

Programmanr. 5
 22-10-2026 - 18:58

Heren, 400m vrije slag

 Senioren Open
 Resultaten Finale

Punten: AQUA 2025

rang	naam	vereniging				tijd				RT	FINA	para
PARA open												
1.	Bas Takken	TeamNL PARA - De Dolfijn				199901643	NED S10		4:07.59	+0,73	630	920
	25m:	12.92	12.92	125m:	1:13.33	15.32	225m:	2:16.15	15.72	325m:	3:19.77	16.02
	50m:	27.40	14.48	150m:	1:28.87	15.54	250m:	2:31.97	15.82	350m:	3:36.25	16.48
	75m:	42.68	15.28	175m:	1:44.78	15.91	275m:	2:47.77	15.80	375m:	3:52.32	16.07
	100m:	58.01	15.33	200m:	2:00.43	15.65	300m:	3:03.75	15.98	400m:	4:07.59	15.27
2.	Julian Hendriks	TeamNL PARA - De Gooische (SC200603717					NED S7		5:01.24	+0,84	349	745
	<i>Dutch PARA Record</i>											
	25m:	16.26	16.26	125m:	1:30.24	18.99	225m:	2:47.44	19.61	325m:	4:04.61	19.15
	50m:	33.92	17.66	150m:	1:49.19	18.95	250m:	3:06.45	19.01	350m:	4:24.00	19.39
	75m:	52.36	18.44	175m:	2:08.63	19.44	275m:	3:26.04	19.59	375m:	4:43.25	19.25
	100m:	1:11.25	18.89	200m:	2:27.83	19.20	300m:	3:45.46	19.42	400m:	5:01.24	17.99
3.	Kuan Ypma	Het Y				200903429	NED S10		5:13.21	+0,57	311	455
	25m:	16.69	16.69	125m:	1:31.20	19.50	225m:	2:52.18	20.46	325m:	4:13.44	20.57
	50m:	34.40	17.71	150m:	1:51.43	20.23	250m:	3:12.20	20.02	350m:	4:33.58	20.14
	75m:	52.56	18.16	175m:	2:11.40	19.97	275m:	3:32.67	20.47	375m:	4:53.97	20.39
	100m:	1:11.70	19.14	200m:	2:31.72	20.32	300m:	3:52.87	20.20	400m:	5:13.21	19.24
4.	Twan van der Schrier	AZC				201400237	NED S14		5:23.42	+0,71	282	447
	25m:	16.42	16.42	125m:	1:34.22	19.97	225m:	2:56.11	20.35	325m:	4:20.23	20.90
	50m:	34.98	18.56	150m:	1:54.56	20.34	250m:	3:17.55	21.44	350m:	4:41.48	21.25
	75m:	54.71	19.73	175m:	2:14.94	20.38	275m:	3:38.27	20.72	375m:	5:02.83	21.35
	100m:	1:14.25	19.54	200m:	2:35.76	20.82	300m:	3:59.33	21.06	400m:	5:23.42	20.59

Senioren Open

Finale A

1.	Tiago Fonseca Gomes	HPC - PSV			200703587	NED	3:43.91	+0,59	851
	25m: 11.71	11.71	125m: 1:07.30	14.09	225m: 2:04.69	14.35	325m: 3:01.63	14.18	
	50m: 25.32	13.61	150m: 1:21.60	14.30	250m: 2:18.92	14.23	350m: 3:15.97	14.34	
	75m: 39.17	13.85	175m: 1:35.99	14.39	275m: 2:33.23	14.31	375m: 3:30.26	14.29	
	100m: 53.21	14.04	200m: 1:50.34	14.35	300m: 2:47.45	14.22	400m: 3:43.91	13.65	
2.	Austin Namesnik	ZPC AMERSFOORT			200101817	NED	3:46.89	+0,59	818
	25m: 11.88	11.88	125m: 1:07.69	14.05	225m: 2:05.39	14.49	325m: 3:03.85	14.62	
	50m: 25.57	13.69	150m: 1:21.95	14.26	250m: 2:20.08	14.69	350m: 3:18.49	14.64	
	75m: 39.52	13.95	175m: 1:36.27	14.32	275m: 2:34.58	14.50	375m: 3:32.95	14.46	
	100m: 53.64	14.12	200m: 1:50.90	14.63	300m: 2:49.23	14.65	400m: 3:46.89	13.94	
3.	Émile Fouzaï	ZPC AMERSFOORT			200500263	QAT	3:48.00	+0,66	806
	25m: 12.65	12.65	125m: 1:09.28	14.25	225m: 2:06.74	14.37	325m: 3:04.75	14.51	
	50m: 26.51	13.86	150m: 1:23.58	14.30	250m: 2:21.11	14.37	350m: 3:19.27	14.52	
	75m: 40.73	14.22	175m: 1:38.01	14.43	275m: 2:35.66	14.55	375m: 3:33.92	14.65	
	100m: 55.03	14.30	200m: 1:52.37	14.36	300m: 2:50.24	14.58	400m: 3:48.00	14.08	
4.	Martijn Nies	PSV			200902095	NED	3:51.64	+0,72	769
	25m: 12.24	12.24	125m: 1:08.79	14.24	225m: 2:07.88	14.76	325m: 3:07.36	14.76	
	50m: 26.00	13.76	150m: 1:23.52	14.73	250m: 2:22.77	14.89	350m: 3:22.29	14.93	
	75m: 40.16	14.16	175m: 1:38.29	14.77	275m: 2:37.70	14.93	375m: 3:37.23	14.94	
	100m: 54.55	14.39	200m: 1:53.12	14.83	300m: 2:52.60	14.90	400m: 3:51.64	14.41	
5.	Youri Voet	ZPC AMERSFOORT			200502269	NED	3:52.31	+0,66	762
	25m: 12.83	12.83	125m: 1:10.40	14.55	225m: 2:09.53	14.79	325m: 3:09.15	14.80	
	50m: 26.93	14.10	150m: 1:25.08	14.68	250m: 2:24.44	14.91	350m: 3:24.05	14.90	
	75m: 41.36	14.43	175m: 1:39.90	14.82	275m: 2:39.29	14.85	375m: 3:38.82	14.77	
	100m: 55.85	14.49	200m: 1:54.74	14.84	300m: 2:54.35	15.06	400m: 3:52.31	13.49	
6.	Diede Veld	HZ&PC Heerenveen			200800011	NED	3:52.63	+0,73	759
	25m: 12.54	12.54	125m: 1:10.77	14.61	225m: 2:09.95	14.77	325m: 3:09.24	14.62	
	50m: 26.65	14.11	150m: 1:25.44	14.67	250m: 2:24.86	14.91	350m: 3:24.28	15.04	
	75m: 41.28	14.63	175m: 1:40.19	14.75	275m: 2:39.60	14.74	375m: 3:38.80	14.52	
	100m: 56.16	14.88	200m: 1:55.18	14.99	300m: 2:54.62	15.02	400m: 3:52.63	13.83	
7.	Boele Böhm	SG Bayer			524109	NED	3:52.90	+0,63	756
	25m: 12.12	12.12	125m: 1:09.17	14.61	225m: 2:08.84	14.76	325m: 3:09.14	14.94	
	50m: 25.93	13.81	150m: 1:23.99	14.82	250m: 2:23.92	15.08	350m: 3:24.02	14.88	
	75m: 40.14	14.21	175m: 1:38.82	14.83	275m: 2:39.16	15.24	375m: 3:38.85	14.83	
	100m: 54.56	14.42	200m: 1:54.08	15.26	300m: 2:54.20	15.04	400m: 3:52.90	14.05	
8.	Tieme Marten Wiersma	HPC - DZ&PC			200701031	NED	3:54.73	+0,72	739
	25m: 12.85	12.85	125m: 1:11.57	14.97	225m: 2:11.68	15.05	325m: 3:11.55	15.08	
	50m: 27.04	14.19	150m: 1:26.60	15.03	250m: 2:26.55	14.87	350m: 3:26.21	14.66	
	75m: 41.67	14.63	175m: 1:41.61	15.01	275m: 2:41.64	15.09	375m: 3:40.70	14.49	
	100m: 56.60	14.93	200m: 1:56.63	15.02	300m: 2:56.47	14.83	400m: 3:54.73	14.03	



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

rang	naam	vereniging				tijd				RT	FINA	para
9.	Bere Waerniers	Zwemfed				VZF/10018/08 BEL				3:54.89	+0,68	737
	25m:	12.58	12.58	125m:	1:10.11	14.37	225m:	2:09.82	14.99	325m:	3:09.87	15.31
	50m:	26.82	14.24	150m:	1:24.83	14.72	250m:	2:24.76	14.94	350m:	3:25.51	15.64
	75m:	41.15	14.33	175m:	1:39.77	14.94	275m:	2:39.55	14.79	375m:	3:40.37	14.86
	100m:	55.74	14.59	200m:	1:54.83	15.06	300m:	2:54.56	15.01	400m:	3:54.89	14.52
10.	Bram Loots	HPC - KZC				200700197 NED				3:57.07	+0,65	717
	25m:	12.78	12.78	125m:	1:11.84	14.98	225m:	2:11.99	15.00	325m:	3:12.52	15.06
	50m:	27.21	14.43	150m:	1:26.95	15.11	250m:	2:27.29	15.30	350m:	3:27.80	15.28
	75m:	41.88	14.67	175m:	1:41.92	14.97	275m:	2:42.44	15.15	375m:	3:42.53	14.73
	100m:	56.86	14.98	200m:	1:56.99	15.07	300m:	2:57.46	15.02	400m:	3:57.07	14.54
Finale B												
11.	Seppe Lammens	Zwemfed				VZF/10009/07 BEL				3:58.14	+0,72	708
	25m:	12.25	12.25	125m:	1:10.38	15.06	225m:	2:11.43	15.41	325m:	3:12.81	15.40
	50m:	26.31	14.06	150m:	1:25.54	15.16	250m:	2:26.81	15.38	350m:	3:28.18	15.37
	75m:	40.70	14.39	175m:	1:40.79	15.25	275m:	2:42.06	15.25	375m:	3:43.59	15.41
	100m:	55.32	14.62	200m:	1:56.02	15.23	300m:	2:57.41	15.35	400m:	3:58.14	14.55
12.	Milan Veelders	ZPC AMERSFOORT				200800279 NED				4:01.29	+0,65	680
	25m:	12.65	12.65	125m:	1:14.11	15.43	225m:	2:15.71	15.24	325m:	3:16.43	14.95
	50m:	27.57	14.92	150m:	1:29.81	15.70	250m:	2:31.14	15.43	350m:	3:31.60	15.17
	75m:	42.83	15.26	175m:	1:45.07	15.26	275m:	2:46.32	15.18	375m:	3:46.66	15.06
	100m:	58.68	15.85	200m:	2:00.47	15.40	300m:	3:01.48	15.16	400m:	4:01.29	14.63
13.	Mattias Stolk	HZ&PC Heerenveen				201000525 NED				4:02.74	+0,74	668
	25m:	12.94	12.94	125m:	1:12.68	15.16	225m:	2:13.81	15.13	325m:	3:16.08	15.80
	50m:	27.31	14.37	150m:	1:27.91	15.23	250m:	2:29.22	15.41	350m:	3:31.71	15.63
	75m:	42.39	15.08	175m:	1:43.18	15.27	275m:	2:44.63	15.41	375m:	3:47.39	15.68
	100m:	57.52	15.13	200m:	1:58.68	15.50	300m:	3:00.28	15.65	400m:	4:02.74	15.35
14.	Bas Blanker	ACZ				200601497 NED				4:06.15 *	+0,68	641
	25m:	12.81	12.81	125m:	1:14.03	15.76	225m:	2:17.07	15.70	325m:	3:20.41	15.83
	50m:	27.60	14.79	150m:	1:29.74	15.71	250m:	2:33.03	15.96	350m:	3:36.29	15.88
	75m:	42.76	15.16	175m:	1:45.57	15.83	275m:	2:48.90	15.87	375m:	3:51.85	15.56
	100m:	58.27	15.51	200m:	2:01.37	15.80	300m:	3:04.58	15.68	400m:	4:06.15	14.30
15.	Luuk Ruinemans	De Dinkel				200301085 NED				4:06.32	+0,81	639
	25m:	12.75	12.75	125m:	1:13.52	15.55	225m:	2:16.93	15.61	325m:	3:19.48	15.47
	50m:	27.28	14.53	150m:	1:29.39	15.87	250m:	2:32.65	15.72	350m:	3:35.23	15.75
	75m:	42.34	15.06	175m:	1:45.24	15.85	275m:	2:48.18	15.53	375m:	3:50.95	15.72
	100m:	57.97	15.63	200m:	2:01.32	16.08	300m:	3:04.01	15.83	400m:	4:06.32	15.37
16.	Giovanni Wolfgang	MSV-Zeemacht				201100859 NED				4:06.37	+0,70	639
	25m:	13.08	13.08	125m:	1:13.97	15.63	225m:	2:17.28	15.90	325m:	3:20.28	16.08
	50m:	27.59	14.51	150m:	1:29.67	15.70	250m:	2:32.82	15.54	350m:	3:36.26	15.98
	75m:	42.90	15.31	175m:	1:45.57	15.90	275m:	2:48.44	15.62	375m:	3:51.91	15.65
	100m:	58.34	15.44	200m:	2:01.38	15.81	300m:	3:04.20	15.76	400m:	4:06.37	14.46
17.	Jasper Thijert	WS Twente				200700321 NED				4:06.62	+0,70	637
	25m:	12.78	12.78	125m:	1:12.49	15.50	225m:	2:16.33	16.08	325m:	3:20.21	16.02
	50m:	27.11	14.33	150m:	1:28.40	15.91	250m:	2:32.31	15.98	350m:	3:36.07	15.86
	75m:	41.76	14.65	175m:	1:44.30	15.90	275m:	2:48.17	15.86	375m:	3:51.77	15.70
	100m:	56.99	15.23	200m:	2:00.25	15.95	300m:	3:04.19	16.02	400m:	4:06.62	14.85
18.	Jelte de Jong	ZPCH				200900975 NED				4:06.74	+0,72	636
	25m:	12.66	12.66	125m:	1:12.77	15.58	225m:	2:16.13	15.87	325m:	3:19.98	15.79
	50m:	27.08	14.42	150m:	1:28.33	15.56	250m:	2:32.25	16.12	350m:	3:36.22	16.24
	75m:	41.80	14.72	175m:	1:44.22	15.89	275m:	2:48.15	15.90	375m:	3:51.81	15.59
	100m:	57.19	15.39	200m:	2:00.26	16.04	300m:	3:04.19	16.04	400m:	4:06.74	14.93
19.	Jort Siebelt	OZ&PC				200700083 NED				4:07.01	+0,56	634
	25m:	13.15	13.15	125m:	1:14.35	15.72	225m:	2:17.32	15.46	325m:	3:20.38	15.99
	50m:	27.71	14.56	150m:	1:30.16	15.81	250m:	2:32.91	15.59	350m:	3:36.35	15.97
	75m:	43.02	15.31	175m:	1:46.07	15.91	275m:	2:48.54	15.63	375m:	3:52.37	16.02
	100m:	58.63	15.61	200m:	2:01.86	15.79	300m:	3:04.39	15.85	400m:	4:07.01	14.64
20.	Abel op den Velde	De Duinkickers				201000079 NED				4:12.73	+0,68	592
	25m:	12.79	12.79	125m:	1:13.73	15.68	225m:	2:18.24	16.02	325m:	3:23.99	16.39
	50m:	27.56	14.77	150m:	1:29.99	16.26	250m:	2:34.53	16.29	350m:	3:40.47	16.48
	75m:	42.30	14.74	175m:	1:45.86	15.87	275m:	2:50.76	16.23	375m:	3:56.75	16.28
	100m:	58.05	15.75	200m:	2:02.22	16.36	300m:	3:07.60	16.84	400m:	4:12.73	15.98