

Programmanr. 30  
5-12-2021

Heren, 400m vrije slag

Senioren Open  
Resultaten Voorronde

Punten: FINA 2020

| rang                      | naam  | vereniging                | tijd                           | RT             | FINA                           | para           |                                |                |
|---------------------------|---|---------------------------|--------------------------------|----------------|--------------------------------|----------------|--------------------------------|----------------|
| <b>Senioren Open PARA</b> |   |                           |                                |                |                                |                |                                |                |
| 1.                        | Rogier Dorsman<br><i>Wereld Record PARA</i> | HPC PARA - ZZ&PC De Devel | 199900211                      | S11            | <b>4:29.14</b> +0,65           | 490 1035       |                                |                |
|                           | 50m: 29.27<br>100m: 1:02.58                 | 29.27<br>33.31            | 150m: 1:36.09<br>200m: 2:10.07 | 33.51<br>33.98 | 250m: 2:44.30<br>300m: 3:17.94 | 34.23<br>33.64 | 350m: 3:51.11<br>400m: 4:29.14 | 33.17<br>38.03 |
| 2.                        | Thijs van Hofweegen                         | HPC PARA - ZPC AMERSFOORT | 199605253                      | S6             | <b>5:08.78</b> +0,90           | 324 976        |                                |                |
|                           | 50m: 31.97<br>100m: 1:09.01                 | 31.97<br>37.04            | 150m: 1:47.82<br>200m: 2:27.57 | 38.81<br>39.75 | 250m: 3:07.72<br>300m: 3:48.44 | 40.15<br>40.72 | 350m: 4:29.89<br>400m: 5:08.78 | 41.45<br>38.89 |
| 3.                        | Bas Takken                                  | HPC PARA - De Dolfijn     | 199901643                      | S10            | <b>4:11.37</b> +0,74           | 602 912        |                                |                |
|                           | 50m: 27.72<br>100m: 58.68                   | 27.72<br>30.96            | 150m: 1:29.99<br>200m: 2:02.26 | 31.31<br>32.27 | 250m: 2:34.33<br>300m: 3:06.76 | 32.07<br>32.43 | 350m: 3:39.73<br>400m: 4:11.37 | 32.97<br>31.64 |
| 4.                        | Lars Jacobsen                               | DWK                       | 199705453                      | S14            | <b>4:46.57</b> +0,83           | 406 682        |                                |                |
|                           | 50m: 31.45<br>100m: 1:06.07                 | 31.45<br>34.62            | 150m: 1:42.07<br>200m: 2:18.47 | 36.00<br>36.40 | 250m: 2:55.47<br>300m: 3:32.20 | 37.00<br>36.73 | 350m: 4:11.04<br>400m: 4:46.57 | 38.84<br>35.53 |

**Jeugd 1 en 2**

|     |                             |                   |                                |                |                                |                |                                |                |
|-----|-----------------------------|-------------------|--------------------------------|----------------|--------------------------------|----------------|--------------------------------|----------------|
| 1.  | Merlin Belmon               | ZPC AMERSFOORT    | 200403191                      |                | <b>3:53.71</b> +0,74           | A 749          |                                |                |
|     | 50m: 25.97<br>100m: 54.91   | 25.97<br>28.94    | 150m: 1:24.33<br>200m: 1:54.18 | 29.42<br>29.85 | 250m: 2:24.07<br>300m: 2:54.15 | 29.89<br>30.08 | 350m: 3:24.75<br>400m: 3:53.71 | 30.60<br>28.96 |
| 2.  | Luuk van Rooij              | PSV               | 200400581                      |                | <b>3:56.18</b> +0,68           | A 725          |                                |                |
|     | 50m: 26.73<br>100m: 56.11   | 26.73<br>29.38    | 150m: 1:25.94<br>200m: 1:56.21 | 29.83<br>30.27 | 250m: 2:26.46<br>300m: 2:56.87 | 30.25<br>30.41 | 350m: 3:27.18<br>400m: 3:56.18 | 30.31<br>29.00 |
| 3.  | Efe öngören                 | Blue Marlins (SG) | 200504459                      |                | <b>4:00.22</b> +0,65           | A 689          |                                |                |
|     | 50m: 26.60<br>100m: 56.86   | 26.60<br>30.26    | 150m: 1:27.61<br>200m: 1:58.83 | 30.75<br>31.22 | 250m: 2:29.70<br>300m: 3:00.27 | 30.87<br>30.57 | 350m: 3:30.61<br>400m: 4:00.22 | 30.34<br>29.61 |
| 4.  | Yanieck Weijland            | Blue Marlins (SG) | 200500329                      |                | <b>4:01.05</b> +0,74           | A 682          |                                |                |
|     | 50m: 27.49<br>100m: 57.09   | 27.49<br>29.60    | 150m: 1:27.52<br>200m: 1:58.34 | 30.43<br>30.82 | 250m: 2:29.59<br>300m: 3:00.52 | 31.25<br>30.93 | 350m: 3:31.38<br>400m: 4:01.05 | 30.86<br>29.67 |
| 5.  | Quinn Heederik              | ZPC Hoogeveen     | 200400093                      |                | <b>4:03.62</b> +0,75           | B 661          |                                |                |
|     | 50m: 27.86<br>100m: 57.85   | 27.86<br>29.99    | 150m: 1:28.25<br>200m: 1:59.11 | 30.40<br>30.86 | 250m: 2:30.39<br>300m: 3:01.71 | 31.28<br>31.32 | 350m: 3:33.22<br>400m: 4:03.62 | 31.51<br>30.40 |
| 6.  | David Groenewegen           | PSV               | 200400469                      |                | <b>4:03.92</b> +0,79           | B 658          |                                |                |
|     | 50m: 27.05<br>100m: 56.73   | 27.05<br>29.68    | 150m: 1:27.32<br>200m: 1:58.71 | 30.59<br>31.39 | 250m: 2:30.32<br>300m: 3:01.91 | 31.61<br>31.59 | 350m: 3:33.52<br>400m: 4:03.92 | 31.61<br>30.40 |
| 7.  | Abel te Riele               | WVZ               | 200402317                      |                | <b>4:04.45</b> +0,74           | B 654          |                                |                |
|     | 50m: 27.47<br>100m: 58.04   | 27.47<br>30.57    | 150m: 1:29.19<br>200m: 2:00.60 | 31.15<br>31.41 | 250m: 2:31.90<br>300m: 3:03.06 | 31.30<br>31.16 | 350m: 3:34.29<br>400m: 4:04.45 | 31.23<br>30.16 |
| 8.  | Émile Fouzaï                | Blue Marlins (SG) | 200500263                      |                | <b>4:05.70</b> +0,73           | B 644          |                                |                |
|     | 50m: 27.44<br>100m: 58.08   | 27.44<br>30.64    | 150m: 1:29.34<br>200m: 2:00.94 | 31.26<br>31.60 | 250m: 2:32.57<br>300m: 3:04.26 | 31.63<br>31.69 | 350m: 3:35.93<br>400m: 4:05.70 | 31.67<br>29.77 |
| 9.  | Sven Klink                  | SWOL 1894         | 200500349                      |                | <b>4:07.65</b> +0,71           | R 629          |                                |                |
|     | 50m: 27.37<br>100m: 57.36   | 27.37<br>29.99    | 150m: 1:28.53<br>200m: 2:00.37 | 31.17<br>31.84 | 250m: 2:32.64<br>300m: 3:05.32 | 32.27<br>32.68 | 350m: 3:37.28<br>400m: 4:07.65 | 31.96<br>30.37 |
| 10. | Koen Marsman                | ZPC AMERSFOORT    | 200502763                      |                | <b>4:11.03</b> +0,66           | 604            |                                |                |
|     | 50m: 27.81<br>100m: 58.93   | 27.81<br>31.12    | 150m: 1:30.82<br>200m: 2:03.16 | 31.89<br>32.34 | 250m: 2:35.60<br>300m: 3:08.02 | 32.44<br>32.42 | 350m: 3:40.30<br>400m: 4:11.03 | 32.28<br>30.73 |
| 11. | Koen Vissers                | PSV               | 200401429                      |                | <b>4:15.51</b> +0,82           | 573            |                                |                |
|     | 50m: 29.20<br>100m: 1:00.07 | 29.20<br>30.87    | 150m: 1:31.87<br>200m: 2:04.36 | 31.80<br>32.49 | 250m: 2:37.22<br>300m: 3:10.27 | 32.86<br>33.05 | 350m: 3:43.50<br>400m: 4:15.51 | 33.23<br>32.01 |
| 12. | Wouter Zijlstra             | HZ&PC Heerenveen  | 200401545                      |                | <b>4:17.88</b> +0,65           | 557            |                                |                |
|     | 50m: 27.76<br>100m: 58.96   | 27.76<br>31.20    | 150m: 1:31.01<br>200m: 2:03.83 | 32.05<br>32.82 | 250m: 2:36.85<br>300m: 3:10.68 | 33.02<br>33.83 | 350m: 3:44.90<br>400m: 4:17.88 | 34.22<br>32.98 |
| 13. | Rens Stijf                  | ZPC AMERSFOORT    | 200501419                      |                | <b>4:18.22</b> +0,65           | 555            |                                |                |
|     | 50m: 28.49<br>100m: 59.92   | 28.49<br>31.43    | 150m: 1:32.26<br>200m: 2:05.02 | 32.34<br>32.76 | 250m: 2:38.21<br>300m: 3:11.97 | 33.19<br>33.76 | 350m: 3:45.56<br>400m: 4:18.22 | 33.59<br>32.66 |
| 14. | Sem Lazaroms                | Hieronymus        | 200402921                      |                | <b>4:18.34</b> +0,78           | 554            |                                |                |
|     | 50m: 29.76<br>100m: 1:01.17 | 29.76<br>31.41    | 150m: 1:33.53<br>200m: 2:06.38 | 32.36<br>32.85 | 250m: 2:39.34<br>300m: 3:12.78 | 32.96<br>33.44 | 350m: 3:46.48<br>400m: 4:18.34 | 33.70<br>31.86 |

Open Nederlandse Kampioenschappen korte baan 2021  
Den Haag, 3- - 5-12-2021



Programmanr. 30, Jongens, 400m vrije slag, Voorronde, Jeugd 1 en 2

| rang | naam             | vereniging    | tijd          | RT             | FINA          | para  |               |       |
|------|------------------|---------------|---------------|----------------|---------------|-------|---------------|-------|
| 15.  | Justin Steenkamp | PSV           | 200404133     | <b>4:18.35</b> | +0,65         | 554   |               |       |
|      | 50m: 28.51       | 28.51         | 150m: 1:32.95 | 32.85          | 250m: 2:39.75 | 33.81 | 350m: 3:46.86 | 33.51 |
|      | 100m: 1:00.10    | 31.59         | 200m: 2:05.94 | 32.99          | 300m: 3:13.35 | 33.60 | 400m: 4:18.35 | 31.49 |
| 16.  | Tycho de Jonge   | KZC           | 200400411     | <b>4:21.65</b> | +0,66         | 533   |               |       |
|      | 50m: 28.22       | 28.22         | 150m: 1:32.89 | 32.82          | 250m: 2:40.83 | 34.22 | 350m: 3:49.02 | 33.85 |
|      | 100m: 1:00.07    | 31.85         | 200m: 2:06.61 | 33.72          | 300m: 3:15.17 | 34.34 | 400m: 4:21.65 | 32.63 |
| 17.  | Luc Kerpels      | ZPC Hoogeveen | 200503015     | <b>4:23.61</b> | +0,71         | 521   |               |       |
|      | 50m: 28.65       | 28.65         | 150m: 1:33.50 | 33.27          | 250m: 2:41.95 | 34.19 | 350m: 3:50.59 | 34.44 |
|      | 100m: 1:00.23    | 31.58         | 200m: 2:07.76 | 34.26          | 300m: 3:16.15 | 34.20 | 400m: 4:23.61 | 33.02 |
| 18.  | Nathan Janssen   | De Geul       | 200401565     | <b>4:29.13</b> | +0,65         | 490   |               |       |
|      | 50m: 29.38       | 29.38         | 150m: 1:36.01 | 33.98          | 250m: 2:45.57 | 34.82 | 350m: 3:55.78 | 35.41 |
|      | 100m: 1:02.03    | 32.65         | 200m: 2:10.75 | 34.74          | 300m: 3:20.37 | 34.80 | 400m: 4:29.13 | 33.35 |
| 19.  | Eise van der Zee | Orca          | 200501437     | <b>4:30.83</b> | +0,75         | 481   |               |       |
|      | 50m: 30.24       | 30.24         | 150m: 1:40.10 | 35.39          | 250m: 2:50.14 | 34.61 | 350m: 3:58.47 | 33.60 |
|      | 100m: 1:04.71    | 34.47         | 200m: 2:15.53 | 35.43          | 300m: 3:24.87 | 34.73 | 400m: 4:30.83 | 32.36 |

Senioren 1 en 2

|     |                      |                   |               |                |               |       |               |       |
|-----|----------------------|-------------------|---------------|----------------|---------------|-------|---------------|-------|
| 1.  | Lucas Peters         | Nextline Swimming | 200301325     | <b>3:52.09</b> | +0,73         | A     | 764           |       |
|     | 50m: 26.89           | 26.89             | 150m: 1:25.80 | 29.38          | 250m: 2:25.27 | 29.85 | 350m: 3:24.17 | 28.87 |
|     | 100m: 56.42          | 29.53             | 200m: 1:55.42 | 29.62          | 300m: 2:55.30 | 30.03 | 400m: 3:52.09 | 27.92 |
| 2.  | Thijn Damen          | PSV               | 200300973     | <b>4:06.50</b> | +0,77         | B     | 638           |       |
|     | 50m: 27.73           | 27.73             | 150m: 1:29.47 | 31.09          | 250m: 2:32.73 | 31.66 | 350m: 3:37.03 | 31.87 |
|     | 100m: 58.38          | 30.65             | 200m: 2:01.07 | 31.60          | 300m: 3:05.16 | 32.43 | 400m: 4:06.50 | 29.47 |
| 3.  | Esper Schreurs       | ZEPS              | 200300433     | <b>4:07.52</b> | +0,74         | R     | 630           |       |
|     | 50m: 27.79           | 27.79             | 150m: 1:29.45 | 30.74          | 250m: 2:32.38 | 31.61 | 350m: 3:35.98 | 32.18 |
|     | 100m: 58.71          | 30.92             | 200m: 2:00.77 | 31.32          | 300m: 3:03.80 | 31.42 | 400m: 4:07.52 | 31.54 |
| 4.  | Joris Janssen        | PSV               | 200301311     | <b>4:07.66</b> | +0,75         |       | 629           |       |
|     | 50m: 27.40           | 27.40             | 150m: 1:29.20 | 31.27          | 250m: 2:32.76 | 31.82 | 350m: 3:36.85 | 31.84 |
|     | 100m: 57.93          | 30.53             | 200m: 2:00.94 | 31.74          | 300m: 3:05.01 | 32.25 | 400m: 4:07.66 | 30.81 |
| 5.  | Ronis van Everdingen | DWK               | 200300043     | <b>4:09.39</b> | +0,81         |       | 616           |       |
|     | 50m: 27.51           | 27.51             | 150m: 1:28.51 | 30.44          | 250m: 2:32.24 | 32.13 | 350m: 3:37.64 | 32.85 |
|     | 100m: 58.07          | 30.56             | 200m: 2:00.11 | 31.60          | 300m: 3:04.79 | 32.55 | 400m: 4:09.39 | 31.75 |
| 6.  | Hessel Robert        | Het Y             | 200200917     | <b>4:10.70</b> | +0,78         |       | 606           |       |
|     | 50m: 27.22           | 27.22             | 150m: 1:29.61 | 31.67          | 250m: 2:34.04 | 32.65 | 350m: 3:39.77 | 32.46 |
|     | 100m: 57.94          | 30.72             | 200m: 2:01.39 | 31.78          | 300m: 3:07.31 | 33.27 | 400m: 4:10.70 | 30.93 |
| 7.  | Daan Hogerhuis       | De Columbiaan     | 200300317     | <b>4:13.97</b> | +0,77         |       | 583           |       |
|     | 50m: 28.17           | 28.17             | 150m: 1:31.29 | 31.71          | 250m: 2:36.51 | 32.69 | 350m: 3:42.06 | 32.79 |
|     | 100m: 59.58          | 31.41             | 200m: 2:03.82 | 32.53          | 300m: 3:09.27 | 32.76 | 400m: 4:13.97 | 31.91 |
| 8.  | Kevin Lucas          | De Dinkel         | 200300545     | <b>4:18.32</b> | +0,76         |       | 554           |       |
|     | 50m: 29.18           | 29.18             | 150m: 1:33.66 | 32.69          | 250m: 2:40.20 | 33.35 | 350m: 3:46.75 | 33.35 |
|     | 100m: 1:00.97        | 31.79             | 200m: 2:06.85 | 33.19          | 300m: 3:13.40 | 33.20 | 400m: 4:18.32 | 31.57 |
| 9.  | Luc van Eijndhoven   | PSV               | 200200139     | <b>4:24.19</b> | +0,76         |       | 518           |       |
|     | 50m: 27.46           | 27.46             | 150m: 1:31.50 | 33.14          | 250m: 2:40.34 | 34.73 | 350m: 3:50.14 | 34.95 |
|     | 100m: 58.36          | 30.90             | 200m: 2:05.61 | 34.11          | 300m: 3:15.19 | 34.85 | 400m: 4:24.19 | 34.05 |
| 10. | Taco Hengstman       | ZPC Hoogeveen     | 200304601     | <b>4:26.83</b> | +0,74         |       | 503           |       |
|     | 50m: 29.73           | 29.73             | 150m: 1:35.12 | 32.92          | 250m: 2:43.28 | 34.46 | 350m: 3:52.82 | 34.70 |
|     | 100m: 1:02.20        | 32.47             | 200m: 2:08.82 | 33.70          | 300m: 3:18.12 | 34.84 | 400m: 4:26.83 | 34.01 |

Senioren Open

|    |                     |                   |               |                |               |       |               |       |
|----|---------------------|-------------------|---------------|----------------|---------------|-------|---------------|-------|
| 1. | Maarten Brzoskowski | PSV               | 199500769     | <b>3:51.04</b> | +0,65         | A     | 775           |       |
|    | 50m: 25.36          | 25.36             | 150m: 1:23.53 | 30.68          | 250m: 2:25.24 | 30.80 | 350m: 3:23.75 | 27.47 |
|    | 100m: 52.85         | 27.49             | 200m: 1:54.44 | 30.91          | 300m: 2:56.28 | 31.04 | 400m: 3:51.04 | 27.29 |
| 2. | Lucas Peters        | Nextline Swimming | 200301325     | <b>3:52.09</b> | +0,73         | A     | 764           |       |
|    | 50m: 26.89          | 26.89             | 150m: 1:25.80 | 29.38          | 250m: 2:25.27 | 29.85 | 350m: 3:24.17 | 28.87 |
|    | 100m: 56.42         | 29.53             | 200m: 1:55.42 | 29.62          | 300m: 2:55.30 | 30.03 | 400m: 3:52.09 | 27.92 |
| 3. | Merlin Belmon       | ZPC AMERSFOORT    | 200403191     | <b>3:53.71</b> | +0,74         | A     | 749           |       |
|    | 50m: 25.97          | 25.97             | 150m: 1:24.33 | 29.42          | 250m: 2:24.07 | 29.89 | 350m: 3:24.75 | 30.60 |
|    | 100m: 54.91         | 28.94             | 200m: 1:54.18 | 29.85          | 300m: 2:54.15 | 30.08 | 400m: 3:53.71 | 28.96 |
| 4. | Tim Hoogerwerf      | De Dolfijn        | 200005587     | <b>3:54.82</b> | +0,74         | A     | 738           |       |
|    | 50m: 26.34          | 26.34             | 150m: 1:25.38 | 30.03          | 250m: 2:26.35 | 30.37 | 350m: 3:27.01 | 30.43 |
|    | 100m: 55.35         | 29.01             | 200m: 1:55.98 | 30.60          | 300m: 2:56.58 | 30.23 | 400m: 3:54.82 | 27.81 |

Open Nederlandse Kampioenschappen korte baan 2021  
Den Haag, 3- - 5-12-2021



Programmanr. 30, Heren, 400m vrije slag, Voorronde, Senioren Open

| rang | naam                 |         | vereniging            |       |           |       |       | tijd           | RT    | FINA  | para    |       |
|------|----------------------|---------|-----------------------|-------|-----------|-------|-------|----------------|-------|-------|---------|-------|
| 5.   | Luuk van Rooij       |         | PSV                   |       | 200400581 |       |       | <b>3:56.18</b> | +0,68 | A     | 725     |       |
|      | 50m:                 | 26.73   | 26.73                 | 150m: | 1:25.94   | 29.83 | 250m: | 2:26.46        | 30.25 | 350m: | 3:27.18 | 30.31 |
|      | 100m:                | 56.11   | 29.38                 | 200m: | 1:56.21   | 30.27 | 300m: | 2:56.87        | 30.41 | 400m: | 3:56.18 | 29.00 |
| 6.   | Bart Sommeling       |         | De Dolfijn            |       | 199800765 |       |       | <b>3:58.23</b> | +0,71 | A     | 707     |       |
|      | 50m:                 | 26.66   | 26.66                 | 150m: | 1:25.59   | 29.61 | 250m: | 2:26.23        | 30.43 | 350m: | 3:27.94 | 31.02 |
|      | 100m:                | 55.98   | 29.32                 | 200m: | 1:55.80   | 30.21 | 300m: | 2:56.92        | 30.69 | 400m: | 3:58.23 | 30.29 |
| 7.   | Efe öngören          |         | Blue Marlins (SG)     |       | 200504459 |       |       | <b>4:00.22</b> | +0,65 | A     | 689     |       |
|      | 50m:                 | 26.60   | 26.60                 | 150m: | 1:27.61   | 30.75 | 250m: | 2:29.70        | 30.87 | 350m: | 3:30.61 | 30.34 |
|      | 100m:                | 56.86   | 30.26                 | 200m: | 1:58.83   | 31.22 | 300m: | 3:00.27        | 30.57 | 400m: | 4:00.22 | 29.61 |
| 8.   | Yanieck Weijland     |         | Blue Marlins (SG)     |       | 200500329 |       |       | <b>4:01.05</b> | +0,74 | A     | 682     |       |
|      | 50m:                 | 27.49   | 27.49                 | 150m: | 1:27.52   | 30.43 | 250m: | 2:29.59        | 31.25 | 350m: | 3:31.38 | 30.86 |
|      | 100m:                | 57.09   | 29.60                 | 200m: | 1:58.34   | 30.82 | 300m: | 3:00.52        | 30.93 | 400m: | 4:01.05 | 29.67 |
| 9.   | Quinn Heederik       |         | ZPC Hoogeveen         |       | 200400093 |       |       | <b>4:03.62</b> | +0,75 | B     | 661     |       |
|      | 50m:                 | 27.86   | 27.86                 | 150m: | 1:28.25   | 30.40 | 250m: | 2:30.39        | 31.28 | 350m: | 3:33.22 | 31.51 |
|      | 100m:                | 57.85   | 29.99                 | 200m: | 1:59.11   | 30.86 | 300m: | 3:01.71        | 31.32 | 400m: | 4:03.62 | 30.40 |
| 10.  | David Groenewegen    |         | PSV                   |       | 200400469 |       |       | <b>4:03.92</b> | +0,79 | B     | 658     |       |
|      | 50m:                 | 27.05   | 27.05                 | 150m: | 1:27.32   | 30.59 | 250m: | 2:30.32        | 31.61 | 350m: | 3:33.52 | 31.61 |
|      | 100m:                | 56.73   | 29.68                 | 200m: | 1:58.71   | 31.39 | 300m: | 3:01.91        | 31.59 | 400m: | 4:03.92 | 30.40 |
| 11.  | Abel te Riele        |         | WVZ                   |       | 200402317 |       |       | <b>4:04.45</b> | +0,74 | B     | 654     |       |
|      | 50m:                 | 27.47   | 27.47                 | 150m: | 1:29.19   | 31.15 | 250m: | 2:31.90        | 31.30 | 350m: | 3:34.29 | 31.23 |
|      | 100m:                | 58.04   | 30.57                 | 200m: | 2:00.60   | 31.41 | 300m: | 3:03.06        | 31.16 | 400m: | 4:04.45 | 30.16 |
| 12.  | Karst Boersma        |         | De Dinkel             |       | 199600849 |       |       | <b>4:05.13</b> | +0,69 | B     | 649     |       |
|      | 50m:                 | 27.66   | 27.66                 | 150m: | 1:29.13   | 31.05 | 250m: | 2:31.60        | 31.07 | 350m: | 3:34.52 | 31.34 |
|      | 100m:                | 58.08   | 30.42                 | 200m: | 2:00.53   | 31.40 | 300m: | 3:03.18        | 31.58 | 400m: | 4:05.13 | 30.61 |
| 13.  | Jorian Tanis         |         | Rijnhaeghe (SG)       |       | 199900327 |       |       | <b>4:05.69</b> | +0,74 | B     | 644     |       |
|      | 50m:                 | 28.33   | 28.33                 | 150m: | 1:30.37   | 31.53 | 250m: | 2:34.16        | 31.88 | 350m: | 3:36.26 | 30.79 |
|      | 100m:                | 58.84   | 30.51                 | 200m: | 2:02.28   | 31.91 | 300m: | 3:05.47        | 31.31 | 400m: | 4:05.69 | 29.43 |
| 14.  | Émile Fouzaï         |         | Blue Marlins (SG)     |       | 200500263 |       |       | <b>4:05.70</b> | +0,73 | B     | 644     |       |
|      | 50m:                 | 27.44   | 27.44                 | 150m: | 1:29.34   | 31.26 | 250m: | 2:32.57        | 31.63 | 350m: | 3:35.93 | 31.67 |
|      | 100m:                | 58.08   | 30.64                 | 200m: | 2:00.94   | 31.60 | 300m: | 3:04.26        | 31.69 | 400m: | 4:05.70 | 29.77 |
| 15.  | Owen Peeks           |         | ZPC Hoogeveen         |       | 200100765 |       |       | <b>4:05.85</b> | +0,86 | B     | 643     |       |
|      | 50m:                 | 28.66   | 28.66                 | 150m: | 1:29.84   | 30.48 | 250m: | 2:32.51        | 31.23 | 350m: | 3:35.79 | 31.54 |
|      | 100m:                | 59.36   | 30.70                 | 200m: | 2:01.28   | 31.44 | 300m: | 3:04.25        | 31.74 | 400m: | 4:05.85 | 30.06 |
| 16.  | Thijn Damen          |         | PSV                   |       | 200300973 |       |       | <b>4:06.50</b> | +0,77 | B     | 638     |       |
|      | 50m:                 | 27.73   | 27.73                 | 150m: | 1:29.47   | 31.09 | 250m: | 2:32.73        | 31.66 | 350m: | 3:37.03 | 31.87 |
|      | 100m:                | 58.38   | 30.65                 | 200m: | 2:01.07   | 31.60 | 300m: | 3:05.16        | 32.43 | 400m: | 4:06.50 | 29.47 |
| 17.  | Esper Schreurs       |         | ZEPS                  |       | 200300433 |       |       | <b>4:07.52</b> | +0,74 | R     | 630     |       |
|      | 50m:                 | 27.79   | 27.79                 | 150m: | 1:29.45   | 30.74 | 250m: | 2:32.38        | 31.61 | 350m: | 3:35.98 | 32.18 |
|      | 100m:                | 58.71   | 30.92                 | 200m: | 2:00.77   | 31.32 | 300m: | 3:03.80        | 31.42 | 400m: | 4:07.52 | 31.54 |
| 18.  | Sven Klink           |         | SWOL 1894             |       | 200500349 |       |       | <b>4:07.65</b> | +0,71 | R     | 629     |       |
|      | 50m:                 | 27.37   | 27.37                 | 150m: | 1:28.53   | 31.17 | 250m: | 2:32.64        | 32.27 | 350m: | 3:37.28 | 31.96 |
|      | 100m:                | 57.36   | 29.99                 | 200m: | 2:00.37   | 31.84 | 300m: | 3:05.32        | 32.68 | 400m: | 4:07.65 | 30.37 |
| 19.  | Joris Janssen        |         | PSV                   |       | 200301311 |       |       | <b>4:07.66</b> | +0,75 |       | 629     |       |
|      | 50m:                 | 27.40   | 27.40                 | 150m: | 1:29.20   | 31.27 | 250m: | 2:32.76        | 31.82 | 350m: | 3:36.85 | 31.84 |
|      | 100m:                | 57.93   | 30.53                 | 200m: | 2:00.94   | 31.74 | 300m: | 3:05.01        | 32.25 | 400m: | 4:07.66 | 30.81 |
| 20.  | Ronis van Everdingen |         | DWK                   |       | 200300043 |       |       | <b>4:09.39</b> | +0,81 |       | 616     |       |
|      | 50m:                 | 27.51   | 27.51                 | 150m: | 1:28.51   | 30.44 | 250m: | 2:32.24        | 32.13 | 350m: | 3:37.64 | 32.85 |
|      | 100m:                | 58.07   | 30.56                 | 200m: | 2:00.11   | 31.60 | 300m: | 3:04.79        | 32.55 | 400m: | 4:09.39 | 31.75 |
| 21.  | Nino Sieling         |         | De Dolfijn            |       | 199701845 |       |       | <b>4:10.34</b> | +0,71 |       | 609     |       |
|      | 50m:                 | 27.92   | 27.92                 | 150m: | 1:30.83   | 31.88 | 250m: | 2:34.49        | 31.52 | 350m: | 3:38.21 | 31.91 |
|      | 100m:                | 58.95   | 31.03                 | 200m: | 2:02.97   | 32.14 | 300m: | 3:06.30        | 31.81 | 400m: | 4:10.34 | 32.13 |
| 22.  | Hessel Robert        |         | Het Y                 |       | 200200917 |       |       | <b>4:10.70</b> | +0,78 |       | 606     |       |
|      | 50m:                 | 27.22   | 27.22                 | 150m: | 1:29.61   | 31.67 | 250m: | 2:34.04        | 32.65 | 350m: | 3:39.77 | 32.46 |
|      | 100m:                | 57.94   | 30.72                 | 200m: | 2:01.39   | 31.78 | 300m: | 3:07.31        | 33.27 | 400m: | 4:10.70 | 30.93 |
| 23.  | Koen Marsman         |         | ZPC AMERSFOORT        |       | 200502763 |       |       | <b>4:11.03</b> | +0,66 |       | 604     |       |
|      | 50m:                 | 27.81   | 27.81                 | 150m: | 1:30.82   | 31.89 | 250m: | 2:35.60        | 32.44 | 350m: | 3:40.30 | 32.28 |
|      | 100m:                | 58.93   | 31.12                 | 200m: | 2:03.16   | 32.34 | 300m: | 3:08.02        | 32.42 | 400m: | 4:11.03 | 30.73 |
| 24.  | Bas Takken           |         | HPC PARA - De Dolfijn |       | 199901643 | S10   |       | <b>4:11.37</b> | +0,74 |       | 602 912 |       |
|      | 50m:                 | 27.72   | 27.72                 | 150m: | 1:29.99   | 31.31 | 250m: | 2:34.33        | 32.07 | 350m: | 3:39.73 | 32.97 |
|      | 100m:                | 58.68   | 30.96                 | 200m: | 2:02.26   | 32.27 | 300m: | 3:06.76        | 32.43 | 400m: | 4:11.37 | 31.64 |
| 25.  | Daan Hogerhuis       |         | De Columbiaan         |       | 200300317 |       |       | <b>4:13.97</b> | +0,77 |       | 583     |       |
|      | 50m:                 | 28.17   | 28.17                 | 150m: | 1:31.29   | 31.71 | 250m: | 2:36.51        | 32.69 | 350m: | 3:42.06 | 32.79 |
|      | 100m:                | 59.58   | 31.41                 | 200m: | 2:03.82   | 32.53 | 300m: | 3:09.27        | 32.76 | 400m: | 4:13.97 | 31.91 |
| 26.  | Koen Vissers         |         | PSV                   |       | 200401429 |       |       | <b>4:15.51</b> | +0,82 |       | 573     |       |
|      | 50m:                 | 29.20   | 29.20                 | 150m: | 1:31.87   | 31.80 | 250m: | 2:37.22        | 32.86 | 350m: | 3:43.50 | 33.23 |
|      | 100m:                | 1:00.07 | 30.87                 | 200m: | 2:04.36   | 32.49 | 300m: | 3:10.27        | 33.05 | 400m: | 4:15.51 | 32.01 |

Open Nederlandse Kampioenschappen korte baan 2021  
Den Haag, 3- - 5-12-2021



Programmanr. 30, Heren, 400m vrije slag, Voorronde, Senioren Open

| rang | naam  |         | vereniging                |       |           |       | tijd           | RT      | FINA  | para  |         |       |
|------|---|---------|---------------------------|-------|-----------|-------|----------------|---------|-------|-------|---------|-------|
| 27.  | Wouter Zijlstra                             |         | HZ&PC Heerenveen          |       | 200401545 |       | <b>4:17.88</b> | +0,65   | 557   |       |         |       |
|      | 50m:  | 27.76   | 27.76                     | 150m: | 1:31.01   | 32.05 | 250m:          | 2:36.85 | 33.02 | 350m: | 3:44.90 | 34.22 |
|      | 100m:                                       | 58.96   | 31.20                     | 200m: | 2:03.83   | 32.82 | 300m:          | 3:10.68 | 33.83 | 400m: | 4:17.88 | 32.98 |
| 28.  | Rens Stijf                                  |         | ZPC AMERSFOORT            |       | 200501419 |       | <b>4:18.22</b> | +0,65   | 555   |       |         |       |
|      | 50m:  | 28.49   | 28.49                     | 150m: | 1:32.26   | 32.34 | 250m:          | 2:38.21 | 33.19 | 350m: | 3:45.56 | 33.59 |
|      | 100m:                                       | 59.92   | 31.43                     | 200m: | 2:05.02   | 32.76 | 300m:          | 3:11.97 | 33.76 | 400m: | 4:18.22 | 32.66 |
| 29.  | Kevin Lucas                                 |         | De Dinkel                 |       | 200300545 |       | <b>4:18.32</b> | +0,76   | 554   |       |         |       |
|      | 50m:  | 29.18   | 29.18                     | 150m: | 1:33.66   | 32.69 | 250m:          | 2:40.20 | 33.35 | 350m: | 3:46.75 | 33.35 |
|      | 100m:                                       | 1:00.97 | 31.79                     | 200m: | 2:06.85   | 33.19 | 300m:          | 3:13.40 | 33.20 | 400m: | 4:18.32 | 31.57 |
| 30.  | Sem Lazaroms                                |         | Hieronymus                |       | 200402921 |       | <b>4:18.34</b> | +0,78   | 554   |       |         |       |
|      | 50m:  | 29.76   | 29.76                     | 150m: | 1:33.53   | 32.36 | 250m:          | 2:39.34 | 32.96 | 350m: | 3:46.48 | 33.70 |
|      | 100m:                                       | 1:01.17 | 31.41                     | 200m: | 2:06.38   | 32.85 | 300m:          | 3:12.78 | 33.44 | 400m: | 4:18.34 | 31.86 |
| 31.  | Justin Steenkamp                            |         | PSV                       |       | 200404133 |       | <b>4:18.35</b> | +0,65   | 554   |       |         |       |
|      | 50m:  | 28.51   | 28.51                     | 150m: | 1:32.95   | 32.85 | 250m:          | 2:39.75 | 33.81 | 350m: | 3:46.86 | 33.51 |
|      | 100m:                                       | 1:00.10 | 31.59                     | 200m: | 2:05.94   | 32.99 | 300m:          | 3:13.35 | 33.60 | 400m: | 4:18.35 | 31.49 |
| 32.  | Tycho de Jonge                              |         | KZC                       |       | 200400411 |       | <b>4:21.65</b> | +0,66   | 533   |       |         |       |
|      | 50m:  | 28.22   | 28.22                     | 150m: | 1:32.89   | 32.82 | 250m:          | 2:40.83 | 34.22 | 350m: | 3:49.02 | 33.85 |
|      | 100m:                                       | 1:00.07 | 31.85                     | 200m: | 2:06.61   | 33.72 | 300m:          | 3:15.17 | 34.34 | 400m: | 4:21.65 | 32.63 |
| 33.  | Luc Kerpels                                 |         | ZPC Hoogeveen             |       | 200503015 |       | <b>4:23.61</b> | +0,71   | 521   |       |         |       |
|      | 50m:  | 28.65   | 28.65                     | 150m: | 1:33.50   | 33.27 | 250m:          | 2:41.95 | 34.19 | 350m: | 3:50.59 | 34.44 |
|      | 100m:                                       | 1:00.23 | 31.58                     | 200m: | 2:07.76   | 34.26 | 300m:          | 3:16.15 | 34.20 | 400m: | 4:23.61 | 33.02 |
| 34.  | Luc van Eijndhoven                          |         | PSV                       |       | 200200139 |       | <b>4:24.19</b> | +0,76   | 518   |       |         |       |
|      | 50m:  | 27.46   | 27.46                     | 150m: | 1:31.50   | 33.14 | 250m:          | 2:40.34 | 34.73 | 350m: | 3:50.14 | 34.95 |
|      | 100m:                                       | 58.36   | 30.90                     | 200m: | 2:05.61   | 34.11 | 300m:          | 3:15.19 | 34.85 | 400m: | 4:24.19 | 34.05 |
| 35.  | Taco Hengstman                              |         | ZPC Hoogeveen             |       | 200304601 |       | <b>4:26.83</b> | +0,74   | 503   |       |         |       |
|      | 50m:  | 29.73   | 29.73                     | 150m: | 1:35.12   | 32.92 | 250m:          | 2:43.28 | 34.46 | 350m: | 3:52.82 | 34.70 |
|      | 100m:                                       | 1:02.20 | 32.47                     | 200m: | 2:08.82   | 33.70 | 300m:          | 3:18.12 | 34.84 | 400m: | 4:26.83 | 34.01 |
| 36.  | Nathan Janssen                              |         | De Geul                   |       | 200401565 |       | <b>4:29.13</b> | +0,65   | 490   |       |         |       |
|      | 50m:  | 29.38   | 29.38                     | 150m: | 1:36.01   | 33.98 | 250m:          | 2:45.57 | 34.82 | 350m: | 3:55.78 | 35.41 |
|      | 100m:                                       | 1:02.03 | 32.65                     | 200m: | 2:10.75   | 34.74 | 300m:          | 3:20.37 | 34.80 | 400m: | 4:29.13 | 33.35 |
| 37.  | Rogier Dorsman<br><i>Wereld Record PARA</i> |         | HPC PARA - ZZ&PC De Devel |       | 199900211 | S11   | <b>4:29.14</b> | +0,65   | 490   | 1035  |         |       |
|      | 50m:  | 29.27   | 29.27                     | 150m: | 1:36.09   | 33.51 | 250m:          | 2:44.30 | 34.23 | 350m: | 3:51.11 | 33.17 |
|      | 100m:                                       | 1:02.58 | 33.31                     | 200m: | 2:10.07   | 33.98 | 300m:          | 3:17.94 | 33.64 | 400m: | 4:29.14 | 38.03 |
| 38.  | Eise van der Zee                            |         | Orca                      |       | 200501437 |       | <b>4:30.83</b> | +0,75   | 481   |       |         |       |
|      | 50m:  | 30.24   | 30.24                     | 150m: | 1:40.10   | 35.39 | 250m:          | 2:50.14 | 34.61 | 350m: | 3:58.47 | 33.60 |
|      | 100m:                                       | 1:04.71 | 34.47                     | 200m: | 2:15.53   | 35.43 | 300m:          | 3:24.87 | 34.73 | 400m: | 4:30.83 | 32.36 |
| 39.  | Lars Jacobsen                               |         | DWK                       |       | 199705453 | S14   | <b>4:46.57</b> | +0,83   | 406   | 682   |         |       |
|      | 50m:  | 31.45   | 31.45                     | 150m: | 1:42.07   | 36.00 | 250m:          | 2:55.47 | 37.00 | 350m: | 4:11.04 | 38.84 |
|      | 100m:                                       | 1:06.07 | 34.62                     | 200m: | 2:18.47   | 36.40 | 300m:          | 3:32.20 | 36.73 | 400m: | 4:46.57 | 35.53 |
| 40.  | Thijs van Hofweegen                         |         | HPC PARA - ZPC AMERSFOORT |       | 199605253 | S6    | <b>5:08.78</b> | +0,90   | 324   | 976   |         |       |
|      | 50m:  | 31.97   | 31.97                     | 150m: | 1:47.82   | 38.81 | 250m:          | 3:07.72 | 40.15 | 350m: | 4:29.89 | 41.45 |
|      | 100m:                                       | 1:09.01 | 37.04                     | 200m: | 2:27.57   | 39.75 | 300m:          | 3:48.44 | 40.72 | 400m: | 5:08.78 | 38.89 |