

Provinciaal Kampioenschap kb - middellange afstand  
Alphen a/d Rijn, 29-11-2025

Programmanr. 14  
29-11-2025 - 18:30

Heren, 400m vrije slag

11 jaar en ouder  
Resultaten

rang	naam	vereniging	intijd		tijd	RT
<b>Onder 14</b>						
1.	Finn Ostermann	AZC	5:02.57	201301059	<b>4:48.45</b>	
	50m: 32.96	32.96	150m:	250m:	350m:	
	100m: 1:09.17	36.21	200m: 2:23.39	300m:	400m: 4:48.45	
2.	Luc van Drunick	Noordwijkerhout	4:54.69	201201659	<b>4:53.14</b>	
	50m: 32.68	32.68	150m:	250m:	350m:	
	100m: 1:09.10	36.42	200m: 2:23.65	300m:	400m: 4:53.14	
3.	Kris Stoyanov	Blue Marlins	5:04.70	201201505	<b>5:06.38</b>	
	50m: 32.27	32.27	150m:	250m:	350m:	
	100m: 1:09.91	37.64	200m: 2:28.33	300m:	400m: 5:06.38	
4.	Henk de Mooij	De Columbiaan	5:24.65	201200681	<b>5:22.72</b>	
	50m: 34.93	34.93	150m:	250m:	350m:	
	100m: 1:14.94	40.01	200m: 2:39.02	300m:	400m: 5:22.72	
5.	Sven Nozeman	ZVL-1886	5:15.39	201300993	<b>5:25.82</b>	
	50m: 33.68	33.68	150m:	250m:	350m:	
	100m: 1:12.69	39.01	200m: 2:37.44	300m:	400m: 5:25.82	
6.	Twan van der Schrier	AZC	6:02.22	201400237	<b>5:51.27</b>	124
	50m: 37.36	37.36	150m:	250m:	350m:	
	100m: 1:20.65	43.29	200m: 2:49.81	300m:	400m: 5:51.27	
<b>Onder 16</b>						
1.	Dax van den Nouland	Blue Marlins	4:16.29	201000071	<b>4:14.69</b>	
	50m: 28.52	28.52	150m:	250m:	350m:	
	100m: 59.58	31.06	200m: 2:04.42	300m:	400m: 4:14.69	
2.	Kris Westerhout	ZZ&PC De Devel	4:33.84	201000883	<b>4:31.61</b>	
	50m: 29.85	29.85	150m:	250m:	350m:	
	100m: 1:03.17	33.32	200m: 2:13.31	300m:	400m: 4:31.61	
3.	David van der Valk	Wiekslag	4:36.00	201100519	<b>4:31.67</b>	
	50m: 30.98	30.98	150m:	250m:	350m:	
	100m: 1:05.27	34.29	200m: 2:15.29	300m:	400m: 4:31.67	
4.	Thijs van Kints	BZ en PC	4:45.11	201101059	<b>4:43.09</b>	
	50m: 31.01	31.01	150m:	250m:	350m:	
	100m: 1:05.79	34.78	200m: 2:17.99	300m:	400m: 4:43.09	
5.	Vince van Dam	ACZ	4:47.18	201000405	<b>4:45.35</b>	
	50m: 31.86	31.86	150m:	250m:	350m:	
	100m: 1:07.10	35.24	200m: 2:19.06	300m:	400m: 4:45.35	
6.	Wanja Chepenko	ACZ	4:45.40	201102065	<b>4:49.18</b>	
	50m: 31.43	31.43	150m:	250m:	350m:	
	100m: 1:07.18	35.75	200m: 2:21.10	300m:	400m: 4:49.18	
7.	Vishnu Jaivant	WVZ	4:56.15	201003887	<b>4:53.49</b>	
	50m: 33.20	33.20	150m:	250m:	350m:	
	100m: 1:09.59	36.39	200m: 2:25.81	300m:	400m: 4:53.49	
8.	Victor Thijssen	De Columbiaan	4:58.21	201102221	<b>4:57.88</b>	
	50m: 32.70	32.70	150m:	250m:	350m:	
	100m: 1:09.08	36.38	200m: 2:25.82	300m:	400m: 4:57.88	
9.	Rufus Zorge	De Gooye	5:14.59	201000443	<b>4:58.08</b>	
	50m: 32.29	32.29	150m:	250m:	350m:	
	100m: 1:09.06	36.77	200m: 2:25.64	300m:	400m: 4:58.08	
10.	Fred Grohn	ZVL-1886	5:13.09	201103499	<b>5:12.44</b>	
	50m: 32.59	32.59	150m:	250m:	350m:	
	100m: 1:10.84	38.25	200m: 2:32.05	300m:	400m: 5:12.44	
11.	Teun Evers	ZVL-1886	5:11.28	201101965	<b>5:15.09</b>	
	50m: 35.26	35.26	150m:	250m:	350m:	
	100m: 1:15.06	39.80	200m: 2:34.91	300m:	400m: 5:15.09	
12.	Joshua Walkow	WZK	5:13.48	201003587	<b>5:23.90</b>	
	50m: 34.22	34.22	150m:	250m:	350m:	
	100m: 1:13.69	39.47	200m: 2:36.42	300m:	400m: 5:23.90	
NG	Nout de Roo	Blue Marlins	4:49.60	201103345		

Provinciaal Kampioenschap kb - middellange afstand  
Alphen a/d Rijn, 29-11-2025

Programmanr. 14, Heren, 400m vrije slag

Onder 18

1.	Joey Pop	ZV Vlaardingen-Schiedam	4:19.34	200800277		<b>4:19.01</b>	
	50m: 27.92	27.92	150m:	250m:	350m:		
	100m: 59.40	31.48	200m: 2:06.03	300m:	400m: 4:19.01		
2.	Aidan van der Stelt	Blue Marlins	4:22.39	200900901		<b>4:19.10</b>	
	50m: 28.31	28.31	150m:	250m:	350m:		
	100m: 1:00.44	32.13	200m: 2:06.61	300m:	400m: 4:19.10		
3.	Lucas Bongers	ZOB'66	4:38.11	200800903		<b>4:38.45</b>	
	50m: 29.94	29.94	150m:	250m:	350m:		
	100m: 1:03.89	33.95	200m: 2:14.07	300m:	400m: 4:38.45		
4.	Paul Ruitenbergh	Wiekslag	4:35.05	200900979		<b>4:43.06</b>	
	50m: 29.92	29.92	150m:	250m:	350m:		
	100m: 1:04.84	34.92	200m: 2:17.85	300m:	400m: 4:43.06		
5.	Sem Jongejan	z.c De Schotejil	4:56.13	200901269		<b>4:43.52</b>	
	50m: 31.10	31.10	150m:	250m:	350m:		
	100m: 1:06.76	35.66	200m: 2:20.13	300m:	400m: 4:43.52		
6.	Sébastien Nell	De Geul	4:48.14	200802225		<b>4:43.65</b>	
	50m: 30.05	30.05	150m:	250m:	350m:		
	100m: 1:05.69	35.64	200m: 2:18.81	300m:	400m: 4:43.65		
7.	Fabrice Poot	De Watervogels	4:58.80	200800757		<b>4:55.00</b>	
	50m: 33.22	33.22	150m:	250m:	350m:		
	100m: 1:10.22	37.00	200m: 2:26.90	300m:	400m: 4:55.00		
8.	Jochem Evers	ZVL-1886	4:58.51	200903423		<b>4:59.58</b>	
	50m: 33.20	33.20	150m:	250m:	350m:		
	100m: 1:11.26	38.06	200m: 2:28.23	300m:	400m: 4:59.58		
9.	Kay Remmerswaal	D.E.S.	5:01.58	200800671		<b>4:59.81</b>	
	50m: 33.34	33.34	150m:	250m:	350m:		
	100m: 1:11.49	38.15	200m: 2:28.84	300m:	400m: 4:59.81		
10.	Thomas Braat	AZC	4:50.50	200802269	S14	<b>5:08.44</b>	461
	50m: 32.83	32.83	150m:	250m:	350m:		
	100m: 1:10.66	37.83	200m: 2:29.55	300m:	400m: 5:08.44		
NG	Lars Barendrecht	Niemo Barracuda	5:13.15	200800587			

18 en ouder

1.	Boele Böhm	Blue Marlins	3:58.53	200700739		<b>3:57.28</b>	
	50m: 25.94	25.94	150m:	250m:	350m:		
	100m: 55.38	29.44	200m: 1:56.25	300m:	400m: 3:57.28		
2.	Bas Blanker	ACZ	4:08.52	200601497		<b>4:07.51</b>	
	50m: 27.80	27.80	150m:	250m:	350m:		
	100m: 59.07	31.27	200m: 2:02.83	300m:	400m: 4:07.51		
3.	Rik Doornenbal	Blue Marlins	4:15.84	199803871		<b>4:15.11</b>	
	50m: 28.26	28.26	150m:	250m:	350m:		
	100m: 59.10	30.84	200m: 2:03.36	300m:	400m: 4:15.11		
4.	Laurens Kalle	z.c De Schotejil	4:19.00	200600161		<b>4:23.69</b>	
	50m: 28.19	28.19	150m:	250m:	350m:		
	100m: 1:00.91	32.72	200m: 2:09.15	300m:	400m: 4:23.69		
5.	Christian Kalle	z.c De Schotejil	4:31.54	200400687		<b>4:32.28</b>	
	50m: 28.76	28.76	150m:	250m:	350m:		
	100m: 1:01.94	33.18	200m: 2:12.17	300m:	400m: 4:32.28		
NG	Xander Schoneveld	ZVH	4:53.31	200500311			