

Programmanr. 37
 25-10-2026 - 10:37

Heren, 400m wisselslag

 Senioren Open
 Resultaten Voorronde

Punten: AQUA 2025

rang	naam	vereniging	tijd	RT	FINA	para
NK onder 18						
1.	Stefan van der Meer	VZC	200901361 NED	4:30.26	+0,64	A 655
	25m: 12.44	12.44 125m: 1:17.58	17.40 225m: 2:26.55	19.01 325m: 3:42.10	16.78	
	50m: 27.66	15.22 150m: 1:34.15	16.57 250m: 2:45.56	19.01 350m: 3:58.23	16.13	
	75m: 43.84	16.18 175m: 1:50.97	16.82 275m: 3:05.31	19.75 375m: 4:14.31	16.08	
	100m: 1:00.18	16.34 200m: 2:07.54	16.57 300m: 3:25.32	20.01 400m: 4:30.26	15.95	
2.	Finn Stamsnieder	OZ&PC	200900225 NED	4:34.55	+0,68	A 625
	25m: 12.56	12.56 125m: 1:21.17	18.06 225m: 2:32.48	20.22 325m: 3:48.33	16.56	
	50m: 28.68	16.12 150m: 1:38.23	17.06 250m: 2:52.22	19.74 350m: 4:03.97	15.64	
	75m: 45.68	17.00 175m: 1:55.27	17.04 275m: 3:12.04	19.82 375m: 4:19.32	15.35	
	100m: 1:03.11	17.43 200m: 2:12.26	16.99 300m: 3:31.77	19.73 400m: 4:34.55	15.23	
3.	Dax van den Noulund	Blue Marlins	201000071 NED	4:37.80	+0,69	A 603
	25m: 13.71	13.71 125m: 1:24.10	18.70 225m: 2:37.60	18.68 325m: 3:50.97	16.04	
	50m: 30.13	16.42 150m: 1:42.36	18.26 250m: 2:56.61	19.01 350m: 4:06.46	15.49	
	75m: 47.53	17.40 175m: 2:00.74	18.38 275m: 3:15.57	18.96 375m: 4:22.31	15.85	
	100m: 1:05.40	17.87 200m: 2:18.92	18.18 300m: 3:34.93	19.36 400m: 4:37.80	15.49	
4.	Jelte de Jong	ZPCH	200900975 NED	4:39.40	+0,72	B 593
	25m: 13.09	13.09 125m: 1:20.89	18.30 225m: 2:34.54	20.26 325m: 3:52.87	16.35	
	50m: 28.89	15.80 150m: 1:38.74	17.85 250m: 2:55.37	20.83 350m: 4:08.48	15.61	
	75m: 45.47	16.58 175m: 1:56.81	18.07 275m: 3:15.60	20.23 375m: 4:24.20	15.72	
	100m: 1:02.59	17.12 200m: 2:14.28	17.47 300m: 3:36.52	20.92 400m: 4:39.40	15.20	
5.	Mattias Stolk	HZ&PC Heerenveen	201000525 NED	4:39.91	+0,71	B 590
	25m: 13.24	13.24 125m: 1:22.72	18.87 225m: 2:36.80	19.15 325m: 3:52.51	16.27	
	50m: 29.51	16.27 150m: 1:41.19	18.47 250m: 2:56.72	19.92 350m: 4:08.48	15.97	
	75m: 46.40	16.89 175m: 1:59.37	18.18 275m: 3:16.51	19.79 375m: 4:24.61	16.13	
	100m: 1:03.85	17.45 200m: 2:17.65	18.28 300m: 3:36.24	19.73 400m: 4:39.91	15.30	
6.	Adriaan Coppelmans	AZC	200903243 NED	4:45.77	+0,69	R 554
	25m: 13.00	13.00 125m: 1:22.15	18.77 225m: 2:36.68	19.74 325m: 3:56.76	17.08	
	50m: 29.30	16.30 150m: 1:40.09	17.94 250m: 2:57.50	20.82 350m: 4:13.52	16.76	
	75m: 45.95	16.65 175m: 1:58.22	18.13 275m: 3:18.04	20.54 375m: 4:29.99	16.47	
	100m: 1:03.38	17.43 200m: 2:16.94	18.72 300m: 3:39.68	21.64 400m: 4:45.77	15.78	
7.	Sverre van der Zwaan	WVZ	200900737 NED	4:47.73	+0,60	543
	25m: 13.48	13.48 125m: 1:22.90	16.99 225m: 2:36.26	21.46 325m: 3:58.71	17.33	
	50m: 29.67	16.19 150m: 1:40.19	17.29 250m: 2:57.97	21.71 350m: 4:15.24	16.53	
	75m: 47.20	17.53 175m: 1:57.80	17.61 275m: 3:19.75	21.78 375m: 4:31.82	16.58	
	100m: 1:05.91	18.71 200m: 2:14.80	17.00 300m: 3:41.38	21.63 400m: 4:47.73	15.91	
8.	Wessel van Dorst	Aqua-Novio'94	200900727 NED	4:48.22	+0,60	540
	25m: 12.58	12.58 125m: 1:21.78	19.61 225m: 2:37.52	22.14 325m: 4:00.95	16.79	
	50m: 28.19	15.61 150m: 1:39.52	17.74 250m: 2:59.30	21.78 350m: 4:17.18	16.23	
	75m: 44.95	16.76 175m: 1:57.46	17.94 275m: 3:21.70	22.40 375m: 4:33.13	15.95	
	100m: 1:02.17	17.22 200m: 2:15.38	17.92 300m: 3:44.16	22.46 400m: 4:48.22	15.09	
9.	Xander Kragting	ZPC AMERSFOORT	200900077 NED	4:50.06	+0,75	530
	25m: 13.15	13.15 125m: 1:23.96	19.60 225m: 2:39.10	19.98 325m: 4:01.40	17.30	
	50m: 29.16	16.01 150m: 1:42.09	18.13 250m: 3:00.71	21.61 350m: 4:17.63	16.23	
	75m: 46.40	17.24 175m: 2:00.12	18.03 275m: 3:22.08	21.37 375m: 4:34.22	16.59	
	100m: 1:04.36	17.96 200m: 2:19.12	19.00 300m: 3:44.10	22.02 400m: 4:50.06	15.84	
10.	Thijmen Puijssers	Hieronimus	201000129 NED	4:55.47	+0,64	501
	25m: 13.42	13.42 125m: 1:25.57	18.75 225m: 2:41.65	21.41 325m: 4:04.42	18.01	
	50m: 30.39	16.97 150m: 1:43.68	18.11 250m: 3:03.03	21.38 350m: 4:21.78	17.36	
	75m: 47.96	17.57 175m: 2:02.05	18.37 275m: 3:24.27	21.24 375m: 4:39.24	17.46	
	100m: 1:06.82	18.86 200m: 2:20.24	18.19 300m: 3:46.41	22.14 400m: 4:55.47	16.23	
11.	Eli Shields	Blue Marlins	201000407 NED	4:55.92	+0,68	499
	25m: 13.36	13.36 125m: 1:22.51	19.17 225m: 2:40.08	21.62 325m: 4:04.17	17.85	
	50m: 29.38	16.02 150m: 1:41.02	18.51 250m: 3:02.04	21.96 350m: 4:21.50	17.33	
	75m: 45.97	16.59 175m: 1:59.70	18.68 275m: 3:23.64	21.60 375m: 4:38.96	17.46	
	100m: 1:03.34	17.37 200m: 2:18.46	18.76 300m: 3:46.32	22.68 400m: 4:55.92	16.96	
12.	Tycho Wienbelt	De Vikings	201001397 NED	4:56.17	+0,63	498
	25m: 14.76	14.76 125m: 1:27.96	19.33 225m: 2:44.24	20.79 325m: 4:06.83	17.53	
	50m: 32.16	17.40 150m: 1:46.41	18.45 250m: 3:05.79	21.55 350m: 4:23.48	16.65	
	75m: 50.03	17.87 175m: 2:04.49	18.08 275m: 3:27.58	21.79 375m: 4:40.40	16.92	
	100m: 1:08.63	18.60 200m: 2:23.45	18.96 300m: 3:49.30	21.72 400m: 4:56.17	15.77	
13.	Baris Tomu	ZPCH	201000869 NED	4:57.41	+0,61	492
	25m: 13.75	13.75 125m: 1:27.49	19.72 225m: 2:45.10	22.21 325m: 4:08.93	16.79	
	50m: 30.72	16.97 150m: 1:45.72	18.23 250m: 3:07.44	22.34 350m: 4:25.14	16.21	
	75m: 48.88	18.16 175m: 2:04.20	18.48 275m: 3:29.71	22.27 375m: 4:41.75	16.61	
	100m: 1:07.77	18.89 200m: 2:22.89	18.69 300m: 3:52.14	22.43 400m: 4:57.41	15.66	



Programmanr. 37, Jongens, 400m wisselslag, Voorronde, NK onder 18

rang	naam	vereniging				tijd				RT	FINA	para
14.	Kick Germers	SWOL 1894				201000185	NED		4:58.58	+0,82	486	
	25m:	14.36	125m:	1:29.70	20.16	225m:	2:48.69	20.82	325m:	4:07.73	18.19	
	50m:	32.06	150m:	1:48.98	19.28	250m:	3:08.53	19.84	350m:	4:24.95	17.22	
	75m:	50.74	175m:	2:08.71	19.73	275m:	3:29.08	20.55	375m:	4:42.14	17.19	
	100m:	1:09.54	200m:	2:27.87	19.16	300m:	3:49.54	20.46	400m:	4:58.58	16.44	
15.	Mike Hilders	PSV				200900281	NED		5:00.36 *	+0,68	477	
	25m:	13.81	125m:	1:26.60	18.89	225m:	2:45.05	21.57	325m:	4:08.60	16.69	
	50m:	30.76	150m:	1:45.76	19.16	250m:	3:07.84	22.79	350m:	4:25.82	17.22	
	75m:	48.76	175m:	2:04.62	18.86	275m:	3:28.68	20.84	375m:	4:43.22	17.40	
	100m:	1:07.71	200m:	2:23.48	18.86	300m:	3:51.91	23.23	400m:	5:00.36	17.14	
16.	Arthur Alberts	ZVZ				200900239	NED		5:01.73	+0,73	471	
	25m:	13.95	125m:	1:25.98	18.32	225m:	2:42.37	22.11	325m:	4:08.89	18.61	
	50m:	31.05	150m:	1:44.05	18.07	250m:	3:04.80	22.43	350m:	4:27.14	18.25	
	75m:	49.08	175m:	2:02.27	18.22	275m:	3:27.46	22.66	375m:	4:44.98	17.84	
	100m:	1:07.66	200m:	2:20.26	17.99	300m:	3:50.28	22.82	400m:	5:01.73	16.75	
17.	Tristan Meijers	SWOL 1894				201000089	NED		5:01.78	+0,70	471	
	25m:	14.42	125m:	1:30.88	19.47	225m:	2:48.05	21.25	325m:	4:12.15	17.49	
	50m:	32.27	150m:	1:49.75	18.87	250m:	3:10.40	22.35	350m:	4:29.61	17.46	
	75m:	51.00	175m:	2:08.50	18.75	275m:	3:31.80	21.40	375m:	4:46.46	16.85	
	100m:	1:11.41	200m:	2:26.80	18.30	300m:	3:54.66	22.86	400m:	5:01.78	15.32	
18.	Sven Mulder	WVZ				200901655	NED		5:02.88	+0,72	465	
	25m:	14.43	125m:	1:28.73	17.66	225m:	2:45.96	22.86	325m:	4:12.95	17.22	
	50m:	32.27	150m:	1:46.40	17.67	250m:	3:10.43	24.47	350m:	4:29.85	16.90	
	75m:	51.31	175m:	2:04.40	18.00	275m:	3:32.52	22.09	375m:	4:46.94	17.09	
	100m:	1:11.07	200m:	2:23.10	18.70	300m:	3:55.73	23.21	400m:	5:02.88	15.94	
19.	Dyon Scholten	Steenwijk 1934				200900095	NED		5:04.58	+0,78	458	
	25m:	13.83	125m:	1:27.65	20.10	225m:	2:46.56	21.65	325m:	4:14.76	17.54	
	50m:	30.41	150m:	1:46.37	18.72	250m:	3:09.59	23.03	350m:	4:31.53	16.77	
	75m:	48.42	175m:	2:05.65	19.28	275m:	3:33.57	23.98	375m:	4:48.42	16.89	
	100m:	1:07.55	200m:	2:24.91	19.26	300m:	3:57.22	23.65	400m:	5:04.58	16.16	
20.	Milan Schuilenburg	ZPC AMERSFOORT				201000935	NED		5:04.60	+0,67	458	
	25m:	13.72	125m:	1:30.20	21.79	225m:	2:52.83	19.38	325m:	4:12.51	16.87	
	50m:	31.10	150m:	1:51.14	20.94	250m:	3:13.75	20.92	350m:	4:30.06	17.55	
	75m:	49.05	175m:	2:11.87	20.73	275m:	3:33.87	20.12	375m:	4:47.42	17.36	
	100m:	1:08.41	200m:	2:33.45	21.58	300m:	3:55.64	21.77	400m:	5:04.60	17.18	
21.	Roan van der Stege	SWOL 1894				200900107	NED		5:05.54	+0,79	453	
	25m:	14.13	125m:	1:27.52	20.14	225m:	2:48.94	22.22	325m:	4:14.04	18.34	
	50m:	31.64	150m:	1:47.39	19.87	250m:	3:11.00	22.06	350m:	4:31.41	17.37	
	75m:	49.38	175m:	2:06.91	19.52	275m:	3:33.24	22.24	375m:	4:48.79	17.38	
	100m:	1:07.38	200m:	2:26.72	19.81	300m:	3:55.70	22.46	400m:	5:05.54	16.75	
22.	Paul Ruitenbergh	Wiekslag				200900979	NED		5:07.64	+0,73	444	
	25m:	13.62	125m:	1:26.79	20.13	225m:	2:47.81	22.03	325m:	4:13.89	18.43	
	50m:	30.64	150m:	1:46.22	19.43	250m:	3:09.91	22.10	350m:	4:32.20	18.31	
	75m:	48.35	175m:	2:06.22	20.00	275m:	3:32.48	22.57	375m:	4:49.82	17.62	
	100m:	1:06.66	200m:	2:25.78	19.56	300m:	3:55.46	22.98	400m:	5:07.64	17.82	
AFGEM	Bas Marinus	Team Noord Holland (SG)				200903379	NED					

NK onder 20

1.	Diede Veld	HZ&PC Heerenveen				200800011	NED		4:26.82	+0,70	A	681
	25m:	12.55	125m:	1:17.75	17.52	225m:	2:29.49	19.63	325m:	3:44.28	14.66	
	50m:	27.49	150m:	1:34.96	17.21	250m:	2:49.44	19.95	350m:	3:58.58	14.30	
	75m:	43.27	175m:	1:52.44	17.48	275m:	3:09.31	19.87	375m:	4:13.19	14.61	
	100m:	1:00.23	200m:	2:09.86	17.42	300m:	3:29.62	20.31	400m:	4:26.82	13.63	
2.	Boele Böhm	SG Bayer				524109	NED		4:27.11	+0,70	A	679
	25m:	12.87	125m:	1:17.89	17.59	225m:	2:28.93	19.57	325m:	3:44.91	15.64	
	50m:	28.22	150m:	1:34.98	17.09	250m:	2:49.02	20.09	350m:	3:59.88	14.97	
	75m:	44.14	175m:	1:52.20	17.22	275m:	3:09.06	20.04	375m:	4:14.05	14.17	
	100m:	1:00.30	200m:	2:09.36	17.16	300m:	3:29.27	20.21	400m:	4:27.11	13.06	
3.	Yarno van Dam	HPC - ACZ				200800115	NED		4:28.07	+0,71	A	672
	25m:	12.40	125m:	1:16.69	16.87	225m:	2:25.40	18.93	325m:	3:40.72	16.61	
	50m:	27.63	150m:	1:33.09	16.40	250m:	2:44.43	19.03	350m:	3:56.43	15.71	
	75m:	43.44	175m:	1:49.72	16.63	275m:	3:04.16	19.73	375m:	4:12.32	15.89	
	100m:	59.82	200m:	2:06.47	16.75	300m:	3:24.11	19.95	400m:	4:28.07	15.75	
4.	Jasper Thijert	WS Twente				200700321	NED		4:38.14	+0,74	A	601
	25m:	13.36	125m:	1:23.47	18.94	225m:	2:37.02	18.72	325m:	3:51.31	16.57	
	50m:	29.61	150m:	1:41.92	18.45	250m:	2:56.28	19.26	350m:	4:07.40	16.09	
	75m:	46.83	175m:	2:00.46	18.54	275m:	3:15.43	19.15	375m:	4:23.31	15.91	
	100m:	1:04.53	200m:	2:18.30	17.84	300m:	3:34.74	19.31	400m:	4:38.14	14.83	



Programmanr. 37, Heren, 400m wisselslag, Voorronde, NK onder 20

rang	naam	vereniging				tijd				RT	FINA	para
5.	Tijn Hilders	De Dolfijn				200700027	NED	4:38.32		+0,75	B	600
	25m:	13.00	13.00	125m:	1:21.87	19.08	225m:	2:35.70	19.11	325m:	3:51.77	16.33
	50m:	28.73	15.73	150m:	1:40.29	18.42	250m:	2:55.27	19.57	350m:	4:07.78	16.01
	75m:	45.61	16.88	175m:	1:58.48	18.19	275m:	3:15.09	19.82	375m:	4:23.74	15.96
	100m:	1:02.79	17.18	200m:	2:16.59	18.11	300m:	3:35.44	20.35	400m:	4:38.32	14.58
6.	Odo McCarty	CWW				200700307	NED	4:43.70		+0,67	B	566
	25m:	13.60	13.60	125m:	1:23.22	18.33	225m:	2:37.26	19.95	325m:	3:54.88	17.16
	50m:	29.78	16.18	150m:	1:41.04	17.82	250m:	2:57.09	19.83	350m:	4:11.14	16.26
	75m:	47.31	17.53	175m:	1:59.08	18.04	275m:	3:17.29	20.20	375m:	4:27.61	16.47
	100m:	1:04.89	17.58	200m:	2:17.31	18.23	300m:	3:37.72	20.43	400m:	4:43.70	16.09
7.	Emiel de Bruijn	DZ&PC				200700953	NED	4:47.74		+0,69		543
	25m:	13.27	13.27	125m:	1:25.00	19.99	225m:	2:42.50	19.19	325m:	3:59.75	17.28
	50m:	29.86	16.59	150m:	1:44.76	19.76	250m:	3:02.82	20.32	350m:	4:16.19	16.44
	75m:	46.88	17.02	175m:	2:03.85	19.09	275m:	3:22.19	19.37	375m:	4:32.54	16.35
	100m:	1:05.01	18.13	200m:	2:23.31	19.46	300m:	3:42.47	20.28	400m:	4:47.74	15.20
8.	Lou van Leeuwen	De Dolfijn				200702779	NED	4:48.79		+0,76		537
	25m:	13.36	13.36	125m:	1:23.92	19.77	225m:	2:40.34	19.48	325m:	3:59.34	16.41
	50m:	29.41	16.05	150m:	1:42.81	18.89	250m:	3:01.37	21.03	350m:	4:15.91	16.57
	75m:	46.40	16.99	175m:	2:01.96	19.15	275m:	3:20.84	19.47	375m:	4:32.53	16.62
	100m:	1:04.15	17.75	200m:	2:20.86	18.90	300m:	3:42.93	22.09	400m:	4:48.79	16.26
9.	Teun van Weeren	OZ&PC				200801145	NED	4:55.90		+0,70		499
	25m:	13.47	13.47	125m:	1:23.84	19.18	225m:	2:41.53	21.09	325m:	4:04.27	16.60
	50m:	30.37	16.90	150m:	1:42.62	18.78	250m:	3:04.14	22.61	350m:	4:21.51	17.24
	75m:	46.78	16.41	175m:	2:01.51	18.89	275m:	3:24.66	20.52	375m:	4:38.98	17.47
	100m:	1:04.66	17.88	200m:	2:20.44	18.93	300m:	3:47.67	23.01	400m:	4:55.90	16.92
DIS	Figo van Duuren	ZPCH				200800391	NED			SK		
	SK - Het keer- en/of eindpunt niet gelijktijdig met twee handen aangetikt.											

Senioren Open

1.	Youri Voet	ZPC AMERSFOORT		200502269	NED	4:24.71		+0,66	A	697
	25m: 12.72	12.72	125m: 1:18.22	17.92	225m: 2:27.83	18.81	325m: 3:40.09			16.39
	50m: 28.00	15.28	150m: 1:35.25	17.03	250m: 2:46.14	18.31	350m: 3:55.38			15.29
	75m: 43.97	15.97	175m: 1:52.41	17.16	275m: 3:04.98	18.84	375m: 4:10.66			15.28
	100m: 1:00.30	16.33	200m: 2:09.02	16.61	300m: 3:23.70	18.72	400m: 4:24.71			14.05
2.	Diede Veld	HZ&PC Heerenveen		200800011	NED	4:26.82		+0,70	A	681
	25m: 12.55	12.55	125m: 1:17.75	17.52	225m: 2:29.49	19.63	325m: 3:44.28			14.66
	50m: 27.49	14.94	150m: 1:34.96	17.21	250m: 2:49.44	19.95	350m: 3:58.58			14.30
	75m: 43.27	15.78	175m: 1:52.44	17.48	275m: 3:09.31	19.87	375m: 4:13.19			14.61
	100m: 1:00.23	16.96	200m: 2:09.86	17.42	300m: 3:29.62	20.31	400m: 4:26.82			13.63
3.	Boele Böhm	SG Bayer		524109	NED	4:27.11		+0,70	A	679
	25m: 12.87	12.87	125m: 1:17.89	17.59	225m: 2:28.93	19.57	325m: 3:44.91			15.64
	50m: 28.22	15.35	150m: 1:34.98	17.09	250m: 2:49.02	20.09	350m: 3:59.88			14.97
	75m: 44.14	15.92	175m: 1:52.20	17.22	275m: 3:09.06	20.04	375m: 4:14.05			14.17
	100m: 1:00.30	16.16	200m: 2:09.36	17.16	300m: 3:29.27	20.21	400m: 4:27.11			13.06
4.	Yarno van Dam	HPC - ACZ		200800115	NED	4:28.07		+0,71	A	672
	25m: 12.40	12.40	125m: 1:16.69	16.87	225m: 2:25.40	18.93	325m: 3:40.72			16.61
	50m: 27.63	15.23	150m: 1:33.09	16.40	250m: 2:44.43	19.03	350m: 3:56.43			15.71
	75m: 43.44	15.81	175m: 1:49.72	16.63	275m: 3:04.16	19.73	375m: 4:12.32			15.89
	100m: 59.82	16.38	200m: 2:06.47	16.75	300m: 3:24.11	19.95	400m: 4:28.07			15.75
5.	Stefan van der Meer	VZC		200901361	NED	4:30.26		+0,64	A	655
	25m: 12.44	12.44	125m: 1:17.58	17.40	225m: 2:26.55	19.01	325m: 3:42.10			16.78
	50m: 27.66	15.22	150m: 1:34.15	16.57	250m: 2:45.56	19.01	350m: 3:58.23			16.13
	75m: 43.84	16.18	175m: 1:50.97	16.82	275m: 3:05.31	19.75	375m: 4:14.31			16.08
	100m: 1:00.18	16.34	200m: 2:07.54	16.57	300m: 3:25.32	20.01	400m: 4:30.26			15.95
6.	Olivier Wilbers	De Dolfijn		200600181	NED	4:31.12		+0,75	A	649
	25m: 13.39	13.39	125m: 1:19.98	17.64	225m: 2:31.26	19.44	325m: 3:46.87			15.69
	50m: 29.20	15.81	150m: 1:37.08	17.10	250m: 2:51.22	19.96	350m: 4:01.79			14.92
	75m: 45.51	16.31	175m: 1:54.10	17.02	275m: 3:11.22	20.00	375m: 4:16.75			14.96
	100m: 1:02.34	16.83	200m: 2:11.82	17.72	300m: 3:31.18	19.96	400m: 4:31.12			14.37
7.	Wouter Zijlstra	HZ&PC Heerenveen		200401545	NED	4:31.25		+0,65	A	648
	25m: 12.73	12.73	125m: 1:17.96	17.78	225m: 2:29.53	19.00	325m: 3:43.76			16.16
	50m: 28.08	15.35	150m: 1:35.38	17.42	250m: 2:48.68	19.15	350m: 3:59.74			15.98
	75m: 43.86	15.78	175m: 1:53.06	17.68	275m: 3:08.01	19.33	375m: 4:15.98			16.24
	100m: 1:00.18	16.32	200m: 2:10.53	17.47	300m: 3:27.60	19.59	400m: 4:31.25			15.27
8.	Finn Stamsnieder	OZ&PC		200900225	NED	4:34.55		+0,68	A	625
	25m: 12.56	12.56	125m: 1:21.17	18.06	225m: 2:32.48	20.22	325m: 3:48.33			16.56
	50m: 28.68	16.12	150m: 1:38.23	17.06	250m: 2:52.22	19.74	350m: 4:03.97			15.64
	75m: 45.68	17.00	175m: 1:55.27	17.04	275m: 3:12.04	19.82	375m: 4:19.32			15.35
	100m: 1:03.11	17.43	200m: 2:12.26	16.99	300m: 3:31.77	19.73	400m: 4:34.55			15.23

Programmanr. 37, Heren, 400m wisselslag, Voorronde, Senioren Open

rang	naam	vereniging				tijd				RT	FINA	para
9.	Dax van den Noulard	Blue Marlins				201000071	NED		4:37.80	+0,69	A	603
	25m: 13.71	13.71	125m: 1:24.10	18.70	225m: 2:37.60	18.68	325m: 3:50.97	16.04				
	50m: 30.13	16.42	150m: 1:42.36	18.26	250m: 2:56.61	19.01	350m: 4:06.46	15.49				
	75m: 47.53	17.40	175m: 2:00.74	18.38	275m: 3:15.57	18.96	375m: 4:22.31	15.85				
	100m: 1:05.40	17.87	200m: 2:18.92	18.18	300m: 3:34.93	19.36	400m: 4:37.80	15.49				
10.	Jasper Thijert	WS Twente				200700321	NED		4:38.14	+0,74	A	601
	25m: 13.36	13.36	125m: 1:23.47	18.94	225m: 2:37.02	18.72	325m: 3:51.31	16.57				
	50m: 29.61	16.25	150m: 1:41.92	18.45	250m: 2:56.28	19.26	350m: 4:07.40	16.09				
	75m: 46.83	17.22	175m: 2:00.46	18.54	275m: 3:15.43	19.15	375m: 4:23.31	15.91				
	100m: 1:04.53	17.70	200m: 2:18.30	17.84	300m: 3:34.74	19.31	400m: 4:38.14	14.83				
11.	Tijn Hilders	De Dolfijn				200700027	NED		4:38.32	+0,75	B	600
	25m: 13.00	13.00	125m: 1:21.87	19.08	225m: 2:35.70	19.11	325m: 3:51.77	16.33				
	50m: 28.73	15.73	150m: 1:40.29	18.42	250m: 2:55.27	19.57	350m: 4:07.78	16.01				
	75m: 45.61	16.88	175m: 1:58.48	18.19	275m: 3:15.09	19.82	375m: 4:23.74	15.96				
	100m: 1:02.79	17.18	200m: 2:16.59	18.11	300m: 3:35.44	20.35	400m: 4:38.32	14.58				
12.	Jelte de Jong	ZPCH				200900975	NED		4:39.40	+0,72	B	593
	25m: 13.09	13.09	125m: 1:20.89	18.30	225m: 2:34.54	20.26	325m: 3:52.87	16.35				
	50m: 28.89	15.80	150m: 1:38.74	17.85	250m: 2:55.37	20.83	350m: 4:08.48	15.61				
	75m: 45.47	16.58	175m: 1:56.81	18.07	275m: 3:15.60	20.23	375m: 4:24.20	15.72				
	100m: 1:02.59	17.12	200m: 2:14.28	17.47	300m: 3:36.52	20.92	400m: 4:39.40	15.20				
13.	Mattias Stolk	HZ&PC Heerenveen				201000525	NED		4:39.91	+0,71	B	590
	25m: 13.24	13.24	125m: 1:22.72	18.87	225m: 2:36.80	19.15	325m: 3:52.51	16.27				
	50m: 29.51	16.27	150m: 1:41.19	18.47	250m: 2:56.72	19.92	350m: 4:08.48	15.97				
	75m: 46.40	16.89	175m: 1:59.37	18.18	275m: 3:16.51	19.79	375m: 4:24.61	16.13				
	100m: 1:03.85	17.45	200m: 2:17.65	18.28	300m: 3:36.24	19.73	400m: 4:39.91	15.30				
14.	Jesse van der Meij	De Dolfijn				200600841	NED		4:40.97 *	+0,77	B	583
	25m: 13.79	13.79	125m: 1:24.56	19.18	225m: 2:38.93	19.04	325m: 3:53.80	17.08				
	50m: 29.74	15.95	150m: 1:43.19	18.63	250m: 2:58.24	19.31	350m: 4:10.15	16.35				
	75m: 47.18	17.44	175m: 2:01.68	18.49	275m: 3:17.15	18.91	375m: 4:26.04	15.89				
	100m: 1:05.38	18.20	200m: 2:19.89	18.21	300m: 3:36.72	19.57	400m: 4:40.97	14.93				
15.	Odo McCarty	CWW				200700307	NED		4:43.70	+0,67	B	566
	25m: 13.60	13.60	125m: 1:23.22	18.33	225m: 2:37.26	19.95	325m: 3:54.88	17.16				
	50m: 29.78	16.18	150m: 1:41.04	17.82	250m: 2:57.09	19.83	350m: 4:11.14	16.26				
	75m: 47.31	17.53	175m: 1:59.08	18.04	275m: 3:17.29	20.20	375m: 4:27.61	16.47				
	100m: 1:04.89	17.58	200m: 2:17.31	18.23	300m: 3:37.72	20.43	400m: 4:43.70	16.09				
16.	Giovanni Wolfgang	MSV-Zeemacht				201100859	NED		4:43.73	+0,67	B	566
	25m: 13.40	13.40	125m: 1:23.31	18.89	225m: 2:39.97	19.97	325m: 3:57.52	16.45				
	50m: 29.86	16.46	150m: 1:41.97	18.66	250m: 3:00.26	20.29	350m: 4:13.20	15.68				
	75m: 46.84	16.98	175m: 2:01.03	19.06	275m: 3:20.45	20.19	375m: 4:28.73	15.53				
	100m: 1:04.42	17.58	200m: 2:20.00	18.97	300m: 3:41.07	20.62	400m: 4:43.73	15.00				
17.	Jasper Breugem	WVZ				200000303	NED		4:43.87	+0,71	B	565
	25m: 13.00	13.00	125m: 1:22.03	18.36	225m: 2:34.58	19.46	325m: 3:54.28	16.64				
	50m: 29.35	16.35	150m: 1:39.98	17.95	250m: 2:55.17	20.59	350m: 4:11.07	16.79				
	75m: 46.30	16.95	175m: 1:57.70	17.72	275m: 3:15.61	20.44	375m: 4:27.66	16.59				
	100m: 1:03.67	17.37	200m: 2:15.12	17.42	300m: 3:37.64	22.03	400m: 4:43.87	16.21				
18.	Jesse Marijn Thimister	ZEPS				200602893	NED		4:43.96	+0,67	B	565
	25m: 13.39	13.39	125m: 1:25.48	20.17	225m: 2:41.91	19.11	325m: 3:57.23	17.22				
	50m: 29.97	16.58	150m: 1:44.83	19.35	250m: 3:01.17	19.26	350m: 4:13.16	15.93				
	75m: 47.47	17.50	175m: 2:03.69	18.86	275m: 3:20.52	19.35	375m: 4:29.25	16.09				
	100m: 1:05.31	17.84	200m: 2:22.80	19.11	300m: 3:40.01	19.49	400m: 4:43.96	14.71				
19.	Kasper Lubbers	ZV Orca Leeuwarden				201100025	NED		4:44.31	+0,69	B	563
	25m: 14.19	14.19	125m: 1:26.01	18.75	225m: 2:39.22	19.99	325m: 3:56.66	17.10				
	50m: 31.35	17.16	150m: 1:44.19	18.18	250m: 2:59.31	20.09	350m: 4:12.90	16.24				
	75m: 49.20	17.85	175m: 2:01.44	17.25	275m: 3:19.46	20.15	375m: 4:28.88	15.98				
	100m: 1:07.26	18.06	200m: 2:19.23	17.79	300m: 3:39.56	20.10	400m: 4:44.31	15.43				
20.	Bas Blanker	ACZ				200601497	NED		4:44.49	+0,74	B	562
	25m: 13.21	13.21	125m: 1:23.12	18.89	225m: 2:38.94	20.36	325m: 3:57.99	16.78				
	50m: 29.39	16.18	150m: 1:41.18	18.06	250m: 2:59.85	20.91	350m: 4:13.92	15.93				
	75m: 46.64	17.25	175m: 1:59.74	18.56	275m: 3:20.63	20.78	375m: 4:29.88	15.96				
	100m: 1:04.23	17.59	200m: 2:18.58	18.84	300m: 3:41.21	20.58	400m: 4:44.49	14.61				
21.	Martijn Velders	Aqua-Novio'94				199502619	NED		4:45.70	+0,68	R	555
	25m: 13.71	13.71	125m: 1:26.82	20.24	225m: 2:44.81	17.49	325m: 3:57.50	16.83				
	50m: 30.75	17.04	150m: 1:46.36	19.54	250m: 3:03.17	18.36	350m: 4:13.72	16.22				
	75m: 48.37	17.62	175m: 2:06.09	19.73	275m: 3:21.60	18.43	375m: 4:29.89	16.17				
	100m: 1:06.58	18.21	200m: 2:27.32	21.23	300m: 3:40.67	19.07	400m: 4:45.70	15.81				
22.	Adriaan Coppelmanns	AZC				200903243	NED		4:45.77	+0,69	R	554
	25m: 13.00	13.00	125m: 1:22.15	18.77	225m: 2:36.68	19.74	325m: 3:56.76	17.08				
	50m: 29.30	16.30	150m: 1:40.09	17.94	250m: 2:57.50	20.82	350m: 4:13.52	16.76				
	75m: 45.95	16.65	175m: 1:58.22	18.13	275m: 3:18.04	20.54	375m: 4:29.99	16.47				
	100m: 1:03.38	17.43	200m: 2:16.94	18.72	300m: 3:39.68	21.64	400m: 4:45.77	15.78				



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rang	naam	vereniging				tijd		RT	FINA	para
23.	Laurens van Nulck	Hellas-Glana				201100521	NED	4:46.82	+0,69	548
	25m: 13.13	13.13	125m: 1:24.73	20.14	225m: 2:42.04	19.21	325m: 3:58.18	17.19		
	50m: 29.37	16.24	150m: 1:44.13	19.40	250m: 3:01.15	19.11	350m: 4:14.67	16.49		
	75m: 46.65	17.28	175m: 2:03.87	19.74	275m: 3:20.92	19.77	375m: 4:31.04	16.37		
	100m: 1:04.59	17.94	200m: 2:22.83	18.96	300m: 3:40.99	20.07	400m: 4:46.82	15.78		
24.	Niek Vreeling	OZ&PC				200604211	NED	4:47.22	+0,71	546
	25m: 13.17	13.17	125m: 1:24.53	18.38	225m: 2:39.70	19.86	325m: 3:58.98	16.09		
	50m: 29.56	16.39	150m: 1:43.05	18.52	250m: 3:00.68	20.98	350m: 4:15.26	16.28		
	75m: 47.25	17.69	175m: 2:01.18	18.13	275m: 3:21.16	20.48	375m: 4:31.32	16.06		
	100m: 1:06.15	18.90	200m: 2:19.84	18.66	300m: 3:42.89	21.73	400m: 4:47.22	15.90		
25.	Sverre van der Zwaan	WVZ				200900737	NED	4:47.73	+0,60	543
	25m: 13.48	13.48	125m: 1:22.90	16.99	225m: 2:36.26	21.46	325m: 3:58.71	17.33		
	50m: 29.67	16.19	150m: 1:40.19	17.29	250m: 2:57.97	21.71	350m: 4:15.24	16.53		
	75m: 47.20	17.53	175m: 1:57.80	17.61	275m: 3:19.75	21.78	375m: 4:31.82	16.58		
	100m: 1:05.91	18.71	200m: 2:14.80	17.00	300m: 3:41.38	21.63	400m: 4:47.73	15.91		
26.	Emiel de Bruijn	DZ&PC				200700953	NED	4:47.74	+0,69	543
	25m: 13.27	13.27	125m: 1:25.00	19.99	225m: 2:42.50	19.19	325m: 3:59.75	17.28		
	50m: 29.86	16.59	150m: 1:44.76	19.76	250m: 3:02.82	20.32	350m: 4:16.19	16.44		
	75m: 46.88	17.02	175m: 2:03.85	19.09	275m: 3:22.19	19.37	375m: 4:32.54	16.35		
	100m: 1:05.01	18.13	200m: 2:23.31	19.46	300m: 3:42.47	20.28	400m: 4:47.74	15.20		
27.	Wessel van Dorst	Aqua-Novio'94				200900727	NED	4:48.22	+0,60	540
	25m: 12.58	12.58	125m: 1:21.78	19.61	225m: 2:37.52	22.14	325m: 4:00.95	16.79		
	50m: 28.19	15.61	150m: 1:39.52	17.74	250m: 2:59.30	21.78	350m: 4:17.18	16.23		
	75m: 44.95	16.76	175m: 1:57.46	17.94	275m: 3:21.70	22.40	375m: 4:33.13	15.95		
	100m: 1:02.17	17.22	200m: 2:15.38	17.92	300m: 3:44.16	22.46	400m: 4:48.22	15.09		
28.	Lou van Leeuwen	De Dolfijn				200702779	NED	4:48.79	+0,76	537
	25m: 13.36	13.36	125m: 1:23.92	19.77	225m: 2:40.34	19.48	325m: 3:59.34	16.41		
	50m: 29.41	16.05	150m: 1:42.81	18.89	250m: 3:01.37	21.03	350m: 4:15.91	16.57		
	75m: 46.40	16.99	175m: 2:01.96	19.15	275m: 3:20.84	19.47	375m: 4:32.53	16.62		
	100m: 1:04.15	17.75	200m: 2:20.86	18.90	300m: 3:42.93	22.09	400m: 4:48.79	16.26		
29.	Luuk Ruinemans	De Dinkel				200301085	NED	4:49.29	+0,78	534
	25m: 12.59	12.59	125m: 1:22.36	19.43	225m: 2:39.38	20.63	325m: 4:00.13	17.46		
	50m: 28.39	15.80	150m: 1:40.87	18.51	250m: 3:00.48	21.10	350m: 4:16.92	16.79		
	75m: 45.22	16.83	175m: 1:59.83	18.96	275m: 3:21.36	20.88	375m: 4:33.45	16.53		
	100m: 1:02.93	17.71	200m: 2:18.75	18.92	300m: 3:42.67	21.31	400m: 4:49.29	15.84		
30.	Ruben de Vries	Hellas-Glana				200600497	NED	4:49.61	+0,70	532
	25m: 13.96	13.96	125m: 1:29.06	20.37	225m: 2:46.17	18.89	325m: 4:01.78	16.37		
	50m: 31.03	17.07	150m: 1:48.51	19.45	250m: 3:05.71	19.54	350m: 4:17.73	15.95		
	75m: 49.33	18.30	175m: 2:08.01	19.50	275m: 3:25.34	19.63	375m: 4:33.89	16.16		
	100m: 1:08.69	19.36	200m: 2:27.28	19.27	300m: 3:45.41	20.07	400m: 4:49.61	15.72		
31.	Jens zum Grotenhoff	OZ&PC				200200171	NED	4:49.88	+0,72	531
	25m: 13.70	13.70	125m: 1:23.36	19.28	225m: 2:39.96	20.35	325m: 4:00.16	17.42		
	50m: 30.04	16.34	150m: 1:42.02	18.66	250m: 3:01.42	21.46	350m: 4:16.80	16.64		
	75m: 46.77	16.73	175m: 2:00.77	18.75	275m: 3:21.47	20.05	375m: 4:33.40	16.60		
	100m: 1:04.08	17.31	200m: 2:19.61	18.84	300m: 3:42.74	21.27	400m: 4:49.88	16.48		
32.	Xander Kragting	ZPC AMERSFOORT				200900077	NED	4:50.06	+0,75	530
	25m: 13.15	13.15	125m: 1:23.96	19.60	225m: 2:39.10	19.98	325m: 4:01.40	17.30		
	50m: 29.16	16.01	150m: 1:42.09	18.13	250m: 3:00.71	21.61	350m: 4:17.63	16.23		
	75m: 46.40	17.24	175m: 2:00.12	18.03	275m: 3:22.08	21.37	375m: 4:34.22	16.59		
	100m: 1:04.36	17.96	200m: 2:19.12	19.00	300m: 3:44.10	22.02	400m: 4:50.06	15.84		
33.	Mattijn Thijert	WS Twente				200501921	NED	4:52.32	+0,66	518
	25m: 13.09	13.09	125m: 1:23.50	19.61	225m: 2:41.45	21.03	325m: 4:02.93	16.78		
	50m: 28.90	15.81	150m: 1:42.48	18.98	250m: 3:02.72	21.27	350m: 4:19.40	16.47		
	75m: 46.00	17.10	175m: 2:01.50	19.02	275m: 3:24.02	21.30	375m: 4:36.34	16.94		
	100m: 1:03.89	17.89	200m: 2:20.42	18.92	300m: 3:46.15	22.13	400m: 4:52.32	15.98		
34.	Thijmen Puijssers	Hieronymus				201000129	NED	4:55.47	+0,64	501
	25m: 13.42	13.42	125m: 1:25.57	18.75	225m: 2:41.65	21.41	325m: 4:04.42	18.01		
	50m: 30.39	16.97	150m: 1:43.68	18.11	250m: 3:03.03	21.38	350m: 4:21.78	17.36		
	75m: 47.96	17.57	175m: 2:02.05	18.37	275m: 3:24.27	21.24	375m: 4:39.24	17.46		
	100m: 1:06.82	18.86	200m: 2:20.24	18.19	300m: 3:46.41	22.14	400m: 4:55.47	16.23		
35.	Teun van Weeren	OZ&PC				200801145	NED	4:55.90	+0,70	499
	25m: 13.47	13.47	125m: 1:23.84	19.18	225m: 2:41.53	21.09	325m: 4:04.27	16.60		
	50m: 30.37	16.90	150m: 1:42.62	18.78	250m: 3:04.14	22.61	350m: 4:21.51	17.24		
	75m: 46.78	16.41	175m: 2:01.51	18.89	275m: 3:24.66	20.52	375m: 4:38.98	17.47		
	100m: 1:04.66	17.88	200m: 2:20.44	18.93	300m: 3:47.67	23.01	400m: 4:55.90	16.92		
36.	Eli Shields	Blue Marlins				201000407	NED	4:55.92	+0,68	499
	25m: 13.36	13.36	125m: 1:22.51	19.17	225m: 2:40.08	21.62	325m: 4:04.17	17.85		
	50m: 29.38	16.02	150m: 1:41.02	18.51	250m: 3:02.04	21.96	350m: 4:21.50	17.33		
	75m: 45.97	16.59	175m: 1:59.70	18.68	275m: 3:23.64	21.60	375m: 4:38.96	17.46		
	100m: 1:03.34	17.37	200m: 2:18.46	18.76	300m: 3:46.32	22.68	400m: 4:55.92	16.96		



Programmanr. 37, Heren, 400m wisselslag, Voorronde, Senioren Open

rang	naam	vereniging				tijd				RT	FINA	para
37.	Tycho Wienbelt	De Vikings				201001397	NED	4:56.17		+0,63	498	
	25m: 14.76	14.76	125m: 1:27.96	19.33	225m: 2:44.24	20.79	325m: 4:06.83				17.53	
	50m: 32.16	17.40	150m: 1:46.41	18.45	250m: 3:05.79	21.55	350m: 4:23.48				16.65	
	75m: 50.03	17.87	175m: 2:04.49	18.08	275m: 3:27.58	21.79	375m: 4:40.40				16.92	
	100m: 1:08.63	18.60	200m: 2:23.45	18.96	300m: 3:49.30	21.72	400m: 4:56.17				15.77	
38.	Baris Tomu	ZPCH				201000869	NED	4:57.41		+0,61	492	
	25m: 13.75	13.75	125m: 1:27.49	19.72	225m: 2:45.10	22.21	325m: 4:08.93				16.79	
	50m: 30.72	16.97	150m: 1:45.72	18.23	250m: 3:07.44	22.34	350m: 4:25.14				16.21	
	75m: 48.88	18.16	175m: 2:04.20	18.48	275m: 3:29.71	22.27	375m: 4:41.75				16.61	
	100m: 1:07.77	18.89	200m: 2:22.89	18.69	300m: 3:52.14	22.43	400m: 4:57.41				15.66	
39.	Kick Germers	SWOL 1894				201000185	NED	4:58.58		+0,82	486	
	25m: 14.36	14.36	125m: 1:29.70	20.16	225m: 2:48.69	20.82	325m: 4:07.73				18.19	
	50m: 32.06	17.70	150m: 1:48.98	19.28	250m: 3:08.53	19.84	350m: 4:24.95				17.22	
	75m: 50.74	18.68	175m: 2:08.71	19.73	275m: 3:29.08	20.55	375m: 4:42.14				17.19	
	100m: 1:09.54	18.80	200m: 2:27.87	19.16	300m: 3:49.54	20.46	400m: 4:58.58				16.44	
40.	Ramon Vos	ZPC Hoogeveen				201100051	NED	4:59.66		+0,70	481	
	25m: 13.64	13.64	125m: 1:27.09	17.99	225m: 2:44.42	21.79	325m: 4:09.53				16.54	
	50m: 30.60	16.96	150m: 1:45.17	18.08	250m: 3:07.30	22.88	350m: 4:26.59				17.06	
	75m: 48.49	17.89	175m: 2:03.50	18.33	275m: 3:29.03	21.73	375m: 4:43.52				16.93	
	100m: 1:09.10	20.61	200m: 2:22.63	19.13	300m: 3:52.99	23.96	400m: 4:59.66				16.14	
41.	Mike Hilders	PSV				200900281	NED	5:00.36 *		+0,68	477	
	25m: 13.81	13.81	125m: 1:26.60	18.89	225m: 2:45.05	21.57	325m: 4:08.60				16.69	
	50m: 30.76	16.95	150m: 1:45.76	19.16	250m: 3:07.84	22.79	350m: 4:25.82				17.22	
	75m: 48.76	18.00	175m: 2:04.62	18.86	275m: 3:28.68	20.84	375m: 4:43.22				17.40	
	100m: 1:07.71	18.95	200m: 2:23.48	18.86	300m: 3:51.91	23.23	400m: 5:00.36				17.14	
42.	Arthur Alberts	ZVZ				200900239	NED	5:01.73		+0,73	471	
	25m: 13.95	13.95	125m: 1:25.98	18.32	225m: 2:42.37	22.11	325m: 4:08.89				18.61	
	50m: 31.05	17.10	150m: 1:44.05	18.07	250m: 3:04.80	22.43	350m: 4:27.14				18.25	
	75m: 49.08	18.03	175m: 2:02.27	18.22	275m: 3:27.46	22.66	375m: 4:44.98				17.84	
	100m: 1:07.66	18.58	200m: 2:20.26	17.99	300m: 3:50.28	22.82	400m: 5:01.73				16.75	
43.	Tristan Meijers	SWOL 1894				201000089	NED	5:01.78		+0,70	471	
	25m: 14.42	14.42	125m: 1:30.88	19.47	225m: 2:48.05	21.25	325m: 4:12.15				17.49	
	50m: 32.27	17.85	150m: 1:49.75	18.87	250m: 3:10.40	22.35	350m: 4:29.61				17.46	
	75m: 51.00	18.73	175m: 2:08.50	18.75	275m: 3:31.80	21.40	375m: 4:46.46				16.85	
	100m: 1:11.41	20.41	200m: 2:26.80	18.30	300m: 3:54.66	22.86	400m: 5:01.78				15.32	
44.	Sven Mulder	WVZ				200901655	NED	5:02.88		+0,72	465	
	25m: 14.43	14.43	125m: 1:28.73	17.66	225m: 2:45.96	22.86	325m: 4:12.95				17.22	
	50m: 32.27	17.84	150m: 1:46.40	17.67	250m: 3:10.43	24.47	350m: 4:29.85				16.90	
	75m: 51.31	19.04	175m: 2:04.40	18.00	275m: 3:32.52	22.09	375m: 4:46.94				17.09	
	100m: 1:11.07	19.76	200m: 2:23.10	18.70	300m: 3:55.73	23.21	400m: 5:02.88				15.94	
45.	Dyon Scholten	Steenwijk 1934				200900095	NED	5:04.58		+0,78	458	
	25m: 13.83	13.83	125m: 1:27.65	20.10	225m: 2:46.56	21.65	325m: 4:14.76				17.54	
	50m: 30.41	16.58	150m: 1:46.37	18.72	250m: 3:09.59	23.03	350m: 4:31.53				16.77	
	75m: 48.42	18.01	175m: 2:05.65	19.28	275m: 3:33.57	23.98	375m: 4:48.42				16.89	
	100m: 1:07.55	19.13	200m: 2:24.91	19.26	300m: 3:57.22	23.65	400m: 5:04.58				16.16	
46.	Milan Schuilenburg	ZPC AMERSFOORT				201000935	NED	5:04.60		+0,67	458	
	25m: 13.72	13.72	125m: 1:30.20	21.79	225m: 2:52.83	19.38	325m: 4:12.51				16.87	
	50m: 31.10	17.38	150m: 1:51.14	20.94	250m: 3:13.75	20.92	350m: 4:30.06				17.55	
	75m: 49.05	17.95	175m: 2:11.87	20.73	275m: 3:33.87	20.12	375m: 4:47.42				17.36	
	100m: 1:08.41	19.36	200m: 2:33.45	21.58	300m: 3:55.64	21.77	400m: 5:04.60				17.18	
47.	Roan van der Stege	SWOL 1894				200900107	NED	5:05.54		+0,79	453	
	25m: 14.13	14.13	125m: 1:27.52	20.14	225m: 2:48.94	22.22	325m: 4:14.04				18.34	
	50m: 31.64	17.51	150m: 1:47.39	19.87	250m: 3:11.00	22.06	350m: 4:31.41				17.37	
	75m: 49.38	17.74	175m: 2:06.91	19.52	275m: 3:33.24	22.24	375m: 4:48.79				17.38	
	100m: 1:07.38	18.00	200m: 2:26.72	19.81	300m: 3:55.70	22.46	400m: 5:05.54				16.75	
48.	Paul Ruitenbergh	Wiekslag				200900979	NED	5:07.64		+0,73	444	
	25m: 13.62	13.62	125m: 1:26.79	20.13	225m: 2:47.81	22.03	325m: 4:13.89				18.43	
	50m: 30.64	17.02	150m: 1:46.22	19.43	250m: 3:09.91	22.10	350m: 4:32.20				18.31	
	75m: 48.35	17.71	175m: 2:06.22	20.00	275m: 3:32.48	22.57	375m: 4:49.82				17.62	
	100m: 1:06.66	18.31	200m: 2:25.78	19.56	300m: 3:55.46	22.98	400m: 5:07.64				17.82	
DIS	Figo van Duuren	ZPCH				200800391	NED			SK		
SK - Het keer- en/of eindpunt niet gelijktijdig met twee handen aangetikt.												
AFGEM	Bas Marinus	Team Noord Holland (SG)				200903379	NED					
AFGEM	Ronis van Everdingen	DWK				200300043	NED					