

Programmanr. 6
7-3-2026

Heren, 400m vrije slag

Senioren Open
Resultaten

rang	naam	vereniging	intijd	tijd	RT
Onder 16					
1.	Roan van Dijk	ZVDO'74	NT	201100319	5:38.20
	50m: 40.69	150m: 2:07.06	250m: 3:32.86	350m: 4:58.87	
	100m: 1:24.13	200m: 2:50.09	300m: 4:15.74	400m: 5:38.20	
2.	Roan Schouten	ZVDO'74	NT	201003381	6:02.07
	50m: 36.90	150m: 2:07.14	250m: 3:43.88	350m: 5:21.16	
	100m: 1:20.63	200m: 2:54.64	300m: 4:32.13	400m: 6:02.07	
18 en ouder					
1.	Matthias Faber	Bijtelskil	NT	200700109	5:20.73
	50m: 33.43	150m: 1:52.85	250m: 3:16.64	350m: 4:40.69	
	100m: 1:12.41	200m: 2:34.36	300m: 3:58.42	400m: 5:20.73	
2.	Tim van Strien	Bijtelskil	NT	200700063	5:26.79
	50m: 35.32	150m: 1:57.38	250m: 3:22.31	350m: 4:46.00	
	100m: 1:15.59	200m: 2:39.22	300m: 4:04.64	400m: 5:26.79	
3.	Michael Verschoor	De Biesboschwemmers	5:24.70	200600901	5:27.29
	50m: 35.77	150m: 1:56.73	250m: 3:21.27	350m: 4:46.01	
	100m: 1:15.30	200m: 2:39.10	300m: 4:03.33	400m: 5:27.29	
4.	Denny Groeneveld	Bijtelskil	6:17.71	199202165	6:13.16
	50m: 37.62	150m: 2:06.06	250m: 3:41.80	350m: 5:22.77	
	100m: 1:20.88	200m: 2:53.27	300m: 4:31.44	400m: 6:13.16	