

Speedo Jaargangwedstrijden 2025
Leiden, 15 en 16 maart 2025

Programmanr. 37
16-03-25 - 15:58

Jongens, 400m vrije slag

Gebj 2013
Resultaten

Kampioenschapsrecord	4:38.57	Bryan Agterdenbos	MNC DordrLeiden	2014
Winnaar 2024	5:11.00	Tim Slagers	AquapoldrcLeiden	2024

rang	naam	vereniging				intijd				tijd				RT
1.	Finn Ostermann	AZC				5:47.36 201301059				5:07.39				+0,61
	50m: 34.81	34.81	150m: 1:53.05	39.51	250m: 3:11.60	38.49	350m: 4:31.26	39.98						
	100m: 1:13.54	38.73	200m: 2:33.11	40.06	300m: 3:51.28	39.68	400m: 5:07.39	36.13						
2.	Floris Meijers	Swol 1894				5:11.42 201300015				5:07.60				+0,52
	50m: 33.23	33.23	150m: 1:50.73	39.48	250m: 3:09.15	39.19	350m: 4:28.57	39.77						
	100m: 1:11.25	38.02	200m: 2:29.96	39.23	300m: 3:48.80	39.65	400m: 5:07.60	39.03						
3.	Jesse Voet	Aqua-Novio'94				5:28.11 201300057				5:11.18				+0,62
	50m: 34.26	34.26	150m: 1:51.88	39.21	250m: 3:12.32	40.28	350m: 4:32.92	40.42						
	100m: 1:12.67	38.41	200m: 2:32.04	40.16	300m: 3:52.50	40.18	400m: 5:11.18	38.26						
4.	Fido Hulstijn	CWW Swimteam				5:21.56 201300775				5:13.78				+0,52
	50m: 34.41	34.41	150m: 1:52.79	40.04	250m: 3:12.90	40.04	350m: 4:34.24	40.68						
	100m: 1:12.75	38.34	200m: 2:32.86	40.07	300m: 3:53.56	40.66	400m: 5:13.78	39.54						
5.	Thijs van Arkel	ACZ				5:26.11 201300539				5:17.35				+0,91
	50m: 35.55	35.55	150m: 1:55.69	41.04	250m: 3:17.74	41.30	350m: 4:39.24	40.46						
	100m: 1:14.65	39.10	200m: 2:36.44	40.75	300m: 3:58.78	41.04	400m: 5:17.35	38.11						
6.	Sven Nozeman	ZVL-1886				5:28.98 201300993				5:19.61				
	50m: 34.05	34.05	150m: 1:54.13	41.51	250m: 3:17.45	41.77	350m: 4:39.86	40.72						
	100m: 1:12.62	38.57	200m: 2:35.68	41.55	300m: 3:59.14	41.69	400m: 5:19.61	39.75						
7.	Shai Jaffe	De Dolfijn				5:32.91 201300205				5:21.53				+0,75
	50m: 35.56	35.56	150m: 1:58.55	42.22	250m: 3:22.63	41.84	350m: 4:43.64	39.65						
	100m: 1:16.33	40.77	200m: 2:40.79	42.24	300m: 4:03.99	41.36	400m: 5:21.53	37.89						
8.	Thijs Mulder	KSN (SG)				5:36.58 201300435				5:23.98				+0,68
	50m: 35.33	35.33	150m: 1:54.51	39.80	250m: 3:17.55	41.39	350m: 4:41.74	42.07						
	100m: 1:14.71	39.38	200m: 2:36.16	41.65	300m: 3:59.67	42.12	400m: 5:23.98	42.24						
9.	Rens Bouwmans	DZT'62				5:31.48 201301389				5:25.85				+0,59
	50m: 35.34	35.34	150m: 1:57.64	42.07	250m: 3:22.19	41.97	350m: 4:45.37	40.36						
	100m: 1:15.57	40.23	200m: 2:40.22	42.58	300m: 4:05.01	42.82	400m: 5:25.85	40.48						
10.	Miguel Kuijken	PSV				5:41.89 201300251				5:33.62				+0,61
	50m: 37.22	37.22	150m: 1:59.80	41.81	250m: 3:25.97	43.39	350m: 4:51.44	42.41						
	100m: 1:17.99	40.77	200m: 2:42.58	42.78	300m: 4:09.03	43.06	400m: 5:33.62	42.18						
AFGEM	Dinand Gerritsen	Batavia Swim				5:48.18 201300335								
AFGEM	Floris Hardenberg	TriVia				5:50.16 201300665								