

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



Programmanr. 5
2-7-2026 - 10:38

Heren, 400m vrije slag

Senioren Open
Resultaten Voorronde

Punten: AQUA 2025

rang	naam	vereniging				tijd				RT	FINA	para
PARA onder 18												
1.	Thomas Braat	AZC				200802269	S14	5:13.17		+0,80	347	492
	50m: 32.77	32.77	150m: 1:48.68	38.84	250m: 3:08.88	40.46	350m: 4:31.73	41.89				
	100m: 1:09.84	37.07	200m: 2:28.42	39.74	300m: 3:49.84	40.96	400m: 5:13.17	41.44				
PARA open												
1.	Dylan Broom	Team GBR					S14	4:16.26		+0,70	Q 633	898
	50m: 28.40	28.40	150m: 1:32.23	32.35	250m: 2:37.77	32.92	350m: 3:44.05	33.04				
	100m: 59.88	31.48	200m: 2:04.85	32.62	300m: 3:11.01	33.24	400m: 4:16.26	32.21				
2.	Simone Barlaam	Polha Varese					S9	4:23.25		+0,79	Q 584	862
	50m: 28.74	28.74	150m: 1:33.97	33.28	250m: 2:42.46	34.25	350m: 3:50.45	33.63				
	100m: 1:00.69	31.95	200m: 2:08.21	34.24	300m: 3:16.82	34.36	400m: 4:23.25	32.80				
3.	Alan Ogorzalek	Poland Paraswimming					S10	4:23.25		+0,54	Q 584	766
	50m: 29.65	29.65	150m: 1:35.68	33.25	250m: 2:42.51	33.35	350m: 3:50.89	33.94				
	100m: 1:02.43	32.78	200m: 2:09.16	33.48	300m: 3:16.95	34.44	400m: 4:23.25	32.36				
4.	Alberto Amodeo	Polha Varese					S8	4:48.88		+0,67	Q 442	759
	50m: 32.10	32.10	150m: 1:44.34	36.66	250m: 2:58.99	37.37	350m: 4:13.41	36.87				
	100m: 1:07.68	35.58	200m: 2:21.62	37.28	300m: 3:36.54	37.55	400m: 4:48.88	35.47				
5.	Bas Takken	TeamNL PARA - De Dolfijn				199901643	S10	4:24.07		+0,73	Q 578	758
	50m: 28.48	28.48	150m: 1:34.08	33.56	250m: 2:42.07	33.87	350m: 3:50.54	34.23				
	100m: 1:00.52	32.04	200m: 2:08.20	34.12	300m: 3:16.31	34.24	400m: 4:24.07	33.53				
6.	Sam Downie	Team GBR					S8	4:53.47		+0,64	Q 421	724
	50m: 33.87	33.87	150m: 1:47.05	37.37	250m: 3:03.02	38.59	350m: 4:17.00	37.37				
	100m: 1:09.68	35.81	200m: 2:24.43	37.38	300m: 3:39.63	36.61	400m: 4:53.47	36.47				
7.	Julian Hendriks	TeamNL PARA - De Gooische (SC200603717					S7	5:07.37		+0,70	Q 367	701
	50m: 35.57	35.57	150m: 1:52.23	38.47	250m: 3:09.43	38.10	350m: 4:28.14	39.19				
	100m: 1:13.76	38.19	200m: 2:31.33	39.10	300m: 3:48.95	39.52	400m: 5:07.37	39.23				
8.	Alex Kozlowski	Poland Paraswimming					S11	5:03.51		+0,75	Q 381	677
	50m: 33.77	33.77	150m: 1:49.34	37.98	250m: 3:07.72	40.12	350m: 4:25.90	39.46				
	100m: 1:11.36	37.59	200m: 2:27.60	38.26	300m: 3:46.44	38.72	400m: 5:03.51	37.61				
9.	Thijs van Hofweegen	ZPC AMERSFOORT				199605253	S6	5:35.60		+0,79	Q 281	637
	50m: 36.21	36.21	150m: 1:59.62	42.07	250m: 3:25.15	43.20	350m: 4:52.99	43.78				
	100m: 1:17.55	41.34	200m: 2:41.95	42.33	300m: 4:09.21	44.06	400m: 5:35.60	42.61				
10.	Fabio Garlaschi	Polha Varese					S7	5:22.56			Q 317	607
	50m: 36.14	36.14	150m: 1:56.96	40.71	250m: 3:19.28	41.57	350m: 4:42.82	41.82				
	100m: 1:16.25	40.11	200m: 2:37.71	40.75	300m: 4:01.00	41.72	400m: 5:22.56	39.74				
11.	Lars Jacobsen	DWK				199705453	S14	4:54.32		+0,77	R 418	593
	50m: 30.74	30.74	150m: 1:43.83	37.62	250m: 3:00.95	39.12	350m: 4:18.39	38.88				
	100m: 1:06.21	35.47	200m: 2:21.83	38.00	300m: 3:39.51	38.56	400m: 4:54.32	35.93				
12.	Remi Delrue	BOAS				KZK/31134/06	S9	5:00.12		+0,55	R 394	582
	50m: 32.31	32.31	150m: 1:45.29	37.01	250m: 3:01.54	38.38	350m: 4:20.98	39.74				
	100m: 1:08.28	35.97	200m: 2:23.16	37.87	300m: 3:41.24	39.70	400m: 5:00.12	39.14				
13.	Colin Degenaaars	ZPCH				199505951	S14	5:06.12		+0,64	371	527
	50m: 33.02	33.02	150m: 1:49.54	39.18	250m: 3:08.99	39.81	350m: 4:28.53	39.37				
	100m: 1:10.36	37.34	200m: 2:29.18	39.64	300m: 3:49.16	40.17	400m: 5:06.12	37.59				
14.	Jesse Bruines	Batavia Swim				200402413	S8	5:32.78			289	497
	50m: 35.75	35.75	150m: 1:57.07	41.13	250m: 3:23.17	43.30	350m: 4:50.85	44.30				
	100m: 1:15.94	40.19	200m: 2:39.87	42.80	300m: 4:06.55	43.38	400m: 5:32.78	41.93				
15.	Thomas Braat	AZC				200802269	S14	5:13.17		+0,80	347	492
	50m: 32.77	32.77	150m: 1:48.68	38.84	250m: 3:08.88	40.46	350m: 4:31.73	41.89				
	100m: 1:09.84	37.07	200m: 2:28.42	39.74	300m: 3:49.84	40.96	400m: 5:13.17	41.44				
16.	Almedin Neziraj	Polha Varese					S13	5:06.17		+0,67	371	473
	50m: 33.69	33.69	150m: 1:51.17	38.86	250m: 3:09.14	38.35	350m: 4:27.56	38.90				
	100m: 1:12.31	38.62	200m: 2:30.79	39.62	300m: 3:48.66	39.52	400m: 5:06.17	38.61				
17.	Gioele Carniato	Polha Varese					S9	5:29.98		+0,78	296	438
	50m: 36.65	36.65	150m: 1:59.64	42.20	250m: 3:24.95	42.79	350m: 4:50.45	42.52				
	100m: 1:17.44	40.79	200m: 2:42.16	42.52	300m: 4:07.93	42.98	400m: 5:29.98	39.53				

B = Bonus inschrijving

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



Programmanr. 5, Heren, 400m vrije slag, Voorronde, PARA open

rang	naam	vereniging	tijd	RT	FINA	para
18.	Thomas Longo	Polha Varese	S13 5:41.50	+0,70	267	341
	50m: 36.75 100m: 1:20.40	36.75 150m: 2:04.06 43.65 200m: 2:48.21	43.66 250m: 3:32.28 44.15 300m: 4:16.38	44.07 350m: 5:00.10 44.10 400m: 5:41.50	43.72 41.40	
Onder 18						
1.	Martijn Nies	PSV	200902095	3:57.87	+0,55	A 791
	50m: 27.06 100m: 56.89	27.06 150m: 1:27.26 29.83 200m: 1:58.22	30.37 250m: 2:27.68 30.96 300m: 2:57.68	29.46 350m: 3:27.93 30.00 400m: 3:57.87	30.25 29.94	
2.	Diede Veld	HZ&PC Heerenveen	200800011	4:00.80	+0,68	B 763
	50m: 26.76 100m: 56.49	26.76 150m: 1:27.39 29.73 200m: 1:58.47	30.90 250m: 2:29.31 31.08 300m: 3:00.09	30.84 350m: 3:30.49 30.78 400m: 4:00.80	30.40 30.31	
3.	Tobian Vos	ZPC AMERSFOORT	200900005	4:06.93	+0,72	R 707
	50m: 27.24 100m: 57.10	27.24 150m: 1:27.51 29.86 200m: 1:58.48	30.41 250m: 2:29.67 30.97 300m: 3:01.35	31.19 350m: 3:33.76 31.68 400m: 4:06.93	32.41 33.17	
4.	Milan Veelders	ZPC AMERSFOORT	200800279	4:10.86	+0,67	675
	50m: 28.52 100m: 1:00.59	28.52 150m: 1:33.14 32.07 200m: 2:05.10	32.55 250m: 2:36.67 31.96 300m: 3:08.17	31.57 350m: 3:39.83 31.50 400m: 4:10.86	31.66 31.03	
5.	Tim Boerefijn	WVZ	200802815	4:16.21	+0,78	633
	50m: 28.64 100m: 1:00.68	28.64 150m: 1:33.39 32.04 200m: 2:06.08	32.71 250m: 2:38.62 32.69 300m: 3:11.27	32.54 350m: 3:43.90 32.65 400m: 4:16.21	32.63 32.31	
6.	Jelte de Jong	ZPCH	200900975	4:16.39	+0,70	632
	50m: 28.74 100m: 1:00.28	28.74 150m: 1:32.60 31.54 200m: 2:05.28	32.32 250m: 2:38.02 32.68 300m: 3:11.09	32.74 350m: 3:44.12 33.07 400m: 4:16.39	33.03 32.27	
7.	Joey Pop	ZVVS	200800277	4:21.74	+0,58	594
	50m: 28.74 100m: 1:01.20	28.74 150m: 1:34.36 32.46 200m: 2:08.32	33.16 250m: 2:42.15 33.96 300m: 3:16.66	33.83 350m: 3:50.39 34.51 400m: 4:21.74	33.73 31.35	
8.	Steven Knol	De Dolfijn	200900543	4:21.79	+0,68	594
	50m: 28.43 100m: 1:00.07	28.43 150m: 1:32.92 31.64 200m: 2:06.21	32.85 250m: 2:40.35 33.29 300m: 3:14.58	34.14 350m: 3:48.92 34.23 400m: 4:21.79	34.34 32.87	
9.	Juan Cruz Slappendel	Orca	200903053	4:22.27	+0,81	590
	50m: 29.16 100m: 1:02.02	29.16 150m: 1:35.26 32.86 200m: 2:08.68	33.24 250m: 2:42.53 33.42 300m: 3:16.89	33.85 350m: 3:50.77 34.36 400m: 4:22.27	33.88 31.50	
10.	Xander Kragting	ZPC AMERSFOORT	200900077	4:22.29	+0,72	590
	50m: 28.74 100m: 1:00.92	28.74 150m: 1:33.98 32.18 200m: 2:07.50	33.06 250m: 2:41.51 33.52 300m: 3:15.49	34.01 350m: 3:49.53 33.98 400m: 4:22.29	34.04 32.76	
11.	Timo Berghuis	DWK	200801991	4:23.13	+0,76	585
	50m: 29.48 100m: 1:02.47	29.48 150m: 1:35.97 32.99 200m: 2:10.28	33.50 250m: 2:44.04 34.31 300m: 3:18.08	33.76 350m: 3:51.55 34.04 400m: 4:23.13	33.47 31.58	
12.	Wessel van Dorst	Aqua-Novio'94	200900727	4:23.46	+0,62	582
	50m: 28.51 100m: 1:00.44	28.51 150m: 1:33.51 31.93 200m: 2:07.15	33.07 250m: 2:41.57 33.64 300m: 3:16.03	34.42 350m: 3:50.04 34.46 400m: 4:23.46	34.01 33.42	
13.	Finn Stamsnieder	OZ&PC	200900225	4:23.99	+0,56	579
	50m: 28.10 100m: 1:00.19	28.10 150m: 1:33.57 32.09 200m: 2:07.44	33.38 250m: 2:41.55 33.87 300m: 3:16.18	34.11 350m: 3:50.06 34.63 400m: 4:23.99	33.88 33.93	
14.	Teun van Weeren	OZ&PC	200801145	4:24.33	+0,68	577
	50m: 29.31 100m: 1:01.61	29.31 150m: 1:34.82 32.30 200m: 2:08.19	33.21 250m: 2:41.99 33.37 300m: 3:16.42	33.80 350m: 3:51.10 34.43 400m: 4:24.33	34.68 33.23	
15.	Filip Piszczynski	KSN (SG)	200802125	4:24.97	+0,61	572
	50m: 28.89 100m: 1:01.22	28.89 150m: 1:34.90 32.33 200m: 2:08.55	33.68 250m: 2:42.54 33.65 300m: 3:17.15	33.99 350m: 3:51.48 34.61 400m: 4:24.97	34.33 33.49	
16.	Dyon Scholten	Steenwijk 1934	200900095	4:26.14	+0,76	565
	50m: 28.54 100m: 1:00.15	28.54 150m: 1:33.10 31.61 200m: 2:06.95	32.95 250m: 2:42.16 33.85 300m: 3:17.46	35.21 350m: 3:53.35 35.30 400m: 4:26.14	35.89 32.79	
17.	Jelle van den Berg	De Treffers	200802053	4:27.28	+0,64	558
	50m: 29.51 100m: 1:01.67	29.51 150m: 1:35.24 32.16 200m: 2:09.95	33.57 250m: 2:44.22 34.71 300m: 3:19.38	34.27 350m: 3:54.01 35.16 400m: 4:27.28	34.63 33.27	
18.	Alexander van der Maaten	Blue Marlins	200903251	4:28.43	+0,52	551
	50m: 28.06 100m: 1:00.55	28.06 150m: 1:35.03 32.49 200m: 2:10.57	34.48 250m: 2:46.12 35.54 300m: 3:21.94	35.55 350m: 3:55.89 35.82 400m: 4:28.43	33.95 32.54	
19.	Koen de Vries	De Reest	200802379	4:29.60	+0,65	543
	50m: 30.14 100m: 1:02.77	30.14 150m: 1:36.48 32.63 200m: 2:10.83	33.71 250m: 2:45.46 34.35 300m: 3:20.34	34.63 350m: 3:55.25 34.88 400m: 4:29.60	34.91 34.35	

B = Bonus inschrijving

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



Programmanr. 5, Jongens, 400m vrije slag, Voorronde, Onder 18

rang	naam	vereniging	tijd	RT	FINA	para
20.	Sven Mulder	WVZ	200901655	4:30.99	+0,54	535
	50m: 29.56	29.56 150m: 1:37.11	34.14	250m: 2:46.07	34.46 350m: 3:56.52	35.34
	100m: 1:02.97	33.41 200m: 2:11.61	34.50	300m: 3:21.18	35.11 400m: 4:30.99	34.47
21.	Gijs Hartwijk	ZVL-1886	200800573	4:32.64	+0,66	525
	50m: 29.13	29.13 150m: 1:34.51	33.21	250m: 2:44.21	35.23 350m: 3:57.04	36.84
	100m: 1:01.30	32.17 200m: 2:08.98	34.47	300m: 3:20.20	35.99 400m: 4:32.64	35.60
22.	Bas Marinus	Team Noord Holland (SG)	200903379	4:32.82	+0,73	524
	50m: 28.71	28.71 150m: 1:36.60	34.55	250m: 2:47.11	35.23 350m: 3:58.17	35.37
	100m: 1:02.05	33.34 200m: 2:11.88	35.28	300m: 3:22.80	35.69 400m: 4:32.82	34.65
23.	Aidan van der Stelt	Blue Marlins	200900901	4:33.58	+0,58	520
	50m: 30.15	30.15 150m: 1:37.77	34.21	250m: 2:47.37	34.80 350m: 3:58.37	35.37
	100m: 1:03.56	33.41 200m: 2:12.57	34.80	300m: 3:23.00	35.63 400m: 4:33.58	35.21
24.	Bjorn Scholten	WS Twente	200801143	4:35.25	+0,81	511
	50m: 30.70	30.70 150m: 1:39.47	34.77	250m: 2:49.94	35.39 350m: 4:01.09	35.72
	100m: 1:04.70	34.00 200m: 2:14.55	35.08	300m: 3:25.37	35.43 400m: 4:35.25	34.16
25.	Felix Gepkens	VZC	200800631	4:35.75	+0,67	508
	50m: 29.35	29.35 150m: 1:37.69	34.16	250m: 2:48.81	35.55 350m: 4:01.17	36.21
	100m: 1:03.53	34.18 200m: 2:13.26	35.57	300m: 3:24.96	36.15 400m: 4:35.75	34.58
	Seth van den Dool	Blue Marlins	200803809	4:35.75	+0,76	508
	50m: 29.52	29.52 150m: 1:38.80	35.12	250m: 2:49.55	35.16 350m: 4:00.74	35.31
	100m: 1:03.68	34.16 200m: 2:14.39	35.59	300m: 3:25.43	35.88 400m: 4:35.75	35.01
27.	Tibbe Quist	KONAZ 1870	200801359	4:37.65	+0,57	497
	50m: 28.85	28.85 150m: 1:35.45	33.50	250m: 2:46.14	36.19 350m: 4:00.56	37.31
	100m: 1:01.95	33.10 200m: 2:09.95	34.50	300m: 3:23.25	37.11 400m: 4:37.65	37.09
28.	Ties Hesse	Team Noord Holland (SG)	200901015	4:39.11	+0,80	490
	50m: 29.27	29.27 150m: 1:37.73	35.10	250m: 2:50.61	36.73 350m: 4:04.28	36.59
	100m: 1:02.63	33.36 200m: 2:13.88	36.15	300m: 3:27.69	37.08 400m: 4:39.11	34.83
29.	Thomas Nauta	Arethusa	200900339	4:43.64	+0,69	467
	50m: 30.37	30.37 150m: 1:40.99	36.32	250m: 2:54.44	36.76 350m: 4:08.10	36.84
	100m: 1:04.67	34.30 200m: 2:17.68	36.69	300m: 3:31.26	36.82 400m: 4:43.64	35.54
30.	Ruben Nooter	Dedemsvaart-AC	200901577	4:45.19	+0,61	459
	50m: 29.60	29.60 150m: 1:39.15	35.71	250m: 2:52.74	37.09 350m: 4:08.22	37.76
	100m: 1:03.44	33.84 200m: 2:15.65	36.50	300m: 3:30.46	37.72 400m: 4:45.19	36.97
31.	Twan Wielage	KSN (SG)	200902671	5:01.45	+0,77	389
	50m: 31.19	31.19 150m: 1:42.73	36.77	250m: 3:00.84	40.08 350m: 4:22.63	41.14
	100m: 1:05.96	34.77 200m: 2:20.76	38.03	300m: 3:41.49	40.65 400m: 5:01.45	38.82

Onder 20

1.	Tiago Fonseca Gomes	Team NL - PSV	200703587	3:56.71	+0,52	A	803
	50m: 26.47	26.47 150m: 1:24.24	29.20	250m: 2:24.93	30.56 350m: 3:26.66		30.58
	100m: 55.04	28.57 200m: 1:54.37	30.13	300m: 2:56.08	31.15 400m: 3:56.71		30.05
2.	Boele Böhm	Blue Marlins	200700739	4:02.59	+0,64	B	746
	50m: 27.07	27.07 150m: 1:27.42	30.94	250m: 2:30.75	31.50 350m: 3:32.95		30.34
	100m: 56.48	29.41 200m: 1:59.25	31.83	300m: 3:02.61	31.86 400m: 4:02.59		29.64
3.	Olivier Wilbers	De Dolfijn	200600181	4:07.84	+0,69		700
	50m: 28.90	28.90 150m: 1:30.68	31.39	250m: 2:34.19	31.79 350m: 3:37.21		31.30
	100m: 59.29	30.39 200m: 2:02.40	31.72	300m: 3:05.91	31.72 400m: 4:07.84		30.63
4.	Tiede Groener	PSV	200700155	4:12.92	+0,69		658
	50m: 27.31	27.31 150m: 1:29.73	32.24	250m: 2:34.69	31.92 350m: 3:40.22		32.75
	100m: 57.49	30.18 200m: 2:02.77	33.04	300m: 3:07.47	32.78 400m: 4:12.92		32.70
5.	Jasper Thijert	WS Twente	200700321	4:14.03	+0,70		650
	50m: 28.53	28.53 150m: 1:31.15	31.64	250m: 2:36.03	32.67 350m: 3:42.68		33.28
	100m: 59.51	30.98 200m: 2:03.36	32.21	300m: 3:09.40	33.37 400m: 4:14.03		31.35
6.	Jort Siebelt	OZ&PC	200700083	4:16.83	+0,69		629
	50m: 28.50	28.50 150m: 1:32.13	32.36	250m: 2:37.90	32.97 350m: 3:44.43		33.26
	100m: 59.77	31.27 200m: 2:04.93	32.80	300m: 3:11.17	33.27 400m: 4:16.83		32.40
7.	Lou van Leeuwen	De Dolfijn	200702779	4:23.76	+0,79		580
	50m: 29.82	29.82 150m: 1:35.29	33.30	250m: 2:42.93	33.66 350m: 3:50.59		33.40
	100m: 1:01.99	32.17 200m: 2:09.27	33.98	300m: 3:17.19	34.26 400m: 4:23.76		33.17
8.	Denzel Barthen	WVZ	200700147	4:23.77	+0,74		580
	50m: 27.67	27.67 150m: 1:31.16	32.56	250m: 2:38.57	33.96 350m: 3:49.77		35.91
	100m: 58.60	30.93 200m: 2:04.61	33.45	300m: 3:13.86	35.29 400m: 4:23.77		34.00

B = Bonus inschrijving

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



Programmanr. 5, Heren, 400m vrije slag, Voorronde, Onder 20

rang	naam	vereniging	tijd	RT	FINA	para
AFGEM	Tieme Wiersma	DZ&PC	200701031			
Senioren Open						
1.	Reece Grady	Aquatics GB		3:53.42	+0,56	A 838
	50m: 27.41	27.41 150m: 1:25.87	29.44	250m: 2:25.01	29.64 350m: 3:24.60	29.41
	100m: 56.43	29.02 200m: 1:55.37	29.50	300m: 2:55.19	30.18 400m: 3:53.42	28.82
2.	Simon Reinke	Germany		3:53.60	+0,61	A 836
	50m: 26.86	26.86 150m: 1:26.32	29.80	250m: 2:25.91	29.86 350m: 3:25.25	29.46
	100m: 56.52	29.66 200m: 1:56.05	29.73	300m: 2:55.79	29.88 400m: 3:53.60	28.35
3.	Arne Schubert	Germany		3:55.21	+0,54	A 819
	50m: 26.60	26.60 150m: 1:25.19	29.58	250m: 2:24.94	29.95 350m: 3:25.25	30.27
	100m: 55.61	29.01 200m: 1:54.99	29.80	300m: 2:54.98	30.04 400m: 3:55.21	29.96
4.	Tiago Fonseca Gomes	Team NL - PSV	200703587	3:56.71	+0,52	A 803
	50m: 26.47	26.47 150m: 1:24.24	29.20	250m: 2:24.93	30.56 350m: 3:26.66	30.58
	100m: 55.04	28.57 200m: 1:54.37	30.13	300m: 2:56.08	31.15 400m: 3:56.71	30.05
5.	Paulo Strehlke Delgado	SG Stadtwerke München	482213	3:57.17	+0,66	A 798
	50m: 27.39	27.39 150m: 1:26.59	29.89	250m: 2:26.79	30.30 350m: 3:27.28	30.39
	100m: 56.70	29.31 200m: 1:56.49	29.90	300m: 2:56.89	30.10 400m: 3:57.17	29.89
6.	Lukas Fritzsche	Germany		3:57.36	+0,65	A 797
	50m: 27.80	27.80 150m: 1:27.53	30.14	250m: 2:27.46	30.11 350m: 3:28.73	30.59
	100m: 57.39	29.59 200m: 1:57.35	29.82	300m: 2:58.14	30.68 400m: 3:57.36	28.63
7.	Maksym Len	SG Dortmund	457204	3:57.47	+0,63	A 795
	50m: 27.53	27.53 150m: 1:27.77	30.33	250m: 2:27.68	29.92 350m: 3:28.67	30.48
	100m: 57.44	29.91 200m: 1:57.76	29.99	300m: 2:58.19	30.51 400m: 3:57.47	28.80
8.	Martijn Nies	PSV	200902095	3:57.87	+0,55	A 791
	50m: 27.06	27.06 150m: 1:27.26	30.37	250m: 2:27.68	29.46 350m: 3:27.93	30.25
	100m: 56.89	29.83 200m: 1:58.22	30.96	300m: 2:57.68	30.00 400m: 3:57.87	29.94
9.	Sander Crooijmans	Aqua-Novio'94	200100383	3:58.16	+0,58	A 788
	50m: 28.18	28.18 150m: 1:26.78	29.68	250m: 2:27.11	30.21 350m: 3:28.23	30.46
	100m: 57.10	28.92 200m: 1:56.90	30.12	300m: 2:57.77	30.66 400m: 3:58.16	29.93
10.	Moritz Bockes	SG Stadtwerke München	279879	3:58.90	+0,68	A 781
	50m: 27.40	27.40 150m: 1:27.59	30.36	250m: 2:28.65	30.20 350m: 3:29.76	30.26
	100m: 57.23	29.83 200m: 1:58.45	30.86	300m: 2:59.50	30.85 400m: 3:58.90	29.14
11.	Austin Namesnik	ZPC AMERSFOORT	200101817	3:59.71	+0,60	B 773
	50m: 26.33	26.33 150m: 1:26.74	30.75	250m: 2:28.34	30.76 350m: 3:30.61	31.37
	100m: 55.99	29.66 200m: 1:57.58	30.84	300m: 2:59.24	30.90 400m: 3:59.71	29.10
12.	Aaron Wilmes	SG Frankfurt	303943	4:00.12	+0,68	B 769
	50m: 28.01	28.01 150m: 1:27.26	29.77	250m: 2:28.07	30.53 350m: 3:29.94	30.96
	100m: 57.49	29.48 200m: 1:57.54	30.28	300m: 2:58.98	30.91 400m: 4:00.12	30.18
13.	Daniel Olenberg	VfL Osnabrück	363078	4:00.72	+0,63	B 764
	50m: 27.04	27.04 150m: 1:28.29	30.87	250m: 2:29.52	30.00 350m: 3:30.84	30.25
	100m: 57.42	30.38 200m: 1:59.52	31.23	300m: 3:00.59	31.07 400m: 4:00.72	29.88
14.	Diede Veld	HZ&PC Heerenveen	200800011	4:00.80	+0,68	B 763
	50m: 26.76	26.76 150m: 1:27.39	30.90	250m: 2:29.31	30.84 350m: 3:30.49	30.40
	100m: 56.49	29.73 200m: 1:58.47	31.08	300m: 3:00.09	30.78 400m: 4:00.80	30.31
15.	Hendrik Bechtel	Team Bochum	326068	4:01.95	+0,64	B 752
	50m: 28.11	28.11 150m: 1:28.84	30.38	250m: 2:30.58	30.64 350m: 3:32.22	30.44
	100m: 58.46	30.35 200m: 1:59.94	31.10	300m: 3:01.78	31.20 400m: 4:01.95	29.73
16.	Youri Voet	ZPC AMERSFOORT	200502269	4:02.02	+0,67	B 751
	50m: 27.89	27.89 150m: 1:28.97	30.86	250m: 2:30.83	30.77 350m: 3:32.59	30.30
	100m: 58.11	30.22 200m: 2:00.06	31.09	300m: 3:02.29	31.46 400m: 4:02.02	29.43
17.	Boele Böhm	Blue Marlins	200700739	4:02.59	+0,64	B 746
	50m: 27.07	27.07 150m: 1:27.42	30.94	250m: 2:30.75	31.50 350m: 3:32.95	30.34
	100m: 56.48	29.41 200m: 1:59.25	31.83	300m: 3:02.61	31.86 400m: 4:02.59	29.64
18.	Daniel Laureyssens	Zwemclub Schoten	ZS/11001/04	4:02.76	+0,63	B 744
	50m: 26.30	26.30 150m: 1:26.53	30.54	250m: 2:29.05	31.44 350m: 3:32.45	31.68
	100m: 55.99	29.69 200m: 1:57.61	31.08	300m: 3:00.77	31.72 400m: 4:02.76	30.31
19.	Jaan Pasko	SG Stadtwerke München	351396	4:03.22	+0,69	B 740
	50m: 28.39	28.39 150m: 1:29.08	30.38	250m: 2:30.79	30.86 350m: 3:32.51	30.75
	100m: 58.70	30.31 200m: 1:59.93	30.85	300m: 3:01.76	30.97 400m: 4:03.22	30.71
20.	David Vandenhirtz	SG Frankfurt	329732	4:04.61	+0,71	B 728
	50m: 27.41	27.41 150m: 1:28.42	30.86	250m: 2:30.06	30.81 350m: 3:33.14	31.56
	100m: 57.56	30.15 200m: 1:59.25	30.83	300m: 3:01.58	31.52 400m: 4:04.61	31.47

B = Bonus inschrijving

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



Programmanr. 5, Heren, 400m vrije slag, Voorronde, Senioren Open

rang	naam	vereniging		tijd		RT	FINA	para
21.	Wouter Zijlstra	HZ&PC Heerenveen		200401545		4:05.93	+0,60	R 716
	50m: 26.87	26.87	150m: 1:28.31	31.32	250m: 2:31.92	32.18	350m: 3:35.25	31.59
	100m: 56.99	30.12	200m: 1:59.74	31.43	300m: 3:03.66	31.74	400m: 4:05.93	30.68
22.	Tobian Vos	ZPC AMERSFOORT		200900005		4:06.93	+0,72	R 707
	50m: 27.24	27.24	150m: 1:27.51	30.41	250m: 2:29.67	31.19	350m: 3:33.76	32.41
	100m: 57.10	29.86	200m: 1:58.48	30.97	300m: 3:01.35	31.68	400m: 4:06.93	33.17
23.	Olivier Wilbers	De Dolfijn		200600181		4:07.84	+0,69	700
	50m: 28.90	28.90	150m: 1:30.68	31.39	250m: 2:34.19	31.79	350m: 3:37.21	31.30
	100m: 59.29	30.39	200m: 2:02.40	31.72	300m: 3:05.91	31.72	400m: 4:07.84	30.63
24.	Max Dieckmann	SG Stadtwerke München		414121		4:09.13	+0,76	689
	50m: 28.74	28.74	150m: 1:31.86	31.85	250m: 2:35.11	31.39	350m: 3:38.60	31.69
	100m: 1:00.01	31.27	200m: 2:03.72	31.86	300m: 3:06.91	31.80	400m: 4:09.13	30.53
25.	Noah Schärer	Limmat Sharks Zürich		200600181		4:10.32	+0,50	679
	50m: 28.49	28.49	150m: 1:31.18	31.54	250m: 2:34.86	31.75	350m: 3:39.01	31.85
	100m: 59.64	31.15	200m: 2:03.11	31.93	300m: 3:07.16	32.30	400m: 4:10.32	31.31
26.	Akira Mauri	Limmat Sharks Zürich		107016		4:10.45	+0,49	678
	50m: 27.65	27.65	150m: 1:28.34	30.84	250m: 2:32.56	32.43	350m: 3:38.48	32.99
	100m: 57.50	29.85	200m: 2:00.13	31.79	300m: 3:05.49	32.93	400m: 4:10.45	31.97
27.	Milan Veelders	ZPC AMERSFOORT		200800279		4:10.86	+0,67	675
	50m: 28.52	28.52	150m: 1:33.14	32.55	250m: 2:36.67	31.57	350m: 3:39.83	31.66
	100m: 1:00.59	32.07	200m: 2:05.10	31.96	300m: 3:08.17	31.50	400m: 4:10.86	31.03
28.	Julius Schiedt	SG Dortmund		494281		4:11.59	+0,73	669
	50m: 27.80	27.80	150m: 1:29.49	30.96	250m: 2:34.23	32.45	350m: 3:39.71	32.15
	100m: 58.53	30.73	200m: 2:01.78	32.29	300m: 3:07.56	33.33	400m: 4:11.59	31.88
29.	Mattias Stolk	HZ&PC Heerenveen		201000525		4:11.68	+0,71	668
	50m: 28.54	28.54	150m: 1:31.93	32.07	250m: 2:36.21	32.26	350m: 3:40.02	31.67
	100m: 59.86	31.32	200m: 2:03.95	32.02	300m: 3:08.35	32.14	400m: 4:11.68	31.66
30.	Akira Reichenstein	Limmat Sharks Zürich		4317		4:12.27	+0,68	663
	50m: 28.05	28.05	150m: 1:30.23	31.48	250m: 2:35.01	32.24	350m: 3:40.43	32.65
	100m: 58.75	30.70	200m: 2:02.77	32.54	300m: 3:07.78	32.77	400m: 4:12.27	31.84
31.	Tiede Groener	PSV		200700155		4:12.92	+0,69	658
	50m: 27.31	27.31	150m: 1:29.73	32.24	250m: 2:34.69	31.92	350m: 3:40.22	32.75
	100m: 57.49	30.18	200m: 2:02.77	33.04	300m: 3:07.47	32.78	400m: 4:12.92	32.70
32.	Jasper Thijert	WS Twente		200700321		4:14.03	+0,70	650
	50m: 28.53	28.53	150m: 1:31.15	31.64	250m: 2:36.03	32.67	350m: 3:42.68	33.28
	100m: 59.51	30.98	200m: 2:03.36	32.21	300m: 3:09.40	33.37	400m: 4:14.03	31.35
33.	Abel op den Velde	De Duinkickers		201000079		4:15.48	+0,48	639
	50m: 28.70	28.70	150m: 1:33.09	32.53	250m: 2:38.63	32.79	350m: 3:43.26	31.75
	100m: 1:00.56	31.86	200m: 2:05.84	32.75	300m: 3:11.51	32.88	400m: 4:15.48	32.22
34.	Tim Boerefijn	WVZ		200802815		4:16.21	+0,78	633
	50m: 28.64	28.64	150m: 1:33.39	32.71	250m: 2:38.62	32.54	350m: 3:43.90	32.63
	100m: 1:00.68	32.04	200m: 2:06.08	32.69	300m: 3:11.27	32.65	400m: 4:16.21	32.31
35.	Dylan Broom	Team GBR		S14		4:16.26	+0,70	Q 633 898
	50m: 28.40	28.40	150m: 1:32.23	32.35	250m: 2:37.77	32.92	350m: 3:44.05	33.04
	100m: 59.88	31.48	200m: 2:04.85	32.62	300m: 3:11.01	33.24	400m: 4:16.26	32.21
36.	Jelte de Jong	ZPCH		200900975		4:16.39	+0,70	632
	50m: 28.74	28.74	150m: 1:32.60	32.32	250m: 2:38.02	32.74	350m: 3:44.12	33.03
	100m: 1:00.28	31.54	200m: 2:05.28	32.68	300m: 3:11.09	33.07	400m: 4:16.39	32.27
37.	Jort Siebelt	OZ&PC		200700083		4:16.83	+0,69	629
	50m: 28.50	28.50	150m: 1:32.13	32.36	250m: 2:37.90	32.97	350m: 3:44.43	33.26
	100m: 59.77	31.27	200m: 2:04.93	32.80	300m: 3:11.17	33.27	400m: 4:16.83	32.40
38.	Baris Tomu	ZPCH		201000869		4:20.16	+0,52	605
	50m: 28.61	28.61	150m: 1:32.78	31.73	250m: 2:38.70	32.99	350m: 3:46.47	34.16
	100m: 1:01.05	32.44	200m: 2:05.71	32.93	300m: 3:12.31	33.61	400m: 4:20.16	33.69
39.	Joey Pop	ZVVS		200800277		4:21.74	+0,58	594
	50m: 28.74	28.74	150m: 1:34.36	33.16	250m: 2:42.15	33.83	350m: 3:50.39	33.73
	100m: 1:01.20	32.46	200m: 2:08.32	33.96	300m: 3:16.66	34.51	400m: 4:21.74	31.35
40.	Steven Knol	De Dolfijn		200900543		4:21.79	+0,68	594
	50m: 28.43	28.43	150m: 1:32.92	32.85	250m: 2:40.35	34.14	350m: 3:48.92	34.34
	100m: 1:00.07	31.64	200m: 2:06.21	33.29	300m: 3:14.58	34.23	400m: 4:21.79	32.87
41.	Juan Cruz Slappendel	Orca		200903053		4:22.27	+0,81	590
	50m: 29.16	29.16	150m: 1:35.26	33.24	250m: 2:42.53	33.85	350m: 3:50.77	33.88
	100m: 1:02.02	32.86	200m: 2:08.68	33.42	300m: 3:16.89	34.36	400m: 4:22.27	31.50

B = Bonus inschrijving

Open Nederlandse Kampioenschappen lange baan & European Swimming Trials 2026
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Programmanr. 5, Heren, 400m vrije slag, Voorronde, Senioren Open

rang	naam	vereniging		tijd		RT	FINA	para
42.	Xander Kragting	ZPC AMERSFOORT		200900077		4:22.29	+0,72	590
	50m: 28.74	28.74	150m: 1:33.98	33.06	250m: 2:41.51	34.01	350m: 3:49.53	34.04
	100m: 1:00.92	32.18	200m: 2:07.50	33.52	300m: 3:15.49	33.98	400m: 4:22.29	32.76
43.	Jorian Tanis	Albion		199900327		4:22.34	+0,73	590
	50m: 28.88	28.88	150m: 1:33.53	33.03	250m: 2:41.76	34.28	350m: 3:50.28	33.94
	100m: 1:00.50	31.62	200m: 2:07.48	33.95	300m: 3:16.34	34.58	400m: 4:22.34	32.06
44.	Timo Berghuis	DWK		200801991		4:23.13	+0,76	585
	50m: 29.48	29.48	150m: 1:35.97	33.50	250m: 2:44.04	33.76	350m: 3:51.55	33.47
	100m: 1:02.47	32.99	200m: 2:10.28	34.31	300m: 3:18.08	34.04	400m: 4:23.13	31.58
45.	Alan Ogorzalek	Poland Paraswimming		S10		4:23.25	+0,54	Q 584 766
	50m: 29.65	29.65	150m: 1:35.68	33.25	250m: 2:42.51	33.35	350m: 3:50.89	33.94
	100m: 1:02.43	32.78	200m: 2:09.16	33.48	300m: 3:16.95	34.44	400m: 4:23.25	32.36
	Simone Barlaam	Polha Varese		S9		4:23.25	+0,79	Q 584 862
	50m: 28.74	28.74	150m: 1:33.97	33.28	250m: 2:42.46	34.25	350m: 3:50.45	33.63
	100m: 1:00.69	31.95	200m: 2:08.21	34.24	300m: 3:16.82	34.36	400m: 4:23.25	32.80
47.	Wessel van Dorst	Aqua-Novio'94		200900727		4:23.46	+0,62	582
	50m: 28.51	28.51	150m: 1:33.51	33.07	250m: 2:41.57	34.42	350m: 3:50.04	34.01
	100m: 1:00.44	31.93	200m: 2:07.15	33.64	300m: 3:16.03	34.46	400m: 4:23.46	33.42
48.	Lou van Leeuwen	De Dolfijn		200702779		4:23.76	+0,79	580
	50m: 29.82	29.82	150m: 1:35.29	33.30	250m: 2:42.93	33.66	350m: 3:50.59	33.40
	100m: 1:01.99	32.17	200m: 2:09.27	33.98	300m: 3:17.19	34.26	400m: 4:23.76	33.17
49.	Denzel Barthen	WVZ		200700147		4:23.77	+0,74	580
	50m: 27.67	27.67	150m: 1:31.16	32.56	250m: 2:38.57	33.96	350m: 3:49.77	35.91
	100m: 58.60	30.93	200m: 2:04.61	33.45	300m: 3:13.86	35.29	400m: 4:23.77	34.00
50.	Finn Stamsnieder	OZ&PC		200900225		4:23.99	+0,56	579
	50m: 28.10	28.10	150m: 1:33.57	33.38	250m: 2:41.55	34.11	350m: 3:50.06	33.88
	100m: 1:00.19	32.09	200m: 2:07.44	33.87	300m: 3:16.18	34.63	400m: 4:23.99	33.93
51.	Bas Takken	TeamNL PARA - De Dolfijn		199901643		S10 4:24.07	+0,73	Q 578 758
	50m: 28.48	28.48	150m: 1:34.08	33.56	250m: 2:42.07	33.87	350m: 3:50.54	34.23
	100m: 1:00.52	32.04	200m: 2:08.20	34.12	300m: 3:16.31	34.24	400m: 4:24.07	33.53
52.	Teun van Weeren	OZ&PC		200801145		4:24.33	+0,68	577
	50m: 29.31	29.31	150m: 1:34.82	33.21	250m: 2:41.99	33.80	350m: 3:51.10	34.68
	100m: 1:01.61	32.30	200m: 2:08.19	33.37	300m: 3:16.42	34.43	400m: 4:24.33	33.23
53.	Filip Piszczynski	KSN (SG)		200802125		4:24.97	+0,61	572
	50m: 28.89	28.89	150m: 1:34.90	33.68	250m: 2:42.54	33.99	350m: 3:51.48	34.33
	100m: 1:01.22	32.33	200m: 2:08.55	33.65	300m: 3:17.15	34.61	400m: 4:24.97	33.49
54.	Dyon Scholten	Steenwijk 1934		200900095		4:26.14	+0,76	565
	50m: 28.54	28.54	150m: 1:33.10	32.95	250m: 2:42.16	35.21	350m: 3:53.35	35.89
	100m: 1:00.15	31.61	200m: 2:06.95	33.85	300m: 3:17.46	35.30	400m: 4:26.14	32.79
55.	Ramon Vos	ZPC Hoogetveen		201100051		4:26.25	+0,74	564
	50m: 29.68	29.68	150m: 1:36.10	33.76	250m: 2:43.98	34.16	350m: 3:52.70	34.26
	100m: 1:02.34	32.66	200m: 2:09.82	33.72	300m: 3:18.44	34.46	400m: 4:26.25	33.55
56.	Laurens van Nulck	Hellas-Glana		201100521		4:26.28	+0,57	564
	50m: 29.94	29.94	150m: 1:36.58	33.37	250m: 2:44.42	33.69	350m: 3:52.29	33.83
	100m: 1:03.21	33.27	200m: 2:10.73	34.15	300m: 3:18.46	34.04	400m: 4:26.28	33.99
57.	Jelle van den Berg	De Treffers		200802053		4:27.28	+0,64	558
	50m: 29.51	29.51	150m: 1:35.24	33.57	250m: 2:44.22	34.27	350m: 3:54.01	34.63
	100m: 1:01.67	32.16	200m: 2:09.95	34.71	300m: 3:19.38	35.16	400m: 4:27.28	33.27
58.	Rik Doornenbal	Blue Marlins		199803871		4:27.34	+0,68	557
	50m: 28.39	28.39	150m: 1:33.27	33.26	250m: 2:43.11	34.52	350m: 3:52.51	34.72
	100m: 1:00.01	31.62	200m: 2:08.59	35.32	300m: 3:17.79	34.68	400m: 4:27.34	34.83
59.	Alexander van der Maaten	Blue Marlins		200903251		4:28.43	+0,52	551
	50m: 28.06	28.06	150m: 1:35.03	34.48	250m: 2:46.12	35.55	350m: 3:55.89	33.95
	100m: 1:00.55	32.49	200m: 2:10.57	35.54	300m: 3:21.94	35.82	400m: 4:28.43	32.54
60.	Koen de Vries	De Reest		200802379		4:29.60	+0,65	543
	50m: 30.14	30.14	150m: 1:36.48	33.71	250m: 2:45.46	34.63	350m: 3:55.25	34.91
	100m: 1:02.77	32.63	200m: 2:10.83	34.35	300m: 3:20.34	34.88	400m: 4:29.60	34.35
61.	Sven Mulder	WVZ		200901655		4:30.99	+0,54	535
	50m: 29.56	29.56	150m: 1:37.11	34.14	250m: 2:46.07	34.46	350m: 3:56.52	35.34
	100m: 1:02.97	33.41	200m: 2:11.61	34.50	300m: 3:21.18	35.11	400m: 4:30.99	34.47
62.	Gijs Hartwijk	ZVL-1886		200800573		4:32.64	+0,66	525
	50m: 29.13	29.13	150m: 1:34.51	33.21	250m: 2:44.21	35.23	350m: 3:57.04	36.84
	100m: 1:01.30	32.17	200m: 2:08.98	34.47	300m: 3:20.20	35.99	400m: 4:32.64	35.60

B = Bonus inschrijving

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



Programmanr. 5, Heren, 400m vrije slag, Voorronde, Senioren Open

rang	naam	vereniging		tijd		RT	FINA	para
63.	Bas Marinus	Team Noord Holland (SG)		200903379		4:32.82	+0,73	524
	50m: 28.71	28.71	150m: 1:36.60	34.55	250m: 2:47.11	35.23	350m: 3:58.17	35.37
	100m: 1:02.05	33.34	200m: 2:11.88	35.28	300m: 3:22.80	35.69	400m: 4:32.82	34.65
64.	Aidan van der Stelt	Blue Marlins		200900901		4:33.58	+0,58	520
	50m: 30.15	30.15	150m: 1:37.77	34.21	250m: 2:47.37	34.80	350m: 3:58.37	35.37
	100m: 1:03.56	33.41	200m: 2:12.57	34.80	300m: 3:23.00	35.63	400m: 4:33.58	35.21
65.	Julian Prummel	De Gooische (SG)		200501731		4:34.18	+0,74	517
	50m: 29.39	29.39	150m: 1:35.78	33.75	250m: 2:45.84	35.28	350m: 3:57.95	36.01
	100m: 1:02.03	32.64	200m: 2:10.56	34.78	300m: 3:21.94	36.10	400m: 4:34.18	36.23
66.	Bjorn Scholten	WS Twente		200801143		4:35.25	+0,81	511
	50m: 30.70	30.70	150m: 1:39.47	34.77	250m: 2:49.94	35.39	350m: 4:01.09	35.72
	100m: 1:04.70	34.00	200m: 2:14.55	35.08	300m: 3:25.37	35.43	400m: 4:35.25	34.16
67.	Felix Gepkens	VZC		200800631		4:35.75	+0,67	508
	50m: 29.35	29.35	150m: 1:37.69	34.16	250m: 2:48.81	35.55	350m: 4:01.17	36.21
	100m: 1:03.53	34.18	200m: 2:13.26	35.57	300m: 3:24.96	36.15	400m: 4:35.75	34.58
	Seth van den Dool	Blue Marlins		200803809		4:35.75	+0,76	508
	50m: 29.52	29.52	150m: 1:38.80	35.12	250m: 2:49.55	35.16	350m: 4:00.74	35.31
	100m: 1:03.68	34.16	200m: 2:14.39	35.59	300m: 3:25.43	35.88	400m: 4:35.75	35.01
69.	Tibbe Quist	KONAZ 1870		200801359		4:37.65	+0,57	497
	50m: 28.85	28.85	150m: 1:35.45	33.50	250m: 2:46.14	36.19	350m: 4:00.56	37.31
	100m: 1:01.95	33.10	200m: 2:09.95	34.50	300m: 3:23.25	37.11	400m: 4:37.65	37.09
70.	Ties Hesse	Team Noord Holland (SG)		200901015		4:39.11	+0,80	490
	50m: 29.27	29.27	150m: 1:37.73	35.10	250m: 2:50.61	36.73	350m: 4:04.28	36.59
	100m: 1:02.63	33.36	200m: 2:13.88	36.15	300m: 3:27.69	37.08	400m: 4:39.11	34.83
71.	Thomas Nauta	Arethusa		200900339		4:43.64	+0,69	467
	50m: 30.37	30.37	150m: 1:40.99	36.32	250m: 2:54.44	36.76	350m: 4:08.10	36.84
	100m: 1:04.67	34.30	200m: 2:17.68	36.69	300m: 3:31.26	36.82	400m: 4:43.64	35.54
72.	Ruben Nooter	Dedemsvaart-AC		200901577		4:45.19	+0,61	459
	50m: 29.60	29.60	150m: 1:39.15	35.71	250m: 2:52.74	37.09	350m: 4:08.22	37.76
	100m: 1:03.44	33.84	200m: 2:15.65	36.50	300m: 3:30.46	37.72	400m: 4:45.19	36.97
73.	Alberto Amodeo	Polha Varese		S8		4:48.88	+0,67	Q 442 759
	50m: 32.10	32.10	150m: 1:44.34	36.66	250m: 2:58.99	37.37	350m: 4:13.41	36.87
	100m: 1:07.68	35.58	200m: 2:21.62	37.28	300m: 3:36.54	37.55	400m: 4:48.88	35.47
74.	Sam Downie	Team GBR		S8		4:53.47	+0,64	Q 421 724
	50m: 33.87	33.87	150m: 1:47.05	37.37	250m: 3:03.02	38.59	350m: 4:17.00	37.37
	100m: 1:09.68	35.81	200m: 2:24.43	37.38	300m: 3:39.63	36.61	400m: 4:53.47	36.47
75.	Lars Jacobsen	DWK		199705453 S14		4:54.32	+0,77	R 418 593
	50m: 30.74	30.74	150m: 1:43.83	37.62	250m: 3:00.95	39.12	350m: 4:18.39	38.88
	100m: 1:06.21	35.47	200m: 2:21.83	38.00	300m: 3:39.51	38.56	400m: 4:54.32	35.93
76.	Remi Delrue	BOAS		KZK/31134/06 S9		5:00.12	+0,55	R 394 582
	50m: 32.31	32.31	150m: 1:45.29	37.01	250m: 3:01.54	38.38	350m: 4:20.98	39.74
	100m: 1:08.28	35.97	200m: 2:23.16	37.87	300m: 3:41.24	39.70	400m: 5:00.12	39.14
77.	Twan Wielage	KSN (SG)		200902671		5:01.45	+0,77	389
	50m: 31.19	31.19	150m: 1:42.73	36.77	250m: 3:00.84	40.08	350m: 4:22.63	41.14
	100m: 1:05.96	34.77	200m: 2:20.76	38.03	300m: 3:41.49	40.65	400m: 5:01.45	38.82
78.	Alex Kozlowski	Poland Paraswimming		S11		5:03.51	+0,75	Q 381 677
	50m: 33.77	33.77	150m: 1:49.34	37.98	250m: 3:07.72	40.12	350m: 4:25.90	39.46
	100m: 1:11.36	37.59	200m: 2:27.60	38.26	300m: 3:46.44	38.72	400m: 5:03.51	37.61
79.	Colin Degenaaars	ZPCH		199505951 S14		5:06.12	+0,64	371 527
	50m: 33.02	33.02	150m: 1:49.54	39.18	250m: 3:08.99	39.81	350m: 4:28.53	39.37
	100m: 1:10.36	37.34	200m: 2:29.18	39.64	300m: 3:49.16	40.17	400m: 5:06.12	37.59
80.	Almedin Neziraj	Polha Varese		S13		5:06.17	+0,67	371 473
	50m: 33.69	33.69	150m: 1:51.17	38.86	250m: 3:09.14	38.35	350m: 4:27.56	38.90
	100m: 1:12.31	38.62	200m: 2:30.79	39.62	300m: 3:48.66	39.52	400m: 5:06.17	38.61
81.	Julian Hendriks	TeamNL PARA - De Gooische (SC200603717		S7		5:07.37	+0,70	Q 367 701
	50m: 35.57	35.57	150m: 1:52.23	38.47	250m: 3:09.43	38.10	350m: 4:28.14	39.19
	100m: 1:13.76	38.19	200m: 2:31.33	39.10	300m: 3:48.95	39.52	400m: 5:07.37	39.23
82.	Thomas Braat	AZC		200802269 S14		5:13.17	+0,80	347 492
	50m: 32.77	32.77	150m: 1:48.68	38.84	250m: 3:08.88	40.46	350m: 4:31.73	41.89
	100m: 1:09.84	37.07	200m: 2:28.42	39.74	300m: 3:49.84	40.96	400m: 5:13.17	41.44
83.	Fabio Garlaschi	Polha Varese		S7		5:22.56		Q 317 607
	50m: 36.14	36.14	150m: 1:56.96	40.71	250m: 3:19.28	41.57	350m: 4:42.82	41.82
	100m: 1:16.25	40.11	200m: 2:37.71	40.75	300m: 4:01.00	41.72	400m: 5:22.56	39.74

B = Bonus inschrijving

Programmanr. 5, Heren, 400m vrije slag, Voorronde, Senioren Open

rang	naam	vereniging		tijd				RT	FINA	para
84.	Gioele Carniato	Polha Varese		S9				5:29.98	+0,78	296 438
	50m: 36.65	36.65	150m: 1:59.64	42.20	250m: 3:24.95	42.79	350m: 4:50.45	42.52		
	100m: 1:17.44	40.79	200m: 2:42.16	42.52	300m: 4:07.93	42.98	400m: 5:29.98	39.53		
85.	Jesse Bruines	Batavia Swim		S8				5:32.78		289 497
	50m: 35.75	35.75	150m: 1:57.07	41.13	250m: 3:23.17	43.30	350m: 4:50.85	44.30		
	100m: 1:15.94	40.19	200m: 2:39.87	42.80	300m: 4:06.55	43.38	400m: 5:32.78	41.93		
86.	Thijs van Hofweegen	ZPC AMERSFOORT		S6				5:35.60	+0,79 Q	281 637
	50m: 36.21	36.21	150m: 1:59.62	42.07	250m: 3:25.15	43.20	350m: 4:52.99	43.78		
	100m: 1:17.55	41.34	200m: 2:41.95	42.33	300m: 4:09.21	44.06	400m: 5:35.60	42.61		
87.	Thomas Longo	Polha Varese		S13				5:41.50	+0,70	267 341
	50m: 36.75	36.75	150m: 2:04.06	43.66	250m: 3:32.28	44.07	350m: 5:00.10	43.72		
	100m: 1:20.40	43.65	200m: 2:48.21	44.15	300m: 4:16.38	44.10	400m: 5:41.50	41.40		
NG.ZA	Danielis Kvederis	Klaipedos Gintaro SC								
AFGEM	Tieme Wiersma	DZ&PC		200701031						
AFGEM	Rens Stijf	ZPC AMERSFOORT		200501419						
NG	David Annis	Aquatics GB								

B = Bonus inschrijving