

Speedo Jaargangwedstrijden 2025
Leiden, 15 en 16 maart 2025

Programmanr. 13
15-03-25 - 15:42

Jongens, 400m vrije slag

Gebjr 2014
Resultaten

Kampioenschapsrecord	5:16.71	Jelte de Jong	ZPCH	Leiden	2020
Winnaar 2024	5:39.09	Floris Meijers	Swol 1894	Leiden	2024

rang	naam	vereniging		intijd		tijd		RT	
1.	Riff van der Zwaan <i>Kampioenschapsrecord</i>	ZVL-1886		5:15.83		201400053		5:12.63 +0,63	
	50m: 34.79	34.79	150m: 1:52.36	39.11	250m: 3:12.16	40.15	350m: 4:32.82	40.26	
	100m: 1:13.25	38.46	200m: 2:32.01	39.65	300m: 3:52.56	40.40	400m: 5:12.63	39.81	
2.	Bas Harms	Dedemsvaart AC		5:39.45		201400129		5:25.75	
	50m: 36.61	36.61	150m: 1:59.94	42.46	250m: 3:25.08	42.44	350m: 4:47.17	40.49	
	100m: 1:17.48	40.87	200m: 2:42.64	42.70	300m: 4:06.68	41.60	400m: 5:25.75	38.58	
3.	Floris van der Veen	De Zwoer		5:44.09		201400741		5:31.67 +0,90	
	50m: 36.73	36.73	150m: 1:59.75	41.85	250m: 3:25.08	42.54	350m: 4:50.41	42.72	
	100m: 1:17.90	41.17	200m: 2:42.54	42.79	300m: 4:07.69	42.61	400m: 5:31.67	41.26	
4.	Andras Dijkema	ZV De Ham		5:48.84		201400275		5:34.66	
	50m: 37.52	37.52	150m: 2:01.00	42.24	250m: 3:27.45	43.18	350m: 4:53.27	42.36	
	100m: 1:18.76	41.24	200m: 2:44.27	43.27	300m: 4:10.91	43.46	400m: 5:34.66	41.39	
5.	Naud Stegeman	KSN (SG)		5:43.78		201400307		5:36.22 +0,75	
	50m: 37.91	37.91	150m: 2:03.38	43.29	250m: 3:29.32	43.11	350m: 4:54.95	43.12	
	100m: 1:20.09	42.18	200m: 2:46.21	42.83	300m: 4:11.83	42.51	400m: 5:36.22	41.27	
6.	Thom de Gans	ZPC AMERSFOORT		5:52.27		201400009		5:39.69 +0,65	
	50m: 37.40	37.40	150m: 2:02.25	42.99	250m: 3:30.32	43.95	350m: 4:57.82	43.92	
	100m: 1:19.26	41.86	200m: 2:46.37	44.12	300m: 4:13.90	43.58	400m: 5:39.69	41.87	
7.	Thijs Geurts	Zwemsport Parkstad		5:59.99		201400545		5:47.55 +0,50	
	50m: 37.78	37.78	150m: 2:03.57	43.30	250m: 3:31.57	43.58	350m: 5:01.54	45.31	
	100m: 1:20.27	42.49	200m: 2:47.99	44.42	300m: 4:16.23	44.66	400m: 5:47.55	46.01	
8.	Daan van Merrienboer	ZV Vlaardingen-Schiedam		5:55.02		201400069		5:49.62 +0,78	
	50m: 38.53	38.53	150m: 2:07.42	44.55	250m: 3:36.61	44.82	350m: 5:06.19	44.25	
	100m: 1:22.87	44.34	200m: 2:51.79	44.37	300m: 4:21.94	45.33	400m: 5:49.62	43.43	
9.	Jip Westendorp	Swol 1894		5:55.59		201400379		5:51.03 +0,58	
	50m: 38.81	38.81	150m: 2:07.10	44.48	250m: 3:37.29	45.31	350m: 5:06.91	45.23	
	100m: 1:22.62	43.81	200m: 2:51.98	44.88	300m: 4:21.68	44.39	400m: 5:51.03	44.12	
10.	Illia Fitsak	De Dolfijn		5:55.59		201401961		6:04.76	
	50m: 40.79	40.79	150m: 2:13.23	47.31	250m: 3:47.26	46.90	350m: 5:20.42	46.18	
	100m: 1:25.92	45.13	200m: 3:00.36	47.13	300m: 4:34.24	46.98	400m: 6:04.76	44.34	
AFGEM	Kian Braakhuis	Team Noord Holland		6:08.87		201400805			
AFGEM	Lasse Hogendoorn	ZPB H&L Productions		6:02.55		201400115			
AFGEM	Nolan Teng	ZVL-1886		6:17.36		201400533			