

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



Event 41
5-7-2026 - 10:48

Men, 400m Medley

Senioren Open
Results Prelim

Points: 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



Event 41, Boys, 400m Medley, Prelim, 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				
WDR	Frits Hoeflaken	PSV				200804101						
sick	Twan Wielage	KSN (SG)				200902671						

Onder 20

1.	Boele Boehm	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



Event 41, Men, 400m Medley, Prelim, 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
WDR	Tieme Wiersma	DZ&PC				200701031						
WDR	Leon van Grevenbroek	CWW				200601323						
sick	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 Boehm	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 Zuerich				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 Zuerich				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				

B = Bonus inschrijving

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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	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
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	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
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	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
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	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
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	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
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	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
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	37.98
	100m:	1:11.41	38.90	200m:	2:38.66	42.67	300m:	4:05.58	43.84	400m:	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	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
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	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
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	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
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	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
WDR	Tieme Wiersma	DZ&PC				200701031						
WDR	Leon van Grevenbroek	CWW				200601323						
WDR	Frits Hoeflaken	PSV				200804101						
sick	David Annis	Aquatics GB										
sick	Twan Wielage	KSN (SG)				200902671						
sick	Jesse van der Meij	De Dolfijn				200600841						

B = Bonus inschrijving