04.57	34.25	200m: 2:16.52	35.86	300m: 3:39.54	41.77	400m: 4:41.23	30.32				
3.	Tijn Hilders	De Dolfijn				200700027				4:43.61 +0,61 B	625	
	50m: 28.33	28.33	150m: 1:41.12	38.22	250m: 2:57.86	38.38	350m: 4:11.14	33.10				
	100m: 1:02.90	34.57	200m: 2:19.48	38.36	300m: 3:38.04	40.18	400m: 4:43.61	32.47				
4.	Jasper Thijert	WS Twente				200700321				4:47.18 +0,69 B	602	
	50m: 30.44	30.44	150m: 1:46.37	39.54	250m: 3:02.80	38.23	350m: 4:15.63	34.05				
	100m: 1:06.83	36.39	200m: 2:24.57	38.20	300m: 3:41.58	38.78	400m: 4:47.18	31.55				
5.	Denzel Barthen	WVZ				200700147				4:53.46 +0,76 B	564	
	50m: 28.71	28.71	150m: 1:41.75	38.22	250m: 3:01.45	42.29	350m: 4:19.92	34.59				
	100m: 1:03.53	34.82	200m: 2:19.16	37.41	300m: 3:45.33	43.88	400m: 4:53.46	33.54				
6.	Jesse Marijn Thimister	ZEPS				200602893				4:59.47 +0,69	530	
	50m: 31.72	31.72	150m: 1:51.55	42.14	250m: 3:12.27	39.25	350m: 4:27.37	34.15				
	100m: 1:09.41	37.69	200m: 2:33.02	41.47	300m: 3:53.22	40.95	400m: 4:59.47	32.10				
7.	Lou van Leeuwen	De Dolfijn				200702779				5:01.49	520	
	50m: 29.83	29.83	150m: 1:45.96	40.51	250m: 3:08.77	42.66	350m: 4:27.72	35.09				
	100m: 1:05.45	35.62	200m: 2:26.11	40.15	300m: 3:52.63	43.86	400m: 5:01.49	33.77				
8.	Emiel de Bruijn	DZ&PC				200700953				5:01.79 +0,73	518	
	50m: 30.00	30.00	150m: 1:50.32	43.97	250m: 3:12.18	39.85	350m: 4:29.11	35.61				
	100m: 1:06.35	36.35	200m: 2:32.33	42.01	300m: 3:53.50	41.32	400m: 5:01.79	32.68				
9.	Odo McCarthy	ZV Overbetuwe				200700307				5:05.75 +0,61	498	
	50m: 30.79	30.79	150m: 1:48.21	39.76	250m: 3:09.18	42.01	350m: 4:30.27	36.81				
	100m: 1:08.45	37.66	200m: 2:27.17	38.96	300m: 3:53.46	44.28	400m: 5:05.75	35.48				
10.	Storm Tolsma	DZ&PC				200600277				5:05.98 +0,75	497	
	50m: 31.05	31.05	150m: 1:50.85	41.67	250m: 3:13.47	42.24	350m: 4:31.37	35.50				
	100m: 1:09.18	38.13	200m: 2:31.23	40.38	300m: 3:55.87	42.40	400m: 5:05.98	34.61				

B = Bonus inschrijving

Open Nederlandse Kampioenschappen lange baan & European Swimming Trials 2026
Eindhoven, 2- - 5-7-2026



Programmanr. 41, Heren, 400m wisselslag, Voorronde, Onder 20

rang	naam	vereniging				tijd				RT	FINA	para
11.	Milco Matla	PSV				200600555				5:08.46	+0,75	485
	50m: 29.46	29.46	150m: 1:45.91	41.41	250m: 3:10.90	44.77	350m: 4:33.39	36.62				
	100m: 1:04.50	35.04	200m: 2:26.13	40.22	300m: 3:56.77	45.87	400m: 5:08.46	35.07				
12.	Niek Vreeling	OZ&PC				200604211				5:12.70	+0,62	466
	50m: 31.87	31.87	150m: 1:52.15	41.02	250m: 3:18.04	45.46	350m: 4:38.88	34.79				
	100m: 1:11.13	39.26	200m: 2:32.58	40.43	300m: 4:04.09	46.05	400m: 5:12.70	33.82				
13.	Jesse Jacobs	HZPC				200700407				5:13.54	+0,70	462
	50m: 32.02	32.02	150m: 1:50.38	40.50	250m: 3:14.45	43.86	350m: 4:37.46	36.96				
	100m: 1:09.88	37.86	200m: 2:30.59	40.21	300m: 4:00.50	46.05	400m: 5:13.54	36.08				
14.	Jelle Huntjens	Hellas-Glana				200604257				5:13.69	+0,72	461
	50m: 31.55	31.55	150m: 1:52.11	42.40	250m: 3:16.45	43.14	350m: 4:37.62	36.71				
	100m: 1:09.71	38.16	200m: 2:33.31	41.20	300m: 4:00.91	44.46	400m: 5:13.69	36.07				
15.	Tim Zuurman	Dedemsvaart-AC				200700131				5:16.01	+0,67	451
	50m: 33.04	33.04	150m: 1:53.23	39.69	250m: 3:18.65	45.63	350m: 4:40.95	36.10				
	100m: 1:13.54	40.50	200m: 2:33.02	39.79	300m: 4:04.85	46.20	400m: 5:16.01	35.06				
AFGEM	Tieme Wiersma	DZ&PC				200701031						
AFGEM	Léon van Grevenbroek	CWW				200601323						
NG	Jesse van der Meij	De Dolfijn				200600841						

Senioren Open

1.	Thomas Jansen	Team NL - WVZ				200100143		4:23.08		+0,74	A	783
	50m: 27.29	27.29	150m: 1:33.07	34.53	250m: 2:42.89	36.06	350m: 3:52.27	32.24				
	100m: 58.54	31.25	200m: 2:06.83	33.76	300m: 3:20.03	37.14	400m: 4:23.08	30.81				
2.	Youri Voet	ZPC AMERSFOORT				200502269		4:30.66		+0,65	A	719
	50m: 27.67	27.67	150m: 1:36.67	36.32	250m: 2:50.32	38.71	350m: 4:00.11	32.09				
	100m: 1:00.35	32.68	200m: 2:11.61	34.94	300m: 3:28.02	37.70	400m: 4:30.66	30.55				
3.	Martijn Nies	PSV				200902095		4:32.89 *		+0,70	A	701
	50m: 27.82	27.82	150m: 1:35.15	34.86	250m: 2:49.35	39.26	350m: 4:02.35	31.85				
	100m: 1:00.29	32.47	200m: 2:10.09	34.94	300m: 3:30.50	41.15	400m: 4:32.89	30.54				
4.	Toby Godsell	Aquatics GB						4:33.14		+0,69	A	699
	50m: 27.61	27.61	150m: 1:34.16	34.27	250m: 2:46.24	37.94	350m: 3:59.80	34.06				
	100m: 59.89	32.28	200m: 2:08.30	34.14	300m: 3:25.74	39.50	400m: 4:33.14	33.34				
5.	Ben Vester	Germany						4:33.55		+0,64	A	696
	50m: 27.34	27.34	150m: 1:36.00	35.95	250m: 2:49.19	38.22	350m: 4:01.62	33.14				
	100m: 1:00.05	32.71	200m: 2:10.97	34.97	300m: 3:28.48	39.29	400m: 4:33.55	31.93				
6.	Yarno van Dam	ACZ				200800115		4:35.66		+0,67	A	680
	50m: 28.22	28.22	150m: 1:35.46	34.81	250m: 2:50.80	40.36	350m: 4:04.09	31.53				
	100m: 1:00.65	32.43	200m: 2:10.44	34.98	300m: 3:32.56	41.76	400m: 4:35.66	31.57				
7.	Boele Böhm	Blue Marlins				200700739		4:38.35		+0,64	A	661
	50m: 28.87	28.87	150m: 1:38.90	36.74	250m: 2:56.17	40.93	350m: 4:08.84	30.24				
	100m: 1:02.16	33.29	200m: 2:15.24	36.34	300m: 3:38.60	42.43	400m: 4:38.35	29.51				
8.	Marcos Echevarria Polo	Aqua-Novio'94				200005935		4:40.34		+0,69	A	647
	50m: 29.50	29.50	150m: 1:39.90	36.84	250m: 2:55.93	39.41	350m: 4:09.12	32.55				
	100m: 1:03.06	33.56	200m: 2:16.52	36.62	300m: 3:36.57	40.64	400m: 4:40.34	31.22				
9.	Olivier Wilbers	De Dolfijn				200600181		4:41.23		+0,72	A	641
	50m: 30.32	30.32	150m: 1:40.66	36.09	250m: 2:57.77	41.25	350m: 4:10.91	31.37				
	100m: 1:04.57	34.25	200m: 2:16.52	35.86	300m: 3:39.54	41.77	400m: 4:41.23	30.32				
10.	Wouter Zijlstra	HZ&PC Heerenveen				200401545		4:41.26		+0,66	A	640
	50m: 28.64	28.64	150m: 1:40.00	37.72	250m: 2:56.65	39.91	350m: 4:10.25	32.69				
	100m: 1:02.28	33.64	200m: 2:16.74	36.74	300m: 3:37.56	40.91	400m: 4:41.26	31.01				
11.	Hendrik Bechtel	Team Bochum				326068		4:41.44		+0,64	B	639
	50m: 28.30	28.30	150m: 1:40.07	39.44	250m: 2:57.80	39.47	350m: 4:10.99	33.11				
	100m: 1:00.63	32.33	200m: 2:18.33	38.26	300m: 3:37.88	40.08	400m: 4:41.44	30.45				
12.	Sven Klink	SWOL 1894				200500349		4:42.95		+0,73	B	629
	50m: 28.18	28.18	150m: 1:38.03	36.44	250m: 2:55.02	40.56	350m: 4:10.51	33.78				
	100m: 1:01.59	33.41	200m: 2:14.46	36.43	300m: 3:36.73	41.71	400m: 4:42.95	32.44				
13.	Tijn Hilders	De Dolfijn				200700027		4:43.61		+0,61	B	625
	50m: 28.33	28.33	150m: 1:41.12	38.22	250m: 2:57.86	38.38	350m: 4:11.14	33.10				
	100m: 1:02.90	34.57	200m: 2:19.48	38.36	300m: 3:38.04	40.18	400m: 4:43.61	32.47				
14.	Stefan van der Meer	VZC				200901361		4:44.27		+0,62	B	620
	50m: 28.55	28.55	150m: 1:39.04	37.09	250m: 2:56.74	40.85	350m: 4:11.66	33.61				
	100m: 1:01.95	33.40	200m: 2:15.89	36.85	300m: 3:38.05	41.31	400m: 4:44.27	32.61				

B = Bonus inschrijving

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rang	naam	vereniging		tijd		RT	FINA	para
15.	Diede Veld	HZ&PC Heerenveen		200800011		4:44.40	+0,61	B 619
	50m: 28.25	28.25	150m: 1:39.18	37.81	250m: 2:59.92	42.47	350m: 4:14.39	30.93
	100m: 1:01.37	33.12	200m: 2:17.45	38.27	300m: 3:43.46	43.54	400m: 4:44.40	30.01
16.	Samuel McAvoy	Limmat Sharks Zürich		4489		4:44.70	+0,62	B 617
	50m: 29.55	29.55	150m: 1:41.85	37.13	250m: 2:56.98	39.79	350m: 4:11.75	33.03
	100m: 1:04.72	35.17	200m: 2:17.19	35.34	300m: 3:38.72	41.74	400m: 4:44.70	32.95
17.	Simon Kelly	Limmat Sharks Zürich		111808		4:46.82	+0,62	B 604
	50m: 29.42	29.42	150m: 1:41.70	37.84	250m: 2:57.84	38.64	350m: 4:13.31	35.62
	100m: 1:03.86	34.44	200m: 2:19.20	37.50	300m: 3:37.69	39.85	400m: 4:46.82	33.51
18.	Jasper Thijert	WS Twente		200700321		4:47.18	+0,69	B 602
	50m: 30.44	30.44	150m: 1:46.37	39.54	250m: 3:02.80	38.23	350m: 4:15.63	34.05
	100m: 1:06.83	36.39	200m: 2:24.57	38.20	300m: 3:41.58	38.78	400m: 4:47.18	31.55
19.	Finn Stamsnieder	OZ&PC		200900225		4:50.38	+0,70	B 582
	50m: 28.93	28.93	150m: 1:42.36	37.53	250m: 3:01.47	42.45	350m: 4:17.53	33.90
	100m: 1:04.83	35.90	200m: 2:19.02	36.66	300m: 3:43.63	42.16	400m: 4:50.38	32.85
20.	Denzel Barthen	WVZ		200700147		4:53.46	+0,76	B 564
	50m: 28.71	28.71	150m: 1:41.75	38.22	250m: 3:01.45	42.29	350m: 4:19.92	34.59
	100m: 1:03.53	34.82	200m: 2:19.16	37.41	300m: 3:45.33	43.88	400m: 4:53.46	33.54
21.	Ronis van Everdingen	DWK		200300043		4:54.50	+0,84	R 558
	50m: 28.85	28.85	150m: 1:42.55	39.04	250m: 3:02.77	42.30	350m: 4:20.53	35.45
	100m: 1:03.51	34.66	200m: 2:20.47	37.92	300m: 3:45.08	42.31	400m: 4:54.50	33.97
22.	Nicko Kamphuis	ACZ		199900887		4:55.12	+0,56	R 554
	50m: 29.28	29.28	150m: 1:44.90	39.59	250m: 3:05.02	40.42	350m: 4:21.57	34.93
	100m: 1:05.31	36.03	200m: 2:24.60	39.70	300m: 3:46.64	41.62	400m: 4:55.12	33.55
23.	Kasper Lubbers	Orca		201100025		4:56.71	+0,63	545
	50m: 32.37	32.37	150m: 1:47.59	37.61	250m: 3:05.51	41.36	350m: 4:23.14	35.45
	100m: 1:09.98	37.61	200m: 2:24.15	36.56	300m: 3:47.69	42.18	400m: 4:56.71	33.57
24.	Teun van Weeren	OZ&PC		200801145		4:58.10	+0,58	538
	50m: 30.62	30.62	150m: 1:45.64	39.96	250m: 3:07.80	42.99	350m: 4:24.97	33.98
	100m: 1:05.68	35.06	200m: 2:24.81	39.17	300m: 3:50.99	43.19	400m: 4:58.10	33.13
25.	Martijn Velders	Aqua-Novio'94		199502619		4:58.90	+0,68	534
	50m: 32.29	32.29	150m: 1:52.94	42.53	250m: 3:12.77	38.18	350m: 4:25.76	34.25
	100m: 1:10.41	38.12	200m: 2:34.59	41.65	300m: 3:51.51	38.74	400m: 4:58.90	33.14
26.	Jesse Marijn Thimister	ZEPS		200602893		4:59.47	+0,69	530
	50m: 31.72	31.72	150m: 1:51.55	42.14	250m: 3:12.27	39.25	350m: 4:27.37	34.15
	100m: 1:09.41	37.69	200m: 2:33.02	41.47	300m: 3:53.22	40.95	400m: 4:59.47	32.10
27.	Steven Knol	De Dolfijn		200900543		4:59.86	+0,70	528
	50m: 30.88	30.88	150m: 1:47.36	39.90	250m: 3:10.30	45.19	350m: 4:28.97	33.15
	100m: 1:07.46	36.58	200m: 2:25.11	37.75	300m: 3:55.82	45.52	400m: 4:59.86	30.89
28.	Adriaan Coppelmans	AZC		200903243		5:00.48	+0,68	525
	50m: 30.85	30.85	150m: 1:47.36	38.39	250m: 3:08.57	43.08	350m: 4:27.65	34.65
	100m: 1:08.97	38.12	200m: 2:25.49	38.13	300m: 3:53.00	44.43	400m: 5:00.48	32.83
29.	Darren Chen	ZPC AMERSFOORT		200001149		5:00.53	+0,63	525
	50m: 30.16	30.16	150m: 1:44.99	39.56	250m: 3:07.56	43.13	350m: 4:27.15	34.82
	100m: 1:05.43	35.27	200m: 2:24.43	39.44	300m: 3:52.33	44.77	400m: 5:00.53	33.38
30.	Lou van Leeuwen	De Dolfijn		200702779		5:01.49		520
	50m: 29.83	29.83	150m: 1:45.96	40.51	250m: 3:08.77	42.66	350m: 4:27.72	35.09
	100m: 1:05.45	35.62	200m: 2:26.11	40.15	300m: 3:52.63	43.86	400m: 5:01.49	33.77
31.	Xander Kragting	ZPC AMERSFOORT		200900077		5:01.70	+0,75	519
	50m: 29.52	29.52	150m: 1:45.56	39.83	250m: 3:08.25	44.53	350m: 4:28.47	34.51
	100m: 1:05.73	36.21	200m: 2:23.72	38.16	300m: 3:53.96	45.71	400m: 5:01.70	33.23
32.	Emiel de Bruijn	DZ&PC		200700953		5:01.79	+0,73	518
	50m: 30.00	30.00	150m: 1:50.32	43.97	250m: 3:12.18	39.85	350m: 4:29.11	35.61
	100m: 1:06.35	36.35	200m: 2:32.33	42.01	300m: 3:53.50	41.32	400m: 5:01.79	32.68
33.	Gabrielius Malunavicius	Sostines sporto centras				5:02.69	+0,49	514
	50m: 31.22	31.22	150m: 1:46.18	37.82	250m: 3:08.79	44.83	350m: 4:28.82	34.48
	100m: 1:08.36	37.14	200m: 2:23.96	37.78	300m: 3:54.34	45.55	400m: 5:02.69	33.87
34.	Jeffrey Camphens	Aqua-Novio'94		199503113		5:03.57	+0,70	509
	50m: 30.09	30.09	150m: 1:48.28	41.97	250m: 3:10.03	41.15	350m: 4:28.47	36.20
	100m: 1:06.31	36.22	200m: 2:28.88	40.60	300m: 3:52.27	42.24	400m: 5:03.57	35.10
35.	Timo Berghuis	DWK		200801991		5:04.04	+0,74	507
	50m: 30.17	30.17	150m: 1:47.85	41.20	250m: 3:11.90	44.00	350m: 4:30.71	34.36
	100m: 1:06.65	36.48	200m: 2:27.90	40.05	300m: 3:56.35	44.45	400m: 5:04.04	33.33

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rang	naam	vereniging		tijd		RT	FINA	para
36.	Kevin Lucas	De Dinkel		200300545	5:05.14	+0,76	501	
	50m: 30.51	30.51	150m: 1:49.70	41.96	250m: 3:11.12	41.60	350m: 4:30.18	36.52
	100m: 1:07.74	37.23	200m: 2:29.52	39.82	300m: 3:53.66	42.54	400m: 5:05.14	34.96
37.	Fedor Sazonov	PSV		200900707	5:05.48	+0,68	500	
	50m: 32.05	32.05	150m: 1:49.79	40.92	250m: 3:13.35	43.39	350m: 4:33.68	36.94
	100m: 1:08.87	36.82	200m: 2:29.96	40.17	300m: 3:56.74	43.39	400m: 5:05.48	31.80
38.	Mattijn Thijert	WS Twente		200501921	5:05.70	+0,64	499	
	50m: 29.58	29.58	150m: 1:47.06	42.08	250m: 3:11.58	44.15	350m: 4:31.40	34.57
	100m: 1:04.98	35.40	200m: 2:27.43	40.37	300m: 3:56.83	45.25	400m: 5:05.70	34.30
39.	Jasper Breugem	WVZ		200000303	5:05.71	+0,74	499	
	50m: 30.58	30.58	150m: 1:45.49	38.38	250m: 3:07.81	44.65	350m: 4:30.27	36.28
	100m: 1:07.11	36.53	200m: 2:23.16	37.67	300m: 3:53.99	46.18	400m: 5:05.71	35.44
40.	Odo McCarthy	ZV Overbetuwe		200700307	5:05.75	+0,61	498	
	50m: 30.79	30.79	150m: 1:48.21	39.76	250m: 3:09.18	42.01	350m: 4:30.27	36.81
	100m: 1:08.45	37.66	200m: 2:27.17	38.96	300m: 3:53.46	44.28	400m: 5:05.75	35.48
41.	Storm Tolsma	DZ&PC		200600277	5:05.98	+0,75	497	
	50m: 31.05	31.05	150m: 1:50.85	41.67	250m: 3:13.47	42.24	350m: 4:31.37	35.50
	100m: 1:09.18	38.13	200m: 2:31.23	40.38	300m: 3:55.87	42.40	400m: 5:05.98	34.61
42.	Mike Hilders	De Dolfijn		200900281	5:06.75	+0,56	494	
	50m: 30.62	30.62	150m: 1:46.62	40.02	250m: 3:11.19	44.93	350m: 4:32.05	35.12
	100m: 1:06.60	35.98	200m: 2:26.26	39.64	300m: 3:56.93	45.74	400m: 5:06.75	34.70
43.	Wessel van Dorst	Aqua-Novio'94		200900727	5:07.06	+0,66	492	
	50m: 29.43	29.43	150m: 1:45.66	40.71	250m: 3:13.47	49.16	350m: 4:35.32	32.73
	100m: 1:04.95	35.52	200m: 2:24.31	38.65	300m: 4:02.59	49.12	400m: 5:07.06	31.74
44.	Koen de Vries	De Reest		200802379	5:07.12	+0,76	492	
	50m: 31.11	31.11	150m: 1:49.54	41.33	250m: 3:13.62	42.39	350m: 4:32.90	34.90
	100m: 1:08.21	37.10	200m: 2:31.23	41.69	300m: 3:58.00	44.38	400m: 5:07.12	34.22
45.	Aidan van der Stelt	Blue Marlins		200900901	5:08.07	+0,75	487	
	50m: 30.91	30.91	150m: 1:48.21	40.05	250m: 3:13.29	45.19	350m: 4:34.95	36.86
	100m: 1:08.16	37.25	200m: 2:28.10	39.89	300m: 3:58.09	44.80	400m: 5:08.07	33.12
46.	Mees de Vries	Zwemlust-den Hommel		201001151	5:08.34	+0,64	486	
	50m: 30.15	30.15	150m: 1:52.77	44.03	250m: 3:14.50	39.07	350m: 4:33.42	38.03
	100m: 1:08.74	38.59	200m: 2:35.43	42.66	300m: 3:55.39	40.89	400m: 5:08.34	34.92
47.	Milco Matla	PSV		200600555	5:08.46	+0,75	485	
	50m: 29.46	29.46	150m: 1:45.91	41.41	250m: 3:10.90	44.77	350m: 4:33.39	36.62
	100m: 1:04.50	35.04	200m: 2:26.13	40.22	300m: 3:56.77	45.87	400m: 5:08.46	35.07
48.	Duuk Harms	Dedemsvaart-AC		200900201	5:11.04	+0,63	473	
	50m: 32.85	32.85	150m: 1:51.46	39.15	250m: 3:14.54	43.05	350m: 4:35.95	37.26
	100m: 1:12.31	39.46	200m: 2:31.49	40.03	300m: 3:58.69	44.15	400m: 5:11.04	35.09
49.	Pelle Schrieken	VZC		200801595	5:11.89	+0,62	470	
	50m: 30.90	30.90	150m: 1:49.38	41.62	250m: 3:14.58	44.81	350m: 4:37.23	37.09
	100m: 1:07.76	36.86	200m: 2:29.77	40.39	300m: 4:00.14	45.56	400m: 5:11.89	34.66
50.	Bjorn Scholten	WS Twente		200801143	5:12.27	+0,74	468	
	50m: 31.74	31.74	150m: 1:45.99	37.83	250m: 3:13.77	50.27	350m: 4:39.38	35.54
	100m: 1:08.16	36.42	200m: 2:23.50	37.51	300m: 4:03.84	50.07	400m: 5:12.27	32.89
51.	Niek Vreeling	OZ&PC		200604211	5:12.70	+0,62	466	
	50m: 31.87	31.87	150m: 1:52.15	41.02	250m: 3:18.04	45.46	350m: 4:38.88	34.79
	100m: 1:11.13	39.26	200m: 2:32.58	40.43	300m: 4:04.09	46.05	400m: 5:12.70	33.82
52.	Sven Potappel	DWK		201000127	5:13.04	+0,55	464	
	50m: 30.79	30.79	150m: 1:47.40	40.33	250m: 3:14.33	45.12	350m: 4:37.35	36.77
	100m: 1:07.07	36.28	200m: 2:29.21	41.81	300m: 4:00.58	46.25	400m: 5:13.04	35.69
53.	Seth van den Dool	Blue Marlins		200803809	5:13.20	+0,72	464	
	50m: 31.61	31.61	150m: 1:54.55	42.14	250m: 3:18.08	42.26	350m: 4:38.22	36.23
	100m: 1:12.41	40.80	200m: 2:35.82	41.27	300m: 4:01.99	43.91	400m: 5:13.20	34.98
54.	Jesse Jacobs	HZPC		200700407	5:13.54	+0,70	462	
	50m: 32.02	32.02	150m: 1:50.38	40.50	250m: 3:14.45	43.86	350m: 4:37.46	36.96
	100m: 1:09.88	37.86	200m: 2:30.59	40.21	300m: 4:00.50	46.05	400m: 5:13.54	36.08
55.	Jelle Huntjens	Hellas-Glana		200604257	5:13.69	+0,72	461	
	50m: 31.55	31.55	150m: 1:52.11	42.40	250m: 3:16.45	43.14	350m: 4:37.62	36.71
	100m: 1:09.71	38.16	200m: 2:33.31	41.20	300m: 4:00.91	44.46	400m: 5:13.69	36.07
56.	Jorian Darwinkel	HZ&PC Heerenveen		200300565	5:14.26	+0,67	459	
	50m: 28.07	28.07	150m: 1:46.78	43.19	250m: 3:14.87	45.77	350m: 4:37.99	37.10
	100m: 1:03.59	35.52	200m: 2:29.10	42.32	300m: 4:00.89	46.02	400m: 5:14.26	36.27

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rang	naam	vereniging				tijd				RT	FINA	para
57.	Sven Mulder	WVZ				200901655				5:15.52	453	
	50m: 32.34	32.34	150m: 1:52.20	39.27	250m: 3:18.56	47.58	350m: 4:41.09			4:41.09	35.39	
	100m: 1:12.93	40.59	200m: 2:30.98	38.78	300m: 4:05.70	47.14	400m: 5:15.52			5:15.52	34.43	
58.	Tim Zuurman	Dedemsvaart-AC				200700131				5:16.01	+0,67	451
	50m: 33.04	33.04	150m: 1:53.23	39.69	250m: 3:18.65	45.63	350m: 4:40.95			4:40.95	36.10	
	100m: 1:13.54	40.50	200m: 2:33.02	39.79	300m: 4:04.85	46.20	400m: 5:16.01			5:16.01	35.06	
59.	Paul Ruitenbergh	Wiekslag				200900979				5:17.54	+0,73	445
	50m: 30.90	30.90	150m: 1:51.78	43.09	250m: 3:19.29	44.90	350m: 4:42.10			4:42.10	36.85	
	100m: 1:08.69	37.79	200m: 2:34.39	42.61	300m: 4:05.25	45.96	400m: 5:17.54			5:17.54	35.44	
60.	Arthur Alberts	ZVZ				200900239				5:18.19	+0,70	442
	50m: 31.85	31.85	150m: 1:51.38	40.16	250m: 3:17.05	46.11	350m: 4:42.11			4:42.11	37.95	
	100m: 1:11.22	39.37	200m: 2:30.94	39.56	300m: 4:04.16	47.11	400m: 5:18.19			5:18.19	36.08	
61.	Lars de Kooter	De Biesboschzwemmers				200800185				5:18.50	+0,68	441
	50m: 33.67	33.67	150m: 1:58.75	42.86	250m: 3:21.48	40.61	350m: 4:42.15			4:42.15	37.76	
	100m: 1:15.89	42.22	200m: 2:40.87	42.12	300m: 4:04.39	42.91	400m: 5:18.50			5:18.50	36.35	
62.	Figo van Duuren	ZPCH				200800391				5:18.55	+0,63	441
	50m: 32.18	32.18	150m: 1:53.53	40.42	250m: 3:21.11	47.96	350m: 4:44.88			4:44.88	34.88	
	100m: 1:13.11	40.93	200m: 2:33.15	39.62	300m: 4:10.00	48.89	400m: 5:18.55			5:18.55	33.67	
63.	Daan Hoogendoorn	ZPC Woerden				200500113				5:19.05	+0,69	439
	50m: 32.51	32.51	150m: 1:55.99	44.58	250m: 3:21.74	43.08	350m: 4:43.56			4:43.56	37.98	
	100m: 1:11.41	38.90	200m: 2:38.66	42.67	300m: 4:05.58	43.84	400m: 5:19.05			5:19.05	35.49	
64.	Thomas Nauta	Arethusa				200900339				5:20.14	+0,54	434
	50m: 35.23	35.23	150m: 2:01.34	41.42	250m: 3:24.04	42.55	350m: 4:44.96			4:44.96	36.52	
	100m: 1:19.92	44.69	200m: 2:41.49	40.15	300m: 4:08.44	44.40	400m: 5:20.14			5:20.14	35.18	
65.	Stephan Sjeptoera	HZPC				200800871				5:23.98	+0,67	419
	50m: 34.25	34.25	150m: 1:58.78	41.67	250m: 3:23.19	42.96	350m: 4:46.94			4:46.94	38.80	
	100m: 1:17.11	42.86	200m: 2:40.23	41.45	300m: 4:08.14	44.95	400m: 5:23.98			5:23.98	37.04	
66.	Felix Gepkens	VZC				200800631				5:24.23	+0,67	418
	50m: 30.64	30.64	150m: 1:49.56	41.55	250m: 3:18.26	47.88	350m: 4:47.33			4:47.33	38.93	
	100m: 1:08.01	37.37	200m: 2:30.38	40.82	300m: 4:08.40	50.14	400m: 5:24.23			5:24.23	36.90	
67.	Ruben Nooter	Dedemsvaart-AC				200901577				5:30.37	+0,60	395
	50m: 31.56	31.56	150m: 1:56.80	43.40	250m: 3:25.41	46.59	350m: 4:52.98			4:52.98	39.51	
	100m: 1:13.40	41.84	200m: 2:38.82	42.02	300m: 4:13.47	48.06	400m: 5:30.37			5:30.37	37.39	
AFGEM	Tieme Wiersma	DZ&PC				200701031						
AFGEM	Léon van Grevenbroek	CWW				200601323						
AFGEM	Frits Hoeflaken	PSV				200804101						
NG	David Annis	Aquatics GB										
NG	Twan Wielage	KSN (SG)				200902671						
NG	Jesse van der Meij	De Dolfijn				200600841						

B = Bonus inschrijving