

Programmanr. 5
22-10-2026 - 10:28

Heren, 400m vrije slag

Senioren Open
Resultaten Voorronde

Punten: AQUA 2025

rang naam vereniging tijd RT FINA para

NK PARA onder 16

1.	Twan van der Schrier	AZC	201400237	NED S14	5:28.06	+0,88	Q	270	428
	25m: 16.32	16.32	125m: 1:34.51	20.18	225m: 2:57.74	20.95	325m: 4:23.12	21.38	
	50m: 34.99	18.67	150m: 1:55.01	20.50	250m: 3:18.83	21.09	350m: 4:44.79	21.67	
	75m: 54.21	19.22	175m: 2:15.82	20.81	275m: 3:40.18	21.35	375m: 5:06.35	21.56	
	100m: 1:14.33	20.12	200m: 2:36.79	20.97	300m: 4:01.74	21.56	400m: 5:28.06	21.71	

NK PARA onder 18

1.	Kuan Ypma	Het Y	200903429	NED S10	5:18.31		Q	296	433
	25m: 16.73	16.73	125m: 1:31.34	19.51	225m: 2:51.67	20.48	325m: 4:14.41	20.83	
	50m: 34.52	17.79	150m: 1:50.96	19.62	250m: 3:12.41	20.74	350m: 4:34.29	19.88	
	75m: 53.10	18.58	175m: 2:11.22	20.26	275m: 3:33.21	20.80	375m: 4:59.06	24.77	
	100m: 1:11.83	18.73	200m: 2:31.19	19.97	300m: 3:53.58	20.37	400m: 5:18.31	19.25	

PARA open

1.	Bas Takken	TeamNL PARA - De Dolfijn	199901643	NED S10	4:10.73	+0,73	R	606	886
	25m: 12.83	12.83	125m: 1:13.01	15.56	225m: 2:16.40	16.08	325m: 3:21.95	16.81	
	50m: 27.20	14.37	150m: 1:28.60	15.59	250m: 2:32.35	15.95	350m: 3:38.90	16.95	
	75m: 42.27	15.07	175m: 1:44.55	15.95	275m: 2:48.49	16.14	375m: 3:55.46	16.56	
	100m: 57.45	15.18	200m: 2:00.32	15.77	300m: 3:05.14	16.65	400m: 4:10.73	15.27	

2.	Julian Hendriks	TeamNL PARA - De Gooische (SC200603717)		NED S7	5:03.17	+0,70	Q	343	731
	<i>Dutch PARA Record</i>								
	25m: 16.27	16.27	125m: 1:30.37	18.88	225m: 2:47.31	19.29	325m: 4:06.35	18.98	
	50m: 34.36	18.09	150m: 1:49.71	19.34	250m: 3:07.37	20.06	350m: 4:25.82	19.47	
	75m: 52.83	18.47	175m: 2:08.62	18.91	275m: 3:27.36	19.99	375m: 4:44.65	18.83	
	100m: 1:11.49	18.66	200m: 2:28.02	19.40	300m: 3:47.37	20.01	400m: 5:03.17	18.52	

3.	Kuan Ypma	Het Y	200903429	NED S10	5:18.31		Q	296	433
	25m: 16.73	16.73	125m: 1:31.34	19.51	225m: 2:51.67	20.48	325m: 4:14.41	20.83	
	50m: 34.52	17.79	150m: 1:50.96	19.62	250m: 3:12.41	20.74	350m: 4:34.29	19.88	
	75m: 53.10	18.58	175m: 2:11.22	20.26	275m: 3:33.21	20.80	375m: 4:59.06	24.77	
	100m: 1:11.83	18.73	200m: 2:31.19	19.97	300m: 3:53.58	20.37	400m: 5:18.31	19.25	

4.	Twan van der Schrier	AZC	201400237	NED S14	5:28.06	+0,88	Q	270	428
	25m: 16.32	16.32	125m: 1:34.51	20.18	225m: 2:57.74	20.95	325m: 4:23.12	21.38	
	50m: 34.99	18.67	150m: 1:55.01	20.50	250m: 3:18.83	21.09	350m: 4:44.79	21.67	
	75m: 54.21	19.22	175m: 2:15.82	20.81	275m: 3:40.18	21.35	375m: 5:06.35	21.56	
	100m: 1:14.33	20.12	200m: 2:36.79	20.97	300m: 4:01.74	21.56	400m: 5:28.06	21.71	

NK onder 18

1.	Martijn Nies	PSV	200902095	NED	3:52.06	+0,71	A	765	
	25m: 12.37	12.37	125m: 1:09.03	14.57	225m: 2:07.91	14.46	325m: 3:07.78	15.17	
	50m: 25.98	13.61	150m: 1:23.64	14.61	250m: 2:22.52	14.61	350m: 3:23.21	15.43	
	75m: 40.01	14.03	175m: 1:38.46	14.82	275m: 2:37.45	14.93	375m: 3:37.83	14.62	
	100m: 54.46	14.45	200m: 1:53.45	14.99	300m: 2:52.61	15.16	400m: 3:52.06	14.23	

2.	Mattias Stolk	HZ&PC Heerenveen	201000525	NED	4:02.11	+0,70	B	673	
	25m: 12.97	12.97	125m: 1:13.07	15.30	225m: 2:14.70	15.24	325m: 3:16.35	15.30	
	50m: 27.50	14.53	150m: 1:28.56	15.49	250m: 2:30.18	15.48	350m: 3:32.00	15.65	
	75m: 42.39	14.89	175m: 1:44.02	15.46	275m: 2:45.45	15.27	375m: 3:47.25	15.25	
	100m: 57.77	15.38	200m: 1:59.46	15.44	300m: 3:01.05	15.60	400m: 4:02.11	14.86	

3.	Jelte de Jong	ZPCH	200900975	NED	4:06.17	+0,69	B	640	
	25m: 12.89	12.89	125m: 1:13.53	15.63	225m: 2:16.80	15.71	325m: 3:20.03	15.60	
	50m: 27.52	14.63	150m: 1:29.27	15.74	250m: 2:32.50	15.70	350m: 3:35.71	15.68	
	75m: 42.58	15.06	175m: 1:45.01	15.74	275m: 2:48.47	15.97	375m: 3:51.26	15.55	
	100m: 57.90	15.32	200m: 2:01.09	16.08	300m: 3:04.43	15.96	400m: 4:06.17	14.91	

4.	Abel op den Velde	De Duinkickers	201000079	NED	4:07.00	+0,67	B	634	
	25m: 12.90	12.90	125m: 1:13.15	15.34	225m: 2:16.01	15.73	325m: 3:19.94	15.98	
	50m: 27.62	14.72	150m: 1:28.97	15.82	250m: 2:32.13	16.12	350m: 3:36.30	16.36	
	75m: 42.61	14.99	175m: 1:44.48	15.51	275m: 2:47.91	15.78	375m: 3:52.12	15.82	
	100m: 57.81	15.20	200m: 2:00.28	15.80	300m: 3:03.96	16.05	400m: 4:07.00	14.88	

5.	Baris Tomu	ZPCH	201000869	NED	4:10.64 *	+0,67	R	607	
	25m: 13.16	13.16	125m: 1:13.97	15.69	225m: 2:17.54	16.10	325m: 3:22.00	16.17	
	50m: 27.84	14.68	150m: 1:29.79	15.82	250m: 2:33.42	15.88	350m: 3:38.47	16.47	
	75m: 42.89	15.05	175m: 1:45.61	15.82	275m: 2:49.47	16.05	375m: 3:54.92	16.45	
	100m: 58.28	15.39	200m: 2:01.44	15.83	300m: 3:05.83	16.36	400m: 4:10.64	15.72	



Programmanr. 5, Jongens, 400m vrije slag, Voorronde, NK onder 18

rang	naam	vereniging				tijd				RT	FINA	para
6.	Wessel van Dorst	Aqua-Novio'94				200900727	NED		4:11.00	+0,51	604	
	25m: 12.72	12.72	125m: 1:14.94	15.71	225m: 2:19.29	16.12	325m: 3:23.53	16.11				
	50m: 27.89	15.17	150m: 1:31.03	16.09	250m: 2:35.48	16.19	350m: 3:39.69	16.16				
	75m: 43.40	15.51	175m: 1:47.03	16.00	275m: 2:51.36	15.88	375m: 3:55.72	16.03				
	100m: 59.23	15.83	200m: 2:03.17	16.14	300m: 3:07.42	16.06	400m: 4:11.00	15.28				
7.	Dax van den Noulund	Blue Marlins				201000071	NED		4:12.76	+0,66	592	
	25m: 13.14	13.14	125m: 1:14.02	15.67	225m: 2:18.34	16.10	325m: 3:23.93	16.49				
	50m: 27.70	14.56	150m: 1:30.09	16.07	250m: 2:34.76	16.42	350m: 3:40.47	16.54				
	75m: 42.80	15.10	175m: 1:46.10	16.01	275m: 2:51.06	16.30	375m: 3:56.85	16.38				
	100m: 58.35	15.55	200m: 2:02.24	16.14	300m: 3:07.44	16.38	400m: 4:12.76	15.91				
8.	Xander Kragting	ZPC AMERSFOORT				200900077	NED		4:15.73	+0,69	571	
	25m: 13.08	13.08	125m: 1:14.34	16.13	225m: 2:19.79	16.60	325m: 3:26.13	16.71				
	50m: 27.55	14.47	150m: 1:30.42	16.08	250m: 2:36.11	16.32	350m: 3:42.88	16.75				
	75m: 42.57	15.02	175m: 1:46.74	16.32	275m: 2:52.80	16.69	375m: 3:59.64	16.76				
	100m: 58.21	15.64	200m: 2:03.19	16.45	300m: 3:09.42	16.62	400m: 4:15.73	16.09				
9.	Dyon Scholten	Steenwijk 1934				200900095	NED		4:17.83	+0,78	557	
	25m: 13.28	13.28	125m: 1:15.14	16.07	225m: 2:21.10	16.61	325m: 3:28.71	16.85				
	50m: 27.98	14.70	150m: 1:31.44	16.30	250m: 2:37.98	16.88	350m: 3:45.52	16.81				
	75m: 43.35	15.37	175m: 1:47.95	16.51	275m: 2:54.85	16.87	375m: 4:02.11	16.59				
	100m: 59.07	15.72	200m: 2:04.49	16.54	300m: 3:11.86	17.01	400m: 4:17.83	15.72				
10.	Tren Wullms	Hellas-Glana				201000469	NED		4:18.95	+0,59	550	
	25m: 13.23	13.23	125m: 1:16.23	16.12	225m: 2:22.02	16.74	325m: 3:29.67	16.98				
	50m: 28.45	15.22	150m: 1:32.43	16.20	250m: 2:38.67	16.65	350m: 3:46.32	16.65				
	75m: 44.31	15.86	175m: 1:49.08	16.65	275m: 2:55.56	16.89	375m: 4:03.09	16.77				
	100m: 1:00.11	15.80	200m: 2:05.28	16.20	300m: 3:12.69	17.13	400m: 4:18.95	15.86				
11.	Finn Eghuizen	HZ&PC Heerenveen				200900431	NED		4:19.43	+0,63	547	
	25m: 12.73	12.73	125m: 1:14.57	16.01	225m: 2:20.86	16.64	325m: 3:28.82	17.12				
	50m: 27.14	14.41	150m: 1:30.98	16.41	250m: 2:37.73	16.87	350m: 3:45.98	17.16				
	75m: 42.53	15.39	175m: 1:47.54	16.56	275m: 2:54.63	16.90	375m: 4:02.83	16.85				
	100m: 58.56	16.03	200m: 2:04.22	16.68	300m: 3:11.70	17.07	400m: 4:19.43	16.60				
12.	Mauro Bedeke	DAW				201000537	NED		4:19.68	+0,67	546	
	25m: 12.95	12.95	125m: 1:17.30	16.32	225m: 2:23.70	16.80	325m: 3:30.59	16.93				
	50m: 28.54	15.59	150m: 1:33.89	16.59	250m: 2:40.09	16.39	350m: 3:47.14	16.55				
	75m: 44.62	16.08	175m: 1:50.39	16.50	275m: 2:57.10	17.01	375m: 4:03.89	16.75				
	100m: 1:00.98	16.36	200m: 2:06.90	16.51	300m: 3:13.66	16.56	400m: 4:19.68	15.79				
13.	Thijmen Puijssers	Hieronymus				201000129	NED		4:20.84	+0,68	538	
	25m: 13.85	13.85	125m: 1:18.27	16.64	225m: 2:25.04	16.87	325m: 3:32.20	16.88				
	50m: 29.34	15.49	150m: 1:34.89	16.62	250m: 2:41.67	16.63	350m: 3:49.06	16.86				
	75m: 45.45	16.11	175m: 1:51.54	16.65	275m: 2:58.44	16.77	375m: 4:05.54	16.48				
	100m: 1:01.63	16.18	200m: 2:08.17	16.63	300m: 3:15.32	16.88	400m: 4:20.84	15.30				
14.	Sven Mulder	WVZ				200901655	NED		4:24.75	+0,72	515	
	25m: 13.74	13.74	125m: 1:17.69	16.39	225m: 2:24.85	16.79	325m: 3:33.39	17.00				
	50m: 29.15	15.41	150m: 1:34.48	16.79	250m: 2:41.99	17.14	350m: 3:51.30	17.91				
	75m: 45.04	15.89	175m: 1:51.02	16.54	275m: 2:58.92	16.93	375m: 4:08.35	17.05				
	100m: 1:01.30	16.26	200m: 2:08.06	17.04	300m: 3:16.39	17.47	400m: 4:24.75	16.40				
15.	Chris de Man	De Gooische (SG)				200903101	NED		4:27.21	+0,82	501	
	25m: 13.21	13.21	125m: 1:17.55	16.88	225m: 2:25.42	17.12	325m: 3:36.49	17.44				
	50m: 28.68	15.47	150m: 1:34.33	16.78	250m: 2:43.47	18.05	350m: 3:53.85	17.36				
	75m: 44.40	15.72	175m: 1:51.15	16.82	275m: 3:01.12	17.65	375m: 4:10.65	16.80				
	100m: 1:00.67	16.27	200m: 2:08.30	17.15	300m: 3:19.05	17.93	400m: 4:27.21	16.56				
16.	Aidan van der Stelt	Blue Marlins				200900901	NED		4:27.57 *	+0,69	499	
	25m: 13.19	13.19	125m: 1:15.99	16.28	225m: 2:23.20	17.16	325m: 3:33.79	17.96				
	50m: 28.29	15.10	150m: 1:32.46	16.47	250m: 2:40.62	17.42	350m: 3:51.80	18.01				
	75m: 43.65	15.36	175m: 1:49.12	16.66	275m: 2:58.12	17.50	375m: 4:09.77	17.97				
	100m: 59.71	16.06	200m: 2:06.04	16.92	300m: 3:15.83	17.71	400m: 4:27.57	17.80				
17.	Mathijs de Wit	DZ&PC				201001215	NED		4:30.32	+0,70	484	
	25m: 13.30	13.30	125m: 1:18.29	16.38	225m: 2:26.24	16.94	325m: 3:36.28	17.63				
	50m: 29.12	15.82	150m: 1:35.41	17.12	250m: 2:43.38	17.14	350m: 3:54.59	18.31				
	75m: 45.19	16.07	175m: 1:52.19	16.78	275m: 3:00.76	17.38	375m: 4:12.37	17.78				
	100m: 1:01.91	16.72	200m: 2:09.30	17.11	300m: 3:18.65	17.89	400m: 4:30.32	17.95				

NK onder 20

1.	Tiago Fonseca Gomes	HPC - PSV				200703587	NED		3:51.11	+0,62	A	774
	25m: 11.98	11.98	125m: 1:08.09	14.25	225m: 2:07.26	14.79	325m: 3:07.77	15.10				
	50m: 25.75	13.77	150m: 1:22.71	14.62	250m: 2:22.29	15.03	350m: 3:23.25	15.48				
	75m: 39.57	13.82	175m: 1:37.55	14.84	275m: 2:37.43	15.14	375m: 3:37.29	14.04				
	100m: 53.84	14.27	200m: 1:52.47	14.92	300m: 2:52.67	15.24	400m: 3:51.11	13.82				



Programmanr. 5, Heren, 400m vrije slag, Voorronde, NK onder 20

rang	naam	vereniging						tijd		RT	FINA	para	
2.	Boele Böhm	SG Bayer						524109	NED	3:52.98	+0,67	A	756
	25m:	12.16	12.16	125m:	1:09.24	14.53	225m:	2:09.11	15.10	325m:	3:09.40	15.03	
	50m:	26.10	13.94	150m:	1:24.13	14.89	250m:	2:24.24	15.13	350m:	3:24.38	14.98	
	75m:	40.01	13.91	175m:	1:38.98	14.85	275m:	2:39.24	15.00	375m:	3:39.06	14.68	
	100m:	54.71	14.70	200m:	1:54.01	15.03	300m:	2:54.37	15.13	400m:	3:52.98	13.92	
3.	Diede Veld	HZ&PC Heerenveen						200800011	NED	3:53.14	+0,70	A	754
	25m:	12.29	12.29	125m:	1:09.68	14.73	225m:	2:09.34	14.93	325m:	3:09.60	14.89	
	50m:	26.15	13.86	150m:	1:24.54	14.86	250m:	2:24.36	15.02	350m:	3:24.53	14.93	
	75m:	40.51	14.36	175m:	1:39.53	14.99	275m:	2:39.69	15.33	375m:	3:39.16	14.63	
	100m:	54.95	14.44	200m:	1:54.41	14.88	300m:	2:54.71	15.02	400m:	3:53.14	13.98	
4.	Tieme Marten Wiersma	HPC - DZ&PC						200701031	NED	3:56.72	+0,71	A	720
	25m:	12.50	12.50	125m:	1:11.23	14.99	225m:	2:11.89	15.08	325m:	3:12.83	15.37	
	50m:	26.64	14.14	150m:	1:26.46	15.23	250m:	2:27.01	15.12	350m:	3:27.96	15.13	
	75m:	41.19	14.55	175m:	1:41.69	15.23	275m:	2:42.11	15.10	375m:	3:42.65	14.69	
	100m:	56.24	15.05	200m:	1:56.81	15.12	300m:	2:57.46	15.35	400m:	3:56.72	14.07	
5.	Bram Loots	HPC - KZC						200700197	NED	3:57.33	+0,63	A	715
	25m:	12.74	12.74	125m:	1:11.54	14.80	225m:	2:12.41	15.23	325m:	3:13.47	15.26	
	50m:	27.12	14.38	150m:	1:26.74	15.20	250m:	2:27.76	15.35	350m:	3:28.58	15.11	
	75m:	41.74	14.62	175m:	1:41.96	15.22	275m:	2:42.87	15.11	375m:	3:43.23	14.65	
	100m:	56.74	15.00	200m:	1:57.18	15.22	300m:	2:58.21	15.34	400m:	3:57.33	14.10	
6.	Jasper Thijert	WS Twente						200700321	NED	4:04.29	+0,69	B	655
	25m:	13.13	13.13	125m:	1:13.79	15.50	225m:	2:15.95	15.65	325m:	3:18.86	15.83	
	50m:	27.86	14.73	150m:	1:29.26	15.47	250m:	2:31.55	15.60	350m:	3:34.73	15.87	
	75m:	42.71	14.85	175m:	1:44.57	15.31	275m:	2:47.24	15.69	375m:	3:49.85	15.12	
	100m:	58.29	15.58	200m:	2:00.30	15.73	300m:	3:03.03	15.79	400m:	4:04.29	14.44	
7.	Milan Veelders	ZPC AMERSFOORT						200800279	NED	4:04.68	+0,67	B	652
	25m:	12.75	12.75	125m:	1:13.38	15.29	225m:	2:15.57	15.17	325m:	3:17.42	15.62	
	50m:	27.58	14.83	150m:	1:29.01	15.63	250m:	2:30.90	15.33	350m:	3:33.31	15.89	
	75m:	42.65	15.07	175m:	1:44.69	15.68	275m:	2:46.22	15.32	375m:	3:49.19	15.88	
	100m:	58.09	15.44	200m:	2:00.40	15.71	300m:	3:01.80	15.58	400m:	4:04.68	15.49	
8.	Jort Siebelt	OZ&PC						200700083	NED	4:06.39	+0,68	B	639
	25m:	12.89	12.89	125m:	1:12.92	15.25	225m:	2:15.95	15.62	325m:	3:19.43	15.56	
	50m:	27.45	14.56	150m:	1:28.57	15.65	250m:	2:31.82	15.87	350m:	3:35.61	16.18	
	75m:	42.48	15.03	175m:	1:44.39	15.82	275m:	2:47.56	15.74	375m:	3:51.15	15.54	
	100m:	57.67	15.19	200m:	2:00.33	15.94	300m:	3:03.87	16.31	400m:	4:06.39	15.24	
9.	Seth van den Dool	Blue Marlins						200803809	NED	4:10.90	+0,49		605
	25m:	12.93	12.93	125m:	1:14.66	15.68	225m:	2:18.42	16.00	325m:	3:23.08	16.03	
	50m:	27.78	14.85	150m:	1:30.45	15.79	250m:	2:34.64	16.22	350m:	3:39.18	16.10	
	75m:	43.29	15.51	175m:	1:46.48	16.03	275m:	2:50.91	16.27	375m:	3:55.36	16.18	
	100m:	58.98	15.69	200m:	2:02.42	15.94	300m:	3:07.05	16.14	400m:	4:10.90	15.54	
10.	Tim Boerefijn	WVZ						200802815	NED	4:10.96	+0,72		604
	25m:	12.94	12.94	125m:	1:14.10	15.53	225m:	2:17.21	15.77	325m:	3:21.52	16.22	
	50m:	27.97	15.03	150m:	1:29.82	15.72	250m:	2:33.08	15.87	350m:	3:37.94	16.42	
	75m:	43.20	15.23	175m:	1:45.58	15.76	275m:	2:49.16	16.08	375m:	3:54.82	16.88	
	100m:	58.57	15.37	200m:	2:01.44	15.86	300m:	3:05.30	16.14	400m:	4:10.96	16.14	
11.	Tim van Erven	DZ&PC						200700175	NED	4:13.06	+0,73		590
	25m:	13.33	13.33	125m:	1:15.45	15.72	225m:	2:20.40	16.21	325m:	3:26.09	16.64	
	50m:	28.39	15.06	150m:	1:31.71	16.26	250m:	2:36.68	16.28	350m:	3:42.55	16.46	
	75m:	43.89	15.50	175m:	1:47.81	16.10	275m:	2:52.94	16.26	375m:	3:58.43	15.88	
	100m:	59.73	15.84	200m:	2:04.19	16.38	300m:	3:09.45	16.51	400m:	4:13.06	14.63	
12.	Teun van Weeren	OZ&PC						200801145	NED	4:16.25	+0,68		568
	25m:	13.64	13.64	125m:	1:16.01	16.02	225m:	2:20.92	16.15	325m:	3:26.73	16.71	
	50m:	28.68	15.04	150m:	1:32.24	16.23	250m:	2:37.18	16.26	350m:	3:43.71	16.98	
	75m:	44.15	15.47	175m:	1:48.43	16.19	275m:	2:53.48	16.30	375m:	4:00.21	16.50	
	100m:	59.99	15.84	200m:	2:04.77	16.34	300m:	3:10.02	16.54	400m:	4:16.25	16.04	
13.	Figo van Duuren	ZPCH						200800391	NED	4:17.10	+0,61		562
	25m:	13.51	13.51	125m:	1:16.80	16.33	225m:	2:22.18	16.46	325m:	3:28.60	16.65	
	50m:	28.64	15.13	150m:	1:32.88	16.08	250m:	2:38.84	16.66	350m:	3:45.17	16.57	
	75m:	44.49	15.85	175m:	1:49.25	16.37	275m:	2:55.39	16.55	375m:	4:01.37	16.20	
	100m:	1:00.47	15.98	200m:	2:05.72	16.47	300m:	3:11.95	16.56	400m:	4:17.10	15.73	
14.	Jelle van den Berg	De Treffers						200802053	NED	4:19.69	+0,87		545
	25m:	13.61	13.61	125m:	1:16.30	16.15	225m:	2:21.73	16.32	325m:	3:29.78	17.08	
	50m:	28.78	15.17	150m:	1:32.35	16.05	250m:	2:38.63	16.90	350m:	3:47.04	17.26	
	75m:	44.25	15.47	175m:	1:48.69	16.34	275m:	2:55.67	17.04	375m:	4:03.59	16.55	
	100m:	1:00.15	15.90	200m:	2:05.41	16.72	300m:	3:12.70	17.03	400m:	4:19.69	16.10	
15.	Joey Pop	ZVVS						200800277	NED	4:22.08	+0,72		531
	25m:	13.13	13.13	125m:	1:15.56	16.25	225m:	2:22.03	16.86	325m:	3:31.07	17.43	
	50m:	27.66	14.53	150m:	1:31.63	16.07	250m:	2:39.04	17.01	350m:	3:48.09	17.02	
	75m:	43.39	15.73	175m:	1:48.33	16.70	275m:	2:56.31	17.27	375m:	4:05.88	17.79	
	100m:	59.31	15.92	200m:	2:05.17	16.84	300m:	3:13.64	17.33	400m:	4:22.08	16.20	



Programmanr. 5, Heren, 400m vrije slag, Voorronde

Senioren Open

1.	Tiago Fonseca Gomes	HPC - PSV	200703587	NED	3:51.11	+0,62	A	774
	25m: 11.98	11.98	125m: 1:08.09	14.25	225m: 2:07.26	14.79	325m: 3:07.77	15.10
	50m: 25.75	13.77	150m: 1:22.71	14.62	250m: 2:22.29	15.03	350m: 3:23.25	15.48
	75m: 39.57	13.82	175m: 1:37.55	14.84	275m: 2:37.43	15.14	375m: 3:37.29	14.04
	100m: 53.84	14.27	200m: 1:52.47	14.92	300m: 2:52.67	15.24	400m: 3:51.11	13.82
2.	Martijn Nies	PSV	200902095	NED	3:52.06	+0,71	A	765
	25m: 12.37	12.37	125m: 1:09.03	14.57	225m: 2:07.91	14.46	325m: 3:07.78	15.17
	50m: 25.98	13.61	150m: 1:23.64	14.61	250m: 2:22.52	14.61	350m: 3:23.21	15.43
	75m: 40.01	14.03	175m: 1:38.46	14.82	275m: 2:37.45	14.93	375m: 3:37.83	14.62
	100m: 54.46	14.45	200m: 1:53.45	14.99	300m: 2:52.61	15.16	400m: 3:52.06	14.23
3.	Bere Waerniers	Zwemfed	VZF/10018/08	BEL	3:52.48	+0,55	A	761
	25m: 12.53	12.53	125m: 1:10.28	14.59	225m: 2:10.00	14.92	325m: 3:09.80	15.06
	50m: 26.80	14.27	150m: 1:25.17	14.89	250m: 2:24.88	14.88	350m: 3:24.86	15.06
	75m: 41.16	14.36	175m: 1:40.06	14.89	275m: 2:39.77	14.89	375m: 3:39.21	14.35
	100m: 55.69	14.53	200m: 1:55.08	15.02	300m: 2:54.74	14.97	400m: 3:52.48	13.27
4.	Boele Böhm	SG Bayer	524109	NED	3:52.98	+0,67	A	756
	25m: 12.16	12.16	125m: 1:09.24	14.53	225m: 2:09.11	15.10	325m: 3:09.40	15.03
	50m: 26.10	13.94	150m: 1:24.13	14.89	250m: 2:24.24	15.13	350m: 3:24.38	14.98
	75m: 40.01	13.91	175m: 1:38.98	14.85	275m: 2:39.24	15.00	375m: 3:39.06	14.68
	100m: 54.71	14.70	200m: 1:54.01	15.03	300m: 2:54.37	15.13	400m: 3:52.98	13.92
5.	Diede Veld	HZ&PC Heerenveen	200800011	NED	3:53.14	+0,70	A	754
	25m: 12.29	12.29	125m: 1:09.68	14.73	225m: 2:09.34	14.93	325m: 3:09.60	14.89
	50m: 26.15	13.86	150m: 1:24.54	14.86	250m: 2:24.36	15.02	350m: 3:24.53	14.93
	75m: 40.51	14.36	175m: 1:39.53	14.99	275m: 2:39.69	15.33	375m: 3:39.16	14.63
	100m: 54.95	14.44	200m: 1:54.41	14.88	300m: 2:54.71	15.02	400m: 3:53.14	13.98
6.	Austin Namesnik	ZPC AMERSFOORT	200101817	NED	3:53.87	+0,60	A	747
	25m: 12.10	12.10	125m: 1:10.32	14.79	225m: 2:10.56	14.89	325m: 3:10.78	15.04
	50m: 26.31	14.21	150m: 1:25.28	14.96	250m: 2:25.64	15.08	350m: 3:25.97	15.19
	75m: 40.86	14.55	175m: 1:40.45	15.17	275m: 2:40.59	14.95	375m: 3:40.58	14.61
	100m: 55.53	14.67	200m: 1:55.67	15.22	300m: 2:55.74	15.15	400m: 3:53.87	13.29
7.	Youri Voet	ZPC AMERSFOORT	200502269	NED	3:54.41	+0,66	A	742
	25m: 12.47	12.47	125m: 1:10.67	14.80	225m: 2:10.78	15.08	325m: 3:10.41	14.76
	50m: 26.67	14.20	150m: 1:25.58	14.91	250m: 2:25.72	14.94	350m: 3:25.69	15.28
	75m: 41.22	14.55	175m: 1:40.75	15.17	275m: 2:40.69	14.97	375m: 3:40.29	14.60
	100m: 55.87	14.65	200m: 1:55.70	14.95	300m: 2:55.65	14.96	400m: 3:54.41	14.12
8.	Tieme Marten Wiersma	HPC - DZ&PC	200701031	NED	3:56.72	+0,71	A	720
	25m: 12.50	12.50	125m: 1:11.23	14.99	225m: 2:11.89	15.08	325m: 3:12.83	15.37
	50m: 26.64	14.14	150m: 1:26.46	15.23	250m: 2:27.01	15.12	350m: 3:27.96	15.13
	75m: 41.19	14.55	175m: 1:41.69	15.23	275m: 2:42.11	15.10	375m: 3:42.65	14.69
	100m: 56.24	15.05	200m: 1:56.81	15.12	300m: 2:57.46	15.35	400m: 3:56.72	14.07
9.	Bram Loots	HPC - KZC	200700197	NED	3:57.33	+0,63	A	715
	25m: 12.74	12.74	125m: 1:11.54	14.80	225m: 2:12.41	15.23	325m: 3:13.47	15.26
	50m: 27.12	14.38	150m: 1:26.74	15.20	250m: 2:27.76	15.35	350m: 3:28.58	15.11
	75m: 41.74	14.62	175m: 1:41.96	15.22	275m: 2:42.87	15.11	375m: 3:43.23	14.65
	100m: 56.74	15.00	200m: 1:57.18	15.22	300m: 2:58.21	15.34	400m: 3:57.33	14.10
10.	Émile Fouzaï	ZPC AMERSFOORT	200500263	QAT	3:57.71	+0,72	A	711
	25m: 12.74	12.74	125m: 1:10.15	14.60	225m: 2:10.17	15.91	325m: 3:13.00	15.43
	50m: 26.77	14.03	150m: 1:24.76	14.61	250m: 2:26.04	15.87	350m: 3:28.53	15.53
	75m: 41.14	14.37	175m: 1:39.50	14.74	275m: 2:41.76	15.72	375m: 3:43.67	15.14
	100m: 55.55	14.41	200m: 1:54.26	14.76	300m: 2:57.57	15.81	400m: 3:57.71	14.04
11.	Seppe Lammens	Zwemfed	VZF/10009/07	BEL	4:01.11 *	+0,75	B	682
	25m: 12.69	12.69	125m: 1:11.44	15.06	225m: 2:12.14	15.07	325m: 3:14.17	15.67
	50m: 26.85	14.16	150m: 1:26.66	15.22	250m: 2:27.51	15.37	350m: 3:30.14	15.97
	75m: 41.45	14.60	175m: 1:41.76	15.10	275m: 2:42.79	15.28	375m: 3:45.64	15.50
	100m: 56.38	14.93	200m: 1:57.07	15.31	300m: 2:58.50	15.71	400m: 4:01.11	15.47
12.	Mattias Stolk	HZ&PC Heerenveen	201000525	NED	4:02.11	+0,70	B	673
	25m: 12.97	12.97	125m: 1:13.07	15.30	225m: 2:14.70	15.24	325m: 3:16.35	15.30
	50m: 27.50	14.53	150m: 1:28.56	15.49	250m: 2:30.18	15.48	350m: 3:32.00	15.65
	75m: 42.39	14.89	175m: 1:44.02	15.46	275m: 2:45.45	15.27	375m: 3:47.25	15.25
	100m: 57.77	15.38	200m: 1:59.46	15.44	300m: 3:01.05	15.60	400m: 4:02.11	14.86
13.	Jasper Thijert	WS Twente	200700321	NED	4:04.29	+0,69	B	655
	25m: 13.13	13.13	125m: 1:13.79	15.50	225m: 2:15.95	15.65	325m: 3:18.86	15.83
	50m: 27.86	14.73	150m: 1:29.26	15.47	250m: 2:31.55	15.60	350m: 3:34.73	15.87
	75m: 42.71	14.85	175m: 1:44.57	15.31	275m: 2:47.24	15.69	375m: 3:49.85	15.12
	100m: 58.29	15.58	200m: 2:00.30	15.73	300m: 3:03.03	15.79	400m: 4:04.29	14.44
14.	Milan Veelders	ZPC AMERSFOORT	200800279	NED	4:04.68	+0,67	B	652
	25m: 12.75	12.75	125m: 1:13.38	15.29	225m: 2:15.57	15.17	325m: 3:17.42	15.62
	50m: 27.58	14.83	150m: 1:29.01	15.63	250m: 2:30.90	15.33	350m: 3:33.31	15.89
	75m: 42.65	15.07	175m: 1:44.69	15.68	275m: 2:46.22	15.32	375m: 3:49.19	15.88
	100m: 58.09	15.44	200m: 2:00.40	15.71	300m: 3:01.80	15.58	400m: 4:04.68	15.49



Programmanr. 5, Heren, 400m vrije slag, Voorronde, Senioren Open

rang	naam	vereniging							tijd	RT		FINA	para
15.	Jelte de Jong	ZPCH				200900975	NED		4:06.17	+0,69	B	640	
	25m:	12.89	12.89	125m:	1:13.53	15.63	225m:	2:16.80	15.71	325m:	3:20.03	15.60	
	50m:	27.52	14.63	150m:	1:29.27	15.74	250m:	2:32.50	15.70	350m:	3:35.71	15.68	
	75m:	42.58	15.06	175m:	1:45.01	15.74	275m:	2:48.47	15.97	375m:	3:51.26	15.55	
	100m:	57.90	15.32	200m:	2:01.09	16.08	300m:	3:04.43	15.96	400m:	4:06.17	14.91	
16.	Jort Siebelt	OZ&PC				200700083	NED		4:06.39	+0,68	B	639	
	25m:	12.89	12.89	125m:	1:12.92	15.25	225m:	2:15.95	15.62	325m:	3:19.43	15.56	
	50m:	27.45	14.56	150m:	1:28.57	15.65	250m:	2:31.82	15.87	350m:	3:35.61	16.18	
	75m:	42.48	15.03	175m:	1:44.39	15.82	275m:	2:47.56	15.74	375m:	3:51.15	15.54	
	100m:	57.67	15.19	200m:	2:00.33	15.94	300m:	3:03.87	16.31	400m:	4:06.39	15.24	
17.	Luuk Ruinemans	De Dinkel				200301085	NED		4:06.48	+0,77	B	638	
	25m:	12.79	12.79	125m:	1:12.61	15.41	225m:	2:14.65	15.48	325m:	3:18.42	16.16	
	50m:	27.34	14.55	150m:	1:28.08	15.47	250m:	2:30.31	15.66	350m:	3:35.20	16.78	
	75m:	41.98	14.64	175m:	1:43.52	15.44	275m:	2:46.05	15.74	375m:	3:51.08	15.88	
	100m:	57.20	15.22	200m:	1:59.17	15.65	300m:	3:02.26	16.21	400m:	4:06.48	15.40	
18.	Bas Blanker	ACZ				200601497	NED		4:06.66	+0,68	B	637	
	25m:	13.13	13.13	125m:	1:14.47	15.71	225m:	2:17.72	15.59	325m:	3:20.60	15.76	
	50m:	27.83	14.70	150m:	1:30.37	15.90	250m:	2:33.43	15.71	350m:	3:36.59	15.99	
	75m:	43.03	15.20	175m:	1:46.27	15.90	275m:	2:49.06	15.63	375m:	3:52.21	15.62	
	100m:	58.76	15.73	200m:	2:02.13	15.86	300m:	3:04.84	15.78	400m:	4:06.66	14.45	
19.	Abel op den Velde	De Duinkikkers				201000079	NED		4:07.00	+0,67	B	634	
	25m:	12.90	12.90	125m:	1:13.15	15.34	225m:	2:16.01	15.73	325m:	3:19.94	15.98	
	50m:	27.62	14.72	150m:	1:28.97	15.82	250m:	2:32.13	16.12	350m:	3:36.30	16.36	
	75m:	42.61	14.99	175m:	1:44.48	15.51	275m:	2:47.91	15.78	375m:	3:52.12	15.82	
	100m:	57.81	15.20	200m:	2:00.28	15.80	300m:	3:03.96	16.05	400m:	4:07.00	14.88	
20.	Giovanni Wolfgang	MSV-Zeemacht				201100859	NED		4:08.99	+0,66	B	619	
	25m:	13.08	13.08	125m:	1:13.77	15.48	225m:	2:17.11	15.72	325m:	3:21.15	15.81	
	50m:	27.63	14.55	150m:	1:29.61	15.84	250m:	2:33.08	15.97	350m:	3:37.76	16.61	
	75m:	42.59	14.96	175m:	1:45.30	15.69	275m:	2:49.16	16.08	375m:	3:53.85	16.09	
	100m:	58.29	15.70	200m:	2:01.39	16.09	300m:	3:05.34	16.18	400m:	4:08.99	15.14	
21.	Baris Tomu	ZPCH				201000869	NED		4:10.64 *	+0,67	R	607	
	25m:	13.16	13.16	125m:	1:13.97	15.69	225m:	2:17.54	16.10	325m:	3:22.00	16.17	
	50m:	27.84	14.68	150m:	1:29.79	15.82	250m:	2:33.42	15.88	350m:	3:38.47	16.47	
	75m:	42.89	15.05	175m:	1:45.61	15.82	275m:	2:49.47	16.05	375m:	3:54.92	16.45	
	100m:	58.28	15.39	200m:	2:01.44	15.83	300m:	3:05.83	16.36	400m:	4:10.64	15.72	
22.	Bas Takken	TeamNL PARA - De Dolfijn				199901643	NED S10		4:10.73	+0,73	R	606	886
	25m:	12.83	12.83	125m:	1:13.01	15.56	225m:	2:16.40	16.08	325m:	3:21.95	16.81	
	50m:	27.20	14.37	150m:	1:28.60	15.59	250m:	2:32.35	15.95	350m:	3:38.90	16.95	
	75m:	42.27	15.07	175m:	1:44.55	15.95	275m:	2:48.49	16.14	375m:	3:55.46	16.56	
	100m:	57.45	15.18	200m:	2:00.32	15.77	300m:	3:05.14	16.65	400m:	4:10.73	15.27	
23.	Seth van den Dool	Blue Marlins				200803809	NED		4:10.90	+0,49		605	
	25m:	12.93	12.93	125m:	1:14.66	15.68	225m:	2:18.42	16.00	325m:	3:23.08	16.03	
	50m:	27.78	14.85	150m:	1:30.45	15.79	250m:	2:34.64	16.22	350m:	3:39.18	16.10	
	75m:	43.29	15.51	175m:	1:46.48	16.03	275m:	2:50.91	16.27	375m:	3:55.36	16.18	
	100m:	58.98	15.69	200m:	2:02.42	15.94	300m:	3:07.05	16.14	400m:	4:10.90	15.54	
24.	Tim Boerefijn	WVZ				200802815	NED		4:10.96	+0,72		604	
	25m:	12.94	12.94	125m:	1:14.10	15.53	225m:	2:17.21	15.77	325m:	3:21.52	16.22	
	50m:	27.97	15.03	150m:	1:29.82	15.72	250m:	2:33.08	15.87	350m:	3:37.94	16.42	
	75m:	43.20	15.23	175m:	1:45.58	15.76	275m:	2:49.16	16.08	375m:	3:54.82	16.88	
	100m:	58.57	15.37	200m:	2:01.44	15.86	300m:	3:05.30	16.14	400m:	4:10.96	16.14	
25.	Wessel van Dorst	Aqua-Novio'94				200900727	NED		4:11.00	+0,51		604	
	25m:	12.72	12.72	125m:	1:14.94	15.71	225m:	2:19.29	16.12	325m:	3:23.53	16.11	
	50m:	27.89	15.17	150m:	1:31.03	16.09	250m:	2:35.48	16.19	350m:	3:39.69	16.16	
	75m:	43.40	15.51	175m:	1:47.03	16.00	275m:	2:51.36	15.88	375m:	3:55.72	16.03	
	100m:	59.23	15.83	200m:	2:03.17	16.14	300m:	3:07.42	16.06	400m:	4:11.00	15.28	
26.	Dax van den Noulund	Blue Marlins				201000071	NED		4:12.76	+0,66		592	
	25m:	13.14	13.14	125m:	1:14.02	15.67	225m:	2:18.34	16.10	325m:	3:23.93	16.49	
	50m:	27.70	14.56	150m:	1:30.09	16.07	250m:	2:34.76	16.42	350m:	3:40.47	16.54	
	75m:	42.80	15.10	175m:	1:46.10	16.01	275m:	2:51.06	16.30	375m:	3:56.85	16.38	
	100m:	58.35	15.55	200m:	2:02.24	16.14	300m:	3:07.44	16.38	400m:	4:12.76	15.91	
27.	Tim van Erven	DZ&PC				200700175	NED		4:13.06	+0,73		590	
	25m:	13.33	13.33	125m:	1:15.45	15.72	225m:	2:20.40	16.21	325m:	3:26.09	16.64	
	50m:	28.39	15.06	150m:	1:31.71	16.26	250m:	2:36.68	16.28	350m:	3:42.55	16.46	
	75m:	43.89	15.50	175m:	1:47.81	16.10	275m:	2:52.94	16.26	375m:	3:58.43	15.88	
	100m:	59.73	15.84	200m:	2:04.19	16.38	300m:	3:09.45	16.51	400m:	4:13.06	14.63	
28.	Ruben de Vries	Hellas-Glana				200600497	NED		4:13.43	+0,67		587	
	25m:	12.96	12.96	125m:	1:13.87	15.69	225m:	2:18.65	16.29	325m:	3:24.40	16.43	
	50m:	27.36	14.40	150m:	1:29.93	16.06	250m:	2:35.15	16.50	350m:	3:40.93	16.53	
	75m:	42.36	15.00	175m:	1:45.93	16.00	275m:	2:51.44	16.29	375m:	3:57.34	16.41	
	100m:	58.18	15.82	200m:	2:02.36	16.43	300m:	3:07.97	16.53	400m:	4:13.43	16.09	



Programmanr. 5, Heren, 400m vrije slag, Voorronde, Senioren Open

rang	naam	vereniging							tijd	RT	FINA	para
29.	Luc Mul	DAW				200201025	NED		4:14.19	+0,70	582	
	25m:	13.11	125m:	1:13.76	15.63	225m:	2:18.61	16.42	325m:	3:24.82	16.73	
	50m:	27.75	150m:	1:29.70	15.94	250m:	2:34.99	16.38	350m:	3:41.62	16.80	
	75m:	42.91	175m:	1:46.03	16.33	275m:	2:51.60	16.61	375m:	3:58.38	16.76	
	100m:	58.13	200m:	2:02.19	16.16	300m:	3:08.09	16.49	400m:	4:14.19	15.81	
30.	Jorian Tanis	Albion				199900327	NED		4:14.27	+0,77	581	
	25m:	13.39	125m:	1:15.78	15.98	225m:	2:20.96	16.16	325m:	3:26.97	16.27	
	50m:	28.51	150m:	1:32.04	16.26	250m:	2:37.71	16.75	350m:	3:43.93	16.96	
	75m:	43.93	175m:	1:48.36	16.32	275m:	2:54.21	16.50	375m:	3:59.61	15.68	
	100m:	59.80	200m:	2:04.80	16.44	300m:	3:10.70	16.49	400m:	4:14.27	14.66	
31.	Xander Kragting	ZPC AMERSFOORT				200900077	NED		4:15.73	+0,69	571	
	25m:	13.08	125m:	1:14.34	16.13	225m:	2:19.79	16.60	325m:	3:26.13	16.71	
	50m:	27.55	150m:	1:30.42	16.08	250m:	2:36.11	16.32	350m:	3:42.88	16.75	
	75m:	42.57	175m:	1:46.74	16.32	275m:	2:52.80	16.69	375m:	3:59.64	16.76	
	100m:	58.21	200m:	2:03.19	16.45	300m:	3:09.42	16.62	400m:	4:15.73	16.09	
32.	Teun van Weeren	OZ&PC				200801145	NED		4:16.25	+0,68	568	
	25m:	13.64	125m:	1:16.01	16.02	225m:	2:20.92	16.15	325m:	3:26.73	16.71	
	50m:	28.68	150m:	1:32.24	16.23	250m:	2:37.18	16.26	350m:	3:43.71	16.98	
	75m:	44.15	175m:	1:48.43	16.19	275m:	2:53.48	16.30	375m:	4:00.21	16.50	
	100m:	59.99	200m:	2:04.77	16.34	300m:	3:10.02	16.54	400m:	4:16.25	16.04	
33.	Ramon Vos	ZPC Hoogetveen				201100051	NED		4:16.57	+0,64	566	
	25m:	12.92	125m:	1:16.23	16.25	225m:	2:22.49	16.51	325m:	3:28.55	16.27	
	50m:	28.09	150m:	1:32.83	16.60	250m:	2:39.29	16.80	350m:	3:44.93	16.38	
	75m:	43.83	175m:	1:49.27	16.44	275m:	2:55.81	16.52	375m:	4:00.93	16.00	
	100m:	59.98	200m:	2:05.98	16.71	300m:	3:12.28	16.47	400m:	4:16.57	15.64	
34.	Figo van Duuren	ZPCH				200800391	NED		4:17.10	+0,61	562	
	25m:	13.51	125m:	1:16.80	16.33	225m:	2:22.18	16.46	325m:	3:28.60	16.65	
	50m:	28.64	150m:	1:32.88	16.08	250m:	2:38.84	16.66	350m:	3:45.17	16.57	
	75m:	44.49	175m:	1:49.25	16.37	275m:	2:55.39	16.55	375m:	4:01.37	16.20	
	100m:	1:00.47	200m:	2:05.72	16.47	300m:	3:11.95	16.56	400m:	4:17.10	15.73	
35.	Dyon Scholten	Steenwijk 1934				200900095	NED		4:17.83	+0,78	557	
	25m:	13.28	125m:	1:15.14	16.07	225m:	2:21.10	16.61	325m:	3:28.71	16.85	
	50m:	27.98	150m:	1:31.44	16.30	250m:	2:37.98	16.88	350m:	3:45.52	16.81	
	75m:	43.35	175m:	1:47.95	16.51	275m:	2:54.85	16.87	375m:	4:02.11	16.59	
	100m:	59.07	200m:	2:04.49	16.54	300m:	3:11.86	17.01	400m:	4:17.83	15.72	
36.	Rens Stijf	ZPC AMERSFOORT				200501419	NED		4:18.92	+0,63	550	
	25m:	13.03	125m:	1:15.23	16.02	225m:	2:20.51	16.32	325m:	3:27.40	16.94	
	50m:	28.11	150m:	1:31.45	16.22	250m:	2:36.97	16.46	350m:	3:44.69	17.29	
	75m:	43.51	175m:	1:47.81	16.36	275m:	2:53.57	16.60	375m:	4:02.04	17.35	
	100m:	59.21	200m:	2:04.19	16.38	300m:	3:10.46	16.89	400m:	4:18.92	16.88	
37.	Tren Wullms	Hellas-Glana				201000469	NED		4:18.95	+0,59	550	
	25m:	13.23	125m:	1:16.23	16.12	225m:	2:22.02	16.74	325m:	3:29.67	16.98	
	50m:	28.45	150m:	1:32.43	16.20	250m:	2:38.67	16.65	350m:	3:46.32	16.65	
	75m:	44.31	175m:	1:49.08	16.65	275m:	2:55.56	16.89	375m:	4:03.09	16.77	
	100m:	1:00.11	200m:	2:05.28	16.20	300m:	3:12.69	17.13	400m:	4:18.95	15.86	
38.	Finn Eghuizen	HZ&PC Heerenveen				200900431	NED		4:19.43	+0,63	547	
	25m:	12.73	125m:	1:14.57	16.01	225m:	2:20.86	16.64	325m:	3:28.82	17.12	
	50m:	27.14	150m:	1:30.98	16.41	250m:	2:37.73	16.87	350m:	3:45.98	17.16	
	75m:	42.53	175m:	1:47.54	16.56	275m:	2:54.63	16.90	375m:	4:02.83	16.85	
	100m:	58.56	200m:	2:04.22	16.68	300m:	3:11.70	17.07	400m:	4:19.43	16.60	
39.	Mauro Bedeke	DAW				201000537	NED		4:19.68	+0,67	546	
	25m:	12.95	125m:	1:17.30	16.32	225m:	2:23.70	16.80	325m:	3:30.59	16.93	
	50m:	28.54	150m:	1:33.89	16.59	250m:	2:40.09	16.39	350m:	3:47.14	16.55	
	75m:	44.62	175m:	1:50.39	16.50	275m:	2:57.10	17.01	375m:	4:03.89	16.75	
	100m:	1:00.98	200m:	2:06.90	16.51	300m:	3:13.66	16.56	400m:	4:19.68	15.79	
40.	Jelle van den Berg	De Treffers				200802053	NED		4:19.69	+0,87	545	
	25m:	13.61	125m:	1:16.30	16.15	225m:	2:21.73	16.32	325m:	3:29.78	17.08	
	50m:	28.78	150m:	1:32.35	16.05	250m:	2:38.63	16.90	350m:	3:47.04	17.26	
	75m:	44.25	175m:	1:48.69	16.34	275m:	2:55.67	17.04	375m:	4:03.59	16.55	
	100m:	1:00.15	200m:	2:05.41	16.72	300m:	3:12.70	17.03	400m:	4:19.69	16.10	
41.	Thijmen Pruijssers	Hieronymus				201000129	NED		4:20.84	+0,68	538	
	25m:	13.85	125m:	1:18.27	16.64	225m:	2:25.04	16.87	325m:	3:32.20	16.88	
	50m:	29.34	150m:	1:34.89	16.62	250m:	2:41.67	16.63	350m:	3:49.06	16.86	
	75m:	45.45	175m:	1:51.54	16.65	275m:	2:58.44	16.77	375m:	4:05.54	16.48	
	100m:	1:01.63	200m:	2:08.17	16.63	300m:	3:15.32	16.88	400m:	4:20.84	15.30	
42.	Joey Pop	ZVVS				200800277	NED		4:22.08	+0,72	531	
	25m:	13.13	125m:	1:15.56	16.25	225m:	2:22.03	16.86	325m:	3:31.07	17.43	
	50m:	27.66	150m:	1:31.63	16.07	250m:	2:39.04	17.01	350m:	3:48.09	17.02	
	75m:	43.39	175m:	1:48.33	16.70	275m:	2:56.31	17.27	375m:	4:05.88	17.79	
	100m:	59.31	200m:	2:05.17	16.84	300m:	3:13.64	17.33	400m:	4:22.08	16.20	



Programmanr. 5, Heren, 400m vrije slag, Voorronde, Senioren Open

rang	naam	vereniging				tijd		RT	FINA	para
43.	Sven Mulder	WVZ		200901655	NED	4:24.75		+0,72	515	
	25m: 13.74	13.74	125m: 1:17.69	16.39	225m: 2:24.85	16.79	325m: 3:33.39		17.00	
	50m: 29.15	15.41	150m: 1:34.48	16.79	250m: 2:41.99	17.14	350m: 3:51.30		17.91	
	75m: 45.04	15.89	175m: 1:51.02	16.54	275m: 2:58.92	16.93	375m: 4:08.35		17.05	
	100m: 1:01.30	16.26	200m: 2:08.06	17.04	300m: 3:16.39	17.47	400m: 4:24.75		16.40	
44.	Chris de Man	De Gooische (SG)		200903101	NED	4:27.21		+0,82	501	
	25m: 13.21	13.21	125m: 1:17.55	16.88	225m: 2:25.42	17.12	325m: 3:36.49		17.44	
	50m: 28.68	15.47	150m: 1:34.33	16.78	250m: 2:43.47	18.05	350m: 3:53.85		17.36	
	75m: 44.40	15.72	175m: 1:51.15	16.82	275m: 3:01.12	17.65	375m: 4:10.65		16.80	
	100m: 1:00.67	16.27	200m: 2:08.30	17.15	300m: 3:19.05	17.93	400m: 4:27.21		16.56	
45.	Aidan van der Stelt	Blue Marlins		200900901	NED	4:27.57 *		+0,69	499	
	25m: 13.19	13.19	125m: 1:15.99	16.28	225m: 2:23.20	17.16	325m: 3:33.79		17.96	
	50m: 28.29	15.10	150m: 1:32.46	16.47	250m: 2:40.62	17.42	350m: 3:51.80		18.01	
	75m: 43.65	15.36	175m: 1:49.12	16.66	275m: 2:58.12	17.50	375m: 4:09.77		17.97	
	100m: 59.71	16.06	200m: 2:06.04	16.92	300m: 3:15.83	17.71	400m: 4:27.57		17.80	
46.	Mathijs de Wit	DZ&PC		201001215	NED	4:30.32		+0,70	484	
	25m: 13.30	13.30	125m: 1:18.29	16.38	225m: 2:26.24	16.94	325m: 3:36.28		17.63	
	50m: 29.12	15.82	150m: 1:35.41	17.12	250m: 2:43.38	17.14	350m: 3:54.59		18.31	
	75m: 45.19	16.07	175m: 1:52.19	16.78	275m: 3:00.76	17.38	375m: 4:12.37		17.78	
	100m: 1:01.91	16.72	200m: 2:09.30	17.11	300m: 3:18.65	17.89	400m: 4:30.32		17.95	
47.	Julian Hendriks <i>Dutch PARA Record</i>	TeamNL PARA - De Gooische (SG)		200603717	NED S7	5:03.17		+0,70	Q	343 731
	25m: 16.27	16.27	125m: 1:30.37	18.88	225m: 2:47.31	19.29	325m: 4:06.35		18.98	
	50m: 34.36	18.09	150m: 1:49.71	19.34	250m: 3:07.37	20.06	350m: 4:25.82		19.47	
	75m: 52.83	18.47	175m: 2:08.62	18.91	275m: 3:27.36	19.99	375m: 4:44.65		18.83	
	100m: 1:11.49	18.66	200m: 2:28.02	19.40	300m: 3:47.37	20.01	400m: 5:03.17		18.52	
48.	Kuan Ypma	Het Y		200903429	NED S10	5:18.31			Q	296 433
	25m: 16.73	16.73	125m: 1:31.34	19.51	225m: 2:51.67	20.48	325m: 4:14.41		20.83	
	50m: 34.52	17.79	150m: 1:50.96	19.62	250m: 3:12.41	20.74	350m: 4:34.29		19.88	
	75m: 53.10	18.58	175m: 2:11.22	20.26	275m: 3:33.21	20.80	375m: 4:59.06		24.77	
	100m: 1:11.83	18.73	200m: 2:31.19	19.97	300m: 3:53.58	20.37	400m: 5:18.31		19.25	
49.	Twan van der Schrier	AZC		201400237	NED S14	5:28.06		+0,88	Q	270 428
	25m: 16.32	16.32	125m: 1:34.51	20.18	225m: 2:57.74	20.95	325m: 4:23.12		21.38	
	50m: 34.99	18.67	150m: 1:55.01	20.50	250m: 3:18.83	21.09	350m: 4:44.79		21.67	
	75m: 54.21	19.22	175m: 2:15.82	20.81	275m: 3:40.18	21.35	375m: 5:06.35		21.56	
	100m: 1:14.33	20.12	200m: 2:36.79	20.97	300m: 4:01.74	21.56	400m: 5:28.06		21.71	
NG	Thijs Wellink	Zwemlust-den Hommel		200600715	NED					