

Programmanr. 31
18-12-2022 - 9:00

Heren, 400m vrije slag

Senioren Open
Resultaten Voorrunde

Punten: FINA 2022

rang	naam		vereniging			tijd	RT	FINA	para
Jeugd 1 en 2									
1.	Yanieck Weijland		HPC - Blue Marlins	200500329	3:55.60	+0,66	A	731	
	50m: 27.15	27.15	150m: 1:25.98	29.55	250m: 2:26.29	30.26	350m: 3:27.02	30.16	
	100m: 56.43	29.28	200m: 1:56.03	30.05	300m: 2:56.86	30.57	400m: 3:55.60	28.58	
2.	Efe öngören		Blue Marlins	200504459	3:55.68	+0,64	A	730	
	50m: 27.66	27.66	150m: 1:27.13	29.96	250m: 2:26.74	29.93	350m: 3:27.14	30.22	
	100m: 57.17	29.51	200m: 1:56.81	29.68	300m: 2:56.92	30.18	400m: 3:55.68	28.54	
3.	Émile Fouzaï		Blue Marlins	200500263	3:58.22	+0,84	A	707	
	50m: 27.49	27.49	150m: 1:27.37	29.93	250m: 2:28.32	30.41	350m: 3:28.93	30.20	
	100m: 57.44	29.95	200m: 1:57.91	30.54	300m: 2:58.73	30.41	400m: 3:58.22	29.29	
4.	Borys Rudman		Blue Marlins	200504479	4:02.54	+0,72	B	670	
	50m: 27.27	27.27	150m: 1:27.69	30.29	250m: 2:28.74	30.59	350m: 3:32.03	31.74	
	100m: 57.40	30.13	200m: 1:58.15	30.46	300m: 3:00.29	31.55	400m: 4:02.54	30.51	
5.	Sven Klink		SWOL 1894	200500349	4:04.44	+0,76	B	654	
	50m: 27.10	27.10	150m: 1:27.06	30.46	250m: 2:29.02	31.27	350m: 3:33.03	32.31	
	100m: 56.60	29.50	200m: 1:57.75	30.69	300m: 3:00.72	31.70	400m: 4:04.44	31.41	
6.	Koen Marsman		ZPC AMERSFOORT	200502763	4:04.64	+0,71	B	653	
	50m: 27.16	27.16	150m: 1:27.70	30.62	250m: 2:29.64	31.18	350m: 3:32.92	31.82	
	100m: 57.08	29.92	200m: 1:58.46	30.76	300m: 3:01.10	31.46	400m: 4:04.64	31.72	
7.	Rens Stijf		ZPC AMERSFOORT	200501419	4:08.86	+0,68	R	620	
	50m: 27.80	27.80	150m: 1:28.59	30.66	250m: 2:31.77	31.83	350m: 3:36.61	32.60	
	100m: 57.93	30.13	200m: 1:59.94	31.35	300m: 3:04.01	32.24	400m: 4:08.86	32.25	
8.	Tenzing Geutjes		ZPC AMERSFOORT	200600441	4:10.66	+0,73		607	
	50m: 27.73	27.73	150m: 1:29.48	31.54	250m: 2:32.55	31.57	350m: 3:37.73	33.00	
	100m: 57.94	30.21	200m: 2:00.98	31.50	300m: 3:04.73	32.18	400m: 4:10.66	32.93	
9.	Olivier Wilbers		ZPC Hoogeveen	200600181	4:12.20	+0,81		596	
	50m: 29.04	29.04	150m: 1:31.46	31.50	250m: 2:35.66	32.24	350m: 3:40.41	32.59	
	100m: 59.96	30.92	200m: 2:03.42	31.96	300m: 3:07.82	32.16	400m: 4:12.20	31.79	
10.	Luc Kerpels		ZPC Hoogeveen	200503015	4:16.30	+0,79		567	
	50m: 29.11	29.11	150m: 1:33.18	32.35	250m: 2:38.74	32.76	350m: 3:44.38	32.71	
	100m: 1:00.83	31.72	200m: 2:05.98	32.80	300m: 3:11.67	32.93	400m: 4:16.30	31.92	
11.	Marcelino Gomez Gonzalez		PSV	200601473	4:20.42	+0,78		541	
	50m: 27.99	27.99	150m: 1:33.99	33.42	250m: 2:41.72	34.01	350m: 3:49.42	32.95	
	100m: 1:00.57	32.58	200m: 2:07.71	33.72	300m: 3:16.47	34.75	400m: 4:20.42	31.00	
12.	Bas Blanker		SCOM/De Zeehond'73 (SG)	200601497	4:20.79	+0,75		539	
	50m: 29.13	29.13	150m: 1:34.68	33.29	250m: 2:41.81	33.48	350m: 3:49.87	34.13	
	100m: 1:01.39	32.26	200m: 2:08.33	33.65	300m: 3:15.74	33.93	400m: 4:20.79	30.92	
13.	Lasse Schrieken		VZC	200503145	4:22.39	+0,72		529	
	50m: 28.59	28.59	150m: 1:34.61	33.41	250m: 2:42.30	34.14	350m: 3:47.72	31.65	
	100m: 1:01.20	32.61	200m: 2:08.16	33.55	300m: 3:16.07	33.77	400m: 4:22.39	34.67	
14.	Mohammad Shouman		WS Twente	200604397	4:24.41	+0,64		517	
	50m: 28.13	28.13	150m: 1:33.84	33.72	250m: 2:41.62	33.96	350m: 3:50.53	34.57	
	100m: 1:00.12	31.99	200m: 2:07.66	33.82	300m: 3:15.96	34.34	400m: 4:24.41	33.88	
15.	Eise van der Zee		Orca	200501437	4:30.00	+0,77		485	
	50m: 31.12	31.12	150m: 1:39.98	34.58	250m: 2:48.86	34.47	350m: 3:57.17	34.04	
	100m: 1:05.40	34.28	200m: 2:14.39	34.41	300m: 3:23.13	34.27	400m: 4:30.00	32.83	
16.	Dennis Mosterman		Dedemsvaart-AC	200501283	4:30.12	+0,74		485	
	50m: 29.68	29.68	150m: 1:38.13	35.33	250m: 2:47.50	34.96	350m: 3:57.37	34.76	
	100m: 1:02.80	33.12	200m: 2:12.54	34.41	300m: 3:22.61	35.11	400m: 4:30.12	32.75	
17.	Lars ten Katen		Batavia Swim	200600959	4:32.83	+0,72		470	
	50m: 31.04	31.04	150m: 1:40.70	35.46	250m: 2:50.52	34.99	350m: 4:00.00	34.03	
	100m: 1:05.24	34.20	200m: 2:15.53	34.83	300m: 3:25.97	35.45	400m: 4:32.83	32.83	
18.	Mees Peters		De Ward	200501895	4:37.69	+0,93		446	
	50m: 30.33	30.33	150m: 1:40.09	35.23	250m: 2:51.54	35.59	350m: 4:03.88	35.44	
	100m: 1:04.86	34.53	200m: 2:15.95	35.86	300m: 3:28.44	36.90	400m: 4:37.69	33.81	
19.	Julian Hendriks		De Otters Het Gooi	200603717	5:39.03		S7	245	557
	50m: 39.10	39.10	150m: 2:02.93	42.26	250m: 3:28.31	42.57	350m: 4:57.14	44.02	
	100m: 1:20.67	41.57	200m: 2:45.74	42.81	300m: 4:13.12	44.81	400m: 5:39.03	41.89	

B = Bonus inschrijving

Programmanr. 31, Jongens, 400m vrije slag, Voorronde, Jeugd 1 en 2

rang	naam	vereniging	tijd	RT	FINA	para
AFGEM	Hessel de Jong	ACZ	200602753			
NG	Lucas van Rooij	PSV	200603943			

Senioren 1 en 2

1.	Lucas Peters	HPC - Nextline Swimming	200301325	3:52.96	+0,71	A	756	
	50m: 27.01	27.01	150m: 1:25.90	29.51	250m: 2:24.99	29.34	350m: 3:24.16	29.52
	100m: 56.39	29.38	200m: 1:55.65	29.75	300m: 2:54.64	29.65	400m: 3:52.96	28.80
2.	Merlin Belmon	HPC - ZPC AMERSFOORT	200403191	3:54.65	+0,76	A	740	
	50m: 26.51	26.51	150m: 1:26.57	30.21	250m: 2:26.11	29.60	350m: 3:25.44	29.99
	100m: 56.36	29.85	200m: 1:56.51	29.94	300m: 2:55.45	29.34	400m: 3:54.65	29.21
3.	Abel te Riele	Rijnhaeghe (SG)	200402317	4:02.20	+0,72	B	673	
	50m: 27.17	27.17	150m: 1:27.06	30.23	250m: 2:28.76	31.01	350m: 3:31.72	31.65
	100m: 56.83	29.66	200m: 1:57.75	30.69	300m: 3:00.07	31.31	400m: 4:02.20	30.48
4.	David Groenewegen	PSV	200400469	4:02.62	+0,79	B	669	
	50m: 27.16	27.16	150m: 1:27.10	30.41	250m: 2:28.79	30.94	350m: 3:32.16	31.88
	100m: 56.69	29.53	200m: 1:57.85	30.75	300m: 3:00.28	31.49	400m: 4:02.62	30.46
5.	Wouter Zijlstra	HZ&PC Heerenveen	200401545	4:05.35	+0,61	B	647	
	50m: 27.31	27.31	150m: 1:29.17	31.10	250m: 2:31.76	31.17	350m: 3:34.76	31.39
	100m: 58.07	30.76	200m: 2:00.59	31.42	300m: 3:03.37	31.61	400m: 4:05.35	30.59
6.	Joris Janssen	PSV	200301311	4:07.25	+0,71	B	632	
	50m: 27.19	27.19	150m: 1:29.12	31.53	250m: 2:32.54	31.59	350m: 3:36.54	32.20
	100m: 57.59	30.40	200m: 2:00.95	31.83	300m: 3:04.34	31.80	400m: 4:07.25	30.71
7.	Ronis van Everdingen	DWK	200300043	4:09.15	+0,81		618	
	50m: 27.36	27.36	150m: 1:29.73	31.50	250m: 2:32.93	31.34	350m: 3:36.74	32.03
	100m: 58.23	30.87	200m: 2:01.59	31.86	300m: 3:04.71	31.78	400m: 4:09.15	32.41
8.	Thijn Damen	PSV	200300973	4:09.20	+0,76		617	
	50m: 26.70	26.70	150m: 1:28.31	31.31	250m: 2:32.45	32.15	350m: 3:40.40	34.61
	100m: 57.00	30.30	200m: 2:00.30	31.99	300m: 3:05.79	33.34	400m: 4:09.20	28.80
9.	Daan Hogerhuis	De Columbiaan	200300317	4:15.37	+0,71		574	
	50m: 27.80	27.80	150m: 1:31.08	32.28	250m: 2:35.75	32.35	350m: 3:42.50	33.49
	100m: 58.80	31.00	200m: 2:03.40	32.32	300m: 3:09.01	33.26	400m: 4:15.37	32.87
10.	Koen Vissers	PSV	200401429	4:15.52	+0,87		573	
	50m: 28.35	28.35	150m: 1:31.03	31.63	250m: 2:36.64	33.10	350m: 3:42.93	33.22
	100m: 59.40	31.05	200m: 2:03.54	32.51	300m: 3:09.71	33.07	400m: 4:15.52	32.59

Senioren Open

1.	Bart Sommeling	De Dolfijn	199800765	3:49.32	+0,75	A	792	
	50m: 25.91	25.91	150m: 1:23.90	29.44	250m: 2:21.04	28.71	350m: 3:20.41	29.74
	100m: 54.46	28.55	200m: 1:52.33	28.43	300m: 2:50.67	29.63	400m: 3:49.32	28.91
2.	Lucas Peters	HPC - Nextline Swimming	200301325	3:52.96	+0,71	A	756	
	50m: 27.01	27.01	150m: 1:25.90	29.51	250m: 2:24.99	29.34	350m: 3:24.16	29.52
	100m: 56.39	29.38	200m: 1:55.65	29.75	300m: 2:54.64	29.65	400m: 3:52.96	28.80
3.	Merlin Belmon	HPC - ZPC AMERSFOORT	200403191	3:54.65	+0,76	A	740	
	50m: 26.51	26.51	150m: 1:26.57	30.21	250m: 2:26.11	29.60	350m: 3:25.44	29.99
	100m: 56.36	29.85	200m: 1:56.51	29.94	300m: 2:55.45	29.34	400m: 3:54.65	29.21
4.	Yanieck Weijland	HPC - Blue Marlins	200500329	3:55.60	+0,66	A	731	
	50m: 27.15	27.15	150m: 1:25.98	29.55	250m: 2:26.29	30.26	350m: 3:27.02	30.16
	100m: 56.43	29.28	200m: 1:56.03	30.05	300m: 2:56.86	30.57	400m: 3:55.60	28.58
5.	Efe öngören	Blue Marlins	200504459	3:55.68	+0,64	A	730	
	50m: 27.66	27.66	150m: 1:27.13	29.96	250m: 2:26.74	29.93	350m: 3:27.14	30.22
	100m: 57.17	29.51	200m: 1:56.81	29.68	300m: 2:56.92	30.18	400m: 3:55.68	28.54
6.	Tim Hoogerwerf	De Dolfijn	200005587	3:56.22	+0,72	A	725	
	50m: 26.08	26.08	150m: 1:24.81	29.78	250m: 2:25.99	30.63	350m: 3:27.59	30.78
	100m: 55.03	28.95	200m: 1:55.36	30.55	300m: 2:56.81	30.82	400m: 3:56.22	28.63
7.	Tiago Fonseca Gomes	PSV	200703587	3:56.51	+0,62	A	722	
	50m: 26.79	26.79	150m: 1:27.02	30.30	250m: 2:27.16	29.71	350m: 3:27.48	30.25
	100m: 56.72	29.93	200m: 1:57.45	30.43	300m: 2:57.23	30.07	400m: 3:56.51	29.03
8.	Émile Fouzaï	Blue Marlins	200500263	3:58.22	+0,84	A	707	
	50m: 27.49	27.49	150m: 1:27.37	29.93	250m: 2:28.32	30.41	350m: 3:28.93	30.20
	100m: 57.44	29.95	200m: 1:57.91	30.54	300m: 2:58.73	30.41	400m: 3:58.22	29.29

B = Bonus inschrijving

Programmanr. 31, Heren, 400m vrije slag, Voorronde, Senioren Open

rang	naam	vereniging	tijd	RT	FINA	para	
9.	Abel te Riele	Rijnhaeghe (SG)	200402317	4:02.20	+0,72	B 673	
	50m: 27.17	150m: 1:27.06	30.23	250m: 2:28.76	31.01	350m: 3:31.72	31.85
	100m: 56.83	200m: 1:57.75	30.69	300m: 3:00.07	31.31	400m: 4:02.20	30.48
10.	Borys Rudman	Blue Marlins	200504479	4:02.54	+0,72	B 670	
	50m: 27.27	150m: 1:27.69	30.29	250m: 2:28.74	30.59	350m: 3:32.03	31.74
	100m: 57.40	200m: 1:58.15	30.46	300m: 3:00.29	31.55	400m: 4:02.54	30.51
11.	David Groenewegen	PSV	200400469	4:02.62	+0,79	B 669	
	50m: 27.16	150m: 1:27.10	30.41	250m: 2:28.79	30.94	350m: 3:32.16	31.88
	100m: 56.69	200m: 1:57.85	30.75	300m: 3:00.28	31.49	400m: 4:02.62	30.46
12.	Sven Klink	SWOL 1894	200500349	4:04.44	+0,76	B 654	
	50m: 27.10	150m: 1:27.06	30.46	250m: 2:29.02	31.27	350m: 3:33.03	32.31
	100m: 56.60	200m: 1:57.75	30.69	300m: 3:00.72	31.70	400m: 4:04.44	31.41
13.	Koen Marsman	ZPC AMERSFOORT	200502763	4:04.64	+0,71	B 653	
	50m: 27.16	150m: 1:27.70	30.62	250m: 2:29.64	31.18	350m: 3:32.92	31.82
	100m: 57.08	200m: 1:58.46	30.76	300m: 3:01.10	31.46	400m: 4:04.64	31.72
14.	Wouter Zijlstra	HZ&PC Heerenveen	200401545	4:05.35	+0,61	B 647	
	50m: 27.31	150m: 1:29.17	31.10	250m: 2:31.76	31.17	350m: 3:34.76	31.39
	100m: 58.07	200m: 2:00.59	31.42	300m: 3:03.37	31.61	400m: 4:05.35	30.59
15.	Joris Janssen	PSV	200301311	4:07.25	+0,71	B 632	
	50m: 27.19	150m: 1:29.12	31.53	250m: 2:32.54	31.59	350m: 3:36.54	32.20
	100m: 57.59	200m: 2:00.95	31.83	300m: 3:04.34	31.80	400m: 4:07.25	30.71
16.	Nino Sieling	De Dolfijn	199701845	4:07.63	+0,73	B 629	
	50m: 27.53	150m: 1:29.89	31.94	250m: 2:33.68	31.67	350m: 3:36.96	31.76
	100m: 57.95	200m: 2:02.01	32.12	300m: 3:05.20	31.52	400m: 4:07.63	30.67
17.	Bas Takken	HPC PARA - De Dolfijn	199901643	4:08.45	+0,74	R 623	945
	50m: 27.78	150m: 1:29.72	31.39	250m: 2:33.08	31.76	350m: 3:36.73	31.87
	100m: 58.33	200m: 2:01.32	31.60	300m: 3:04.86	31.78	400m: 4:08.45	31.72
18.	Rens Stijf	ZPC AMERSFOORT	200501419	4:08.86	+0,68	R 620	
	50m: 27.80	150m: 1:28.59	30.66	250m: 2:31.77	31.83	350m: 3:36.61	32.60
	100m: 57.93	200m: 1:59.94	31.35	300m: 3:04.01	32.24	400m: 4:08.86	32.25
19.	Ronis van Everdingen	DWK	200300043	4:09.15	+0,81	618	
	50m: 27.36	150m: 1:29.73	31.50	250m: 2:32.93	31.34	350m: 3:36.74	32.03
	100m: 58.23	200m: 2:01.59	31.86	300m: 3:04.71	31.78	400m: 4:09.15	32.41
20.	Thijn Damen	PSV	200300973	4:09.20	+0,76	617	
	50m: 26.70	150m: 1:28.31	31.31	250m: 2:32.45	32.15	350m: 3:40.40	34.61
	100m: 57.00	200m: 2:00.30	31.99	300m: 3:05.79	33.34	400m: 4:09.20	28.80
21.	Matteo Viani	Zwemlust-den Hommel	199007717	4:10.44	+0,74	608	
	50m: 28.65	150m: 1:30.34	31.35	250m: 2:34.69	32.39	350m: 3:38.92	32.01
	100m: 58.99	200m: 2:02.30	31.96	300m: 3:06.91	32.22	400m: 4:10.44	31.52
22.	Tenzing Geutjes	ZPC AMERSFOORT	200600441	4:10.66	+0,73	607	
	50m: 27.73	150m: 1:29.48	31.54	250m: 2:32.55	31.57	350m: 3:37.73	33.00
	100m: 57.94	200m: 2:00.98	31.50	300m: 3:04.73	32.18	400m: 4:10.66	32.93
23.	Olivier Wilbers	ZPC Hoogeveen	200600181	4:12.20	+0,81	596	
	50m: 29.04	150m: 1:31.46	31.50	250m: 2:35.66	32.24	350m: 3:40.41	32.59
	100m: 59.96	200m: 2:03.42	31.96	300m: 3:07.82	32.16	400m: 4:12.20	31.79
24.	Hessel Robert	Het Y	200200917	4:12.81	+0,74	591	
	50m: 26.80	150m: 1:28.63	32.21	250m: 2:34.09	33.01	350m: 3:40.65	33.47
	100m: 56.42	200m: 2:01.08	32.45	300m: 3:07.18	33.09	400m: 4:12.81	32.16
25.	Daan Hogerhuis	De Columbian	200300317	4:15.37	+0,71	574	
	50m: 27.80	150m: 1:31.08	32.28	250m: 2:35.75	32.35	350m: 3:42.50	33.49
	100m: 58.80	200m: 2:03.40	32.32	300m: 3:09.01	32.26	400m: 4:15.37	32.87
26.	Koen Vissers	PSV	200401429	4:15.52	+0,87	573	
	50m: 28.35	150m: 1:31.03	31.63	250m: 2:36.64	33.10	350m: 3:42.93	33.22
	100m: 59.40	200m: 2:03.54	32.51	300m: 3:09.71	33.07	400m: 4:15.52	32.59
27.	Luc Kerpels	ZPC Hoogeveen	200503015	4:16.30	+0,79	567	
	50m: 29.11	150m: 1:33.18	32.35	250m: 2:38.74	32.76	350m: 3:44.38	32.71
	100m: 1:00.83	200m: 2:05.98	32.80	300m: 3:11.67	32.93	400m: 4:16.30	31.92
28.	Marcelino Gomez Gonzalez	PSV	200601473	4:20.42	+0,78	541	
	50m: 27.99	150m: 1:33.99	33.42	250m: 2:41.72	34.01	350m: 3:49.42	32.95
	100m: 1:00.57	200m: 2:07.71	33.72	300m: 3:16.47	34.75	400m: 4:20.42	31.00
29.	Bas Blanker	SCOM/De Zeehond'73 (SG)	200601497	4:20.79	+0,75	539	
	50m: 29.13	150m: 1:34.68	33.29	250m: 2:41.81	33.48	350m: 3:49.87	34.13
	100m: 1:01.39	200m: 2:08.33	33.65	300m: 3:15.74	33.93	400m: 4:20.79	30.92

B = Bonus inschrijving

Programmanr. 31, Heren, 400m vrije slag, Voorronde, Senioren Open

rang	naam	vereniging	tijd	RT	FINA	para		
30.	Lasse Schrieken	VZC	200503145	4:22.39	+0,72	529		
	50m: 28.59	28.59	150m: 1:34.61	33.41	250m: 2:42.30	34.14	350m: 3:47.72	31.65
	100m: 1:01.20	32.61	200m: 2:08.16	33.55	300m: 3:16.07	33.77	400m: 4:22.39	34.67
31.	Mohammad Shouman	WS Twente	200604397	4:24.41	+0,64	517		
	50m: 28.13	28.13	150m: 1:33.84	33.72	250m: 2:41.62	33.96	350m: 3:50.53	34.57
	100m: 1:00.12	31.99	200m: 2:07.66	33.82	300m: 3:15.96	34.34	400m: 4:24.41	33.88
32.	Eise van der Zee	Orca	200501437	4:30.00	+0,77	485		
	50m: 31.12	31.12	150m: 1:39.98	34.58	250m: 2:48.86	34.47	350m: 3:57.17	34.04
	100m: 1:05.40	34.28	200m: 2:14.39	34.41	300m: 3:23.13	34.27	400m: 4:30.00	32.83
33.	Dennis Mosterman	Dedemsvaart-AC	200501283	4:30.12	+0,74	485		
	50m: 29.68	29.68	150m: 1:38.13	35.33	250m: 2:47.50	34.96	350m: 3:57.37	34.76
	100m: 1:02.80	33.12	200m: 2:12.54	34.41	300m: 3:22.61	35.11	400m: 4:30.12	32.75
34.	Lars ten Katen	Batavia Swim	200600959	4:32.83	+0,72	470		
	50m: 31.04	31.04	150m: 1:40.70	35.46	250m: 2:50.52	34.99	350m: 4:00.00	34.03
	100m: 1:05.24	34.20	200m: 2:15.53	34.83	300m: 3:25.97	35.45	400m: 4:32.83	32.83
35.	Mees Peters	De Ward	200501895	4:37.69	+0,93	446		
	50m: 30.33	30.33	150m: 1:40.09	35.23	250m: 2:51.54	35.59	350m: 4:03.88	35.44
	100m: 1:04.86	34.53	200m: 2:15.95	35.86	300m: 3:28.44	36.90	400m: 4:37.69	33.81
36.	Lars Jacobsen	DWK	199705453	4:50.65	+0,86	389	654	
	50m: 32.54	32.54	150m: 1:44.68	37.09	250m: 2:59.62	37.41	350m: 4:14.57	37.48
	100m: 1:07.59	35.05	200m: 2:22.21	37.53	300m: 3:37.09	37.47	400m: 4:50.65	36.08
37.	Max Bos	SCOM/De Zeehond'73 (SG)	200701383	4:53.29	+0,65	379	574	
	50m: 31.38	31.38	150m: 1:46.65	37.88	250m: 3:04.31	38.07	350m: 4:18.74	37.11
	100m: 1:08.77	37.39	200m: 2:26.24	39.59	300m: 3:41.63	37.32	400m: 4:53.29	34.55
38.	Colin Degenaaars	ZPCH	199505951	4:57.21	+0,79	364	611	
	50m: 32.56	32.56	150m: 1:45.30	37.37	250m: 3:02.73	39.01	350m: 4:19.74	38.06
	100m: 1:07.93	35.37	200m: 2:23.72	38.42	300m: 3:41.68	38.95	400m: 4:57.21	37.47
39.	Thijs van Hofweegen	ZPC AMERSFOORT	199605253	5:05.08	+0,82	336	1012	
	50m: 32.56	32.56	150m: 1:48.12	38.26	250m: 3:07.05	39.34	350m: 4:27.16	40.15
	100m: 1:09.86	37.30	200m: 2:27.71	39.59	300m: 3:47.01	39.96	400m: 5:05.08	37.92
40.	Julian Hendriks	De Otters Het Gooi	200603717	5:39.03		245	557	
	50m: 39.10	39.10	150m: 2:02.93	42.26	250m: 3:28.31	42.57	350m: 4:57.14	44.02
	100m: 1:20.67	41.57	200m: 2:45.74	42.81	300m: 4:13.12	44.81	400m: 5:39.03	41.89
AFGEM	Karst Boersma	De Dinkel	199600849					
AFGEM	Hessel de Jong	ACZ	200602753					
NG	Lucas van Rooij	PSV	200603943					
NG	Jorian Tanis	Rijnhaeghe (SG)	199900327					

PARA Junioren

1.	Max Bos	SCOM/De Zeehond'73 (SG)	200701383	S10	4:53.29	+0,65	379	574
	50m: 31.38	31.38	150m: 1:46.65	37.88	250m: 3:04.31	38.07	350m: 4:18.74	37.11
	100m: 1:08.77	37.39	200m: 2:26.24	39.59	300m: 3:41.63	37.32	400m: 4:53.29	34.55

PARA Open: Top 8 plaatst zich voor de finale

1.	Thijs van Hofweegen	ZPC AMERSFOORT	199605253	S6	5:05.08	+0,82	336	1012
	50m: 32.56	32.56	150m: 1:48.12	38.26	250m: 3:07.05	39.34	350m: 4:27.16	40.15
	100m: 1:09.86	37.30	200m: 2:27.71	39.59	300m: 3:47.01	39.96	400m: 5:05.08	37.92
2.	Bas Takken	HPC PARA - De Dolfijn	199901643	S10	4:08.45	+0,74	R 623	945
	50m: 27.78	27.78	150m: 1:29.72	31.39	250m: 2:33.08	31.76	350m: 3:36.73	31.87
	100m: 58.33	30.55	200m: 2:01.32	31.60	300m: 3:04.86	31.78	400m: 4:08.45	31.72
3.	Lars Jacobsen	DWK	199705453	S14	4:50.65	+0,86	389	654
	50m: 32.54	32.54	150m: 1:44.68	37.09	250m: 2:59.62	37.41	350m: 4:14.57	37.48
	100m: 1:07.59	35.05	200m: 2:22.21	37.53	300m: 3:37.09	37.47	400m: 4:50.65	36.08
4.	Colin Degenaaars	ZPCH	199505951	S14	4:57.21	+0,79	364	611
	50m: 32.56	32.56	150m: 1:45.30	37.37	250m: 3:02.73	39.01	350m: 4:19.74	38.06
	100m: 1:07.93	35.37	200m: 2:23.72	38.42	300m: 3:41.68	38.95	400m: 4:57.21	37.47
5.	Max Bos	SCOM/De Zeehond'73 (SG)	200701383	S10	4:53.29	+0,65	379	574
	50m: 31.38	31.38	150m: 1:46.65	37.88	250m: 3:04.31	38.07	350m: 4:18.74	37.11
	100m: 1:08.77	37.39	200m: 2:26.24	39.59	300m: 3:41.63	37.32	400m: 4:53.29	34.55
6.	Julian Hendriks	De Otters Het Gooi	200603717	S7	5:39.03		245	557
	50m: 39.10	39.10	150m: 2:02.93	42.26	250m: 3:28.31	42.57	350m: 4:57.14	44.02
	100m: 1:20.67	41.57	200m: 2:45.74	42.81	300m: 4:13.12	44.81	400m: 5:39.03	41.89

B = Bonus inschrijving