

Event 23  
18-4-2026 - 11:44

Men, 400m Medley

 Senior Open  
Results Prelim

Points: AQUA 2025

rang	naam	vereniging	tijd	RT	FINA	PARA		
<b>junior</b>								
1.	Yarno van Dam	ACZ	200800115	<b>4:36.38</b>	+0,73	Q 675		
	50m: 28.36	28.36	150m: 1:36.88	35.50	250m: 2:53.23	40.61	350m: 4:05.61	31.24
	100m: 1:01.38	33.02	200m: 2:12.62	35.74	300m: 3:34.37	41.14	400m: 4:36.38	30.77
2.	Sverre van der Zwaan	WVZ	200900737	<b>4:52.34</b>	+0,76	Q 570		
	50m: 30.39	30.39	150m: 1:41.77	36.18	250m: 3:01.43	43.44	350m: 4:19.91	33.74
	100m: 1:05.59	35.20	200m: 2:17.99	36.22	300m: 3:46.17	44.74	400m: 4:52.34	32.43
3.	Dax van den Nouland	Blue Marlins	201000071	<b>4:52.82</b>	+0,67	Q 567		
	50m: 31.37	31.37	150m: 1:46.02	38.74	250m: 3:04.02	39.13	350m: 4:19.36	34.13
	100m: 1:07.28	35.91	200m: 2:24.89	38.87	300m: 3:45.23	41.21	400m: 4:52.82	33.46
4.	Stefan van der Meer	VZC	200901361	<b>4:56.22</b>	+0,64	Q 548		
	50m: 29.20	29.20	150m: 1:42.15	37.91	250m: 3:02.22	42.33	350m: 4:21.38	35.35
	100m: 1:04.24	35.04	200m: 2:19.89	37.74	300m: 3:46.03	43.81	400m: 4:56.22	34.84
5.	Adriaan Coppelmans	AZC	200903243	<b>5:00.30</b>	+0,68	Q 526		
	50m: 31.24	31.24	150m: 1:49.39	39.21	250m: 3:10.93	42.85	350m: 4:28.18	33.35
	100m: 1:10.18	38.94	200m: 2:28.08	38.69	300m: 3:54.83	43.90	400m: 5:00.30	32.12
6.	Laurens van van Nulck	Hellas-Glana	201100521	<b>5:02.21</b>	+0,75	Q 516		
	50m: 32.07	32.07	150m: 1:51.44	42.11	250m: 3:12.86	40.41	350m: 4:29.16	34.95
	100m: 1:09.33	37.26	200m: 2:32.45	41.01	300m: 3:54.21	41.35	400m: 5:02.21	33.05
sick	Koen de Vries	De Reest	200802379					

**Senior Open**

1.	Cedric Buessing	SG Essen	307138	<b>4:29.93</b>	+0,70	Q 725		
	50m: 27.98	27.98	150m: 1:35.63	35.24	250m: 2:48.82	37.83	350m: 3:59.54	32.21
	100m: 1:00.39	32.41	200m: 2:10.99	35.36	300m: 3:27.33	38.51	400m: 4:29.93	30.39
2.	Yarno van Dam	ACZ	200800115	<b>4:36.38</b>	+0,73	Q 675		
	50m: 28.36	28.36	150m: 1:36.88	35.50	250m: 2:53.23	40.61	350m: 4:05.61	31.24
	100m: 1:01.38	33.02	200m: 2:12.62	35.74	300m: 3:34.37	41.14	400m: 4:36.38	30.77
3.	Carl Morris Magold	SSG Saar Max Ritter	348696	<b>4:37.98</b>	+0,70	Q 663		
	50m: 27.62	27.62	150m: 1:37.69	37.32	250m: 2:53.22	38.51	350m: 4:05.89	32.98
	100m: 1:00.37	32.75	200m: 2:14.71	37.02	300m: 3:32.91	39.69	400m: 4:37.98	32.09
4.	Sverre van der Zwaan	WVZ	200900737	<b>4:52.34</b>	+0,76	Q 570		
	50m: 30.39	30.39	150m: 1:41.77	36.18	250m: 3:01.43	43.44	350m: 4:19.91	33.74
	100m: 1:05.59	35.20	200m: 2:17.99	36.22	300m: 3:46.17	44.74	400m: 4:52.34	32.43
5.	Dax van den Nouland	Blue Marlins	201000071	<b>4:52.82</b>	+0,67	Q 567		
	50m: 31.37	31.37	150m: 1:46.02	38.74	250m: 3:04.02	39.13	350m: 4:19.36	34.13
	100m: 1:07.28	35.91	200m: 2:24.89	38.87	300m: 3:45.23	41.21	400m: 4:52.82	33.46
6.	Jasper Thijert	WS Twente	200700321	<b>4:54.50</b>	+0,67	Q 558		
	50m: 29.24	29.24	150m: 1:43.62	39.48	250m: 3:00.62	38.71	350m: 4:18.95	36.91
	100m: 1:04.14	34.90	200m: 2:21.91	38.29	300m: 3:42.04	41.42	400m: 4:54.50	35.55
7.	Stefan van der Meer	VZC	200901361	<b>4:56.22</b>	+0,64	Q 548		
	50m: 29.20	29.20	150m: 1:42.15	37.91	250m: 3:02.22	42.33	350m: 4:21.38	35.35
	100m: 1:04.24	35.04	200m: 2:19.89	37.74	300m: 3:46.03	43.81	400m: 4:56.22	34.84
8.	Adriaan Coppelmans	AZC	200903243	<b>5:00.30</b>	+0,68	Q 526		
	50m: 31.24	31.24	150m: 1:49.39	39.21	250m: 3:10.93	42.85	350m: 4:28.18	33.35
	100m: 1:10.18	38.94	200m: 2:28.08	38.69	300m: 3:54.83	43.90	400m: 5:00.30	32.12
9.	Laurens van van Nulck	Hellas-Glana	201100521	<b>5:02.21</b>	+0,75	Q 516		
	50m: 32.07	32.07	150m: 1:51.44	42.11	250m: 3:12.86	40.41	350m: 4:29.16	34.95
	100m: 1:09.33	37.26	200m: 2:32.45	41.01	300m: 3:54.21	41.35	400m: 5:02.21	33.05
10.	Jesse Marijn Thimister	ZEPS	200602893	<b>5:02.78</b>	+0,67	Q 513		
	50m: 31.61	31.61	150m: 1:51.55	41.78	250m: 3:14.73	41.42	350m: 4:30.54	34.52
	100m: 1:09.77	38.16	200m: 2:33.31	41.76	300m: 3:56.02	41.29	400m: 5:02.78	32.24
sick	Koen de Vries	De Reest	200802379					