Programmanr. 3 — Heren, 400m wisselslag — 10 jaar en ouder
14-11-2026 - 10:10 — Resultaten

rang	naam	vereniging	intijd		tijd	RT

Onder 14

1.	Daan van Merrienboer	ZV Vlaardingen-Schiedam	6:05.00	201400069	**5:53.04**	+0,34

50m:	36.96	36.96	150m:	2:09.05	45.47	250m:	3:44.91	50.89	350m:	5:15.65	39.83
100m:	1:23.58	46.62	200m:	2:54.02	44.97	300m:	4:35.82	50.91	400m:	5:53.04	37.39

2.	Matthijs Biesheuvel	Wiekslag	6:17.46	201400871	**6:16.08**	+0,64						
50m:	41.19	41.19	150m:	2:20.15	46.80	250m:	3:59.46	52.68	350m:	5:36.19	42.95
100m:	1:33.35	52.16	200m:	3:06.78	46.63	300m:	4:53.24	53.78	400m:	6:16.08	39.89

3.	Nolan Teng **BU 50m*	ZVL-1886	6:41.60	201400533	**6:36.60**	+0,48						
50m:	45.36	45.36	150m:	2:31.25	48.12	250m:	4:15.00	55.90	350m:	5:54.43	43.44
100m:	1:43.13	57.77	200m:	3:19.10	47.85	300m:	5:10.99	55.99	400m:	6:36.60	42.17

4.	Gijs Salome **BU 50m, 100m en 400m*	De Duck	6:33.32	201400373	**6:41.24**	+0,53						
50m:	48.33	48.33	150m:	2:38.01	51.15	250m:	4:20.38	51.47	350m:	5:59.56	44.14
100m:	1:46.86	58.53	200m:	3:28.91	50.90	300m:	5:15.42	55.04	400m:	6:41.24	41.68

Onder 16

1.	David van der Valk	Wiekslag	5:07.77	201100519	**5:02.36**	+0,68
50m:	29.80	29.80	150m:	1:45.41	40.57	250m:	3:09.06	43.30	350m:	4:28.73	34.20
100m:	1:04.84	35.04	200m:	2:25.76	40.35	300m:	3:54.53	45.47	400m:	5:02.36	33.63

2.	Kurt Feldmann	Blue Marlins	5:09.15	201203089	**5:02.92**	+0,77						
50m:	30.50	30.50	150m:	1:48.22	39.55	250m:	3:09.17	42.76	350m:	4:29.90	36.29
100m:	1:08.67	38.17	200m:	2:26.41	38.19	300m:	3:53.61	44.44	400m:	5:02.92	33.02

3.	Finn Knijnenburg	De Columbiaan	5:10.92	201101319	**5:04.91**	+0,71						
50m:	29.50	29.50	150m:	1:44.28	39.15	250m:	3:07.97	45.43	350m:	4:30.44	36.20
100m:	1:05.13	35.63	200m:	2:22.54	38.26	300m:	3:54.24	46.27	400m:	5:04.91	34.47

4.	Victor Thijssen	De Columbiaan	5:31.31	201102221	**5:10.57**	+0,75						
50m:	33.83	33.83	150m:	1:56.62	40.84	250m:	3:18.14	42.07	350m:	4:36.82	35.57
100m:	1:15.78	41.95	200m:	2:36.07	39.45	300m:	4:01.25	43.11	400m:	5:10.57	33.75

5.	Thijs van Kints	BZ en PC	5:19.34	201101059	**5:18.17**	+0,75						
50m:	32.79	32.79	150m:	1:54.92	42.02	250m:	3:19.39	42.91	350m:	4:41.64	37.16
100m:	1:12.90	40.11	200m:	2:36.48	41.56	300m:	4:04.48	45.09	400m:	5:18.17	36.53

6.	Joes van Ingen	ACZ	6:06.60	201201299	**5:21.66**	+0,78						
50m:	33.26	33.26	150m:	1:53.96	41.52	250m:	3:21.02	46.24	350m:	4:46.36	37.88
100m:	1:12.44	39.18	200m:	2:34.78	40.82	300m:	4:08.48	47.46	400m:	5:21.66	35.30

7.	Torin Macaulay-Rogerson	Blue Marlins	5:34.02	201102805	**5:27.51**	+0,66						
50m:	32.41	32.41	150m:	1:54.14	41.07	250m:	3:21.29	45.34	350m:	4:48.54	40.33
100m:	1:13.07	40.66	200m:	2:35.95	41.81	300m:	4:08.21	46.92	400m:	5:27.51	38.97

8.	Kaj van der Ham	ZVL-1886	5:19.14	201100325	**5:27.73**	+0,73						
50m:	35.09	35.09	150m:	1:58.30	41.70	250m:	3:25.76	46.35	350m:	4:50.69	37.85
100m:	1:16.60	41.51	200m:	2:39.41	41.11	300m:	4:12.84	47.08	400m:	5:27.73	37.04

9.	Sam Palombo	Blue Marlins	5:44.18	201203445	**5:37.74**	+0,77						
50m:	35.29	35.29	150m:	2:02.78	44.63	250m:	3:34.84	49.53	350m:	5:03.95	38.88
100m:	1:18.15	42.86	200m:	2:45.31	42.53	300m:	4:25.07	50.23	400m:	5:37.74	33.79

10.	Liam van der Ent	SG SCOM/de Zeehond'73	5:46.97	201101123	**5:48.13**	+0,75						
50m:	37.90	37.90	150m:	2:16.20	47.88	250m:	3:45.08	44.18	350m:	5:11.72	40.48
100m:	1:28.32	50.42	200m:	3:00.90	44.70	300m:	4:31.24	46.16	400m:	5:48.13	36.41

11.	Jaysley Brouwn	Niemo Barracuda	6:07.67	201101033	**5:52.38**	+0,63						
50m:	35.74	35.74	150m:	2:05.92	45.63	250m:	3:39.55	48.54	350m:	5:12.31	42.14
100m:	1:20.29	44.55	200m:	2:51.01	45.09	300m:	4:30.17	50.62	400m:	5:52.38	40.07

Onder 18

1.	Aidan van der Stelt	Blue Marlins	4:56.51	200900901	**4:58.01**	+0,69
50m:	29.53	29.53	150m:	1:43.98	38.58	250m:	3:05.82	42.58	350m:	4:24.13	34.49
100m:	1:05.40	35.87	200m:	2:23.24	39.26	300m:	3:49.64	43.82	400m:	4:58.01	33.88

2.	Rufus Zorge **BU 400m*	De Gooye	5:38.77	201000443	**5:27.72**	+0,71						
50m:	33.50	33.50	150m:	1:56.24	42.29	250m:	3:26.06	47.92	350m:	4:52.37	37.97
100m:	1:13.95	40.45	200m:	2:38.14	41.90	300m:	4:14.40	48.34	400m:	5:27.72	35.35

3.	Noah Abdullsada	ZZ&PC De Devel	5:34.32	201002411	**5:29.60**	+0,55						
50m:	32.89	32.89	150m:	1:56.10	43.50	250m:	3:26.66	47.88	350m:	4:53.54	38.80
100m:	1:12.60	39.71	200m:	2:38.78	42.68	300m:	4:14.74	48.08	400m:	5:29.60	36.06

Programmanr. 3, Jongens, 400m wisselslag, Onder 18

rang	naam	vereniging	intijd		tijd	RT
4.	Rens van der Es **BU 50m en 100m*	De Geul	5:50.59	201000583	**5:56.05**	+0,69

50m:	33.85	33.85	150m:	2:03.46	48.17	250m:	3:40.99	51.63	350m:	5:15.57	41.43
100m:	1:15.29	41.44	200m:	2:49.36	45.90	300m:	4:34.14	53.15	400m:	5:56.05	40.48

5.	Levi Teng	ZVL-1886	6:11.44	201002351	**5:58.85**	+0,71						
50m:	36.75	36.75	150m:	2:10.33	46.07	250m:	3:42.28	48.24	350m:	5:16.68	44.40	
100m:	1:24.26	47.51	200m:	2:54.04	43.71	300m:	4:32.28	50.00	400m:	5:58.85	42.17	

NG	Adriaan Coppelmans	AZC	4:41.39	200903243	

18 en ouder

1.	Scott Jansen	WVZ	4:39.41	200202455	**4:35.31**	+0,72

50m:	28.85	28.85	150m:	1:39.56	37.08	250m:	2:54.03	37.07	350m:	4:04.77	32.18
100m:	1:02.48	33.63	200m:	2:16.96	37.40	300m:	3:32.59	38.56	400m:	4:35.31	30.54

2.	Bas Blanker	ACZ	4:43.26	200601497	**4:51.23**	+0,69						
50m:	30.63	30.63	150m:	1:46.43	39.86	250m:	3:06.11	40.84	350m:	4:19.15	33.31	
100m:	1:06.57	35.94	200m:	2:25.27	38.84	300m:	3:45.84	39.73	400m:	4:51.23	32.08	

3.	Laurens Kalle	z.c De Schotejil	4:47.45	200600161	**4:52.34**	+0,72						
50m:	29.72	29.72	150m:	1:42.78	38.70	250m:	3:03.57	42.98	350m:	4:20.93	33.51	
100m:	1:04.08	34.36	200m:	2:20.59	37.81	300m:	3:47.42	43.85	400m:	4:52.34	31.41	

4.	Mark Hensen	Niemo Barracuda	5:06.00	197900497	**5:17.28**	+0,62						
50m:	31.28	31.28	150m:	1:49.34	41.36	250m:	3:15.84	46.24	350m:	4:41.30	37.24	
100m:	1:07.98	36.70	200m:	2:29.60	40.26	300m:	4:04.06	48.22	400m:	5:17.28	35.98	

5.	Patrick Wyrdeman	SG Westland	5:33.05	199702475	**5:29.51**	+0,69						
50m:	32.57	32.57	150m:	1:53.34	42.35	250m:	3:21.85	47.05	350m:	4:50.45	40.20	
100m:	1:10.99	38.42	200m:	2:34.80	41.46	300m:	4:10.25	48.40	400m:	5:29.51	39.06	

6.	Kay Remmerswaal	D.E.S.	5:29.94	200800671	**5:31.05**	+0,74						
50m:	34.84	34.84	150m:	1:58.48	43.24	250m:	3:28.56	46.52	350m:	4:55.21	38.18	
100m:	1:15.24	40.40	200m:	2:42.04	43.56	300m:	4:17.03	48.47	400m:	5:31.05	35.84	

7.	Renzo van Boven	Wiekslag	5:46.21	199501193	**5:38.01**	+0,69						
50m:	35.42	35.42	150m:	2:03.24	44.46	250m:	3:33.67	47.14	350m:	5:02.18	38.86	
100m:	1:18.78	43.36	200m:	2:46.53	43.29	300m:	4:23.32	49.65	400m:	5:38.01	35.83	

8.	Lars Barendrecht	Niemo Barracuda	5:39.96	200800587	**5:40.07**	+0,83						
50m:	34.31	34.31	150m:	1:59.85	43.60	250m:	3:30.62	48.30	350m:	5:01.09	41.25	
100m:	1:16.25	41.94	200m:	2:42.32	42.47	300m:	4:19.84	49.22	400m:	5:40.07	38.98	

9.	Haico Weijers	SG Hoekse Waard	5:38.71	198803759	**5:40.08**	+0,79						
50m:	34.59	34.59	150m:	1:58.45	43.02	250m:	3:32.80	51.17	350m:	5:03.30	39.05	
100m:	1:15.43	40.84	200m:	2:41.63	43.18	300m:	4:24.25	51.45	400m:	5:40.08	36.78	

10.	Yuri Admiraal	SG Hoekse Waard	5:44.80	197701655	**5:49.55**	+0,76						
50m:	38.82	38.82	150m:	2:09.18	44.22	250m:	3:41.76	48.20	350m:	5:10.77	39.43	
100m:	1:24.96	46.14	200m:	2:53.56	44.38	300m:	4:31.34	49.58	400m:	5:49.55	38.78	

OPG	Sem Berckenkamp	GZC Donk	5:43.68	200602229

AF - De aangegeven afstand niet uitgezwommen.