

Programmanr. 31
22-12-2024 - 9:00

Heren, 400m vrije slag

Senioren Open
Resultaten Voorronde

Punten: AQUA 2024

rang	naam		vereniging			tijd	RT	FINA	para			
PARA onder 18												
1.	Thomas Braat		AZC		200802269	S14	4:56.73	+0,88	Q	365	584	
	50m:	31.57	31.57	150m:	1:45.37	37.85	250m:	3:02.53	38.58	350m:	4:19.43	37.86
	100m:	1:07.52	35.95	200m:	2:23.95	38.58	300m:	3:41.57	39.04	400m:	4:56.73	37.30
PARA Open												
1.	Julian Hendriks		TeamNL PARA - De Otters Het Gooi		200603717	S7	5:13.07	+0,68	Q	311	665	
	50m:	35.29	35.29	150m:	1:52.94	39.26	250m:	3:13.22	40.50	350m:	4:34.21	40.35
	100m:	1:13.68	38.39	200m:	2:32.72	39.78	300m:	3:53.86	40.64	400m:	5:13.07	38.86
2.	Lars Jacobsen		DWK		199705453	S14	4:45.91	+0,77	Q	409	653	
	50m:	31.26	31.26	150m:	1:41.93	35.59	250m:	2:55.00	36.61	350m:	4:08.47	35.43
	100m:	1:06.34	35.08	200m:	2:18.39	36.46	300m:	3:33.04	38.04	400m:	4:45.91	37.44
3.	Thomas Braat		AZC		200802269	S14	4:56.73	+0,88	Q	365	584	
	50m:	31.57	31.57	150m:	1:45.37	37.85	250m:	3:02.53	38.58	350m:	4:19.43	37.86
	100m:	1:07.52	35.95	200m:	2:23.95	38.58	300m:	3:41.57	39.04	400m:	4:56.73	37.30
4.	Jesse Bruines		Batavia Swim		200402413	S8	5:34.78	+0,80	Q	254	498	
	50m:	37.64	37.64	150m:	2:02.00	42.41	250m:	3:28.08	42.71	350m:	4:53.79	42.78
	100m:	1:19.59	41.95	200m:	2:45.37	43.37	300m:	4:11.01	42.93	400m:	5:34.78	40.99
onder 18												
1.	Tiago Fonseca Gomes		Team NL - PSV		200703587		3:51.08	+0,59	A	774		
	50m:	25.95	25.95	150m:	1:22.53	28.46	250m:	2:21.82	30.12	350m:	3:22.30	30.17
	100m:	54.07	28.12	200m:	1:51.70	29.17	300m:	2:52.13	30.31	400m:	3:51.08	28.78
2.	Bram Loots		Team Noord Holland (SG)		200700197		3:57.23	+0,64	A	716		
	50m:	26.89	26.89	150m:	1:26.31	29.97	250m:	2:27.23	30.33	350m:	3:27.80	30.09
	100m:	56.34	29.45	200m:	1:56.90	30.59	300m:	2:57.71	30.48	400m:	3:57.23	29.43
3.	Tieme Wiersma		DZ&PC		200701031		3:58.27	+0,71	A	706		
	50m:	27.26	27.26	150m:	1:27.26	30.28	250m:	2:27.68	30.19	350m:	3:29.22	31.20
	100m:	56.98	29.72	200m:	1:57.49	30.23	300m:	2:58.02	30.34	400m:	3:58.27	29.05
4.	Tiede Groener		PSV		200700155		3:58.54	+0,69	A	704		
	50m:	26.69	26.69	150m:	1:26.09	30.01	250m:	2:27.94	30.74	350m:	3:29.51	30.63
	100m:	56.08	29.39	200m:	1:57.20	31.11	300m:	2:58.88	30.94	400m:	3:58.54	29.03
5.	Diede Veld		HZ&PC Heerenveen		200800011		4:05.40	+0,70	R	647		
	50m:	28.12	28.12	150m:	1:31.66	32.10	250m:	2:34.03	30.71	350m:	3:35.60	30.74
	100m:	59.56	31.44	200m:	2:03.32	31.66	300m:	3:04.86	30.83	400m:	4:05.40	29.80
6.	Milan Veelders		OZ&PC		200800279		4:05.56	+0,69	R	645		
	50m:	27.45	27.45	150m:	1:30.26	31.53	250m:	2:32.79	31.12	350m:	3:35.97	31.91
	100m:	58.73	31.28	200m:	2:01.67	31.41	300m:	3:04.06	31.27	400m:	4:05.56	29.59
7.	Boele Böhm		Blue Marlins		200700739		4:06.14	+0,67		641		
	50m:	26.88	26.88	150m:	1:28.11	30.99	250m:	2:31.16	31.42	350m:	3:35.31	31.82
	100m:	57.12	30.24	200m:	1:59.74	31.63	300m:	3:03.49	32.33	400m:	4:06.14	30.83
8.	Yarno van Dam		ACZ		200800115		4:06.17	+0,65		640		
	50m:	26.82	26.82	150m:	1:27.78	30.70	250m:	2:30.10	31.40	350m:	3:34.49	32.23
	100m:	57.08	30.26	200m:	1:58.70	30.92	300m:	3:02.26	32.16	400m:	4:06.17	31.68
9.	Bas Mostert		VZC		200800629		4:07.04	+0,70		634		
	50m:	27.45	27.45	150m:	1:28.69	31.16	250m:	2:32.20	31.89	350m:	3:36.02	31.91
	100m:	57.53	30.08	200m:	2:00.31	31.62	300m:	3:04.11	31.91	400m:	4:07.04	31.02
10.	Xiaoyu Yin		Blue Marlins		200803363		4:08.64	+0,72		622		
	50m:	27.42	27.42	150m:	1:28.61	30.98	250m:	2:31.26	31.42	350m:	3:36.16	32.81
	100m:	57.63	30.21	200m:	1:59.84	31.23	300m:	3:03.35	32.09	400m:	4:08.64	32.48
11.	Tim van Erven		DZ&PC		200700175		4:12.82	+0,77		591		
	50m:	28.78	28.78	150m:	1:32.05	32.12	250m:	2:37.20	32.54	350m:	3:41.92	31.99
	100m:	59.93	31.15	200m:	2:04.66	32.61	300m:	3:09.93	32.73	400m:	4:12.82	30.90
12.	Bram ter Braak		De Dinkel		200800281		4:13.49	+0,77		587		
	50m:	27.78	27.78	150m:	1:31.29	32.13	250m:	2:36.76	32.55	350m:	3:42.22	32.42
	100m:	59.16	31.38	200m:	2:04.21	32.92	300m:	3:09.80	33.04	400m:	4:13.49	31.27

B = Bonus inschrijving

Programmanr. 31, Jongens, 400m vrije slag, Voorronde, onder 18

rang	naam	vereniging	tijd	RT	FINA	para
13.	Melle van Veen	Dedemsvaart-AC	200700661	4:14.13	+0,70	582
	50m: 28.31	28.31	150m: 1:32.31	32.58	250m: 2:37.43	32.60
	100m: 59.73	31.42	200m: 2:04.83	32.52	300m: 3:10.36	32.93
					350m: 3:43.24	32.88
					400m: 4:14.13	30.89
14.	Tim Boerefijn	WVZ	200802815	4:14.18	+0,69	582
	50m: 28.23	28.23	150m: 1:32.42	32.26	250m: 2:37.30	32.72
	100m: 1:00.16	31.93	200m: 2:04.58	32.16	300m: 3:10.41	33.11
					350m: 3:42.78	32.37
					400m: 4:14.18	31.40
15.	Siem de Zeeuw	OZ&PC	200800013	4:14.26	+0,70	581
	50m: 26.88	26.88	150m: 1:30.37	32.39	250m: 2:36.60	33.19
	100m: 57.98	31.10	200m: 2:03.41	33.04	300m: 3:09.79	33.19
					350m: 3:42.66	32.87
					400m: 4:14.26	31.60
16.	Felix Gepkens	VZC	200800631	4:14.93	+0,74	577
	50m: 28.52	28.52	150m: 1:32.45	32.31	250m: 2:37.71	32.36
	100m: 1:00.14	31.62	200m: 2:05.35	32.90	300m: 3:10.78	33.07
					350m: 3:43.71	32.93
					400m: 4:14.93	31.22
17.	Willem Weustink	Team Noord Holland (SG)	200800109	4:15.90	+0,74	570
	50m: 28.97	28.97	150m: 1:33.37	32.55	250m: 2:38.40	32.16
	100m: 1:00.82	31.85	200m: 2:06.24	32.87	300m: 3:11.25	32.85
					350m: 3:43.99	32.74
					400m: 4:15.90	31.91
18.	Rian Schoneveld	De Berkelduikers	200801789	4:19.03	+0,68	550
	50m: 28.34	28.34	150m: 1:33.37	32.67	250m: 2:40.19	33.45
	100m: 1:00.70	32.36	200m: 2:06.74	33.37	300m: 3:14.07	33.88
					350m: 3:47.99	33.92
					400m: 4:19.03	31.04
19.	Figo van Duuren	ZPCH	200800391	4:19.73	+0,74	545
	50m: 28.89	28.89	150m: 1:33.40	32.98	250m: 2:40.28	33.60
	100m: 1:00.42	31.53	200m: 2:06.68	33.28	300m: 3:14.22	33.94
					350m: 3:47.56	33.34
					400m: 4:19.73	32.17
20.	Joey Pop	ZVVS	200800277	4:20.25	+0,81	542
	50m: 28.62	28.62	150m: 1:33.15	32.79	250m: 2:40.32	33.64
	100m: 1:00.36	31.74	200m: 2:06.68	33.53	300m: 3:14.01	33.69
					350m: 3:48.27	34.26
					400m: 4:20.25	31.98
	Gijs Hartwijk	ZVL-1886	200800573	4:20.25	+0,55	542
	50m: 29.11	29.11	150m: 1:34.57	33.07	250m: 2:42.37	33.73
	100m: 1:01.50	32.39	200m: 2:08.64	34.07	300m: 3:16.22	33.85
					350m: 3:48.08	31.86
					400m: 4:20.25	32.17
22.	Jere Wiersma	DZ&PC	200701037	4:21.50	+0,73	534
	50m: 28.98	28.98	150m: 1:34.88	33.38	250m: 2:42.21	33.55
	100m: 1:01.50	32.52	200m: 2:08.66	33.78	300m: 3:15.79	33.58
					350m: 3:49.38	33.59
					400m: 4:21.50	32.12
23.	Bjorn Scholten	OZ&PC	200801143	4:21.53	+0,71	534
	50m: 28.35	28.35	150m: 1:33.14	32.65	250m: 2:40.22	34.13
	100m: 1:00.49	32.14	200m: 2:06.09	32.95	300m: 3:14.89	34.67
					350m: 3:48.92	34.03
					400m: 4:21.53	32.61
24.	Tim Zuurman	Dedemsvaart-AC	200700131	4:21.95	+0,83	531
	50m: 30.01	30.01	150m: 1:35.12	33.01	250m: 2:42.23	33.66
	100m: 1:02.11	32.10	200m: 2:08.57	33.45	300m: 3:15.63	33.40
					350m: 3:49.16	33.53
					400m: 4:21.95	32.79
25.	Liam Tjin Wong Joe	De Dolfijn	200804105	4:23.10	+0,68	525
	50m: 29.52	29.52	150m: 1:34.95	33.07	250m: 2:42.21	33.63
	100m: 1:01.88	32.36	200m: 2:08.58	33.63	300m: 3:16.25	34.04
					350m: 3:49.93	33.68
					400m: 4:23.10	33.17
26.	Koen de Vries	De Reest	200802379	4:27.27	+0,70	500
	50m: 30.21	30.21	150m: 1:37.63	34.21	250m: 2:46.01	34.31
	100m: 1:03.42	33.21	200m: 2:11.70	34.07	300m: 3:20.19	34.18
					350m: 3:54.12	33.93
					400m: 4:27.27	33.15
AFGEM	Rens Noordover	Team Noord Holland (SG)	200800237			
AFGEM	Denzel Barthen	WVZ	200700147			
NG	Nout Folkersma	PSV	200800595			
NG	Arjan Boogaard	Deltasteur	200800093			
NG	Tijn Hilders	De Dolfijn	200700027			

onder 20

1.	Koen Marsman	Team NL - ZPC AMERSFOORT	200502763	3:52.74	+0,63	A	758
	50m: 26.41	26.41	150m: 1:25.58	29.96	250m: 2:26.16	30.38	350m: 3:25.65
	100m: 55.62	29.21	200m: 1:55.78	30.20	300m: 2:56.04	29.88	400m: 3:52.74
							29.61
							27.09
2.	Yanieck Weijland	Team NL - PSV	200500329	3:53.39	+0,71	A	752
	50m: 26.69	26.69	150m: 1:25.60	29.79	250m: 2:25.58	29.87	350m: 3:25.98
	100m: 55.81	29.12	200m: 1:55.71	30.11	300m: 2:55.85	30.27	400m: 3:53.39
							30.13
							27.41
3.	Émile Fouzaï	ZPC AMERSFOORT	200500263	3:53.99	+0,66	A	746
	50m: 26.58	26.58	150m: 1:25.51	30.14	250m: 2:26.35	30.39	350m: 3:25.59
	100m: 55.37	28.79	200m: 1:55.96	30.45	300m: 2:56.10	29.75	400m: 3:53.99
							29.49
							28.40
4.	Sven Klink	SWOL 1894	200500349	3:59.80	+0,73	B	693
	50m: 26.75	26.75	150m: 1:25.46	29.87	250m: 2:26.42	30.44	350m: 3:28.96
	100m: 55.59	28.84	200m: 1:55.98	30.52	300m: 2:57.26	30.84	400m: 3:59.80
							31.70
							30.84

B = Bonus inschrijving

Programmanr. 31, Heren, 400m vrije slag, Voorronde, onder 20

rang	naam	vereniging	tijd	RT	FINA	para		
5.	Lucas van Rooij	PSV	200603943	4:03.25	+0,66	B 664		
	50m: 27.78	27.78	150m: 1:28.27	30.36	250m: 2:30.60	31.16	350m: 3:33.11	31.21
	100m: 57.91	30.13	200m: 1:59.44	31.17	300m: 3:01.90	31.30	400m: 4:03.25	30.14
6.	Olivier Wilbers	ZPC Hoogeveen	200600181	4:03.37	+0,74	B 663		
	50m: 28.41	28.41	150m: 1:29.51	30.76	250m: 2:31.30	30.95	350m: 3:33.18	30.79
	100m: 58.75	30.34	200m: 2:00.35	30.84	300m: 3:02.39	31.09	400m: 4:03.37	30.19
7.	Youri Voet	ZPC AMERSFOORT	200502269	4:04.39	+0,69	B 655		
	50m: 27.84	27.84	150m: 1:29.36	31.00	250m: 2:32.50	31.20	350m: 3:34.60	31.11
	100m: 58.36	30.52	200m: 2:01.30	31.94	300m: 3:03.49	30.99	400m: 4:04.39	29.79
8.	Bas Blanker	ACZ	200601497	4:09.31	+0,72	617		
	50m: 27.62	27.62	150m: 1:30.52	31.90	250m: 2:34.78	32.08	350m: 3:39.15	32.11
	100m: 58.62	31.00	200m: 2:02.70	32.18	300m: 3:07.04	32.26	400m: 4:09.31	30.16
9.	Rens Stijf	ZPC AMERSFOORT	200501419	4:11.07	+0,67	604		
	50m: 27.38	27.38	150m: 1:28.86	31.37	250m: 2:33.92	32.81	350m: 3:39.20	32.46
	100m: 57.49	30.11	200m: 2:01.11	32.25	300m: 3:06.74	32.82	400m: 4:11.07	31.87
10.	Mohammad Shouman	WS Twente	200604397	4:11.47	+0,62	601		
	50m: 27.98	27.98	150m: 1:30.56	31.99	250m: 2:35.25	32.40	350m: 3:40.04	32.47
	100m: 58.57	30.59	200m: 2:02.85	32.29	300m: 3:07.57	32.32	400m: 4:11.47	31.43
11.	Storm Tolsma	DZ&PC	200600277	4:12.44	+0,77	594		
	50m: 28.33	28.33	150m: 1:31.52	32.22	250m: 2:36.49	32.54	350m: 3:41.47	31.85
	100m: 59.30	30.97	200m: 2:03.95	32.43	300m: 3:09.62	33.13	400m: 4:12.44	30.97
NG	Borys Rudman	Blue Marlins	200504479					

senioren Open

1.	Tiago Fonseca Gomes	Team NL - PSV	200703587	3:51.08	+0,59	A 774		
	50m: 25.95	25.95	150m: 1:22.53	28.46	250m: 2:21.82	30.12	350m: 3:22.30	30.17
	100m: 54.07	28.12	200m: 1:51.70	29.17	300m: 2:52.13	30.31	400m: 3:51.08	28.78
2.	Austin Namesnik	ZPC AMERSFOORT	200101817	3:52.35	+0,61	A 762		
	50m: 25.44	25.44	150m: 1:22.99	29.23	250m: 2:22.74	29.97	350m: 3:23.41	30.27
	100m: 53.76	28.32	200m: 1:52.77	29.78	300m: 2:53.14	30.40	400m: 3:52.35	28.94
3.	Koen Marsman	Team NL - ZPC AMERSFOORT	200502763	3:52.74	+0,63	A 758		
	50m: 26.41	26.41	150m: 1:25.58	29.96	250m: 2:26.16	30.38	350m: 3:25.65	29.61
	100m: 55.62	29.21	200m: 1:55.78	30.20	300m: 2:56.04	29.88	400m: 3:52.74	27.09
4.	Yanieck Weijland	Team NL - PSV	200500329	3:53.39	+0,71	A 752		
	50m: 26.69	26.69	150m: 1:25.60	29.79	250m: 2:25.58	29.87	350m: 3:25.98	30.13
	100m: 55.81	29.12	200m: 1:55.71	30.11	300m: 2:55.85	30.27	400m: 3:53.39	27.41
5.	Émile Fouzaï	ZPC AMERSFOORT	200500263	3:53.99	+0,66	A 746		
	50m: 26.58	26.58	150m: 1:25.51	30.14	250m: 2:26.35	30.39	350m: 3:25.59	29.49
	100m: 55.37	28.79	200m: 1:55.96	30.45	300m: 2:56.10	29.75	400m: 3:53.99	28.40
6.	Bram Loots	Team Noord Holland (SG)	200700197	3:57.23	+0,64	A 716		
	50m: 26.89	26.89	150m: 1:26.31	29.97	250m: 2:27.23	30.33	350m: 3:27.80	30.09
	100m: 56.34	29.45	200m: 1:56.90	30.59	300m: 2:57.71	30.48	400m: 3:57.23	29.43
7.	Tieme Wiersma	DZ&PC	200701031	3:58.27	+0,71	A 706		
	50m: 27.26	27.26	150m: 1:27.26	30.28	250m: 2:27.68	30.19	350m: 3:29.22	31.20
	100m: 56.98	29.72	200m: 1:57.49	30.23	300m: 2:58.02	30.34	400m: 3:58.27	29.05
8.	Tiede Groener	PSV	200700155	3:58.54	+0,69	A 704		
	50m: 26.69	26.69	150m: 1:26.09	30.01	250m: 2:27.94	30.74	350m: 3:29.51	30.63
	100m: 56.08	29.39	200m: 1:57.20	31.11	300m: 2:58.88	30.94	400m: 3:58.54	29.03
9.	Merlin Belmon	Team NL - PSV	200403191	3:59.16	+0,71	B 699		
	50m: 25.43	25.43	150m: 1:24.49	29.88	250m: 2:25.55	31.02	350m: 3:28.32	31.44
	100m: 54.61	29.18	200m: 1:54.53	30.04	300m: 2:56.88	31.33	400m: 3:59.16	30.84
10.	Sven Klink	SWOL 1894	200500349	3:59.80	+0,73	B 693		
	50m: 26.75	26.75	150m: 1:25.46	29.87	250m: 2:26.42	30.44	350m: 3:28.96	31.70
	100m: 55.59	28.84	200m: 1:55.98	30.52	300m: 2:57.26	30.84	400m: 3:59.80	30.84
11.	Martijn Nies	PSV	200902095	4:00.54	+0,60	B 687		
	50m: 27.05	27.05	150m: 1:27.52	30.29	250m: 2:29.05	30.82	350m: 3:30.69	30.63
	100m: 57.23	30.18	200m: 1:58.23	30.71	300m: 3:00.06	31.01	400m: 4:00.54	29.85
12.	Wouter Zijlstra	HZ&PC Heerenveen	200401545	4:01.79	+0,57	B 676		
	50m: 26.38	26.38	150m: 1:27.23	30.79	250m: 2:29.00	30.55	350m: 3:30.88	30.79
	100m: 56.44	30.06	200m: 1:58.45	31.22	300m: 3:00.09	31.09	400m: 4:01.79	30.91
13.	Lucas van Rooij	PSV	200603943	4:03.25	+0,66	B 664		
	50m: 27.78	27.78	150m: 1:28.27	30.36	250m: 2:30.60	31.16	350m: 3:33.11	31.21
	100m: 57.91	30.13	200m: 1:59.44	31.17	300m: 3:01.90	31.30	400m: 4:03.25	30.14

B = Bonus inschrijving

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

rang	naam	vereniging			tijd			RT	FINA	para
14.	Olivier Wilbers	ZPC Hoogeveen			200600181			4:03.37	+0,74	B 663
	50m: 28.41	28.41	150m: 1:29.51	30.76	250m: 2:31.30	30.95	350m: 3:33.18	30.79		
	100m: 58.75	30.34	200m: 2:00.35	30.84	300m: 3:02.39	31.09	400m: 4:03.37	30.19		
15.	Youri Voet	ZPC AMERSFOORT			200502269			4:04.39	+0,69	B 655
	50m: 27.84	27.84	150m: 1:29.36	31.00	250m: 2:32.50	31.20	350m: 3:34.60	31.11		
	100m: 58.36	30.52	200m: 2:01.30	31.94	300m: 3:03.49	30.99	400m: 4:04.39	29.79		
16.	Hessel Robert	Het Y			200200917			4:04.91	+0,78	B 650
	50m: 26.95	26.95	150m: 1:28.63	31.30	250m: 2:31.54	31.91	350m: 3:34.96	31.88		
	100m: 57.33	30.38	200m: 1:59.63	31.00	300m: 3:03.08	31.54	400m: 4:04.91	29.95		
17.	Diede Veld	HZ&PC Heerenveen			200800011			4:05.40	+0,70	R 647
	50m: 28.12	28.12	150m: 1:31.66	32.10	250m: 2:34.03	30.71	350m: 3:35.60	30.74		
	100m: 59.56	31.44	200m: 2:03.32	31.66	300m: 3:04.86	30.83	400m: 4:05.40	29.80		
18.	Milan Veelders	OZ&PC			200800279			4:05.56	+0,69	R 645
	50m: 27.45	27.45	150m: 1:30.26	31.53	250m: 2:32.79	31.12	350m: 3:35.97	31.91		
	100m: 58.73	31.28	200m: 2:01.67	31.41	300m: 3:04.06	31.27	400m: 4:05.56	29.59		
19.	Abel te Riele	WVZ			200402317			4:05.97	+0,74	642
	50m: 27.21	27.21	150m: 1:28.62	31.10	250m: 2:31.56	31.57	350m: 3:35.01	31.71		
	100m: 57.52	30.31	200m: 1:59.99	31.37	300m: 3:03.30	31.74	400m: 4:05.97	30.96		
20.	Boele Böhm	Blue Marlins			200700739			4:06.14	+0,67	641
	50m: 26.88	26.88	150m: 1:28.11	30.99	250m: 2:31.16	31.42	350m: 3:35.31	31.82		
	100m: 57.12	30.24	200m: 1:59.74	31.63	300m: 3:03.49	32.33	400m: 4:06.14	30.83		
21.	Yarno van Dam	ACZ			200800115			4:06.17	+0,65	640
	50m: 26.82	26.82	150m: 1:27.78	30.70	250m: 2:30.10	31.40	350m: 3:34.49	32.23		
	100m: 57.08	30.26	200m: 1:58.70	30.92	300m: 3:02.26	32.16	400m: 4:06.17	31.68		
22.	Bas Mostert	VZC			200800629			4:07.04	+0,70	634
	50m: 27.45	27.45	150m: 1:28.69	31.16	250m: 2:32.20	31.89	350m: 3:36.02	31.91		
	100m: 57.53	30.08	200m: 2:00.31	31.62	300m: 3:04.11	31.91	400m: 4:07.04	31.02		
23.	Xiaoyu Yin	Blue Marlins			200803363			4:08.64	+0,72	622
	50m: 27.42	27.42	150m: 1:28.61	30.98	250m: 2:31.26	31.42	350m: 3:36.16	32.81		
	100m: 57.63	30.21	200m: 1:59.84	31.23	300m: 3:03.35	32.09	400m: 4:08.64	32.48		
24.	Jorian Tanis	Feijenoord Albion Zwemclub			199900327			4:09.12	+0,71	618
	50m: 28.44	28.44	150m: 1:31.19	31.58	250m: 2:35.62	32.11	350m: 3:39.73	31.72		
	100m: 59.61	31.17	200m: 2:03.51	32.32	300m: 3:08.01	32.39	400m: 4:09.12	29.39		
25.	Bas Blanker	ACZ			200601497			4:09.31	+0,72	617
	50m: 27.62	27.62	150m: 1:30.52	31.90	250m: 2:34.78	32.08	350m: 3:39.15	32.11		
	100m: 58.62	31.00	200m: 2:02.70	32.18	300m: 3:07.04	32.26	400m: 4:09.31	30.16		
26.	Rens Stijf	ZPC AMERSFOORT			200501419			4:11.07	+0,67	604
	50m: 27.38	27.38	150m: 1:28.86	31.37	250m: 2:33.92	32.81	350m: 3:39.20	32.46		
	100m: 57.49	30.11	200m: 2:01.11	32.25	300m: 3:06.74	32.82	400m: 4:11.07	31.87		
27.	Mohammad Shouman	WS Twente			200604397			4:11.47	+0,62	601
	50m: 27.98	27.98	150m: 1:30.56	31.99	250m: 2:35.25	32.40	350m: 3:40.04	32.47		
	100m: 58.57	30.59	200m: 2:02.85	32.29	300m: 3:07.57	32.32	400m: 4:11.47	31.43		
28.	Storm Tolsma	DZ&PC			200600277			4:12.44	+0,77	594
	50m: 28.33	28.33	150m: 1:31.52	32.22	250m: 2:36.49	32.54	350m: 3:41.47	31.85		
	100m: 59.30	30.97	200m: 2:03.95	32.43	300m: 3:09.62	33.13	400m: 4:12.44	30.97		
29.	Tim van Erven	DZ&PC			200700175			4:12.82	+0,77	591
	50m: 28.78	28.78	150m: 1:32.05	32.12	250m: 2:37.20	32.54	350m: 3:41.92	31.99		
	100m: 59.93	31.15	200m: 2:04.66	32.61	300m: 3:09.93	32.73	400m: 4:12.82	30.90		
30.	Bram ter Braak	De Dinkel			200800281			4:13.49	+0,77	587
	50m: 27.78	27.78	150m: 1:31.29	32.13	250m: 2:36.76	32.55	350m: 3:42.22	32.42		
	100m: 59.16	31.38	200m: 2:04.21	32.92	300m: 3:09.80	33.04	400m: 4:13.49	31.27		
31.	Melle van Veen	Dedemsvaart-AC			200700661			4:14.13	+0,70	582
	50m: 28.31	28.31	150m: 1:32.31	32.58	250m: 2:37.43	32.60	350m: 3:43.24	32.88		
	100m: 59.73	31.42	200m: 2:04.83	32.52	300m: 3:10.36	32.93	400m: 4:14.13	30.89		
32.	Tim Boerefijn	WVZ			200802815			4:14.18	+0,69	582
	50m: 28.23	28.23	150m: 1:32.42	32.26	250m: 2:37.30	32.72	350m: 3:42.78	32.37		
	100m: 1:00.16	31.93	200m: 2:04.58	32.16	300m: 3:10.41	33.11	400m: 4:14.18	31.40		
33.	Siem de Zeeuw	OZ&PC			200800013			4:14.26	+0,70	581
	50m: 26.88	26.88	150m: 1:30.37	32.39	250m: 2:36.60	33.19	350m: 3:42.66	32.87		
	100m: 57.98	31.10	200m: 2:03.41	33.04	300m: 3:09.79	33.19	400m: 4:14.26	31.60		
34.	Felix Gepkens	VZC			200800631			4:14.93	+0,74	577
	50m: 28.52	28.52	150m: 1:32.45	32.31	250m: 2:37.71	32.36	350m: 3:43.71	32.93		
	100m: 1:00.14	31.62	200m: 2:05.35	32.90	300m: 3:10.78	33.07	400m: 4:14.93	31.22		

B = Bonus inschrijving



Nederlandse Kampioenschappen korte baan 2024
Den Haag, 20- - 22-12-2024



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

rang	naam		vereniging				tijd	RT	FINA	para		
35.	Luc Mul		DAW			200201025	4:15.12	+0,74	575			
	50m:	28.32	28.32	150m:	1:31.86	32.14	250m:	2:36.48	32.46	350m:	3:42.64	33.16
	100m:	59.72	31.40	200m:	2:04.02	32.16	300m:	3:09.48	33.00	400m:	4:15.12	32.48
36.	Willem Weustink		Team Noord Holland (SG)			200800109	4:15.90	+0,74	570			
	50m:	28.97	28.97	150m:	1:33.37	32.55	250m:	2:38.40	32.16	350m:	3:43.99	32.74
	100m:	1:00.82	31.85	200m:	2:06.24	32.87	300m:	3:11.25	32.85	400m:	4:15.90	31.91
37.	Rian Schoneveld		De Berkelduikers			200801789	4:19.03	+0,68	550			
	50m:	28.34	28.34	150m:	1:33.37	32.67	250m:	2:40.19	33.45	350m:	3:47.99	33.92
	100m:	1:00.70	32.36	200m:	2:06.74	33.37	300m:	3:14.07	33.88	400m:	4:19.03	31.04
38.	Figo van Duuren		ZPCH			200800391	4:19.73	+0,74	545			
	50m:	28.89	28.89	150m:	1:33.40	32.98	250m:	2:40.28	33.60	350m:	3:47.56	33.34
	100m:	1:00.42	31.53	200m:	2:06.68	33.28	300m:	3:14.22	33.94	400m:	4:19.73	32.17
39.	Joey Pop		ZVVS			200800277	4:20.25	+0,81	542			
	50m:	28.62	28.62	150m:	1:33.15	32.79	250m:	2:40.32	33.64	350m:	3:48.27	34.26
	100m:	1:00.36	31.74	200m:	2:06.68	33.53	300m:	3:14.01	33.69	400m:	4:20.25	31.98
	Gijs Hartwijk		ZVL-1886			200800573	4:20.25	+0,55	542			
	50m:	29.11	29.11	150m:	1:34.57	33.07	250m:	2:42.37	33.73	350m:	3:48.08	31.86
	100m:	1:01.50	32.39	200m:	2:08.64	34.07	300m:	3:16.22	33.85	400m:	4:20.25	32.17
41.	Jere Wiersma		DZ&PC			200701037	4:21.50	+0,73	534			
	50m:	28.98	28.98	150m:	1:34.88	33.38	250m:	2:42.21	33.55	350m:	3:49.38	33.59
	100m:	1:01.50	32.52	200m:	2:08.66	33.78	300m:	3:15.79	33.58	400m:	4:21.50	32.12
42.	Bjorn Scholten		OZ&PC			200801143	4:21.53	+0,71	534			
	50m:	28.35	28.35	150m:	1:33.14	32.65	250m:	2:40.22	34.13	350m:	3:48.92	34.03
	100m:	1:00.49	32.14	200m:	2:06.09	32.95	300m:	3:14.89	34.67	400m:	4:21.53	32.61
43.	Tim Zuurman		Dedemsvaart-AC			200700131	4:21.95	+0,83	531			
	50m:	30.01	30.01	150m:	1:35.12	33.01	250m:	2:42.23	33.66	350m:	3:49.16	33.53
	100m:	1:02.11	32.10	200m:	2:08.57	33.45	300m:	3:15.63	33.40	400m:	4:21.95	32.79
44.	Liam Tjin Wong Joe		De Dolfijn			200804105	4:23.10	+0,68	525			
	50m:	29.52	29.52	150m:	1:34.95	33.07	250m:	2:42.21	33.63	350m:	3:49.93	33.68
	100m:	1:01.88	32.36	200m:	2:08.58	33.63	300m:	3:16.25	34.04	400m:	4:23.10	33.17
45.	Koen de Vries		De Reest			200802379	4:27.27	+0,70	500			
	50m:	30.21	30.21	150m:	1:37.63	34.21	250m:	2:46.01	34.31	350m:	3:54.12	33.93
	100m:	1:03.42	33.21	200m:	2:11.70	34.07	300m:	3:20.19	34.18	400m:	4:27.27	33.15
AFGEM	Rens Noordover		Team Noord Holland (SG)			200800237						
AFGEM	Denzel Barthen		WVZ			200700147						
NG	Thijn Damen		PSV			200300973						
NG	Nout Folkersma		PSV			200800595						
NG	Borys Rudman		Blue Marlins			200504479						
NG	Arjan Boogaard		Deltasteur			200800093						
NG	Tijn Hilders		De Dolfijn			200700027						

B = Bonus inschrijving