

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



Programmanr. 5  
2-7-2026

Heren, 400m vrije slag

Senioren Open  
Resultaten Finale

Punten: AQUA 2025

| rang             | naam                | vereniging                              | tijd          | RT             | FINA                | para    |
|------------------|---------------------|-----------------------------------------|---------------|----------------|---------------------|---------|
| <b>PARA open</b> |                     |                                         |               |                |                     |         |
| 1.               | Simone Barlaam      | Polha Varese                            | S9            | <b>4:16.76</b> | +0,78               | 629 929 |
|                  | 50m: 29.20          | 29.20 150m: 1:34.28                     | 33.03         | 250m: 2:40.48  | 32.93 350m: 3:46.07 | 32.47   |
|                  | 100m: 1:01.25       | 32.05 200m: 2:07.55                     | 33.27         | 300m: 3:13.60  | 33.12 400m: 4:16.76 | 30.69   |
| 2.               | Dylan Broom         | Team GBR                                | S14           | <b>4:14.33</b> | +0,67               | 647 919 |
|                  | 50m: 28.11          | 28.11 150m: 1:30.88                     | 32.05         | 250m: 2:36.34  | 32.72 350m: 3:42.15 | 33.00   |
|                  | 100m: 58.83         | 30.72 200m: 2:03.62                     | 32.74         | 300m: 3:09.15  | 32.81 400m: 4:14.33 | 32.18   |
| 3.               | Alberto Amodéo      | Polha Varese                            | S8            | <b>4:33.07</b> | +0,67               | 523 899 |
|                  | 50m: 31.45          | 31.45 150m: 1:40.40                     | 34.82         | 250m: 2:50.54  | 35.01 350m: 3:59.47 | 34.62   |
|                  | 100m: 1:05.58       | 34.13 200m: 2:15.53                     | 35.13         | 300m: 3:24.85  | 34.31 400m: 4:33.07 | 33.60   |
| 4.               | Bas Takken          | TeamNL PARA - De Dolfijn                | 199901643 S10 | <b>4:16.39</b> | +0,70               | 632 829 |
|                  | 50m: 28.72          | 28.72 150m: 1:34.68                     | 33.32         | 250m: 2:41.19  | 33.13 350m: 3:46.22 | 31.68   |
|                  | 100m: 1:01.36       | 32.64 200m: 2:08.06                     | 33.38         | 300m: 3:14.54  | 33.35 400m: 4:16.39 | 30.17   |
| 5.               | Alan Ogorzalek      | Poland Paraswimming                     | S10           | <b>4:18.85</b> | +0,51               | 614 805 |
|                  | 50m: 29.18          | 29.18 150m: 1:34.21                     | 33.02         | 250m: 2:40.37  | 32.99 350m: 3:47.07 | 33.38   |
|                  | 100m: 1:01.19       | 32.01 200m: 2:07.38                     | 33.17         | 300m: 3:13.69  | 33.32 400m: 4:18.85 | 31.78   |
| 6.               | Sam Downie          | Team GBR                                | S8            | <b>4:51.99</b> | +0,64               | 428 735 |
|                  | 50m: 33.33          | 33.33 150m: 1:45.73                     | 36.72         | 250m: 3:00.92  | 37.59 350m: 4:15.76 | 37.54   |
|                  | 100m: 1:09.01       | 35.68 200m: 2:23.33                     | 37.60         | 300m: 3:38.22  | 37.30 400m: 4:51.99 | 36.23   |
| 7.               | Alex Kozłowski      | Poland Paraswimming                     | S11           | <b>4:56.29</b> | +0,65               | 409 727 |
|                  | 50m: 32.62          | 32.62 150m: 1:45.99                     | 37.67         | 250m: 3:02.88  | 38.76 350m: 4:19.32 | 38.25   |
|                  | 100m: 1:08.32       | 35.70 200m: 2:24.12                     | 38.13         | 300m: 3:41.07  | 38.19 400m: 4:56.29 | 36.97   |
| 8.               | Julian Hendriks     | TeamNL PARA - De Gooische (SC200603717) | S7            | <b>5:07.84</b> | +0,77               | 365 698 |
|                  | 50m: 36.02          | 36.02 150m: 1:53.57                     | 39.11         | 250m: 3:11.83  | 38.58 350m: 4:30.12 | 39.34   |
|                  | 100m: 1:14.46       | 38.44 200m: 2:33.25                     | 39.68         | 300m: 3:50.78  | 38.95 400m: 5:07.84 | 37.72   |
| 9.               | Thijs van Hofweegen | ZPC AMERSFOORT                          | 199605253 S6  | <b>5:29.33</b> | +0,72               | 298 674 |
|                  | 50m: 36.31          | 36.31 150m: 1:58.57                     | 41.83         | 250m: 3:21.87  | 42.01 350m: 4:47.55 | 43.11   |
|                  | 100m: 1:16.74       | 40.43 200m: 2:39.86                     | 41.29         | 300m: 4:04.44  | 42.57 400m: 5:29.33 | 41.78   |
| 10.              | Fabio Garlaschi     | Polha Varese                            | S7            | <b>5:21.96</b> |                     | 319 610 |
|                  | 50m: 35.71          | 35.71 150m: 1:55.21                     | 40.52         | 250m: 3:18.08  | 41.42 350m: 4:42.16 | 42.27   |
|                  | 100m: 1:14.69       | 38.98 200m: 2:36.66                     | 41.45         | 300m: 3:59.89  | 41.81 400m: 5:21.96 | 39.80   |

Senioren Open

Finale A

|    |                       |                       |           |                |                     |       |
|----|-----------------------|-----------------------|-----------|----------------|---------------------|-------|
| 1. | Arne Schubert         | Germany               |           | <b>3:49.89</b> | +0,66               | 877   |
|    | 50m: 26.42            | 26.42 150m: 1:24.67   | 29.50     | 250m: 2:23.71  | 29.29 350m: 3:22.60 | 29.20 |
|    | 100m: 55.17           | 28.75 200m: 1:54.42   | 29.75     | 300m: 2:53.40  | 29.69 400m: 3:49.89 | 27.29 |
| 2. | Reece Grady           | Aquatics GB           |           | <b>3:50.95</b> | +0,62               | 865   |
|    | 50m: 26.84            | 26.84 150m: 1:24.54   | 29.16     | 250m: 2:23.71  | 29.52 350m: 3:22.60 | 29.16 |
|    | 100m: 55.38           | 28.54 200m: 1:54.19   | 29.65     | 300m: 2:53.44  | 29.73 400m: 3:50.95 | 28.35 |
| 3. | Simon Reinke          | Germany               |           | <b>3:51.01</b> | +0,62               | 864   |
|    | 50m: 26.93            | 26.93 150m: 1:25.42   | 29.60     | 250m: 2:24.67  | 29.61 350m: 3:23.31 | 29.17 |
|    | 100m: 55.82           | 28.89 200m: 1:55.06   | 29.64     | 300m: 2:54.14  | 29.47 400m: 3:51.01 | 27.70 |
| 4. | Paulo Strehle Delgado | SG Stadtwerke München | 482213    | <b>3:52.36</b> | +0,67               | 849   |
|    | 50m: 26.87            | 26.87 150m: 1:25.13   | 29.40     | 250m: 2:24.76  | 29.68 350m: 3:24.39 | 29.82 |
|    | 100m: 55.73           | 28.86 200m: 1:55.08   | 29.95     | 300m: 2:54.57  | 29.81 400m: 3:52.36 | 27.97 |
| 5. | Tiago Fonseca Gomes   | Team NL - PSV         | 200703587 | <b>3:52.55</b> | +0,50               | 847   |
|    | 50m: 26.90            | 26.90 150m: 1:25.47   | 29.66     | 250m: 2:24.39  | 29.28 350m: 3:23.44 | 29.20 |
|    | 100m: 55.81           | 28.91 200m: 1:55.11   | 29.64     | 300m: 2:54.24  | 29.85 400m: 3:52.55 | 29.11 |
| 6. | Sander Crooijmans     | Aqua-Novio'94         | 200100383 | <b>3:53.57</b> | +0,68               | 836   |
|    | 50m: 27.21            | 27.21 150m: 1:25.61   | 29.41     | 250m: 2:25.00  | 29.52 350m: 3:24.86 | 29.82 |
|    | 100m: 56.20           | 28.99 200m: 1:55.48   | 29.87     | 300m: 2:55.04  | 30.04 400m: 3:53.57 | 28.71 |
| 7. | Martijn Nies          | PSV                   | 200902095 | <b>3:57.23</b> | +0,73               | 798   |
|    | 50m: 26.98            | 26.98 150m: 1:25.48   | 29.36     | 250m: 2:25.00  | 29.66 350m: 3:26.15 | 31.36 |
|    | 100m: 56.12           | 29.14 200m: 1:55.34   | 29.86     | 300m: 2:54.79  | 29.79 400m: 3:57.23 | 31.08 |
| 8. | Austin Namesnik       | ZPC AMERSFOORT        | 200101817 | <b>3:58.40</b> | +0,62               | 786   |
|    | 50m: 26.67            | 26.67 150m: 1:26.60   | 30.25     | 250m: 2:27.74  | 30.63 350m: 3:29.20 | 30.74 |
|    | 100m: 56.35           | 29.68 200m: 1:57.11   | 30.51     | 300m: 2:58.46  | 30.72 400m: 3:58.40 | 29.20 |

B = Bonus inschrijving

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



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

| rang     | naam              | vereniging            |       |       |         |       | tijd      |         |       | RT      | FINA    | para  |
|----------|-------------------|-----------------------|-------|-------|---------|-------|-----------|---------|-------|---------|---------|-------|
| 9.       | Youri Voet        | ZPC AMERSFOORT        |       |       |         |       | 200502269 |         |       | 4:00.58 | +0,54   | 765   |
|          | 50m:              | 27.34                 | 27.34 | 150m: | 1:27.07 | 30.10 | 250m:     | 2:28.44 | 30.74 | 350m:   | 3:30.74 | 31.06 |
|          | 100m:             | 56.97                 | 29.63 | 200m: | 1:57.70 | 30.63 | 300m:     | 2:59.68 | 31.24 | 400m:   | 4:00.58 | 29.84 |
| 10.      | Boele Böhm        | Blue Marlins          |       |       |         |       | 200700739 |         |       | 4:01.34 | +0,64   | 758   |
|          | 50m:              | 26.86                 | 26.86 | 150m: | 1:27.04 | 30.44 | 250m:     | 2:29.23 | 31.01 | 350m:   | 3:31.64 | 30.71 |
|          | 100m:             | 56.60                 | 29.74 | 200m: | 1:58.22 | 31.18 | 300m:     | 3:00.93 | 31.70 | 400m:   | 4:01.34 | 29.70 |
| Finale B |                   |                       |       |       |         |       |           |         |       |         |         |       |
| 11.      | Moritz Bockes     | SG Stadtwerke München |       |       |         |       | 279879    |         |       | 3:53.66 | +0,67   | 835   |
|          | 50m:              | 27.09                 | 27.09 | 150m: | 1:25.78 | 29.59 | 250m:     | 2:25.51 | 29.70 | 350m:   | 3:25.75 | 30.01 |
|          | 100m:             | 56.19                 | 29.10 | 200m: | 1:55.81 | 30.03 | 300m:     | 2:55.74 | 30.23 | 400m:   | 3:53.66 | 27.91 |
| 12.      | Maksym Len        | SG Dortmund           |       |       |         |       | 457204    |         |       | 3:54.70 | +0,65   | 824   |
|          | 50m:              | 27.00                 | 27.00 | 150m: | 1:26.30 | 29.90 | 250m:     | 2:26.50 | 30.06 | 350m:   | 3:25.82 | 29.40 |
|          | 100m:             | 56.40                 | 29.40 | 200m: | 1:56.44 | 30.14 | 300m:     | 2:56.42 | 29.92 | 400m:   | 3:54.70 | 28.88 |
| 13.      | Lukas Fritzke     | Germany               |       |       |         |       |           |         |       | 3:56.85 | +0,63   | 802   |
|          | 50m:              | 26.66                 | 26.66 | 150m: | 1:25.71 | 29.90 | 250m:     | 2:26.11 | 30.13 | 350m:   | 3:26.93 | 30.58 |
|          | 100m:             | 55.81                 | 29.15 | 200m: | 1:55.98 | 30.27 | 300m:     | 2:56.35 | 30.24 | 400m:   | 3:56.85 | 29.92 |
| 14.      | Aaron Wilmes      | SG Frankfurt          |       |       |         |       | 303943    |         |       | 4:04.18 | +0,74   | 732   |
|          | 50m:              | 28.02                 | 28.02 | 150m: | 1:28.91 | 30.85 | 250m:     | 2:31.15 | 31.23 | 350m:   | 3:33.39 | 31.12 |
|          | 100m:             | 58.06                 | 30.04 | 200m: | 1:59.92 | 31.01 | 300m:     | 3:02.27 | 31.12 | 400m:   | 4:04.18 | 30.79 |
| 15.      | Milan Veelders    | ZPC AMERSFOORT        |       |       |         |       | 200800279 |         |       | 4:11.13 | +0,70   | 672   |
|          | 50m:              | 28.51                 | 28.51 | 150m: | 1:32.52 | 32.37 | 250m:     | 2:36.35 | 31.24 | 350m:   | 3:40.06 | 31.95 |
|          | 100m:             | 1:00.15               | 31.64 | 200m: | 2:05.11 | 32.59 | 300m:     | 3:08.11 | 31.76 | 400m:   | 4:11.13 | 31.07 |
| 16.      | Tiede Groener     | PSV                   |       |       |         |       | 200700155 |         |       | 4:12.72 | +0,71   | 660   |
|          | 50m:              | 29.06                 | 29.06 | 150m: | 1:34.74 | 33.12 | 250m:     | 2:40.33 | 32.16 | 350m:   | 3:42.50 | 30.65 |
|          | 100m:             | 1:01.62               | 32.56 | 200m: | 2:08.17 | 33.43 | 300m:     | 3:11.85 | 31.52 | 400m:   | 4:12.72 | 30.22 |
| 17.      | Jelte de Jong     | ZPCH                  |       |       |         |       | 200900975 |         |       | 4:15.75 | +0,70   | 637   |
|          | 50m:              | 28.93                 | 28.93 | 150m: | 1:32.61 | 32.25 | 250m:     | 2:38.32 | 32.74 | 350m:   | 3:43.96 | 32.79 |
|          | 100m:             | 1:00.36               | 31.43 | 200m: | 2:05.58 | 32.97 | 300m:     | 3:11.17 | 32.85 | 400m:   | 4:15.75 | 31.79 |
| 18.      | Tim Boerefijn     | WVZ                   |       |       |         |       | 200802815 |         |       | 4:15.97 | +0,71   | 635   |
|          | 50m:              | 28.51                 | 28.51 | 150m: | 1:33.44 | 32.80 | 250m:     | 2:39.32 | 32.80 | 350m:   | 3:45.00 | 32.78 |
|          | 100m:             | 1:00.64               | 32.13 | 200m: | 2:06.52 | 33.08 | 300m:     | 3:12.22 | 32.90 | 400m:   | 4:15.97 | 30.97 |
| 19.      | Jasper Thijert    | WS Twente             |       |       |         |       | 200700321 |         |       | 4:16.83 | +0,69   | 629   |
|          | 50m:              | 28.78                 | 28.78 | 150m: | 1:33.25 | 32.59 | 250m:     | 2:38.70 | 32.55 | 350m:   | 3:44.83 | 33.10 |
|          | 100m:             | 1:00.66               | 31.88 | 200m: | 2:06.15 | 32.90 | 300m:     | 3:11.73 | 33.03 | 400m:   | 4:16.83 | 32.00 |
| 20.      | Abel op den Velde | De Duinkickers        |       |       |         |       | 201000079 |         |       | 4:21.08 | +0,72   | 598   |
|          | 50m:              | 29.21                 | 29.21 | 150m: | 1:35.37 | 33.36 | 250m:     | 2:42.62 | 33.46 | 350m:   | 3:48.71 | 33.08 |
|          | 100m:             | 1:02.01               | 32.80 | 200m: | 2:09.16 | 33.79 | 300m:     | 3:15.63 | 33.01 | 400m:   | 4:21.08 | 32.37 |

B = Bonus inschrijving