

Programmanr. 20  
02-06-2018 - 13:00

Heren, 400m vrije slag

Senioren en later  
Resultaten

Nederlands Record 3:47.09 Maarten BRZOSKOWSKI 13-033 London (GBR) 16-05-2016

rang	naam	vereniging	intijd	tijd	RT
<b>Junioren 1</b>					
1.	Luka GERAERDS	Hellas-Glana	4:55.38	200502077	4:47.14 +0,76 450
	50m: 33.03	33.03 150m: 1:46.02	36.26 250m: 3:01.45	37.83	350m: 4:14.98 36.57
	100m: 1:09.76	36.73 200m: 2:23.62	37.60 300m: 3:38.41	36.96	400m: 4:47.14 32.16
2.	Steijn LOUTER	AquaDream	5:00.26	200500793	4:50.64 +0,67 434
	50m: 32.51	32.51 150m: 1:47.23	37.54 250m: 3:01.79	37.15	350m: 4:15.59 36.16
	100m: 1:09.69	37.18 200m: 2:24.64	37.41 300m: 3:39.43	37.64	400m: 4:50.64 35.05
3.	Sven ten HOVE	Hieronymus	5:07.35	200500273	4:53.31 +0,49 422
	50m: 33.43	33.43 150m: 1:47.68	37.70 250m: 3:03.22	38.00	350m: 4:18.30 37.23
	100m: 1:09.98	36.55 200m: 2:25.22	37.54 300m: 3:41.07	37.85	400m: 4:53.31 35.01
4.	Sigsten JONKMAN	Z & PC De Zeeuwse Kust	5:02.94	200500523	5:02.56 +0,70 385
	50m: 33.99	33.99 150m: 1:48.99	38.04 250m: 3:06.54	39.49	350m: 4:25.35 38.94
	100m: 1:10.95	36.96 200m: 2:27.05	38.06 300m: 3:46.41	39.87	400m: 5:02.56 37.21
5.	Tijn van KUIJK	HZPC	5:00.26	200501087	5:03.64 +0,68 381
	50m: 33.09	33.09 150m: 1:49.23	38.54 250m: 3:07.43	39.45	350m: 4:26.27 39.27
	100m: 1:10.69	37.60 200m: 2:27.98	38.75 300m: 3:47.00	39.57	400m: 5:03.64 37.37
6.	Stan KEPERS	Hellas-Glana	5:25.35	200501063	5:17.58 +0,66 333
	50m: 35.50	35.50 150m: 1:56.28	40.71 250m: 3:17.24	40.60	350m: 4:39.23 40.32
	100m: 1:15.57	40.07 200m: 2:36.64	40.36 300m: 3:58.91	41.67	400m: 5:17.58 38.35
7.	Lars MINNAERT	V.Z.V. Njord	5:26.28	200502355	5:18.73 329
	50m: 34.92	34.92 150m: 1:55.18	40.82 250m: 3:17.38	40.26	350m: 4:39.50 40.56
	100m: 1:14.36	39.44 200m: 2:37.12	41.94 300m: 3:58.94	41.56	400m: 5:18.73 39.23
8.	Stan HOUTVAST	Hellas-Glana	5:43.18	200500883	5:49.87 +0,68 249
	50m: 37.23	37.23 150m: 2:05.01	44.24 250m: 3:36.14	45.38	350m: 5:06.90 44.88
	100m: 1:20.77	43.54 200m: 2:50.76	45.75 300m: 4:22.02	45.88	400m: 5:49.87 42.97
AFGEM	Dave ten BRINK	PSV	5:22.93	200501225	
<b>Junioren 2</b>					
1.	David GROENEWEGEN	PSV	4:35.20	200400469	4:25.65 +0,62 569
	50m: 29.97	29.97 150m: 1:36.84	33.49 250m: 2:44.67	33.67	350m: 3:53.67 34.70
	100m: 1:03.35	33.38 200m: 2:11.00	34.16 300m: 3:18.97	34.30	400m: 4:25.65 31.98
2.	Luuk van ROOIJ	PSV	4:32.16	200400581	4:27.52 +0,77 557
	50m: 30.40	30.40 150m: 1:37.22	33.77 250m: 2:45.07	33.94	350m: 3:54.37 34.64
	100m: 1:03.45	33.05 200m: 2:11.13	33.91 300m: 3:19.73	34.66	400m: 4:27.52 33.15
3.	Pieter WISSE	PSV	4:36.85	200400779	4:34.31 +0,79 516
	50m: 30.57	30.57 150m: 1:38.57	34.08 250m: 2:48.29	34.54	350m: 4:00.17 35.65
	100m: 1:04.49	33.92 200m: 2:13.75	35.18 300m: 3:24.52	36.23	400m: 4:34.31 34.14
4.	Teun van der SCHRIER	Hieronymus	4:45.76	200403627	4:41.23 +0,80 479
	50m: 31.30	31.30 150m: 1:41.97	35.67 250m: 2:55.14	36.62	350m: 4:06.98 35.59
	100m: 1:06.30	35.00 200m: 2:18.52	36.55 300m: 3:31.39	36.25	400m: 4:41.23 34.25
5.	Sem LAZEROMS	Hieronymus	4:43.57	200402921	4:41.64 +0,70 477
	50m: 30.62	30.62 150m: 1:40.13	35.44 250m: 2:53.30	36.77	350m: 4:07.16 36.36
	100m: 1:04.69	34.07 200m: 2:16.53	36.40 300m: 3:30.80	37.50	400m: 4:41.64 34.48
6.	Joost SCHUURMANS	Hellas-Glana	4:53.34	200400543	4:44.52 +0,71 463
	50m: 31.23	31.23 150m: 1:42.84	36.31 250m: 2:56.09	36.85	350m: 4:10.11 36.71
	100m: 1:06.53	35.30 200m: 2:19.24	36.40 300m: 3:33.40	37.31	400m: 4:44.52 34.41
7.	Bram VERKUIJLEN	PSV	4:59.08	200401381	4:45.14 +0,76 460
	50m: 30.76	30.76 150m: 1:41.82	36.29 250m: 2:55.45	36.93	350m: 4:09.03 36.69
	100m: 1:05.53	34.77 200m: 2:18.52	36.70 300m: 3:32.34	36.89	400m: 4:45.14 36.11
8.	Floris SONNEVELD	Z&PV Nuenen	5:02.43	200402953	4:46.72 +0,71 452
	50m: 32.27	32.27 150m: 1:45.80	36.94 250m: 2:59.86	36.64	350m: 4:13.15 36.14
	100m: 1:08.86	36.59 200m: 2:23.22	37.42 300m: 3:37.01	37.15	400m: 4:46.72 33.57
9.	Sven van EEGHEM	Hellas-Glana	4:59.56	200400541	4:56.28 +0,70 410
	50m: 32.01	32.01 150m: 1:45.92	36.77 250m: 3:02.15	38.15	350m: 4:20.21 39.80
	100m: 1:09.15	37.14 200m: 2:24.00	38.08 300m: 3:40.41	38.26	400m: 4:56.28 36.07
10.	Diederik COLOMBIJN	AquaDream	5:32.98	200403025	4:59.26 +0,75 398
	50m: 34.32	34.32 150m: 1:51.79	38.67 250m: 3:08.70	38.75	350m: 4:23.64 36.39
	100m: 1:13.12	38.80 200m: 2:29.95	38.16 300m: 3:47.25	38.55	400m: 4:59.26 35.62
11.	Koen VISSERS	PSV	4:56.59	200401429	5:00.08 +0,79 394
	50m: 32.62	32.62 150m: 1:46.97	37.79 250m: 3:04.26	39.02	350m: 4:22.54 38.92
	100m: 1:09.18	36.56 200m: 2:25.24	38.27 300m: 3:43.62	39.36	400m: 5:00.08 37.54
12.	Sem BONTE	Z & PC De Zeeuwse Kust	5:09.46	200400427	5:01.00 +0,78 391
	50m: 32.33	32.33 150m: 1:47.97	38.97 250m: 3:06.40	39.23	350m: 4:25.03 38.68
	100m: 1:09.00	36.67 200m: 2:27.17	39.20 300m: 3:46.35	39.95	400m: 5:01.00 35.97

Programmanr. 20, Jongens, 400m vrije slag, Junioren 2

rang	naam	vereniging	intijd	tijd	RT
13.	Jelle KOCKX	Mosa~Regio	5:16.77	200401697	5:02.31 +0,66 386
	50m: 31.76	31.76 150m: 1:47.13	38.23	250m: 3:05.14	38.83 350m: 4:25.25
	100m: 1:08.90	37.14 200m: 2:26.31	39.18	300m: 3:46.03	40.89 400m: 5:02.31
14.	Luca van den BERG	Mosa~Regio	5:20.73	200401087	5:03.37 +0,82 382
	50m: 32.64	32.64 150m: 1:49.42	38.92	250m: 3:07.61	39.19 350m: 4:26.05
	100m: 1:10.50	37.86 200m: 2:28.42	39.00	300m: 3:46.63	39.02 400m: 5:03.37
15.	Cas HUNGENS	Tempo Valkenswaard	5:01.58	200400017	5:12.80 348
	50m: 31.79	31.79 150m: 1:48.83	39.63	250m: 3:11.67	41.12 350m: 4:34.90
	100m: 1:09.20	37.41 200m: 2:30.55	41.72	300m: 3:52.98	41.31 400m: 5:12.80
16.	Nick HENDRICKX	ReSet (SG)	5:29.15	200401025	5:13.90 +0,79 345
	50m: 34.48	34.48 150m: 1:54.50	40.51	250m: 3:17.40	41.47 350m: 4:38.05
	100m: 1:13.99	39.51 200m: 2:35.93	41.43	300m: 3:58.50	41.10 400m: 5:13.90
17.	Jurre VELDHUIJSEN	Hellas-Glana	5:28.82	200400603	5:18.69 +0,72 329
	50m: 36.27	36.27 150m: 1:56.61	40.24	250m: 3:19.22	41.20 350m: 4:41.04
	100m: 1:16.37	40.10 200m: 2:38.02	41.41	300m: 4:00.96	41.74 400m: 5:18.69
18.	Steyn MOSTERD	Z & PC De Zeeuwse Kust	5:18.55	200402289	5:19.38 +0,87 327
	50m: 33.88	33.88 150m: 1:53.60	40.19	250m: 3:16.59	41.23 350m: 4:39.45
	100m: 1:13.41	39.53 200m: 2:35.36	41.76	300m: 3:58.51	41.92 400m: 5:19.38
19.	Joshua BIJVANK	Z & PC De Zeeuwse Kust	5:20.83	200401225	5:34.03 +0,74 286
	50m: 31.97	31.97 150m: 1:49.37	39.48	250m: 3:17.14	49.04 350m: 4:49.10
	100m: 1:09.89	37.92 200m: 2:28.10	38.73	300m: 4:02.55	45.41 400m: 5:34.03
AFGEM	Chris VERHOEVEN	PSV	4:48.98	200400593	

Junioren 2

1.	Nick SELTEN	ZWK Merlet	6:31.13	200403275	S9 5:58.29 339
	50m: 40.86	40.86 150m: 2:12.82	45.87	250m: 3:45.41	45.49 350m: 5:17.13
	100m: 1:26.95	46.09 200m: 2:59.92	47.10	300m: 4:32.65	47.24 400m: 5:58.29

Junioren 3

1.	Lucas PETERS	PSV	4:23.33	200301325	4:20.52 +0,68 603
	50m: 30.91	30.91 150m: 1:38.31	32.98	250m: 2:44.44	33.20 350m: 3:49.64
	100m: 1:05.33	34.42 200m: 2:11.24	32.93	300m: 3:17.45	33.01 400m: 4:20.52
2.	Esper SCHREURS	Zeps	4:28.27	200300433	4:26.28 +0,70 565
	50m: 30.87	30.87 150m: 1:39.48	33.45	250m: 2:45.43	33.28 350m: 3:51.52
	100m: 1:06.03	35.16 200m: 2:12.15	32.67	300m: 3:18.90	33.47 400m: 4:26.28
3.	Stan de SWART	PSV	4:37.71	200300535	4:37.56 +0,72 498
	50m: 32.29	32.29 150m: 1:41.16	33.68	250m: 2:50.70	34.68 350m: 4:01.78
	100m: 1:07.48	35.19 200m: 2:16.02	34.86	300m: 3:26.96	36.26 400m: 4:37.56
4.	Job van WANROIJ	Zwemclub Eijsden	4:33.12	200301307	4:38.14 +0,68 495
	50m: 30.11	30.11 150m: 1:39.84	35.48	250m: 2:51.43	35.90 350m: 4:03.08
	100m: 1:04.36	34.25 200m: 2:15.53	35.69	300m: 3:27.22	35.79 400m: 4:38.14
5.	Aidan ANDERSEN	Trb/Res	4:47.74	200302829	4:43.24 +0,68 469
	50m: 31.56	31.56 150m: 1:44.13	36.50	250m: 2:56.18	35.92 350m: 4:09.22
	100m: 1:07.63	36.07 200m: 2:20.26	36.13	300m: 3:32.78	36.60 400m: 4:43.24
6.	Freek GABRIELS	Trb/Res	4:45.18	200301407	4:45.37 +0,70 459
	50m: 32.04	32.04 150m: 1:44.36	36.56	250m: 2:58.47	37.05 350m: 4:11.74
	100m: 1:07.80	35.76 200m: 2:21.42	37.06	300m: 3:35.85	37.38 400m: 4:45.37
7.	Thijn DAMEN	O.Z. & P.C. De Warande	4:38.51	200300973	4:52.07 +0,76 428
	50m: 32.50	32.50 150m: 1:45.21	36.44	250m: 2:59.54	36.89 350m: 4:14.19
	100m: 1:08.77	36.27 200m: 2:22.65	37.44	300m: 3:37.03	37.49 400m: 4:52.07
8.	Raphaël KRICHEL	Zwemsport Parkstad	5:06.84	200300411	4:56.57 +0,62 409
	50m: 32.71	32.71 150m: 1:47.63	37.96	250m: 3:04.63	38.54 350m: 4:20.67
	100m: 1:09.67	36.96 200m: 2:26.09	38.46	300m: 3:42.92	38.29 400m: 4:56.57
9.	Yuri WASSER	PSV	5:18.85	200301327	5:02.96 +0,57 383
	50m: 33.53	33.53 150m: 1:49.94	38.36	250m: 3:07.74	38.66 350m: 4:24.86
	100m: 1:11.58	38.05 200m: 2:29.08	39.14	300m: 3:46.70	38.96 400m: 5:02.96
10.	Ricardo JANSEN	Arethusa	4:58.93	200301055	5:04.00 +0,77 379
	50m: 33.06	33.06 150m: 1:49.20	38.83	250m: 3:07.80	39.34 350m: 4:26.22
	100m: 1:10.37	37.31 200m: 2:28.46	39.26	300m: 3:47.58	39.78 400m: 5:04.00
11.	Job ERDMANN	Hieronymus	5:12.20	200302237	5:07.23 368
	50m: 33.94	33.94 150m: 1:52.24	39.70	250m: 3:12.39	39.38 350m: 4:29.96
	100m: 1:12.54	38.60 200m: 2:33.01	40.77	300m: 3:52.30	39.91 400m: 5:07.23
12.	Thijn BERGMAN	V.Z.V. Njord	5:18.97	200302713	5:09.42 360
	50m: 33.25	33.25 150m: 1:49.70	38.46	250m: 3:09.83	39.80 350m: 4:30.72
	100m: 1:11.24	37.99 200m: 2:30.03	40.33	300m: 3:51.12	41.29 400m: 5:09.42
13.	Tom van EEMEREN	HZV Lutra	5:22.93	200302087	5:15.07 +0,78 341
	50m: 33.79	33.79 150m: 1:53.32	40.02	250m: 3:15.57	41.67 350m: 4:37.19
	100m: 1:13.30	39.51 200m: 2:33.90	40.58	300m: 3:56.96	41.39 400m: 5:15.07

Programmanr. 20, Jongens, 400m vrije slag, Junioren 3

rang	naam	vereniging	intijd	tijd	RT
14.	Tom van MARUM	Zwemclub Eijsden	5:28.66	200301447	5:16.23 +0,73 337
	50m: 34.55	34.55 150m: 1:53.96	40.12	250m: 3:16.23	41.78 350m: 4:38.28
	100m: 1:13.84	39.29 200m: 2:34.45	40.49	300m: 3:57.51	41.28 400m: 5:16.23
15.	Karsten van DOORN	Arethusa	5:34.06	200301371	5:16.38 337
	50m: 34.23	34.23 150m: 1:52.45	40.00	250m: 3:14.37	41.50 350m: 4:36.93
	100m: 1:12.45	38.22 200m: 2:32.87	40.42	300m: 3:55.90	41.53 400m: 5:16.38
16.	Guus van WANROIJ	Zwemclub Eijsden	5:15.19	200301309	5:17.72 332
	50m: 33.63	33.63 150m: 1:52.38	39.58	250m: 3:14.54	41.08 350m: 4:38.15
	100m: 1:12.80	39.17 200m: 2:33.46	41.08	300m: 3:56.70	42.16 400m: 5:17.72
17.	Robbie van den BERG	Sbc2000	5:26.10	200301427	5:25.82 +0,69 308
	50m: 34.16	34.16 150m: 1:53.62	40.67	250m: 3:17.99	42.89 350m: 4:45.09
	100m: 1:12.95	38.79 200m: 2:35.10	41.48	300m: 4:01.38	43.39 400m: 5:25.82
18.	Ferre PITTIE	Zwemclub Eijsden	5:32.38	200302033	5:28.74 +0,71 300
	50m: 33.73	33.73 150m: 1:54.26	41.52	250m: 3:19.61	43.15 350m: 4:46.60
	100m: 1:12.74	39.01 200m: 2:36.46	42.20	300m: 4:03.42	43.81 400m: 5:28.74
19.	William WEBSTER	V.Z.V. Njord	5:28.79	200302775	5:31.06 +0,85 294
	50m: 34.40	34.40 150m: 1:53.68	40.63	250m: 3:18.92	43.12 350m: 4:47.62
	100m: 1:13.05	38.65 200m: 2:35.80	42.12	300m: 4:03.25	44.33 400m: 5:31.06
NG	Yorick VISSER	Z & PC De Zeeuwse Kust	4:25.87	200301957	

Junioren 4

1.	Luc van EIJDHOVEN	O.Z. & P.C. De Warande	4:25.62	200200139	4:22.59 +0,72 589
	50m: 29.67	29.67 150m: 1:36.49	33.14	250m: 2:43.50	33.46 350m: 3:50.51
	100m: 1:03.35	33.68 200m: 2:10.04	33.55	300m: 3:17.48	33.98 400m: 4:22.59
2.	Nino van BEEK	Zeps	4:31.73	200202153	4:27.26 +0,66 558
	50m: 29.89	29.89 150m: 1:37.74	33.97	250m: 2:45.56	34.12 350m: 3:54.36
	100m: 1:03.77	33.88 200m: 2:11.44	33.70	300m: 3:20.14	34.58 400m: 4:27.26
3.	Jasper THOMAS	Zwemsport Parkstad	4:48.42	200200427	4:35.93 +0,74 507
	50m: 30.62	30.62 150m: 1:40.53	35.15	250m: 2:50.45	35.11 350m: 4:00.91
	100m: 1:05.38	34.76 200m: 2:15.34	34.81	300m: 3:25.65	35.20 400m: 4:35.93
4.	Tim VERSTEEGEN	DBD	4:53.82	200200085	4:45.86 +0,86 456
	50m: 30.94	30.94 150m: 1:42.03	35.71	250m: 2:56.47	37.89 350m: 4:12.01
	100m: 1:06.32	35.38 200m: 2:18.58	36.55	300m: 3:34.34	37.87 400m: 4:45.86
5.	Ivar KOEVOET	V.Z.V. Njord	5:01.23	200200185	4:50.27 +0,61 436
	50m: 32.18	32.18 150m: 1:45.87	36.90	250m: 3:00.98	36.90 350m: 4:15.05
	100m: 1:08.97	36.79 200m: 2:24.08	38.21	300m: 3:38.73	37.75 400m: 4:50.27
6.	Levi BROUWERS	Hieronymus	4:56.57	200203171	4:50.86 +0,70 433
	50m: 31.31	31.31 150m: 1:43.36	36.71	250m: 2:58.18	37.22 350m: 4:14.46
	100m: 1:06.65	35.34 200m: 2:20.96	37.60	300m: 3:36.72	38.54 400m: 4:50.86
7.	Ananye ACHINTYE	PSV	4:58.20	200202349	4:51.36 +0,66 431
	50m: 31.94	31.94 150m: 1:45.61	37.31	250m: 3:01.19	38.05 350m: 4:17.33
	100m: 1:08.30	36.36 200m: 2:23.14	37.53	300m: 3:39.45	38.26 400m: 4:51.36
8.	Rens MARTENS	ZV Hydra	4:50.36	200202877	4:51.59 +0,66 430
	50m: 31.07	31.07 150m: 1:43.37	36.52	250m: 2:58.56	37.69 350m: 4:15.54
	100m: 1:06.85	35.78 200m: 2:20.87	37.50	300m: 3:37.07	38.51 400m: 4:51.59
9.	Lars HILKENS	RZ	5:06.51	200201165	4:54.88 +0,76 416
	50m: 32.34	32.34 150m: 1:46.65	38.33	250m: 3:04.66	39.27 350m: 4:19.13
	100m: 1:08.32	35.98 200m: 2:25.39	38.74	300m: 3:43.42	38.76 400m: 4:54.88
10.	Zenn DORELEIJERS	Tempo Valkenswaard	5:02.34	200204243	4:55.52 +0,68 413
	50m: 32.42	32.42 150m: 1:45.69	36.74	250m: 3:01.71	37.84 350m: 4:18.77
	100m: 1:08.95	36.53 200m: 2:23.87	38.18	300m: 3:39.94	38.23 400m: 4:55.52
11.	Huib WARMERDAM	Arethusa	5:00.79	200204043	4:58.09 +0,85 402
	50m: 32.62	32.62 150m: 1:47.15	37.62	250m: 3:04.38	38.17 350m: 4:20.89
	100m: 1:09.53	36.91 200m: 2:26.21	39.06	300m: 3:42.84	38.46 400m: 4:58.09
12.	Daan WIJNANDS	sgpatrick-deroersoppers	5:06.91	200200127	4:59.70 +0,50 396
	50m: 32.55	32.55 150m: 1:48.23	38.21	250m: 3:08.20	39.90 350m: 4:26.43
	100m: 1:10.02	37.47 200m: 2:28.30	40.07	300m: 3:47.58	39.38 400m: 4:59.70
13.	Coen GRAAT	ZWK Merlet	4:58.82	200201363	4:59.71 +0,65 396
	50m: 31.71	31.71 150m: 1:47.30	38.37	250m: 3:03.93	37.80 350m: 4:21.83
	100m: 1:08.93	37.22 200m: 2:26.13	38.83	300m: 3:42.94	39.01 400m: 4:59.71
14.	Stijn WILDSCHEUT	Z & PC De Zeeuwse Kust	5:13.48	200201247	5:08.64 +0,87 363
	50m: 31.00	31.00 150m: 1:48.90	40.06	250m: 3:10.13	40.18 350m: 4:30.59
	100m: 1:08.84	37.84 200m: 2:29.95	41.05	300m: 3:51.10	40.97 400m: 5:08.64
15.	Devan JONKERS	Zeester Meerval	5:12.68	200201061	5:10.18 +0,76 357
	50m: 33.65	33.65 150m: 1:51.58	39.59	250m: 3:11.60	39.85 350m: 4:31.45
	100m: 1:11.99	38.34 200m: 2:31.75	40.17	300m: 3:51.17	39.57 400m: 5:10.18
16.	Roel JANSSEN	Argo	4:57.46	200201605	5:12.94 +0,77 348
	50m: 32.17	32.17 150m: 1:48.03	38.95	250m: 3:09.42	40.90 350m: 4:32.77
	100m: 1:09.08	36.91 200m: 2:28.52	40.49	300m: 3:51.08	41.66 400m: 5:12.94

Programmanr. 20, Jongens, 400m vrije slag, Junioren 4

rang	naam	vereniging	intijd	tijd	RT
17.	Bram van den BURG	ZC Valkenburg	5:10.03	200203095	5:18.26 +0,72 331
	50m: 26.03	26.03 150m: 1:44.10	48.70	250m: 3:08.22	40.74 350m: 4:35.74
	100m: 55.40	29.37 200m: 2:27.48	43.38	300m: 3:50.74	42.52 400m: 5:18.26
AFGEM	Luka BOUWMAN	PSV	4:59.32	200201119	

Jeugd 1 en 2

1.	Raf HENDRIKS	Hellas-Glana	4:21.89	200100879	4:18.53 +0,74 617
	50m: 28.68	28.68 150m: 1:33.25	32.56	250m: 2:39.44	33.45 350m: 3:46.02
	100m: 1:00.69	32.01 200m: 2:05.99	32.74	300m: 3:12.58	33.14 400m: 4:18.53
2.	Janne ENGLEBERT	Hieronymus	4:22.23	200101561	4:21.27 +0,72 598
	50m: 28.94	28.94 150m: 1:34.74	33.32	250m: 2:41.55	33.65 350m: 3:49.09
	100m: 1:01.42	32.48 200m: 2:07.90	33.16	300m: 3:15.32	33.77 400m: 4:21.27
3.	Tom BALSSEN VERSTEEG	O.Z. & P.C. De Warande	4:22.64	200005673	4:27.37 +0,61 558
	50m: 29.80	29.80 150m: 1:36.88	33.80	250m: 2:45.23	34.06 350m: 3:53.35
	100m: 1:03.08	33.28 200m: 2:11.17	34.29	300m: 3:19.75	34.52 400m: 4:27.37
4.	Lars KERREMANS	Hellas-Glana	4:32.59	200100305	4:28.63 +0,65 550
	50m: 29.99	29.99 150m: 1:38.37	34.72	250m: 2:47.24	34.75 350m: 3:56.99
	100m: 1:03.65	33.66 200m: 2:12.49	34.12	300m: 3:21.87	34.63 400m: 4:28.63
5.	Anton JANSEN	PSV	4:18.11	200003621	4:29.53 +0,70 544
	50m: 29.89	29.89 150m: 1:37.94	34.10	250m: 2:47.04	34.45 350m: 3:57.21
	100m: 1:03.84	33.95 200m: 2:12.59	34.65	300m: 3:22.03	34.99 400m: 4:29.53
6.	Maikel van der LINDEN	Zv Kimbria	4:31.70	200003797	4:30.87 +0,69 536
	50m: 30.30	30.30 150m: 1:38.33	34.11	250m: 2:48.08	34.64 350m: 3:57.36
	100m: 1:04.22	33.92 200m: 2:13.44	35.11	300m: 3:23.13	35.05 400m: 4:30.87
7.	Thijs MANDERS	PSV	4:30.63	200002731	4:37.37 +0,68 499
	50m: 31.30	31.30 150m: 1:40.85	35.12	250m: 2:51.54	35.32 350m: 4:03.31
	100m: 1:05.73	34.43 200m: 2:16.22	35.37	300m: 3:27.78	36.24 400m: 4:37.37
8.	Luuk SMITS	Tempo Valkenswaard	4:45.24	200001015	4:43.09 +0,75 470
	50m: 29.51	29.51 150m: 1:37.04	34.55	250m: 2:49.84	36.84 350m: 4:06.21
	100m: 1:02.49	32.98 200m: 2:13.00	35.96	300m: 3:27.62	37.78 400m: 4:43.09
9.	Alexander NIJST	Z&PV Nuenen	4:30.00	200104869	4:43.22 +0,83 469
	50m: 31.84	31.84 150m: 1:43.82	36.32	250m: 2:56.65	36.00 350m: 4:08.74
	100m: 1:07.50	35.66 200m: 2:20.65	36.83	300m: 3:33.14	36.49 400m: 4:43.22
10.	Daniël VLIJT	HZPC	4:41.06	200100183	4:50.40 +0,84 435
	50m: 31.09	31.09 150m: 1:42.34	36.16	250m: 2:57.05	37.14 350m: 4:12.89
	100m: 1:06.18	35.09 200m: 2:19.91	37.57	300m: 3:35.19	38.14 400m: 4:50.40
11.	Jesse HOKSBERGEN	SWNZ	4:53.29	200104857	4:51.76 +0,50 429
	50m: 30.79	30.79 150m: 1:42.44	36.16	250m: 2:58.16	37.90 350m: 4:14.52
	100m: 1:06.28	35.49 200m: 2:20.26	37.82	300m: 3:36.92	38.76 400m: 4:51.76
12.	Mike KRIELAART	Dommelbaarzen	4:42.19	200003695	4:53.20 +0,76 423
	50m: 31.75	31.75 150m: 1:44.26	36.79	250m: 3:00.81	38.55 350m: 4:16.65
	100m: 1:07.47	35.72 200m: 2:22.26	38.00	300m: 3:39.44	38.63 400m: 4:53.20
13.	Djep DORELEIJERS	Tempo Valkenswaard	4:49.98	200005305	4:55.86 +0,76 412
	50m: 31.68	31.68 150m: 1:44.62	36.90	250m: 3:01.40	38.84 350m: 4:18.30
	100m: 1:07.72	36.04 200m: 2:22.56	37.94	300m: 3:40.43	39.03 400m: 4:55.86

Senioren 1 en ouder

1.	Maarten BRZOSKOWSKI	PSV	3:53.17	199500769	4:01.60 +0,72 756
	50m: 28.55	28.55 150m: 1:29.77	30.47	250m: 2:31.10	30.51 350m: 3:32.02
	100m: 59.30	30.75 200m: 2:00.59	30.82	300m: 3:01.64	30.54 400m: 4:01.60
2.	Arjan KNIPPING	PSV	4:01.77	199401667	4:03.72 +0,75 736
	50m: 28.90	28.90 150m: 1:30.74	31.00	250m: 2:32.48	30.87 350m: 3:33.75
	100m: 59.74	30.84 200m: 2:01.61	30.87	300m: 3:03.41	30.93 400m: 4:03.72
3.	Koen KOSTER	HZPC	4:31.25	199900517	4:20.99 +0,72 600
	50m: 28.97	28.97 150m: 1:35.31	33.10	250m: 2:41.39	32.54 350m: 3:47.81
	100m: 1:02.21	33.24 200m: 2:08.85	33.54	300m: 3:14.70	33.31 400m: 4:20.99
4.	Rick van HAMOND	Dommelbaarzen	4:21.98	199205873	4:23.15 +0,67 585
	50m: 29.64	29.64 150m: 1:35.19	32.88	250m: 2:42.30	33.61 350m: 3:50.41
	100m: 1:02.31	32.67 200m: 2:08.69	33.50	300m: 3:16.70	34.40 400m: 4:23.15
5.	Joris HENDRIKS	PSV	4:31.07	199904859	4:33.66 +0,69 520
	50m: 30.65	30.65 150m: 1:38.40	33.89	250m: 2:48.32	34.42 350m: 4:00.49
	100m: 1:04.51	33.86 200m: 2:13.90	35.50	300m: 3:24.87	36.55 400m: 4:33.66
6.	Björn PIKET	HZPC	4:28.74	199602133	4:38.38 +0,70 494
	50m: 29.72	29.72 150m: 1:38.97	34.97	250m: 2:50.53	35.71 350m: 4:03.02
	100m: 1:04.00	34.28 200m: 2:14.82	35.85	300m: 3:26.87	36.34 400m: 4:38.38

Programmanr. 20, Heren, 400m vrije slag

Senioren 1 en ouder

1. Sebastiaan BROERE	Hieronymus		4:40.35		199803687	S14	4:44.23		+0,71	711
50m: 29.47	29.47	150m: 1:37.78	34.45	250m: 2:50.52	37.07	350m: 4:06.89	38.64			
100m: 1:03.33	33.86	200m: 2:13.45	35.67	300m: 3:28.25	37.73	400m: 4:44.23	37.34			