

Programmanr. 25  
17-12-2022 - 12:28

Heren, 400m wisselslag

Senioren Open  
Resultaten Voorrunde

Punten: FINA 2022

rang	naam	vereniging	tijd	RT	FINA	para		
<b>Jeugd 1 en 2</b>								
1.	Yanieck Weijland <i>Kampioenschaps Record Jeugd</i>	HPC - Blue Marlins	200500329	<b>4:19.25</b>	+0,65	A 743		
	50m: 27.84 100m: 1:00.17	27.84 32.33	150m: 1:34.35 200m: 2:07.97	34.18 33.62	250m: 2:43.06 300m: 3:18.97	35.09 35.91	350m: 3:49.83 400m: 4:19.25	30.86 29.42
2.	Sven Klink	SWOL 1894	200500349	<b>4:26.23</b>	+0,73	A 686		
	50m: 27.30 100m: 1:00.01	27.30 32.71	150m: 1:34.16 200m: 2:08.51	34.15 34.35	250m: 2:46.43 300m: 3:25.23	37.92 38.80	350m: 3:56.48 400m: 4:26.23	31.25 29.75
3.	Koen Marsman	ZPC AMERSFOORT	200502763	<b>4:32.44</b>	+0,73	A 640		
	50m: 27.80 100m: 1:00.21	27.80 32.41	150m: 1:37.48 200m: 2:13.05	37.27 35.57	250m: 2:51.52 300m: 3:30.72	38.47 39.20	350m: 4:02.49 400m: 4:32.44	31.77 29.95
4.	Olivier Wilbers	ZPC Hoogeveen	200600181	<b>4:44.83</b>	+0,84	B 560		
	50m: 31.82 100m: 1:08.37	31.82 36.55	150m: 1:43.60 200m: 2:18.54	35.23 34.94	250m: 3:00.54 300m: 3:42.33	42.00 41.79	350m: 4:13.88 400m: 4:44.83	31.55 30.95
5.	Thom De Hoog	Blue Marlins	200600019	<b>4:44.86</b>	+0,76	B 560		
	50m: 30.65 100m: 1:04.76	30.65 34.11	150m: 1:39.17 200m: 2:13.55	34.41 34.38	250m: 2:56.22 300m: 3:38.88	42.67 42.66	350m: 4:12.22 400m: 4:44.86	33.34 32.64
6.	Luc Kerpels	ZPC Hoogeveen	200503015	<b>4:47.93</b>	+0,75	R 542		
	50m: 31.60 100m: 1:08.30	31.60 36.70	150m: 1:44.31 200m: 2:20.40	36.01 36.09	250m: 3:02.17 300m: 3:44.24	41.77 42.07	350m: 4:16.71 400m: 4:47.93	32.47 31.22
7.	Jip Bakker	DZ&PC	200600287	<b>4:48.07</b>	+0,69	R 541		
	50m: 30.36 100m: 1:06.97	30.36 36.61	150m: 1:44.98 200m: 2:21.79	38.01 36.81	250m: 3:02.80 300m: 3:44.12	41.01 41.32	350m: 4:17.60 400m: 4:48.07	33.48 30.47
8.	Storm Tolsma	Zignea	200600277	<b>4:51.06</b>	+0,76	525		
	50m: 30.14 100m: 1:05.96	30.14 35.82	150m: 1:45.40 200m: 2:23.29	39.44 37.89	250m: 3:02.39 300m: 3:43.30	39.10 40.91	350m: 4:18.49 400m: 4:51.06	35.19 32.57
9.	Wesley van Elst	VZC	200500507	<b>4:51.90</b>	+0,73	520		
	50m: 30.41 100m: 1:05.20	30.41 34.79	150m: 1:43.15 200m: 2:21.14	37.95 37.99	250m: 3:02.35 300m: 3:44.00	41.21 41.65	350m: 4:18.19 400m: 4:51.90	34.19 33.71
10.	Laurens Kalle	De Schoteijl	200600161	<b>4:54.88</b>	+0,74	504		
	50m: 30.42 100m: 1:06.66	30.42 36.24	150m: 1:46.33 200m: 2:24.05	39.67 37.72	250m: 3:06.87 300m: 3:50.11	42.82 43.24	350m: 4:24.74 400m: 4:54.88	34.63 30.14
11.	Joshua Agussalim	WVZ	200600153	<b>4:55.32</b>	+0,71	502		
	50m: 29.28 100m: 1:03.96	29.28 34.68	150m: 1:45.53 200m: 2:26.13	41.57 40.60	250m: 3:06.76 300m: 3:47.14	40.63 40.38	350m: 4:22.47 400m: 4:55.32	35.33 32.85
12.	Bjorn Rijkaart	WVZ	200601337	<b>4:55.81</b>	+0,75	500		
	50m: 29.86 100m: 1:04.86	29.86 35.00	150m: 1:44.00 200m: 2:21.32	39.14 37.32	250m: 3:03.31 300m: 3:46.68	41.99 43.37	350m: 4:23.21 400m: 4:55.81	36.53 32.60
13.	Lasse Schrieken	VZC	200503145	<b>4:56.25</b>	+0,77	497		
	50m: 30.48 100m: 1:08.06	30.48 37.58	150m: 1:47.36 200m: 2:25.45	39.30 38.09	250m: 3:07.01 300m: 3:49.27	41.56 42.26	350m: 4:23.40 400m: 4:56.25	34.13 32.85
14.	Bas Blanker	SCOM/De Zeehond'73 (SG)	200601497	<b>4:58.53</b>	+0,74	486		
	50m: 30.85 100m: 1:07.62	30.85 36.77	150m: 1:47.81 200m: 2:27.45	40.19 39.64	250m: 3:10.78 300m: 3:54.28	43.33 43.50	350m: 4:27.15 400m: 4:58.53	32.87 31.38
15.	Milco Matla	PSV	200600555	<b>5:03.61</b>	+0,74	462		
	50m: 30.56 100m: 1:06.38	30.56 35.82	150m: 1:47.37 200m: 2:27.31	40.99 39.94	250m: 3:10.22 300m: 3:54.30	42.91 44.08	350m: 4:30.51 400m: 5:03.61	36.21 33.10
16.	Roan van der Weide	GZC DONK	200601629	<b>5:04.30</b>	+0,70	459		
	50m: 31.91 100m: 1:10.25	31.91 38.34	150m: 1:51.59 200m: 2:31.24	41.34 39.65	250m: 3:10.93 300m: 3:53.13	39.69 42.20	350m: 4:30.02 400m: 5:04.30	36.89 34.28
17.	Lars ten Katen	Batavia Swim	200600959	<b>5:04.60</b>	+0,76	458		
	50m: 32.04 100m: 1:10.84	32.04 38.80	150m: 1:48.90 200m: 2:26.42	38.06 37.52	250m: 3:12.35 300m: 3:57.72	45.93 45.37	350m: 4:32.22 400m: 5:04.60	34.50 32.38
18.	Eise van der Zee	Orca	200501437	<b>5:09.20</b>	+0,75	437		
	50m: 31.47 100m: 1:10.15	31.47 38.68	150m: 1:49.19 200m: 2:27.48	39.04 38.29	250m: 3:12.69 300m: 3:59.30	45.21 46.61	350m: 4:35.19 400m: 5:09.20	35.89 34.01
19.	Youri Voet	De Duinkikers	200502269	<b>5:09.36</b>	+0,72	437		
	50m: 29.45 100m: 1:04.78	29.45 35.33	150m: 1:42.81 200m: 2:21.52	38.03 38.71	250m: 3:07.28 300m: 3:54.04	45.76 46.76	350m: 4:32.77 400m: 5:09.36	38.73 36.59

B = Bonus inschrijving

Programmanr. 25, Jongens, 400m wisselslag, Voorronde, Jeugd 1 en 2

rang	naam	vereniging	tijd	RT	FINA	para	
20.	Benjamin van Helsdingen	ZZ&PC De Devel	200601097	<b>5:11.42</b>	+0,64	428	
	50m: 31.95	150m: 1:50.79	41.11	250m: 3:14.85	44.70	350m: 4:36.84	37.32
	100m: 1:09.68	200m: 2:30.15	39.36	300m: 3:59.52	44.67	400m: 5:11.42	34.58

NG Lucas van Rooij PSV 200603943

Senioren 1 en 2

1.	Abel te Riele	Rijnhaeghe (SG)	200402317	<b>4:26.45</b>	+0,74	A	684
	50m: 28.62	150m: 1:35.58	34.18	250m: 2:46.65	37.26	350m: 3:55.77	31.26
	100m: 1:01.40	200m: 2:09.39	33.81	300m: 3:24.51	37.86	400m: 4:26.45	30.68
2.	Wouter Zijlstra	HZ&PC Heerenveen	200401545	<b>4:28.68</b>	+0,64	A	667
	50m: 28.65	150m: 1:36.63	34.85	250m: 2:48.98	37.25	350m: 3:57.67	30.71
	100m: 1:01.78	200m: 2:11.73	35.10	300m: 3:26.96	37.98	400m: 4:28.68	31.01
3.	David Groenewegen	PSV	200400469	<b>4:31.10</b>	+0,75	A	649
	50m: 28.81	150m: 1:35.58	34.08	250m: 2:48.74	39.56	350m: 4:00.16	31.79
	100m: 1:01.50	200m: 2:09.18	33.60	300m: 3:28.37	39.63	400m: 4:31.10	30.94
4.	Michael Smink	Blue Marlins	200302169	<b>4:31.16</b>	+0,68	A	649
	50m: 27.81	150m: 1:36.66	35.93	250m: 2:51.79	39.85	350m: 4:02.59	31.05
	100m: 1:00.73	200m: 2:11.94	35.28	300m: 3:31.54	39.75	400m: 4:31.16	28.57
5.	Job Sanders	ZPC AMERSFOORT	200304913	<b>4:41.62</b>	+0,71	B	579
	50m: 28.27	150m: 1:38.41	36.96	250m: 2:54.12	39.11	350m: 4:08.05	34.38
	100m: 1:01.45	200m: 2:15.01	36.60	300m: 3:33.67	39.55	400m: 4:41.62	33.57
6.	Joris Janssen	PSV	200301311	<b>4:42.75</b>	+0,82	B	572
	50m: 29.31	150m: 1:41.27	37.10	250m: 2:56.83	39.71	350m: 4:10.54	33.73
	100m: 1:04.17	200m: 2:17.12	35.85	300m: 3:36.81	39.98	400m: 4:42.75	32.21
7.	Kevin Lucas	unattached	200300545	<b>4:49.56</b>	+0,81		533
	50m: 29.32	150m: 1:43.25	39.05	250m: 3:00.73	40.26	350m: 4:17.15	35.10
	100m: 1:04.20	200m: 2:20.47	37.22	300m: 3:42.05	41.32	400m: 4:49.56	32.41
8.	Daan Hogerhuis	De Columbiaan	200300317	<b>4:50.43</b>	+0,70		528
	50m: 29.48	150m: 1:42.01	37.61	250m: 3:01.22	41.58	350m: 4:17.66	34.23
	100m: 1:04.40	200m: 2:19.64	37.63	300m: 3:43.43	42.21	400m: 4:50.43	32.77
9.	Koen Vissers	PSV	200401429	<b>4:51.40</b>	+0,84		523
	50m: 30.35	150m: 1:44.32	37.89	250m: 3:05.07	43.41	350m: 4:20.35	32.02
	100m: 1:06.43	200m: 2:21.66	37.34	300m: 3:48.33	43.26	400m: 4:51.40	31.05
10.	Pepijn van Egmond	WVZ	200402309	<b>4:55.37</b>	+0,65		502
	50m: 28.96	150m: 1:40.08	36.91	250m: 3:01.78	42.72	350m: 4:22.92	35.30
	100m: 1:03.17	200m: 2:19.06	38.98	300m: 3:47.62	45.84	400m: 4:55.37	32.45
11.	Rick Offringa	OEZA	200300979	<b>4:58.83</b>	+0,77		485
	50m: 28.68	150m: 1:41.58	37.81	250m: 3:00.71	41.86	350m: 4:20.80	37.58
	100m: 1:03.77	200m: 2:18.85	37.27	300m: 3:43.22	42.51	400m: 4:58.83	38.03
DIS	Justin Steenkamp	PSV	200404133			A A	
	<i>AA - Gestart voor het startsignaal (en wel gezwommen).</i>						

Senioren Open

1.	Yanieck Weijland	HPC - Blue Marlins	200500329	<b>4:19.25</b>	+0,65	A	743
	<i>Kampioenschaps Record Jeugd</i>						
	50m: 27.84	150m: 1:34.35	34.18	250m: 2:43.06	35.09	350m: 3:49.83	30.86
	100m: 1:00.17	200m: 2:07.97	33.62	300m: 3:18.97	35.91	400m: 4:19.25	29.42
2.	Sven Klink	SWOL 1894	200500349	<b>4:26.23</b>	+0,73	A	686
	50m: 27.30	150m: 1:34.16	34.15	250m: 2:46.43	37.92	350m: 3:56.48	31.25
	100m: 1:00.01	200m: 2:08.51	34.35	300m: 3:25.23	38.80	400m: 4:26.23	29.75
3.	Abel te Riele	Rijnhaeghe (SG)	200402317	<b>4:26.45</b>	+0,74	A	684
	50m: 28.62	150m: 1:35.58	34.18	250m: 2:46.65	37.26	350m: 3:55.77	31.26
	100m: 1:01.40	200m: 2:09.39	33.81	300m: 3:24.51	37.86	400m: 4:26.45	30.68
4.	Wouter Zijlstra	HZ&PC Heerenveen	200401545	<b>4:28.68</b>	+0,64	A	667
	50m: 28.65	150m: 1:36.63	34.85	250m: 2:48.98	37.25	350m: 3:57.67	30.71
	100m: 1:01.78	200m: 2:11.73	35.10	300m: 3:26.96	37.98	400m: 4:28.68	31.01
5.	David Groenewegen	PSV	200400469	<b>4:31.10</b>	+0,75	A	649
	50m: 28.81	150m: 1:35.58	34.08	250m: 2:48.74	39.56	350m: 4:00.16	31.79
	100m: 1:01.50	200m: 2:09.18	33.60	300m: 3:28.37	39.63	400m: 4:31.10	30.94

B = Bonus inschrijving

Programmanr. 25, Heren, 400m wisselslag, Voorronde, Senioren Open

rang	naam	vereniging	tijd	RT	FINA	para		
6.	Michael Smink	Blue Marlins	200302169	<b>4:31.16</b>	+0,68	A 649		
	50m: 27.81 100m: 1:00.73	27.81 32.92	150m: 1:36.66 200m: 2:11.94	35.93 35.28	250m: 2:51.79 300m: 3:31.54	39.85 39.75	350m: 4:02.59 400m: 4:31.16	31.05 28.57
7.	Koen Marsman	ZPC AMERSFOORT	200502763	<b>4:32.44</b>	+0,73	A 640		
	50m: 27.80 100m: 1:00.21	27.80 32.41	150m: 1:37.48 200m: 2:13.05	37.27 35.57	250m: 2:51.52 300m: 3:30.72	38.47 39.20	350m: 4:02.49 400m: 4:32.44	31.77 29.95
8.	Nicko Kamphuis	De Warande	199900887	<b>4:35.18</b>	+0,60	A 621		
	50m: 28.44 100m: 1:01.68	28.44 33.24	150m: 1:38.33 200m: 2:14.61	36.65 36.28	250m: 2:52.84 300m: 3:31.58	38.23 38.74	350m: 4:04.18 400m: 4:35.18	32.60 31.00
9.	Job Sanders	ZPC AMERSFOORT	200304913	<b>4:41.62</b>	+0,71	B 579		
	50m: 28.27 100m: 1:01.45	28.27 33.18	150m: 1:38.41 200m: 2:15.01	36.96 36.60	250m: 2:54.12 300m: 3:33.67	39.11 39.55	350m: 4:08.05 400m: 4:41.62	34.38 33.57
10.	Joris Janssen	PSV	200301311	<b>4:42.75</b>	+0,82	B 572		
	50m: 29.31 100m: 1:04.17	29.31 34.86	150m: 1:41.27 200m: 2:17.12	37.10 35.85	250m: 2:56.83 300m: 3:36.81	39.71 39.98	350m: 4:10.54 400m: 4:42.75	33.73 32.21
11.	Matteo Viani	Zwemlust-den Hommel	199007717	<b>4:43.17</b>	+0,77	B 570		
	50m: 28.84 100m: 1:02.22	28.84 33.38	150m: 1:40.06 200m: 2:18.09	37.84 38.03	250m: 2:59.50 300m: 3:41.00	41.41 41.50	350m: 4:12.92 400m: 4:43.17	31.92 30.25
12.	Thomas van Wanrooij	HPC PARA - Poseidon '56	200201473	<b>4:43.59</b>	+0,74	B 567 1414		
	50m: 28.95 100m: 1:02.78	28.95 33.83	150m: 1:40.52 200m: 2:18.34	37.74 37.82	250m: 2:58.39 300m: 3:39.20	40.05 40.81	350m: 4:12.68 400m: 4:43.59	33.48 30.91
13.	Olivier Wilbers	ZPC Hoogeveen	200600181	<b>4:44.83</b>	+0,84	B 560		
	50m: 31.82 100m: 1:08.37	31.82 36.55	150m: 1:43.60 200m: 2:18.54	35.23 34.94	250m: 3:00.54 300m: 3:42.33	42.00 41.79	350m: 4:13.88 400m: 4:44.83	31.55 30.95
14.	Thom De Hoog	Blue Marlins	200600019	<b>4:44.86</b>	+0,76	B 560		
	50m: 30.65 100m: 1:04.76	30.65 34.11	150m: 1:39.17 200m: 2:13.55	34.41 34.38	250m: 2:56.22 300m: 3:38.88	42.67 42.66	350m: 4:12.22 400m: 4:44.86	33.34 32.64
15.	Louis Kappler	Zwemlust-den Hommel	200205067	<b>4:45.17</b>	+0,72	B 558		
	50m: 28.49 100m: 1:01.60	28.49 33.11	150m: 1:37.39 200m: 2:12.60	35.79 35.21	250m: 2:55.76 300m: 3:39.21	43.16 43.45	350m: 4:12.74 400m: 4:45.17	33.53 32.43
16.	Guus Hoogduin	ZVL-1886 Center	200201069	<b>4:47.07</b>	+0,74	B 547		
	50m: 29.38 100m: 1:03.17	29.38 33.79	150m: 1:39.50 200m: 2:15.22	36.33 35.72	250m: 2:56.80 300m: 3:38.81	41.58 42.01	350m: 4:13.69 400m: 4:47.07	34.88 33.38
17.	Luc Kerpels	ZPC Hoogeveen	200503015	<b>4:47.93</b>	+0,75	R 542		
	50m: 31.60 100m: 1:08.30	31.60 36.70	150m: 1:44.31 200m: 2:20.40	36.01 36.09	250m: 3:02.17 300m: 3:44.24	41.77 42.07	350m: 4:16.71 400m: 4:47.93	32.47 31.22
18.	Jip Bakker	DZ&PC	200600287	<b>4:48.07</b>	+0,69	R 541		
	50m: 30.36 100m: 1:06.97	30.36 36.61	150m: 1:44.98 200m: 2:21.79	38.01 36.81	250m: 3:02.80 300m: 3:44.12	41.01 41.32	350m: 4:17.60 400m: 4:48.07	33.48 30.47
19.	Darren Chen	ZPC AMERSFOORT	200001149	<b>4:48.47</b>	+0,65	539		
	50m: 29.30 100m: 1:02.90	29.30 33.60	150m: 1:41.25 200m: 2:18.27	38.35 37.02	250m: 3:00.01 300m: 3:42.31	41.74 42.30	350m: 4:15.63 400m: 4:48.47	33.32 32.84
20.	Kevin Lucas	unattached	200300545	<b>4:49.56</b>	+0,81	533		
	50m: 29.32 100m: 1:04.20	29.32 34.88	150m: 1:43.25 200m: 2:20.47	39.05 37.22	250m: 3:00.73 300m: 3:42.05	40.26 41.32	350m: 4:17.15 400m: 4:49.56	35.10 32.41
21.	Mies de Wit	De Ward	200700315	<b>4:50.26</b>	+0,70	529		
	50m: 29.99 100m: 1:05.36	29.99 35.37	150m: 1:43.71 200m: 2:21.11	38.35 37.40	250m: 3:01.21 300m: 3:42.14	40.10 40.93	350m: 4:17.33 400m: 4:50.26	35.19 32.93
22.	Daan Hogerhuis	De Columbiaan	200300317	<b>4:50.43</b>	+0,70	528		
	50m: 29.48 100m: 1:04.40	29.48 34.92	150m: 1:42.01 200m: 2:19.64	37.61 37.63	250m: 3:01.22 300m: 3:43.43	41.58 42.21	350m: 4:17.66 400m: 4:50.43	34.23 32.77
23.	Storm Tolsma	Zignea	200600277	<b>4:51.06</b>	+0,76	525		
	50m: 30.14 100m: 1:05.96	30.14 35.82	150m: 1:45.40 200m: 2:23.29	39.44 37.89	250m: 3:02.39 300m: 3:43.30	39.10 40.91	350m: 4:18.49 400m: 4:51.06	35.19 32.57
24.	Koen Vissers	PSV	200401429	<b>4:51.40</b>	+0,84	523		
	50m: 30.35 100m: 1:06.43	30.35 36.08	150m: 1:44.32 200m: 2:21.66	37.89 37.34	250m: 3:05.07 300m: 3:48.33	43.41 43.26	350m: 4:20.35 400m: 4:51.40	32.02 31.05
25.	Wesley van Elst	VZC	200500507	<b>4:51.90</b>	+0,73	520		
	50m: 30.41 100m: 1:05.20	30.41 34.79	150m: 1:43.15 200m: 2:21.14	37.95 37.99	250m: 3:02.35 300m: 3:44.00	41.21 41.65	350m: 4:18.19 400m: 4:51.90	34.19 33.71
26.	Martijn Velders	Aqua-Novio'94	199502619	<b>4:53.81</b>	+0,66	510		
	50m: 31.57 100m: 1:09.19	31.57 37.62	150m: 1:48.88 200m: 2:28.03	39.69 39.15	250m: 3:07.08 300m: 3:46.72	39.05 39.64	350m: 4:20.86 400m: 4:53.81	34.14 32.95

B = Bonus inschrijving

Programmanr. 25, Heren, 400m wisselslag, Voorronde, Senioren Open

rang	naam	vereniging	tijd	RT	FINA	para		
27.	Mees Niemeijer	DZ&PC	200201275	<b>4:53.85</b>	+0,76	510		
	50m: 29.87	29.87	150m: 1:42.82	37.89	250m: 3:01.87	41.59	350m: 4:19.98	35.36
	100m: 1:04.93	35.06	200m: 2:20.28	37.46	300m: 3:44.82	42.95	400m: 4:53.85	33.87
28.	Darryl Lubbinge	ZPC Hoogeveen	199701045	<b>4:54.41</b>	+0,71	507		
	50m: 31.23	31.23	150m: 1:46.52	38.35	250m: 3:03.93	40.52	350m: 4:20.88	34.90
	100m: 1:08.17	36.94	200m: 2:23.41	36.89	300m: 3:45.98	42.05	400m: 4:54.41	33.53
29.	Laurens Kalle	De Schoteijl	200600161	<b>4:54.88</b>	+0,74	504		
	50m: 30.42	30.42	150m: 1:46.33	39.67	250m: 3:06.87	42.82	350m: 4:24.74	34.63
	100m: 1:06.66	36.24	200m: 2:24.05	37.72	300m: 3:50.11	43.24	400m: 4:54.88	30.14
30.	Jeffrey Camphens	DWT	199503113	<b>4:55.01</b>	+0,70	504		
	50m: 30.34	30.34	150m: 1:46.01	39.55	250m: 3:06.30	41.34	350m: 4:22.47	34.60
	100m: 1:06.46	36.12	200m: 2:24.96	38.95	300m: 3:47.87	41.57	400m: 4:55.01	32.54
31.	Joshua Agussalim	WVZ	200600153	<b>4:55.32</b>	+0,71	502		
	50m: 29.28	29.28	150m: 1:45.53	41.57	250m: 3:06.76	40.63	350m: 4:22.47	35.33
	100m: 1:03.96	34.68	200m: 2:26.13	40.60	300m: 3:47.14	40.38	400m: 4:55.32	32.85
32.	Pepijn van Egmond	WVZ	200402309	<b>4:55.37</b>	+0,65	502		
	50m: 28.96	28.96	150m: 1:40.08	36.91	250m: 3:01.78	42.72	350m: 4:22.92	35.30
	100m: 1:03.17	34.21	200m: 2:19.06	38.98	300m: 3:47.62	45.84	400m: 4:55.37	32.45
33.	Bjorn Rijkaart	WVZ	200601337	<b>4:55.81</b>	+0,75	500		
	50m: 29.86	29.86	150m: 1:44.00	39.14	250m: 3:03.31	41.99	350m: 4:23.21	36.53
	100m: 1:04.86	35.00	200m: 2:21.32	37.32	300m: 3:46.68	43.37	400m: 4:55.81	32.60
34.	Lasse Schrieken	VZC	200503145	<b>4:56.25</b>	+0,77	497		
	50m: 30.48	30.48	150m: 1:47.36	39.30	250m: 3:07.01	41.56	350m: 4:23.40	34.13
	100m: 1:08.06	37.58	200m: 2:25.45	38.09	300m: 3:49.27	42.26	400m: 4:56.25	32.85
35.	Tim Bunnik	Triton	199000505	<b>4:58.02</b>	+0,82	489		
	50m: 30.95	30.95	150m: 1:44.31	37.28	250m: 3:04.89	43.19	350m: 4:23.37	34.63
	100m: 1:07.03	36.08	200m: 2:21.70	37.39	300m: 3:48.74	43.85	400m: 4:58.02	34.65
36.	Bas Blanker	SCOM/De Zeehond'73 (SG)	200601497	<b>4:58.53</b>	+0,74	486		
	50m: 30.85	30.85	150m: 1:47.81	40.19	250m: 3:10.78	43.33	350m: 4:27.15	32.87
	100m: 1:07.62	36.77	200m: 2:27.45	39.64	300m: 3:54.28	43.50	400m: 4:58.53	31.38
37.	Rick Offringa	OEZA	200300979	<b>4:58.83</b>	+0,77	485		
	50m: 28.68	28.68	150m: 1:41.58	37.81	250m: 3:00.71	41.86	350m: 4:20.80	37.58
	100m: 1:03.77	35.09	200m: 2:18.85	37.27	300m: 3:43.22	42.51	400m: 4:58.83	38.03
38.	Milco Matla	PSV	200600555	<b>5:03.61</b>	+0,74	462		
	50m: 30.56	30.56	150m: 1:47.37	40.99	250m: 3:10.22	42.91	350m: 4:30.51	36.21
	100m: 1:06.38	35.82	200m: 2:27.31	39.94	300m: 3:54.30	44.08	400m: 5:03.61	33.10
39.	Roan van der Weide	GZC DONK	200601629	<b>5:04.30</b>	+0,70	459		
	50m: 31.91	31.91	150m: 1:51.59	41.34	250m: 3:10.93	39.69	350m: 4:30.02	36.89
	100m: 1:10.25	38.34	200m: 2:31.24	39.65	300m: 3:53.13	42.20	400m: 5:04.30	34.28
40.	Lars ten Katen	Batavia Swim	200600959	<b>5:04.60</b>	+0,76	458		
	50m: 32.04	32.04	150m: 1:48.90	38.06	250m: 3:12.35	45.93	350m: 4:32.22	34.50
	100m: 1:10.84	38.80	200m: 2:26.42	37.52	300m: 3:57.72	45.37	400m: 5:04.60	32.38
41.	Eise van der Zee	Orca	200501437	<b>5:09.20</b>	+0,75	437		
	50m: 31.47	31.47	150m: 1:49.19	39.04	250m: 3:12.69	45.21	350m: 4:35.19	35.89
	100m: 1:10.15	38.68	200m: 2:27.48	38.29	300m: 3:59.30	46.61	400m: 5:09.20	34.01
42.	Youri Voet	De Duinkickers	200502269	<b>5:09.36</b>	+0,72	437		
	50m: 29.45	29.45	150m: 1:42.81	38.03	250m: 3:07.28	45.76	350m: 4:32.77	38.73
	100m: 1:04.78	35.33	200m: 2:21.52	38.71	300m: 3:54.04	46.76	400m: 5:09.36	36.59
43.	Benjamin van Helsdingen	ZZ&PC De Devel	200601097	<b>5:11.42</b>	+0,64	428		
	50m: 31.95	31.95	150m: 1:50.79	41.11	250m: 3:14.85	44.70	350m: 4:36.84	37.32
	100m: 1:09.68	37.73	200m: 2:30.15	39.36	300m: 3:59.52	44.67	400m: 5:11.42	34.58
DIS	Justin Steenkamp	PSV	200404133			A A		
	<i>AA - Gestart voor het startsignaal (en wel gezwommen).</i>							
NG	Lucas van Rooij	PSV	200603943					
NG	Yarno van Dam	ACZ	200800115					

PARA Open

1.	Thomas van Wanrooij	HPC PARA - Poseidon '56	200201473	SM13	<b>4:43.59</b>	+0,74	B	567	1414
	50m: 28.95	28.95	150m: 1:40.52	37.74	250m: 2:58.39	40.05	350m: 4:12.68	33.48	
	100m: 1:02.78	33.83	200m: 2:18.34	37.82	300m: 3:39.20	40.81	400m: 4:43.59	30.91	

B = Bonus inschrijving