

Programmanr. 9
9-2-2025 - 12:36

Heren, 400m vrije slag

2012 en ouder
Resultaten

rang	naam	vereniging	intijd	tijd	RT
Gebjr 2011 - 2012					
1.	Zion Eijkenboom	Hellas-Glana	5:15.97	201100043	5:17.53 +0,74
	50m: 33.33	33.33 150m: 1:54.13	41.87 250m: 3:18.23	42.50 350m: 4:41.04	41.69
	100m: 1:12.26	38.93 200m: 2:35.73	41.60 300m: 3:59.35	41.12 400m: 5:17.53	36.49
2.	Nanne Woldring	De Vikings	5:21.44	201102035	5:33.04 +0,80
	50m: 36.02	36.02 150m: 2:02.00	43.60 250m: 3:28.58	42.71 350m: 4:53.21	41.89
	100m: 1:18.40	42.38 200m: 2:45.87	43.87 300m: 4:11.32	42.74 400m: 5:33.04	39.83
3.	Thijmen Dijkstra	Team Noord Holland (SG)	5:55.08	201200845	5:39.08 +0,76
	50m: 37.85	37.85 150m: 2:04.64	43.97 250m: 3:32.70	43.61 350m: 5:00.26	43.06
	100m: 1:20.67	42.82 200m: 2:49.09	44.45 300m: 4:17.20	44.50 400m: 5:39.08	38.82
4.	Tim Koornstra	De Vikings	5:33.11	201200231	5:42.94 +0,76
	50m: 38.04	38.04 150m: 2:07.46	45.16 250m: 3:35.23	43.60 350m: 5:02.53	43.12
	100m: 1:22.30	44.26 200m: 2:51.63	44.17 300m: 4:19.41	44.18 400m: 5:42.94	40.41

Gebjr 2009 - 2010

1.	Juan Cruz Slappendel	Orca Leeuwarden	4:24.91	200903053	4:32.24 +0,70
	50m: 29.60	29.60 150m: 1:37.55	34.46 250m: 2:48.17	35.07 350m: 3:58.84	34.79
	100m: 1:03.09	33.49 200m: 2:13.10	35.55 300m: 3:24.05	35.88 400m: 4:32.24	33.40
2.	Dyon Scholten	Steenwijk 1934	4:32.95	200900095	4:44.52 +0,81
	50m: 31.05	31.05 150m: 1:42.24	36.43 250m: 2:55.63	36.39 350m: 4:09.00	36.61
	100m: 1:05.81	34.76 200m: 2:19.24	37.00 300m: 3:32.39	36.76 400m: 4:44.52	35.52
3.	Mees de Vries	Zwemlust- den Hommel	4:43.71	201001151	4:51.03 +0,83
	50m: 31.52	31.52 150m: 1:43.58	36.95 250m: 2:59.14	37.90 350m: 4:14.68	37.99
	100m: 1:06.63	35.11 200m: 2:21.24	37.66 300m: 3:36.69	37.55 400m: 4:51.03	36.35
4.	Kris Noordover	Team Noord Holland (SG)	5:38.92	201000433	5:44.81 * +0,62
	50m: 38.24	38.24 150m: 2:06.43	44.68 250m: 3:35.10	44.03 350m: 5:03.87	44.17
	100m: 1:21.75	43.51 200m: 2:51.07	44.64 300m: 4:19.70	44.60 400m: 5:44.81	40.94

Gebjr 2007 - 2008

1.	Giovanni Phillipson	Team Noord Holland (SG)	4:06.64	200801099	4:23.32 +0,74
	50m: 29.08	29.08 150m: 1:35.49	33.52 250m: 2:42.10	33.39 350m: 3:50.32	34.05
	100m: 1:01.97	32.89 200m: 2:08.71	33.22 300m: 3:16.27	34.17 400m: 4:23.32	33.00
2.	Kaan Sudak	Blue Marlins	4:28.33	200803733	4:23.57 +0,69
	50m: 29.36	29.36 150m: 1:34.82	33.28 250m: 2:43.28	34.47 350m: 3:52.21	33.93
	100m: 1:01.54	32.18 200m: 2:08.81	33.99 300m: 3:18.28	35.00 400m: 4:23.57	31.36
3.	Gaëtan Spicq	Blue Marlins	4:18.67	200701807	4:42.56 +0,66
	50m: 29.58	29.58 150m: 1:38.57	35.11 250m: 2:51.40	36.49 350m: 4:05.94	37.21
	100m: 1:03.46	33.88 200m: 2:14.91	36.34 300m: 3:28.73	37.33 400m: 4:42.56	36.62
4.	Jonathan Norfles	AZ&PC De Futen	4:38.72	200702179	4:49.66 +0,83
	50m: 30.91	30.91 150m: 1:42.67	36.66 250m: 2:57.80	37.94 350m: 4:13.43	38.22
	100m: 1:06.01	35.10 200m: 2:19.86	37.19 300m: 3:35.21	37.41 400m: 4:49.66	36.23
5.	Thomas Braat	AZC	4:50.50	200802269	5:03.52 +0,87 546
	50m: 31.96	31.96 150m: 1:47.56	38.58 250m: 3:07.03	39.54 350m: 4:25.54	38.57
	100m: 1:08.98	37.02 200m: 2:27.49	39.93 300m: 3:46.97	39.94 400m: 5:03.52	37.98

2006 en ouder

1.	Borys Rudman	Blue Marlins	3:57.03	200504479	4:19.97 +0,69
	50m: 28.74	28.74 150m: 1:35.75	33.90 250m: 2:41.99	32.17 350m: 3:47.91	32.18
	100m: 1:01.85	33.11 200m: 2:09.82	34.07 300m: 3:15.73	33.74 400m: 4:19.97	32.06
2.	Jorian Tanis	Feijenoord Albion	4:09.12	199900327	4:27.67 +0,76
	50m: 29.86	29.86 150m: 1:37.89	34.35 250m: 2:47.35	34.53 350m: 3:55.86	34.17
	100m: 1:03.54	33.68 200m: 2:12.82	34.93 300m: 3:21.69	34.34 400m: 4:27.67	31.81
3.	Fayssal Lantema	Zwemlust- den Hommel	4:22.85	200101379	4:33.84 +0,75
	50m: 31.13	31.13 150m: 1:40.10	34.61 250m: 2:50.94	35.52 350m: 4:01.55	35.16
	100m: 1:05.49	34.36 200m: 2:15.42	35.32 300m: 3:26.39	35.45 400m: 4:33.84	32.29



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rang	naam	vereniging		intijd				tijd				RT
4.	Rik Doornenbal	Blue Marlins		4:15.84 199803871				4:34.50				+0,67
	50m: 30.18	30.18	150m: 1:38.37	34.45	250m: 2:48.58	35.37	350m: 4:00.21	35.94				
	100m: 1:03.92	33.74	200m: 2:13.21	34.84	300m: 3:24.27	35.69	400m: 4:34.50	34.29				
5.	Jelle Huntjens	Hellas-Glana		4:26.64 200604257				4:45.89				+0,66
	50m: 30.08	30.08	150m: 1:40.20	35.58	250m: 2:52.53	36.47	350m: 4:09.48	42.26				
	100m: 1:04.62	34.54	200m: 2:16.06	35.86	300m: 3:27.22	34.69	400m: 4:45.89	36.41				