

Programmanr. 1  
19-12-2015 - 12:00

Heren, 400m vrije slag

Junioren 1 en ouder  
Resultaten

| rang | naam  | vereniging        | inschrijftijd |       |               | tijd      |               |       | RT            |
|------|---|-------------------|---------------|-------|---------------|-----------|---------------|-------|---------------|
| 1.   | Ruben van Leeuwen   | PSV               | 3:54.52       |       |               | 199704803 |               |       | 3:51.74 +0,70 |
|      | 50m: 26.11  | 26.11             | 150m: 1:24.10 | 29.33 | 250m: 2:23.76 | 29.75     | 350m: 3:23.31 | 29.64 |               |
|      | 100m: 54.77   | 28.66             | 200m: 1:54.01 | 29.91 | 300m: 2:53.67 | 29.91     | 400m: 3:51.74 | 28.43 |               |
| 2.   | Marcel Schouten   | PSV               | 3:55.55       |       |               | 199300653 |               |       | 3:52.26 +0,77 |
|      | 50m: 26.84  | 26.84             | 150m: 1:25.82 | 29.75 | 250m: 2:25.60 | 29.98     | 350m: 3:24.15 | 28.78 |               |
|      | 100m: 56.07   | 29.23             | 200m: 1:55.62 | 29.80 | 300m: 2:55.37 | 29.77     | 400m: 3:52.26 | 28.11 |               |
| 3.   | Frank Roovers   | PSV               | 3:52.18       |       |               | 199800219 |               |       | 3:58.77 +0,70 |
|      | 50m: 25.99  | 25.99             | 150m: 1:23.21 | 29.08 | 250m: 2:22.74 | 29.76     | 350m: 3:24.94 | 31.66 |               |
|      | 100m: 54.13   | 28.14             | 200m: 1:52.98 | 29.77 | 300m: 2:53.28 | 30.54     | 400m: 3:58.77 | 33.83 |               |
| 4.   | Jorgos Skotadis   | De Dolfijn        | 3:59.14       |       |               | 199803317 |               |       | 3:59.83 +0,74 |
|      | 50m: 27.08  | 27.08             | 150m: 1:27.75 | 30.75 | 250m: 2:29.28 | 30.18     | 350m: 3:30.56 | 30.09 |               |
|      | 100m: 57.00   | 29.92             | 200m: 1:59.10 | 31.35 | 300m: 3:00.47 | 31.19     | 400m: 3:59.83 | 29.27 |               |
| 5.   | Jens Bakker   | De Dolfijn        | 4:01.24       |       |               | 199300021 |               |       | 4:01.17 +0,70 |
|      | 50m: 26.56  | 26.56             | 150m: 1:26.83 | 30.36 | 250m: 2:28.86 | 31.13     | 350m: 3:31.38 | 31.29 |               |
|      | 100m: 56.47   | 29.91             | 200m: 1:57.73 | 30.90 | 300m: 3:00.09 | 31.23     | 400m: 4:01.17 | 29.79 |               |
| 6.   | Pepijn Smits  | PSV               | 4:03.13       |       |               | 199600691 |               |       | 4:03.24 +0,81 |
|      | 50m: 27.23  | 27.23             | 150m: 1:27.99 | 30.67 | 250m: 2:30.21 | 31.06     | 350m: 3:32.83 | 31.35 |               |
|      | 100m: 57.32   | 30.09             | 200m: 1:59.15 | 31.16 | 300m: 3:01.48 | 31.27     | 400m: 4:03.24 | 30.41 |               |
| 7.   | Beau Kneppers   | ZPC Amersfoort    | 4:05.29       |       |               | 199703157 |               |       | 4:03.51 +0,76 |
|      | 50m: 26.60  | 26.60             | 150m: 1:27.09 | 30.53 | 250m: 2:29.17 | 31.23     | 350m: 3:32.20 | 31.67 |               |
|      | 100m: 56.56   | 29.96             | 200m: 1:57.94 | 30.85 | 300m: 3:00.53 | 31.36     | 400m: 4:03.51 | 31.31 |               |
| 8.   | Floris Kotterink  | Albion            | 4:10.31       |       |               | 199800199 |               |       | 4:04.13 +0,69 |
|      | 50m: 26.45  | 26.45             | 150m: 1:28.20 | 31.14 | 250m: 2:31.15 | 31.80     | 350m: 3:33.95 | 31.29 |               |
|      | 100m: 57.06   | 30.61             | 200m: 1:59.35 | 31.15 | 300m: 3:02.66 | 31.51     | 400m: 4:04.13 | 30.18 |               |
| 9.   | Lars Bottelier  | VZV               | 4:01.08       |       |               | 199702681 |               |       | 4:05.44 +0,86 |
|      | 50m: 27.40  | 27.40             | 150m: 1:28.15 | 30.89 | 250m: 2:31.31 | 31.48     | 350m: 3:34.47 | 31.47 |               |
|      | 100m: 57.26   | 29.86             | 200m: 1:59.83 | 31.68 | 300m: 3:03.00 | 31.69     | 400m: 4:05.44 | 30.97 |               |
| 10.  | Luc Kroon   | DAW               | 4:12.01       |       |               | 200100697 |               |       | 4:08.85 +0,77 |
|      | 50m: 27.63  | 27.63             | 150m: 1:30.09 | 31.75 | 250m: 2:33.98 | 31.80     | 350m: 3:38.31 | 31.99 |               |
|      | 100m: 58.34   | 30.71             | 200m: 2:02.18 | 32.09 | 300m: 3:06.32 | 32.34     | 400m: 4:08.85 | 30.54 |               |
| 11.  | Olivier van de Voort<br><i>NR gehandicapten 200 en 400 vrij</i> | NTC PARA-DZ&PC    | 4:17.37       |       |               | 199703035 |               |       | 4:10.03 +0,97 |
|      | 50m: 27.74  | 27.74             | 150m: 1:29.06 | 31.01 | 250m: 2:32.68 | 32.04     | 350m: 3:37.42 | 32.35 |               |
|      | 100m: 58.05   | 30.31             | 200m: 2:00.64 | 31.58 | 300m: 3:05.07 | 32.39     | 400m: 4:10.03 | 32.61 |               |
| 12.  | Timos Skotadis  | De Dolfijn        | 4:17.34       |       |               | 199804615 |               |       | 4:13.02 +0,75 |
|      | 50m: 28.31  | 28.31             | 150m: 1:31.04 | 31.78 | 250m: 2:34.72 | 31.83     | 350m: 3:40.15 | 32.72 |               |
|      | 100m: 59.26   | 30.95             | 200m: 2:02.89 | 31.85 | 300m: 3:07.43 | 32.71     | 400m: 4:13.02 | 32.87 |               |
| 13.  | Sten Postma   | VZC-E&P           | 4:13.93       |       |               | 200000011 |               |       | 4:13.71 +0,74 |
|      | 50m: 28.88  | 28.88             | 150m: 1:33.34 | 32.83 | 250m: 2:37.97 | 32.15     | 350m: 3:42.25 | 32.11 |               |
|      | 100m: 1:00.51   | 31.63             | 200m: 2:05.82 | 32.48 | 300m: 3:10.14 | 32.17     | 400m: 4:13.71 | 31.46 |               |
| 14.  | Sam Haring  | DAW               | 4:16.70       |       |               | 199901491 |               |       | 4:13.89 +0,78 |
|      | 50m: 27.75  | 27.75             | 150m: 1:32.20 | 32.50 | 250m: 2:38.11 | 33.05     | 350m: 3:42.51 | 31.97 |               |
|      | 100m: 59.70   | 31.95             | 200m: 2:05.06 | 32.86 | 300m: 3:10.54 | 32.43     | 400m: 4:13.89 | 31.38 |               |
| 15.  | Jesse van Dijk  | De Houtrib        | 4:14.36       |       |               | 199903259 |               |       | 4:15.85 +0,67 |
|      | 50m: 28.37  | 28.37             | 150m: 1:32.10 | 32.51 | 250m: 2:38.02 | 33.11     | 350m: 3:43.70 | 32.55 |               |
|      | 100m: 59.59   | 31.22             | 200m: 2:04.91 | 32.81 | 300m: 3:11.15 | 33.13     | 400m: 4:15.85 | 32.15 |               |
| 16.  | Sander Crooijmans   | VZC-E&P           | 4:18.81       |       |               | 200100383 |               |       | 4:16.30 +0,82 |
|      | 50m: 28.64  | 28.64             | 150m: 1:32.63 | 32.28 | 250m: 2:37.78 | 32.81     | 350m: 3:43.63 | 32.85 |               |
|      | 100m: 1:00.35   | 31.71             | 200m: 2:04.97 | 32.34 | 300m: 3:10.78 | 33.00     | 400m: 4:16.30 | 32.67 |               |
| 17.  | Bas Takken  | NTC PARA-ZV Hoorn | 4:16.44       |       |               | 199901643 |               |       | 4:16.34 +0,75 |
|      | 50m: 28.64  | 28.64             | 150m: 1:32.44 | 32.67 | 250m: 2:38.45 | 33.29     | 350m: 3:44.16 | 32.98 |               |
|      | 100m: 59.77   | 31.13             | 200m: 2:05.16 | 32.72 | 300m: 3:11.18 | 32.73     | 400m: 4:16.34 | 32.18 |               |
| 18.  | Vincent Crooijmans  | VZC-E&P           | 4:22.26       |       |               | 200100381 |               |       | 4:17.06 +0,76 |
|      | 50m: 29.60  | 29.60             | 150m: 1:34.92 | 32.65 | 250m: 2:40.33 | 32.61     | 350m: 3:45.31 | 32.30 |               |
|      | 100m: 1:02.27   | 32.67             | 200m: 2:07.72 | 32.80 | 300m: 3:13.01 | 32.68     | 400m: 4:17.06 | 31.75 |               |
| 19.  | Nick van Nijburg  | De Dolfijn        | 4:22.04       |       |               | 199902169 |               |       | 4:18.33 +0,85 |
|      | 50m: 28.53  | 28.53             | 150m: 1:31.94 | 32.14 | 250m: 2:38.06 | 33.43     | 350m: 3:45.77 | 33.83 |               |
|      | 100m: 59.80   | 31.27             | 200m: 2:04.63 | 32.69 | 300m: 3:11.94 | 33.88     | 400m: 4:18.33 | 32.56 |               |
| 20.  | Bart Sommeling  | De Dolfijn        | 4:11.69       |       |               | 199800765 |               |       | 4:18.88 +0,69 |
|      | 50m: 27.15  | 27.15             | 150m: 1:30.48 | 32.61 | 250m: 2:37.37 | 33.63     | 350m: 3:45.58 | 34.13 |               |
|      | 100m: 57.87   | 30.72             | 200m: 2:03.74 | 33.26 | 300m: 3:11.45 | 34.08     | 400m: 4:18.88 | 33.30 |               |
| 21.  | Arjan Dekker  | ReVeLie Swim Team | 4:25.57       |       |               | 200000499 |               |       | 4:24.50 +0,71 |
|      | 50m: 29.21  | 29.21             | 150m: 1:35.65 | 33.93 | 250m: 2:43.84 | 34.01     | 350m: 3:51.91 | 33.91 |               |
|      | 100m: 1:01.72   | 32.51             | 200m: 2:09.83 | 34.18 | 300m: 3:18.00 | 34.16     | 400m: 4:24.50 | 32.59 |               |

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| rang | naam                    | vereniging      | inschrijftijd | tijd      | RT            |       |               |       |
|------|-------------------------|-----------------|---------------|-----------|---------------|-------|---------------|-------|
| 22.  | Jeffrey Camphens        | DWT             | 4:24.96       | 199503113 | 4:24.78 +0,73 |       |               |       |
|      | 50m: 29.31              | 29.31           | 150m: 1:35.70 | 33.41     | 250m: 2:43.59 | 33.99 | 350m: 3:52.12 | 34.26 |
|      | 100m: 1:02.29           | 32.98           | 200m: 2:09.60 | 33.90     | 300m: 3:17.86 | 34.27 | 400m: 4:24.78 | 32.66 |
| 23.  | Martijn Kornet          | Aquarijn        | 4:22.68       | 199700231 | 4:25.27 +0,80 |       |               |       |
|      | 50m: 29.77              | 29.77           | 150m: 1:35.72 | 33.31     | 250m: 2:43.81 | 33.98 | 350m: 3:52.84 | 34.45 |
|      | 100m: 1:02.41           | 32.64           | 200m: 2:09.83 | 34.11     | 300m: 3:18.39 | 34.58 | 400m: 4:25.27 | 32.43 |
| 24.  | Bas Morelissen          | ZPC Amersfoort  | 4:27.17       | 200100861 | 4:25.48 +0,77 |       |               |       |
|      | 50m: 29.36              | 29.36           | 150m: 1:36.42 | 34.01     | 250m: 2:44.48 | 33.67 | 350m: 3:52.51 | 34.13 |
|      | 100m: 1:02.41           | 33.05           | 200m: 2:10.81 | 34.39     | 300m: 3:18.38 | 33.90 | 400m: 4:25.48 | 32.97 |
| 25.  | Ben Zentveldt           | VZV             | 4:24.41       | 199505835 | 4:26.62 +0,73 |       |               |       |
|      | 50m: 29.59              | 29.59           | 150m: 1:35.50 | 33.37     | 250m: 2:44.09 | 34.57 | 350m: 3:52.86 | 34.59 |
|      | 100m: 1:02.13           | 32.54           | 200m: 2:09.52 | 34.02     | 300m: 3:18.27 | 34.18 | 400m: 4:26.62 | 33.76 |
| 26.  | Rick Bulman             | PSV             | 4:30.77       | 200101899 | 4:26.71 +0,70 |       |               |       |
|      | 50m: 29.91              | 29.91           | 150m: 1:37.89 | 34.28     | 250m: 2:45.95 | 33.59 | 350m: 3:53.18 | 33.16 |
|      | 100m: 1:03.61           | 33.70           | 200m: 2:12.36 | 34.47     | 300m: 3:20.02 | 34.07 | 400m: 4:26.71 | 33.53 |
| 27.  | Erno Vriens             | WZ&PC Purmerend | 4:36.25       | 199902587 | 4:29.06 +0,71 |       |               |       |
|      | 50m: 30.07              | 30.07           | 150m: 1:37.57 | 34.24     | 250m: 2:46.77 | 34.85 | 350m: 3:54.83 | 33.98 |
|      | 100m: 1:03.33           | 33.26           | 200m: 2:11.92 | 34.35     | 300m: 3:20.85 | 34.08 | 400m: 4:29.06 | 34.23 |
| 28.  | Jelle Blankestijn       | ZPC Amersfoort  | 4:20.09       | 199803737 | 4:29.19 +0,79 |       |               |       |
|      | 50m: 29.32              | 29.32           | 150m: 1:35.67 | 33.46     | 250m: 2:44.06 | 34.44 | 350m: 3:53.27 | 34.73 |
|      | 100m: 1:02.21           | 32.89           | 200m: 2:09.62 | 33.95     | 300m: 3:18.54 | 34.48 | 400m: 4:29.19 | 35.92 |
| 29.  | Steeff Warmerdam        | Arethusa        | 4:30.82       | 200003915 | 4:30.42 +0,79 |       |               |       |
|      | 50m: 30.64              | 30.64           | 150m: 1:37.95 | 33.95     | 250m: 2:46.48 | 34.45 | 350m: 3:56.28 | 35.35 |
|      | 100m: 1:04.00           | 33.36           | 200m: 2:12.03 | 34.08     | 300m: 3:20.93 | 34.45 | 400m: 4:30.42 | 34.14 |
| 30.  | Lex Sandburg<br>100m*   | ZV De Zaan      | 4:27.50       | 199800699 | 4:32.00 +0,80 |       |               |       |
|      | 50m: 29.53              | 29.53           | 150m: 1:37.13 | 34.43     | 250m: 2:47.01 | 34.68 | 350m: 3:57.31 | 35.28 |
|      | 100m: 1:02.70           | 33.17           | 200m: 2:12.33 | 35.20     | 300m: 3:22.03 | 35.02 | 400m: 4:32.00 | 34.69 |
| 31.  | Olivier Jans            | De Fuut         | 4:24.14       | 200001815 | 4:32.37 +0,78 |       |               |       |
|      | 50m: 30.66              | 30.66           | 150m: 1:37.80 | 33.67     | 250m: 2:46.85 | 34.64 | 350m: 3:57.07 | 35.21 |
|      | 100m: 1:04.13           | 33.47           | 200m: 2:12.21 | 34.41     | 300m: 3:21.86 | 35.01 | 400m: 4:32.37 | 35.30 |
| 32.  | Christiaan Smit         | De Fuut         | 4:36.68       | 200102463 | 4:32.46 +0,73 |       |               |       |
|      | 50m: 30.80              | 30.80           | 150m: 1:39.18 | 34.53     | 250m: 2:49.10 | 34.90 | 350m: 3:58.97 | 34.48 |
|      | 100m: 1:04.65           | 33.85           | 200m: 2:14.20 | 35.02     | 300m: 3:24.49 | 35.39 | 400m: 4:32.46 | 33.49 |
| 33.  | Jens de Groot           | DAW             | 4:39.43       | 200001399 | 4:36.60 +0,84 |       |               |       |
|      | 50m: 31.59              | 31.59           | 150m: 1:40.78 | 34.64     | 250m: 2:51.25 | 35.42 | 350m: 4:02.10 | 35.46 |
|      | 100m: 1:06.14           | 34.55           | 200m: 2:15.83 | 35.05     | 300m: 3:26.64 | 35.39 | 400m: 4:36.60 | 34.50 |
| 34.  | Joris Hendriks          | PSV             | 4:37.62       | 199904859 | 4:38.09 +0,73 |       |               |       |
|      | 50m: 31.39              | 31.39           | 150m: 1:41.96 | 35.76     | 250m: 2:52.91 | 35.71 | 350m: 4:04.18 | 35.61 |
|      | 100m: 1:06.20           | 34.81           | 200m: 2:17.20 | 35.24     | 300m: 3:28.57 | 35.66 | 400m: 4:38.09 | 33.91 |
| 35.  | Jairo Kauwoh            | MSV-Zeemacht    | 4:37.86       | 200101599 | 4:38.48 +0,75 |       |               |       |
|      | 50m: 31.28              | 31.28           | 150m: 1:41.99 | 35.74     | 250m: 2:53.07 | 35.32 | 350m: 4:04.53 | 35.58 |
|      | 100m: 1:06.25           | 34.97           | 200m: 2:17.75 | 35.76     | 300m: 3:28.95 | 35.88 | 400m: 4:38.48 | 33.95 |
| 36.  | Wouter Schmit           | PSV             | 4:42.05       | 200004895 | 4:39.10 +0,61 |       |               |       |
|      | 50m: 31.36              | 31.36           | 150m: 1:42.13 | 35.61     | 250m: 2:54.21 | 35.99 | 350m: 4:05.30 | 35.85 |
|      | 100m: 1:06.52           | 35.16           | 200m: 2:18.22 | 36.09     | 300m: 3:29.45 | 35.24 | 400m: 4:39.10 | 33.80 |
| 37.  | Luc van Eijndhoven      | Argo            | 5:03.58       | 200200139 | 4:41.64 +0,62 |       |               |       |
|      | 50m: 31.83              | 31.83           | 150m: 1:42.95 | 35.73     | 250m: 2:54.86 | 36.31 | 350m: 4:06.99 | 35.80 |
|      | 100m: 1:07.22           | 35.39           | 200m: 2:18.55 | 35.60     | 300m: 3:31.19 | 36.33 | 400m: 4:41.64 | 34.65 |
| 38.  | Daen Spoor              | VZC-E&P         | 4:39.77       | 200101117 | 4:41.98 +0,79 |       |               |       |
|      | 50m: 31.19              | 31.19           | 150m: 1:41.76 | 35.24     | 250m: 2:53.05 | 35.72 | 350m: 4:06.36 | 36.54 |
|      | 100m: 1:06.52           | 35.33           | 200m: 2:17.33 | 35.57     | 300m: 3:29.82 | 36.77 | 400m: 4:41.98 | 35.62 |
| 39.  | Jan-Willem Topfer       | PSV             | 4:42.79       | 200101825 | 4:42.70 +0,68 |       |               |       |
|      | 50m: 31.94              | 31.94           | 150m: 1:44.67 | 36.84     | 250m: 2:57.93 | 36.14 | 350m: 4:10.54 | 36.24 |
|      | 100m: 1:07.83           | 35.89           | 200m: 2:21.79 | 37.12     | 300m: 3:34.30 | 36.37 | 400m: 4:42.70 | 32.16 |
| 40.  | Wessel Stupers<br>100m* | PSV             | 4:55.87       | 200203541 | 4:45.85 +0,79 |       |               |       |
|      | 50m: 31.99              | 31.99           | 150m: 1:44.42 | 36.85     | 250m: 2:57.96 | 38.04 | 350m: 4:09.85 | 35.29 |
|      | 100m: 1:07.57           | 35.58           | 200m: 2:19.92 | 35.50     | 300m: 3:34.56 | 36.60 | 400m: 4:45.85 | 36.00 |
| 41.  | Lucas Peters            | PSV             | 4:54.97       | 200301325 | 4:46.65 +0,74 |       |               |       |
|      | 50m: 32.22              | 32.22           | 150m: 1:45.52 | 37.07     | 250m: 3:00.73 | 37.16 | 350m: 4:13.83 | 36.17 |
|      | 100m: 1:08.45           | 36.23           | 200m: 2:23.57 | 38.05     | 300m: 3:37.66 | 36.93 | 400m: 4:46.65 | 32.82 |
| 42.  | Finn Vos                | De Dolfijn      | 4:51.92       | 200200665 | 4:48.11 +0,73 |       |               |       |
|      | 50m: 31.36              | 31.36           | 150m: 1:43.51 | 36.82     | 250m: 2:57.25 | 37.13 | 350m: 4:11.93 | 37.22 |
|      | 100m: 1:06.69           | 35.33           | 200m: 2:20.12 | 36.61     | 300m: 3:34.71 | 37.46 | 400m: 4:48.11 | 36.18 |

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| rang | naam  | vereniging              | inschrijftijd | tijd      | RT                   |       |               |       |
|------|---|-------------------------|---------------|-----------|----------------------|-------|---------------|-------|
| 43.  | Tom Blankestijn                                 | ZPC Amersfoort          | 4:51.01       | 200201185 | <b>4:49.28</b> +0,77 |       |               |       |
|      | 50m: 32.34                                      | 32.34                   | 150m: 1:44.34 | 36.87     | 250m: 2:58.57        | 37.47 | 350m: 4:13.09 | 36.76 |
|      | 100m: 1:07.47                                   | 35.13                   | 200m: 2:21.10 | 36.76     | 300m: 3:36.33        | 37.76 | 400m: 4:49.28 | 36.19 |
| 44.  | Ivar Oldenhof                                   | De Dolfijn              | 5:20.43       | 200000081 | <b>4:51.56</b> +0,71 |       |               |       |
|      | 50m: 31.31                                      | 31.31                   | 150m: 1:43.78 | 36.88     | 250m: 2:58.27        | 37.33 | 350m: 4:14.57 | 37.91 |
|      | 100m: 1:06.90                                   | 35.59                   | 200m: 2:20.94 | 37.16     | 300m: 3:36.66        | 38.39 | 400m: 4:51.56 | 36.99 |
| 45.  | Sem de Goei                                     | WS Twente               | 4:57.94       | 200200029 | <b>4:53.00</b> +0,68 |       |               |       |
|      | 50m: 31.88                                      | 31.88                   | 150m: 1:45.71 | 37.15     | 250m: 3:01.33        | 37.79 | 350m: 4:16.53 | 37.67 |
|      | 100m: 1:08.56                                   | 36.68                   | 200m: 2:23.54 | 37.83     | 300m: 3:38.86        | 37.53 | 400m: 4:53.00 | 36.47 |
| 46.  | Peer van Bemmelen                               | De Dolfijn              | 5:21.49       | 200102667 | <b>4:53.28</b> +0,77 |       |               |       |
|      | 50m: 31.69                                      | 31.69                   | 150m: 1:44.54 | 36.71     | 250m: 3:00.62        | 38.13 | 350m: 4:16.56 | 37.78 |
|      | 100m: 1:07.83                                   | 36.14                   | 200m: 2:22.49 | 37.95     | 300m: 3:38.78        | 38.16 | 400m: 4:53.28 | 36.72 |
| 47.  | Stan de Swart                                   | PSV                     | 5:08.39       | 200300535 | <b>5:07.85</b> +0,68 |       |               |       |
|      | 50m: 31.90                                      | 31.90                   | 150m: 1:46.98 | 38.31     | 250m: 3:06.87        | 40.78 | 350m: 4:27.85 | 40.18 |
|      | 100m: 1:08.67                                   | 36.77                   | 200m: 2:26.09 | 39.11     | 300m: 3:47.67        | 40.80 | 400m: 5:07.85 | 40.00 |
| 48.  | Thijs van Hofweegen                             | NTC PARA-ZPC Amersfoort | 5:07.28       | 199605253 | <b>5:08.66</b> +1,03 |       |               |       |
|      | <i>NR gehandicapt en 50,100,200 en 400 vrij</i> |                         |               |           |                      |       |               |       |
|      | 50m: 33.33                                      | 33.33                   | 150m: 1:48.85 | 38.37     | 250m: 3:07.93        | 39.53 | 350m: 4:29.28 | 40.64 |
|      | 100m: 1:10.48                                   | 37.15                   | 200m: 2:28.40 | 39.55     | 300m: 3:48.64        | 40.71 | 400m: 5:08.66 | 39.38 |