

SFWM 2026
Amsterdam, 11- - 12-7-2026

Programmanr. 5
11-7-2026 - 12:20

Heren, 400m vrije slag

Senioren Open
Resultaten

rang	naam	vereniging			intijd		tijd			RT
1.	Austin Namesnik	ZPC AMERSFOORT			3:47.37	200101817	3:52.87			+0,58
	50m: 25.26	25.26	150m: 1:20.85	28.09	250m: 2:18.81	29.37	350m: 3:21.46			32.31
	100m: 52.76	27.50	200m: 1:49.44	28.59	300m: 2:49.15	30.34	400m: 3:52.87			31.41
2.	Boele Böhm	Blue Marlins			3:57.28	200700739	3:53.75			+0,67
	50m: 25.76	25.76	150m: 1:24.21	29.68	250m: 2:23.91	29.97	350m: 3:24.30			30.34
	100m: 54.53	28.77	200m: 1:53.94	29.73	300m: 2:53.96	30.05	400m: 3:53.75			29.45
3.	Darren Chen	ZPC AMERSFOORT			4:14.23	200001149	4:14.38			+0,67
	50m: 27.29	27.29	150m: 1:28.80	31.42	250m: 2:33.52	32.82	350m: 3:40.94			34.02
	100m: 57.38	30.09	200m: 2:00.70	31.90	300m: 3:06.92	33.40	400m: 4:14.38			33.44
4.	Jelle Blankestijn	ZPC AMERSFOORT			4:20.97	199803737	4:20.37			+0,76
	50m: 28.12	28.12	150m: 1:31.62	32.14	250m: 2:38.62	33.75	350m: 3:47.35			34.52
	100m: 59.48	31.36	200m: 2:04.87	33.25	300m: 3:12.83	34.21	400m: 4:20.37			33.02
5.	Sven Buijs	Hieronymus			4:23.75	200902853	4:24.24			+0,72
	50m: 29.05	29.05	150m: 1:34.35	33.37	250m: 2:42.65	34.32	350m: 3:51.50			34.47
	100m: 1:00.98	31.93	200m: 2:08.33	33.98	300m: 3:17.03	34.38	400m: 4:24.24			32.74
6.	Tycho Wienbelt	De Vikings			4:30.11	201001397	4:28.06			+0,80
	50m: 29.10	29.10	150m: 1:34.84	33.45	250m: 2:43.80	34.62	350m: 3:53.92			35.04
	100m: 1:01.39	32.29	200m: 2:09.18	34.34	300m: 3:18.88	35.08	400m: 4:28.06			34.14
7.	Tijn Pieters	Orca Leeuwarden			4:38.97	201300715	4:29.69			+0,67
	50m: 30.42	30.42	150m: 1:38.63	34.39	250m: 2:48.11	34.55	350m: 3:57.31			34.66
	100m: 1:04.24	33.82	200m: 2:13.56	34.93	300m: 3:22.65	34.54	400m: 4:29.69			32.38
8.	Jaro Hermans	PSV			4:41.55	201200173	4:38.72			+0,66
	50m: 31.03	31.03	150m: 1:40.60	34.95	250m: 2:51.69	35.57	350m: 4:03.59			35.98
	100m: 1:05.65	34.62	200m: 2:16.12	35.52	300m: 3:27.61	35.92	400m: 4:38.72			35.13
9.	Jonathan Norfles	AZ&PC De Futen			4:34.99	200702179	4:41.56			+0,80
	50m: 29.94	29.94	150m: 1:38.95	35.02	250m: 2:50.83	36.08	350m: 4:05.14			37.43
	100m: 1:03.93	33.99	200m: 2:14.75	35.80	300m: 3:27.71	36.88	400m: 4:41.56			36.42
10.	Celestin van der Beek	PSV			4:49.59	201201183	4:44.92 *			+0,61
	50m: 31.57	31.57	150m: 1:43.85	36.49	250m: 2:56.53	35.78	350m: 4:09.93			36.56
	100m: 1:07.36	35.79	200m: 2:20.75	36.90	300m: 3:33.37	36.84	400m: 4:44.92			34.99
11.	Jasper Cox	ZPC AMERSFOORT			4:49.23	201003589	4:45.17			+0,69
	50m: 31.14	31.14	150m: 1:42.88	36.56	250m: 2:56.37	36.71	350m: 4:10.04			36.42
	100m: 1:06.32	35.18	200m: 2:19.66	36.78	300m: 3:33.62	37.25	400m: 4:45.17			35.13
12.	Sebastiaan Broere *50	Hieronymus			4:35.73	199803687	S14	4:49.95	+0,85	652
	50m: 32.33	32.33	150m: 1:44.42	35.98	250m: 2:58.73	37.29	350m: 4:12.88			36.64
	100m: 1:08.44	36.11	200m: 2:21.44	37.02	300m: 3:36.24	37.51	400m: 4:49.95			37.07
13.	Teije Baars	DWK			5:04.64	201300203	5:06.62			+0,72
	50m: 31.82	31.82	150m: 1:48.29	39.06	250m: 3:08.42	40.63	350m: 4:28.49			39.45
	100m: 1:09.23	37.41	200m: 2:27.79	39.50	300m: 3:49.04	40.62	400m: 5:06.62			38.13
14.	Rens Bouwmans	DZT'62			5:15.76	201301389	5:08.90			+0,59
	50m: 34.51	34.51	150m: 1:52.60	39.06	250m: 3:12.73	39.44	350m: 4:31.78			38.45
	100m: 1:13.54	39.03	200m: 2:33.29	40.69	300m: 3:53.33	40.60	400m: 5:08.90			37.12
15.	Jonathan Nusteen *350	Zwemclub Zeist			5:08.33	201202129	5:11.76			+0,73
	50m: 32.89	32.89	150m: 1:48.85	38.74	250m: 3:07.89	39.91	350m: 4:27.36			39.81
	100m: 1:10.11	37.22	200m: 2:27.98	39.13	300m: 3:47.55	39.66	400m: 5:11.76			44.40
16.	Tyrus Tai *100 *200* *250 *300 *350	WVZ			5:47.52	201302569	5:26.49			+0,85
	50m: 36.33	36.33	150m: 2:00.18	42.88	250m: 3:27.42	42.78	350m: 4:50.32			41.15
	100m: 1:17.30	40.97	200m: 2:44.64	44.46	300m: 4:09.17	41.75	400m: 5:26.49			36.17
17.	Mutasem Farea	Zwemlust- den Hommel			5:33.82	201102207	5:27.06			+0,70
	50m: 35.21	35.21	150m: 1:55.77	40.99	250m: 3:22.43	43.75	350m: 4:48.14			42.15
	100m: 1:14.78	39.57	200m: 2:38.68	42.91	300m: 4:05.99	43.56	400m: 5:27.06			38.92
18.	Noah Miggelbrink	Blue Marlins			5:59.85	201301223	5:40.31			+0,66
	50m: 37.02	37.02	150m: 2:01.51	42.44	250m: 3:30.27	44.74	350m: 4:58.03			44.15
	100m: 1:19.07	42.05	200m: 2:45.53	44.02	300m: 4:13.88	43.61	400m: 5:40.31			42.28
19.	Maurits Nagelvoort *300	DWK			5:51.22	201200519	5:48.93			+0,78
	50m: 37.32	37.32	150m: 2:05.88	44.75	250m: 3:37.04	45.47	350m: 5:07.20			44.71
	100m: 1:21.13	43.81	200m: 2:51.57	45.69	300m: 4:22.49	45.45	400m: 5:48.93			41.73
AFGEM	Felipe Kerkhoff	ZPC AMERSFOORT			4:42.00	201202625				