

Event 5
2-7-2026

Men, 400m Freestyle

Senioren Open
Results Finals

Points: AQUA 2025

rang	naam	vereniging						tijd				RT	FINA	para
PARA open														
1.	Simone Barlaam	Polha Varese						S9	4:16.76		+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	4:14.33		+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 Amodio	Polha Varese						S8	4:33.07		+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	4:16.39		+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	4:18.85		+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	4:51.99		+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 Kozlowski	Poland Paraswimming						S11	4:56.29		+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	5:07.84		+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	5:29.33		+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	5:21.96			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

Final A

1.	Arne Schubert	Germany						3:49.89		+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						3:50.95		+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						3:51.01		+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 Strehlke Delgado	SG Stadtwerke Muenchen						482213	3:52.36		+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	3:52.55		+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	3:53.57		+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	3:57.23		+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	3:58.40		+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



Event 5, Men, 400m Freestyle, Final, 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 Boehm	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
Final B												
11.	Moritz Bockes	SG Stadtwerke Muenchen						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