

Programmanr. 13  
25-10-2025 - 10:00

Heren, 400m vrije slag

Open  
Resultaten Voorronde

Punten: AQUA 2025

rang	naam	vereniging	intijd	tijd	RT	wa para
1.	Duncan Scott	University Of Stirling	3:34.46	149309	<b>3:48.59</b> Q	+0,68 800
	50m: 25.55	25.55	150m: 1:21.73	28.22	250m: 2:19.88	29.18
	100m: 53.51	27.96	200m: 1:50.70	28.97	300m: 2:49.09	29.21
					350m: 3:18.78	3:18.78
					400m: 3:48.59	29.69
						29.81
2.	Tiago Fonseca Gomes	Team NL - PSV	3:44.08	200703587	<b>3:53.55</b> Q	+0,60 750
	50m: 26.01	26.01	150m: 1:23.51	28.84	250m: 2:23.92	30.85
	100m: 54.67	28.66	200m: 1:53.07	29.56	300m: 2:54.72	30.80
					350m: 3:25.24	30.52
					400m: 3:53.55	28.31
3.	Austin Namesnik	ZPC AMERSFOORT	3:51.16	200101817	<b>3:53.96</b> Q	+0,60 746
	50m: 26.28	26.28	150m: 1:25.22	29.77	250m: 2:25.18	29.91
	100m: 55.45	29.17	200m: 1:55.27	30.05	300m: 2:55.20	30.02
					350m: 3:25.44	30.24
					400m: 3:53.96	28.52
4.	Koen Marsman	Team NL - ZPC AMERSFOOF3	3:50.03	200502763	<b>3:57.77</b> Q	+0,62 711
	50m: 26.12	26.12	150m: 1:24.21	29.48	250m: 2:24.67	30.55
	100m: 54.73	28.61	200m: 1:54.12	29.91	300m: 2:55.80	31.13
					350m: 3:28.03	32.23
					400m: 3:57.77	29.74
5.	Tieme Wiersma	DZ&PC	3:57.68	200701031	<b>3:58.32</b> Q	+0,70 706
	50m: 26.82	26.82	150m: 1:26.75	30.37	250m: 2:28.07	30.59
	100m: 56.38	29.56	200m: 1:57.48	30.73	300m: 2:58.67	30.60
					350m: 3:29.22	30.55
					400m: 3:58.32	29.10
6.	Wouter Zijlstra	HZ&PC Heerenveen	3:57.88	200401545	<b>4:03.12</b> Q	+0,63 665
	50m: 26.45	26.45	150m: 1:27.06	30.62	250m: 2:29.06	30.83
	100m: 56.44	29.99	200m: 1:58.23	31.17	300m: 3:00.51	31.45
					350m: 3:31.88	31.37
					400m: 4:03.12	31.24
7.	Seppe Lammens	Zwemfed	4:02.51	VZF/10009/07	<b>4:05.57</b> Q *	+0,70 645
	50m: 27.16	27.16	150m: 1:28.58	30.84	250m: 2:30.94	31.17
	100m: 57.74	30.58	200m: 1:59.77	31.19	300m: 3:02.46	31.52
					350m: 3:34.31	31.85
					400m: 4:05.57	31.26
8.	Tommaso Spadea	Leuven Aquatics	3:55.79	LAQUA/11260/08	<b>4:07.82</b> Q	+0,69 628
	50m: 27.27	27.27	150m: 1:28.15	30.86	250m: 2:31.11	31.62
	100m: 57.29	30.02	200m: 1:59.49	31.34	300m: 3:03.34	32.23
					350m: 3:35.93	32.59
					400m: 4:07.82	31.89
9.	Milan Veelders	ZPC AMERSFOORT	4:04.86	200800279	<b>4:07.92</b> Q	+0,70 627
	50m: 27.33	27.33	150m: 1:29.29	31.48	250m: 2:32.67	31.79
	100m: 57.81	30.48	200m: 2:00.88	31.59	300m: 3:04.64	31.97
					350m: 3:36.72	32.08
					400m: 4:07.92	31.20
10.	Thomas Braat	AZC	4:50.50	200802269 S14	<b>4:58.34</b> Q	+0,67 360 569
	50m: 31.88	31.88	150m: 1:46.38	38.33	250m: 3:03.53	38.09
	100m: 1:08.05	36.17	200m: 2:25.44	39.06	300m: 3:42.09	38.56
					350m: 4:21.29	39.20
					400m: 4:58.34	37.05
AFGEM	Yanieck Weijland	Team NL - PSV	3:53.39	200500329		