

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



Event 41
5-7-2026

Men, 400m Medley

Senioren Open
Results Finals

Points: AQUA 2025

rang	naam	vereniging				tijd				RT	FINA	para
Final A												
1.	Thomas Jansen	Team NL - WVZ				200100143	4:16.02		+0,72		849	
	50m: 26.57	26.57	150m: 1:30.64	33.33	250m: 2:39.62	36.01	350m: 3:46.61	30.13				
	100m: 57.31	30.74	200m: 2:03.61	32.97	300m: 3:16.48	36.86	400m: 4:16.02	29.41				
2.	Youri Voet	ZPC AMERSFOORT				200502269	4:27.50		+0,65		745	
	50m: 27.23	27.23	150m: 1:35.62	36.14	250m: 2:48.04	36.33	350m: 3:57.54	31.00				
	100m: 59.48	32.25	200m: 2:11.71	36.09	300m: 3:26.54	38.50	400m: 4:27.50	29.96				
3.	Ben Vester	Germany					4:27.83		+0,64		742	
	50m: 27.14	27.14	150m: 1:34.35	35.39	250m: 2:46.38	37.05	350m: 3:56.98	31.83				
	100m: 58.96	31.82	200m: 2:09.33	34.98	300m: 3:25.15	38.77	400m: 4:27.83	30.85				
4.	Sven Klink	SWOL 1894				200500349	4:31.72		+0,71		710	
	50m: 27.69	27.69	150m: 1:35.38	35.65	250m: 2:49.43	38.79	350m: 4:00.83	31.39				
	100m: 59.73	32.04	200m: 2:10.64	35.26	300m: 3:29.44	40.01	400m: 4:31.72	30.89				
5.	Boele Boehm	Blue Marlins				200700739	4:33.16		+0,65		699	
	50m: 28.78	28.78	150m: 1:38.01	36.52	250m: 2:53.52	39.47	350m: 4:03.72	30.29				
	100m: 1:01.49	32.71	200m: 2:14.05	36.04	300m: 3:33.43	39.91	400m: 4:33.16	29.44				
6.	Marcos Echevarria Polo	Aqua-Novio'94				200005935	4:36.22		+0,66		676	
	50m: 28.52	28.52	150m: 1:38.15	36.53	250m: 2:53.95	38.92	350m: 4:05.70	31.77				
	100m: 1:01.62	33.10	200m: 2:15.03	36.88	300m: 3:33.93	39.98	400m: 4:36.22	30.52				
7.	Wouter Zijlstra	HZ&PC Heerenveen				200401545	4:39.78		+0,62		651	
	50m: 28.44	28.44	150m: 1:39.14	36.70	250m: 2:55.00	39.24	350m: 4:07.37	32.13				
	100m: 1:02.44	34.00	200m: 2:15.76	36.62	300m: 3:35.24	40.24	400m: 4:39.78	32.41				
8.	Hendrik Bechtel	Team Bochum				326068	4:42.83		+0,51		630	
	50m: 28.23	28.23	150m: 1:39.92	38.84	250m: 2:58.82	39.93	350m: 4:12.30	32.50				
	100m: 1:01.08	32.85	200m: 2:18.89	38.97	300m: 3:39.80	40.98	400m: 4:42.83	30.53				
9.	Martijn Nies	PSV				200902095	4:44.12		+0,59		621	
	50m: 27.30	27.30	150m: 1:36.38	36.25	250m: 2:58.16	43.81	350m: 4:15.39	32.78				
	100m: 1:00.13	32.83	200m: 2:14.35	37.97	300m: 3:42.61	44.45	400m: 4:44.12	28.73				
10.	Tijn Hilders	De Dolfijn				200700027	4:44.89		+0,72		616	
	50m: 28.43	28.43	150m: 1:40.75	38.51	250m: 2:57.97	39.06	350m: 4:12.01	33.63				
	100m: 1:02.24	33.81	200m: 2:18.91	38.16	300m: 3:38.38	40.41	400m: 4:44.89	32.88				
Final B												
11.	Samuel McAvoy	Limmat Sharks Zuerich				4489	4:39.19		+0,59		655	
	50m: 28.66	28.66	150m: 1:39.83	37.17	250m: 2:55.09	39.16	350m: 4:06.83	32.69				
	100m: 1:02.66	34.00	200m: 2:15.93	36.10	300m: 3:34.14	39.05	400m: 4:39.19	32.36				
12.	Stefan van der Meer	VZC				200901361	4:47.02		+0,63		603	
	50m: 29.02	29.02	150m: 1:41.48	38.23	250m: 2:59.82	40.69	350m: 4:15.15	33.65				
	100m: 1:03.25	34.23	200m: 2:19.13	37.65	300m: 3:41.50	41.68	400m: 4:47.02	31.87				
13.	Jasper Thijert	WS Twente				200700321	4:47.63		+0,70		599	
	50m: 29.97	29.97	150m: 1:46.30	39.73	250m: 3:03.56	38.67	350m: 4:16.99	33.77				
	100m: 1:06.57	36.60	200m: 2:24.89	38.59	300m: 3:43.22	39.66	400m: 4:47.63	30.64				
14.	Ronis van Everdingen	DWK				200300043	4:47.95		+0,76		597	
	50m: 28.98	28.98	150m: 1:40.83	37.53	250m: 2:57.94	40.82	350m: 4:14.63	34.52				
	100m: 1:03.30	34.32	200m: 2:17.12	36.29	300m: 3:40.11	42.17	400m: 4:47.95	33.32				
15.	Finn Stamsnieder	OZ&PC				200900225	4:52.41		+0,70		570	
	50m: 29.80	29.80	150m: 1:45.96	38.82	250m: 3:04.56	41.41	350m: 4:19.92	33.48				
	100m: 1:07.14	37.34	200m: 2:23.15	37.19	300m: 3:46.44	41.88	400m: 4:52.41	32.49				
16.	Nicko Kamphuis	ACZ				199900887	4:53.63		+0,56		563	
	50m: 29.64	29.64	150m: 1:45.59	40.14	250m: 3:06.33	40.40	350m: 4:22.08	33.96				
	100m: 1:05.45	35.81	200m: 2:25.93	40.34	300m: 3:48.12	41.79	400m: 4:53.63	31.55				
17.	Lou van Leeuwen	De Dolfijn				200702779	4:58.81		+0,61		534	
	50m: 29.67	29.67	150m: 1:45.84	40.77	250m: 3:07.71	41.96	350m: 4:25.41	34.35				
	100m: 1:05.07	35.40	200m: 2:25.75	39.91	300m: 3:51.06	43.35	400m: 4:58.81	33.40				
18.	Jesse Marijn Thimister	ZEPS				200602893	5:02.15		+0,70		516	
	50m: 31.46	31.46	150m: 1:51.32	42.43	250m: 3:13.36	40.76	350m: 4:29.77	34.54				
	100m: 1:08.89	37.43	200m: 2:32.60	41.28	300m: 3:55.23	41.87	400m: 5:02.15	32.38				
19.	Martijn Velders	Aqua-Novio'94				199502619	5:03.12		+0,55		512	
	50m: 31.96	31.96	150m: 1:51.97	42.51	250m: 3:13.57	38.92	350m: 4:28.79	35.34				
	100m: 1:09.46	37.50	200m: 2:34.65	42.68	300m: 3:53.45	39.88	400m: 5:03.12	34.33				

B = Bonus inschrijving

Event 41, Men, 400m Medley, Final, Senioren Open

rang	naam	vereniging		tijd				RT	FINA	para
20.	Teun van Weeren	OZ&PC		200801145				5:04.43	+0,71	505
	50m: 30.67	30.67	150m: 1:47.58	41.39	250m: 3:11.15	43.46	350m: 4:30.95	34.94		
	100m: 1:06.19	35.52	200m: 2:27.69	40.11	300m: 3:56.01	44.86	400m: 5:04.43	33.48		
sick	Toby Godsell	Aquatics GB								

B = Bonus inschrijving