Programmanr. 28 — Heren, 400m vrije slag — 10 jaar en ouder
15-11-2026 - 14:50 — Resultaten

rang	naam	vereniging	intijd				tijd	RT	
10 - 11 jaar									
1.	Benjamin Westerveld	ZVL-1886	5:52.87	201500963			**5:49.60**		
	50m: 39.25	39.25	150m: 2:10.61	46.24	250m: 3:40.55	44.98	350m: 5:09.30	43.64	
	100m: 1:24.37	45.12	200m: 2:55.57	44.96	300m: 4:25.66	45.11	400m: 5:49.60	40.30	
2.	Ilan Sinai Zitman	Niemo Barracuda	6:19.75	201500971			**6:02.79**	+0,77	
	50m: 39.06	39.06	150m: 2:12.17	47.11	250m: 3:46.59	46.40	350m: 5:20.76	46.53	
	100m: 1:25.06	46.00	200m: 3:00.19	48.02	300m: 4:34.23	47.64	400m: 6:02.79	42.03	
Onder 14									
1.	Finn Ostermann	AZC	4:26.35	201301059			**4:26.29**	+0,73	
	50m: 29.57	29.57	150m: 1:36.05	33.55	250m: 2:44.50	34.23	350m: 3:52.89	34.08	
	100m: 1:02.50	32.93	200m: 2:10.27	34.22	300m: 3:18.81	34.31	400m: 4:26.29	33.40	
2.	Riff van der Zwaan	ZVL-1886	4:46.19	201400053			**4:43.23**	+0,62	
	50m: 31.70	31.70	150m: 1:43.59	36.05	250m: 2:56.10	36.22	350m: 4:08.83	36.38	
	100m: 1:07.54	35.84	200m: 2:19.88	36.29	300m: 3:32.45	36.35	400m: 4:43.23	34.40	
3.	Kirill Shirvanov	Blue Marlins	5:05.53	201400587			**4:54.40**	+0,64	
	50m: 34.34	34.34	150m: 1:48.99	37.64	250m: 3:04.04	37.65	350m: 4:19.86	38.00	
	100m: 1:11.35	37.01	200m: 2:26.39	37.40	300m: 3:41.86	37.82	400m: 4:54.40	34.54	
4.	Daan van Merrienboer	ZV Vlaardingen-Schiedam	5:12.31	201400069			**5:01.40**	+0,62	
	50m: 32.85	32.85	150m: 1:48.19	37.98	250m: 3:05.03	38.29	350m: 4:23.66	39.16	
	100m: 1:10.21	37.36	200m: 2:26.74	38.55	300m: 3:44.50	39.47	400m: 5:01.40	37.74	
5.	Twan van der Schrier	AZC	5:18.54	201400237	S14		**5:03.87**		507
	50m: 33.70	33.70	150m: 1:48.20	38.18	250m: 3:05.95	38.98	350m: 4:25.13	39.96	
	100m: 1:10.02	36.32	200m: 2:26.97	38.77	300m: 3:45.17	39.22	400m: 5:03.87	38.74	
6.	Mick Boerefijn	WVZ	5:13.07	201400239			**5:05.42**	+0,70	
	50m: 35.20	35.20	150m: 1:53.49	39.56	250m: 3:12.26	39.53	350m: 4:29.42	38.33	
	100m: 1:13.93	38.73	200m: 2:32.73	39.24	300m: 3:51.09	38.83	400m: 5:05.42	36.00	
7.	Bob van Lith	ZVL-1886	5:27.95	201400935			**5:20.03**		
	50m: 36.19	36.19	150m: 1:58.83	41.95	250m: 3:21.50	41.64	350m: 4:43.33	40.07	
	100m: 1:16.88	40.69	200m: 2:39.86	41.03	300m: 4:03.26	41.76	400m: 5:20.03	36.70	
8.	Fabian Boom	ZVL-1886	5:24.54	201300469			**5:20.93**	+0,60	
	50m: 35.34	35.34	150m: 1:59.29	42.76	250m: 3:22.97	42.00	350m: 4:44.99	40.14	
	100m: 1:16.53	41.19	200m: 2:40.97	41.68	300m: 4:04.85	41.88	400m: 5:20.93	35.94	
9.	Matthijs Biesheuvel	Wiekslag	5:29.79	201400871			**5:24.53**	+0,64	
	50m: 36.62	36.62	150m: 2:00.89	42.70	250m: 3:24.67	41.66	350m: 4:47.88	40.92	
	100m: 1:18.19	41.57	200m: 2:43.01	42.12	300m: 4:06.96	42.29	400m: 5:24.53	36.65	
10.	Thijs Voskamp	AZC	5:29.97	201302789			**5:25.09**	+0,81	
	50m: 36.26	36.26	150m: 2:00.00	42.20	250m: 3:22.78	41.30	350m: 4:46.46	41.82	
	100m: 1:17.80	41.54	200m: 2:41.48	41.48	300m: 4:04.64	41.86	400m: 5:25.09	38.63	
11.	Tyrus Tai	WVZ	5:21.58	201302569			**5:28.23**	+0,79	
	50m: 35.41	35.41	150m: 1:57.00	41.95	250m: 3:25.04	44.52	350m: 4:50.29	42.04	
	100m: 1:15.05	39.64	200m: 2:40.52	43.52	300m: 4:08.25	43.21	400m: 5:28.23	37.94	
12.	Jaimy van den Hurk	AZC	5:27.17	201400831			**5:31.80**	+0,83	
	50m: 38.17	38.17	150m: 2:03.82	43.55	250m: 3:29.61	43.63	350m: 4:54.01	41.79	
	100m: 1:20.27	42.10	200m: 2:45.98	42.16	300m: 4:12.22	42.61	400m: 5:31.80	37.79	
Onder 16									
1.	Mees Janssen	Blue Marlins	4:25.39	201102025			**4:23.36**	+0,71	
	50m: 29.38	29.38	150m: 1:34.87	33.03	250m: 2:41.49	33.51	350m: 3:49.36	34.09	
	100m: 1:01.84	32.46	200m: 2:07.98	33.11	300m: 3:15.27	33.78	400m: 4:23.36	34.00	
2.	David van der Valk	Wiekslag	4:31.67	201100519			**4:23.72**	+0,69	
	50m: 28.57	28.57	150m: 1:34.59	33.68	250m: 2:42.43	34.15	350m: 3:51.15	34.41	
	100m: 1:00.91	32.34	200m: 2:08.28	33.69	300m: 3:16.74	34.31	400m: 4:23.72	32.57	
3.	Lev Rudman	Blue Marlins	4:36.72	201102343			**4:25.36**	+0,67	
	50m: 30.24	30.24	150m: 1:37.95	34.13	250m: 2:45.87	33.80	350m: 3:53.47	33.86	
	100m: 1:03.82	33.58	200m: 2:12.07	34.12	300m: 3:19.61	33.74	400m: 4:25.36	31.89	
4.	Victor Thijssen	De Columbiaan	4:33.84	201102221			**4:25.68**	+0,59	
	50m: 29.70	29.70	150m: 1:36.79	33.52	250m: 2:44.36	33.79	350m: 3:52.69	34.23	
	100m: 1:03.27	33.57	200m: 2:10.57	33.78	300m: 3:18.46	34.10	400m: 4:25.68	32.99	
5.	Thijs van Kints	BZ en PC	4:43.09	201101059			**4:45.43**	+0,73	
	50m: 32.26	32.26	150m: 1:43.94	36.31	250m: 2:56.69	36.28	350m: 4:10.42	36.85	
	100m: 1:07.63	35.37	200m: 2:20.41	36.47	300m: 3:33.57	36.88	400m: 4:45.43	35.01	

Programmanr. 28, Jongens, 400m vrije slag, Onder 16

rang	naam	vereniging	intijd		tijd	RT
6.	Revel Harmer	Blue Marlins	4:49.17	201103467	**4:49.28**	+0,67
	50m: 31.71	31.71 150m: 1:44.09	36.45	250m: 2:57.64 36.79	350m: 4:12.76	38.08
	100m: 1:07.64	35.93 200m: 2:20.85	36.76	300m: 3:34.68 37.04	400m: 4:49.28	36.52
7.	Milan van Renswoude	DWF	5:05.70	201202345	**4:53.10**	+0,69
	50m: 33.13	33.13 150m: 1:48.49	38.02	250m: 3:04.13 37.87	350m: 4:19.13	37.00
	100m: 1:10.47	37.34 200m: 2:26.26	37.77	300m: 3:42.13 38.00	400m: 4:53.10	33.97
8.	Teun Evers	ZVL-1886	5:11.28	201101965	**5:06.53**	+0,66
	50m: 33.69	33.69 150m: 1:49.63	38.19	250m: 3:08.50 39.78	350m: 4:27.88	39.82
	100m: 1:11.44	37.75 200m: 2:28.72	39.09	300m: 3:48.06 39.56	400m: 5:06.53	38.65
AFGEM	Jasper Varkevisser	De Columbiaan	4:58.76	201100263		

Onder 18

1.	Dax van den Nouland	Blue Marlins	4:07.82	201000071	**4:07.53**	+0,66
	50m: 27.51	27.51 150m: 1:28.84	31.36	250m: 2:32.20 31.59	350m: 3:36.00	31.80
	100m: 57.48	29.97 200m: 2:00.61	31.77	300m: 3:04.20 32.00	400m: 4:07.53	31.53
2.	Oden Hankins	Blue Marlins	4:28.21	200902301	**4:19.25**	+0,72
	50m: 29.69	29.69 150m: 1:35.05	33.01	250m: 2:40.90 33.05	350m: 3:47.66	33.45
	100m: 1:02.04	32.35 200m: 2:07.85	32.80	300m: 3:14.21 33.31	400m: 4:19.25	31.59
3.	Sven Mulder	WVZ	4:23.79	200901655	**4:20.42**	+0,58
	50m: 29.05	29.05 150m: 1:34.39	33.20	250m: 2:41.12 33.42	350m: 3:48.76	33.87
	100m: 1:01.19	32.14 200m: 2:07.70	33.31	300m: 3:14.89 33.77	400m: 4:20.42	31.66
4.	Aidan van der Stelt	Blue Marlins	4:19.10	200900901	**4:27.56**	+0,68
	50m: 28.43	28.43 150m: 1:34.24	33.56	250m: 2:42.41 34.27	350m: 3:52.71	35.20
	100m: 1:00.68	32.25 200m: 2:08.14	33.90	300m: 3:17.51 35.10	400m: 4:27.56	34.85
5.	Niels Theunisz	MNC Dordrecht	4:52.37	201002573	**4:43.98**	+0,67
	50m: 30.85	30.85 150m: 1:42.78	37.34	250m: 2:57.15 37.11	350m: 4:10.79	36.30
	100m: 1:05.44	34.59 200m: 2:20.04	37.26	300m: 3:34.49 37.34	400m: 4:43.98	33.19
6.	Rufus Zorge	De Gooye	4:52.06	201000443	**4:44.45**	+0,58
	50m: 30.76	30.76 150m: 1:41.02	35.49	250m: 2:54.65 36.90	350m: 4:09.24	37.34
	100m: 1:05.53	34.77 200m: 2:17.75	36.73	300m: 3:31.90 37.25	400m: 4:44.45	35.21
7.	Jochem Evers	ZVL-1886	4:44.94	200903423	**4:45.72**	+0,79
	50m: 31.79	31.79 150m: 1:44.18	36.53	250m: 2:57.69 36.67	350m: 4:10.73	36.56
	100m: 1:07.65	35.86 200m: 2:21.02	36.84	300m: 3:34.17 36.48	400m: 4:45.72	34.99
8.	Noah Abdullsada	ZZ&PC De Devel	4:46.87	201002411	**4:50.06**	+0,66
	50m: 31.85	31.85 150m: 1:43.67	36.15	250m: 2:57.47 37.11	350m: 4:12.68	37.38
	100m: 1:07.52	35.67 200m: 2:20.36	36.69	300m: 3:35.30 37.83	400m: 4:50.06	37.38
NG	Sverre van der Zwaan	WVZ	4:16.17	200900737		

18 en ouder

1.	Bas Blanker	ACZ	4:06.15	200601497	**4:10.58**	+0,68
	50m: 27.95	27.95 150m: 1:31.42	32.07	250m: 2:35.65 32.03	350m: 3:41.10	32.66
	100m: 59.35	31.40 200m: 2:03.62	32.20	300m: 3:08.44 32.79	400m: 4:10.58	29.48
2.	Seth van den Dool	Blue Marlins	4:10.90	200803809	**4:11.46**	+0,65
	50m: 27.75	27.75 150m: 1:30.92	32.20	250m: 2:36.15 32.69	350m: 3:41.17	31.82
	100m: 58.72	30.97 200m: 2:03.46	32.54	300m: 3:09.35 33.20	400m: 4:11.46	30.29
3.	Jorian Tanis	Albion	4:10.42	199900327	**4:15.11**	+0,69
	50m: 28.26	28.26 150m: 1:32.00	32.20	250m: 2:38.15 33.06	350m: 3:44.59	33.31
	100m: 59.80	31.54 200m: 2:05.09	33.09	300m: 3:11.28 33.13	400m: 4:15.11	30.52
4.	Rik Doornenbal	Blue Marlins	4:15.11	199803871	**4:20.93**	+0,63
	50m: 29.10	29.10 150m: 1:33.80	32.64	250m: 2:39.89 33.24	350m: 3:47.81	34.28
	100m: 1:01.16	32.06 200m: 2:06.65	32.85	300m: 3:13.53 33.64	400m: 4:20.93	33.12
5.	Ivo Roozeboom	WVZ	4:36.63	197700801	**4:39.94**	+0,74
	50m: 31.24	31.24 150m: 1:43.75	36.43	250m: 2:55.97 35.80	350m: 4:07.28	35.22
	100m: 1:07.32	36.08 200m: 2:20.17	36.42	300m: 3:32.06 36.09	400m: 4:39.94	32.66
6.	Mark Hensen	Niemo Barracuda	4:32.53	197900497	**4:42.35**	+0,79
	50m: 31.84	31.84 150m: 1:44.06	36.48	250m: 2:56.97 36.30	350m: 4:09.09	35.99
	100m: 1:07.58	35.74 200m: 2:20.67	36.61	300m: 3:33.10 36.13	400m: 4:42.35	33.26
7.	Kay Remmerswaal	D.E.S.	5:03.39	200800671	**4:51.65**	+0,59
	50m: 31.98	31.98 150m: 1:45.31	37.35	250m: 3:01.54 38.67	350m: 4:18.40	38.22
	100m: 1:07.96	35.98 200m: 2:22.87	37.56	300m: 3:40.18 38.64	400m: 4:51.65	33.25
8.	Patrick Wyrdeman	SG Westland	4:46.67	199702475	**4:53.37**	+0,72
	50m: 31.75	31.75 150m: 1:43.23	36.51	250m: 2:57.81 37.54	350m: 4:15.27	39.04
	100m: 1:06.72	34.97 200m: 2:20.27	37.04	300m: 3:36.23 38.42	400m: 4:53.37	38.10
9.	Sem Berckenkamp	GZC Donk	4:52.86	200602229	**4:56.59**	+0,65
	50m: 31.75	31.75 150m: 1:44.18	37.18	250m: 3:02.13 39.39	350m: 4:20.40	38.52
	100m: 1:07.00	35.25 200m: 2:22.74	38.56	300m: 3:41.88 39.75	400m: 4:56.59	36.19

Programmanr. 28, Heren, 400m vrije slag, 18 en ouder

rang	naam	vereniging	intijd		tijd	RT
10.	Haico Weijers	SG Hoekse Waard	4:51.77	198803759	**4:59.90**	+0,72

50m:	31.64	31.64	150m:	1:43.63	36.98	250m:	3:01.01	39.28	350m:	4:21.50	40.56
100m:	1:06.65	35.01	200m:	2:21.73	38.10	300m:	3:40.94	39.93	400m:	4:59.90	38.40

AFGEM	Joey Pop	ZV Vlaardingen-Schiedam	4:19.01	200800277
AFGEM	Tim Boerefijn	WVZ	4:07.16	200802815