

Programmanr. 26
21-5-2022 - 14:40

Heren, 400m vrije slag

Senioren open
Resultaten

rang naam	vereniging	intijd	tijd	RT	100m	200m	300m	400m
Brabants Kampioen , Junioren 1 en 2								
1. Wout Serrarens	PSV	4:43.28	200800261	4:41.14 +0,76	1:04.46	2:16.66	3:29.71	4:41.14
50m: 29.95	29.95	150m: 1:40.08	35.62	250m: 2:53.08	36.42	350m: 4:05.99	36.28	
100m: 1:04.46	34.51	200m: 2:16.66	36.58	300m: 3:29.71	36.63	400m: 4:41.14	35.15	
2. Theodore Allan	PSV	5:07.21	200902925	4:57.14 +0,73	1:09.17	2:27.16	3:45.73	4:57.14
50m: 32.35	32.35	150m: 1:47.77	38.60	250m: 3:06.71	39.55	350m: 4:23.69	37.96	
100m: 1:09.17	36.82	200m: 2:27.16	39.39	300m: 3:45.73	39.02	400m: 4:57.14	33.45	
3. Lars de Kooter	De Biesboschzwemmers	4:57.43	200800185	4:58.33 +0,70	1:09.70	2:27.24	3:45.46	4:58.33
50m: 32.30	32.30	150m: 1:48.06	38.36	250m: 3:06.65	39.41	350m: 4:23.18	37.72	
100m: 1:09.70	37.40	200m: 2:27.24	39.18	300m: 3:45.46	38.81	400m: 4:58.33	35.15	
4. Martijn Nies	PSV	5:13.88	200902095	5:00.30 +0,84	1:10.45	2:28.15	3:46.44	5:00.30
50m: 32.76	32.76	150m: 1:48.65	38.20	250m: 3:07.19	39.04	350m: 4:24.09	37.65	
100m: 1:10.45	37.69	200m: 2:28.15	39.50	300m: 3:46.44	39.25	400m: 5:00.30	36.21	
5. Tim van de Moosdijk	VZV Njord	5:34.51	200900187	5:00.60 +0,72	1:10.76	2:30.02	3:48.42	5:00.60
50m: 33.09	33.09	150m: 1:49.82	39.06	250m: 3:08.77	38.75	350m: 4:24.67	36.25	
100m: 1:10.76	37.67	200m: 2:30.02	40.20	300m: 3:48.42	39.65	400m: 5:00.60	35.93	
6. Thomas Nauta	Arethusa	5:26.10	200900339	5:09.02 +0,72	1:11.98	2:31.44	3:51.36	5:09.02
50m: 33.68	33.68	150m: 1:51.56	39.58	250m: 3:11.04	39.60	350m: 4:31.03	39.67	
100m: 1:11.98	38.30	200m: 2:31.44	39.88	300m: 3:51.36	40.32	400m: 5:09.02	37.99	
7. Davi Fonseca Gomes	PSV	5:19.19	200902795	5:13.00 +0,73	1:13.11	2:35.74	3:57.91	5:13.00
50m: 33.49	33.49	150m: 1:54.70	41.59	250m: 3:15.72	39.98	350m: 4:36.32	38.41	
100m: 1:13.11	39.62	200m: 2:35.74	41.04	300m: 3:57.91	42.19	400m: 5:13.00	36.68	
8. Delano van der Wegen	AquaDream	5:24.64	200801941	5:17.68 +0,60	1:11.72	2:31.63	3:55.01	5:17.68
50m: 33.39	33.39	150m: 1:51.12	39.40	250m: 3:12.57	40.94	350m: 4:36.91	41.90	
100m: 1:11.72	38.33	200m: 2:31.63	40.51	300m: 3:55.01	42.44	400m: 5:17.68	40.77	
9. K. van den Wildenberg	Z&PV Nuenen	5:39.02	200800345	5:22.06 +0,71	1:14.93	2:37.26	4:01.02	5:22.06
50m: 34.89	34.89	150m: 1:55.93	41.00	250m: 3:18.96	41.70	350m: 4:42.56	41.54	
100m: 1:14.93	40.04	200m: 2:37.26	41.33	300m: 4:01.02	42.06	400m: 5:22.06	39.50	
DIS Kenneth Arts	De Treffers	5:40.76	200800889	+0,92	1:14.50	2:39.63	4:04.90	
AF - De aangegeven afstand niet uitgezwommen.								
50m: 35.31	35.31	150m: 1:56.16	41.66	250m: 3:21.83	42.20	350m:		
100m: 1:14.50	39.19	200m: 2:39.63	43.47	300m: 4:04.90	43.07	400m:		
Limburgs Kampioen , Junioren 1 en 2								
1. Mattia Maggio	Hellas-Glana	4:40.96	200903311	4:47.09 +0,63	1:07.69	2:21.35	3:34.90	4:47.09
50m: 31.88	31.88	150m: 1:44.52	36.83	250m: 2:58.31	36.96	350m: 4:11.63	36.73	
100m: 1:07.69	35.81	200m: 2:21.35	36.83	300m: 3:34.90	36.59	400m: 4:47.09	35.46	
2. Stephan Sjeptoera	HZPC	5:07.79	200800871	5:14.84 +0,65	1:15.89	2:36.77	3:58.00	5:14.84
50m: 36.20	36.20	150m: 1:56.22	40.33	250m: 3:17.70	40.93	350m: 4:37.33	39.33	
100m: 1:15.89	39.69	200m: 2:36.77	40.55	300m: 3:58.00	40.30	400m: 5:14.84	37.51	
3. Guido Jacobs	HZPC	5:34.20	200800477	5:39.71 +0,71	1:21.88	2:47.97	4:15.40	5:39.71
50m: 39.81	39.81	150m: 2:04.93	43.05	250m: 3:31.95	43.98	350m: 4:59.34	43.94	
100m: 1:21.88	42.07	200m: 2:47.97	43.04	300m: 4:15.40	43.45	400m: 5:39.71	40.37	
Brabants Kampioen Junioren 3 en 4								
1. Tiago Fonseca Gomes	PSV	4:02.44	200703587	4:06.04 +0,61	59.07	2:03.03	3:06.12	4:06.04
50m: 27.65	27.65	150m: 1:30.65	31.58	250m: 2:34.65	31.62	350m: 3:37.09	30.97	
100m: 59.07	31.42	200m: 2:03.03	32.38	300m: 3:06.12	31.47	400m: 4:06.04	28.95	
2. Lucas van Rooij	PSV	4:31.60	200603943	4:27.02 +0,72	1:01.35	2:09.62	3:19.10	4:27.02
50m: 29.30	29.30	150m: 1:35.25	33.90	250m: 2:44.25	34.63	350m: 3:53.80	34.70	
100m: 1:01.35	32.05	200m: 2:09.62	34.37	300m: 3:19.10	34.85	400m: 4:27.02	33.22	
3. Lars Servaas	PSV	4:38.56	200600377	4:31.59 +0,71	1:03.80	2:12.89	3:22.50	4:31.59
50m: 30.52	30.52	150m: 1:38.24	34.44	250m: 2:47.40	34.51	350m: 3:57.52	35.02	
100m: 1:03.80	33.28	200m: 2:12.89	34.65	300m: 3:22.50	35.10	400m: 4:31.59	34.07	
4. Finn Rust	Nextline swimming	4:38.56	200700469	4:35.26 +0,67	1:02.31	2:13.73	3:26.90	4:35.26
50m: 28.92	28.92	150m: 1:37.41	35.10	250m: 2:50.27	36.54	350m: 4:02.30	35.40	
100m: 1:02.31	33.39	200m: 2:13.73	36.32	300m: 3:26.90	36.63	400m: 4:35.26	32.96	
5. Tim Delissen	Nextline swimming	4:40.58	200602671	4:45.07 +0,74	1:06.02	2:17.82	3:31.86	4:45.07
50m: 31.28	31.28	150m: 1:41.53	35.51	250m: 2:54.57	36.75	350m: 4:08.87	37.01	
100m: 1:06.02	34.74	200m: 2:17.82	36.29	300m: 3:31.86	37.29	400m: 4:45.07	36.20	
6. Milco Matla	PSV	4:49.19	200600555	4:47.92 +0,74	1:07.77	2:21.64	3:35.97	4:47.92
50m: 31.64	31.64	150m: 1:44.39	36.62	250m: 2:58.87	37.23	350m: 4:12.53	36.56	
100m: 1:07.77	36.13	200m: 2:21.64	37.25	300m: 3:35.97	37.10	400m: 4:47.92	35.39	

Programmanr. 26, Jongens, 400m vrije slag, Brabants Kampioen Junioren 3 en 4

rang naam	vereniging	intijd	tijd	RT	100m	200m	300m	400m
7. Daniel Simons	PSV	4:48.34	200602017	4:49.97 +0,62	1:07.04	2:22.97	3:38.54	4:49.97
50m: 30.93	30.93	150m: 1:45.19	38.15	250m: 3:01.00	38.03	350m: 4:16.16	37.62	
100m: 1:07.04	36.11	200m: 2:22.97	37.78	300m: 3:38.54	37.54	400m: 4:49.97	33.81	
8. Chris Geers	Waalwijkse Zwem Verer5	5:02.64	200600131	5:06.93 +0,75	1:08.75	2:25.53	3:47.09	5:06.93
50m: 32.02	32.02	150m: 1:46.53	37.78	250m: 3:05.70	40.17	350m: 4:27.87	40.78	
100m: 1:08.75	36.73	200m: 2:25.53	39.00	300m: 3:47.09	41.39	400m: 5:06.93	39.06	
9. Cas Krijger	O.Z. & P.C. De Waranc5	5:05.83	200601389	5:10.31 +0,74	1:08.80	2:28.49	3:50.63	5:10.31
50m: 31.49	31.49	150m: 1:48.52	39.72	250m: 3:09.11	40.62	350m: 4:32.04	41.41	
100m: 1:08.80	37.31	200m: 2:28.49	39.97	300m: 3:50.63	41.52	400m: 5:10.31	38.27	
10. Berend van der Schrier	Hieronimus	5:15.24	200601915	5:17.30 +0,78	1:13.65	2:36.17	3:58.49	5:17.30
50m: 33.73	33.73	150m: 1:53.95	40.30	250m: 3:16.59	40.42	350m: 4:38.31	39.82	
100m: 1:13.65	39.92	200m: 2:36.17	42.22	300m: 3:58.49	41.90	400m: 5:17.30	38.99	
11. Jens Hoppenbrouwers * 200m	Waalwijkse Zwem Verer5	5:05.52	200600259	5:18.89 +0,84	1:09.95	2:33.42	3:58.36	5:18.89
50m: 32.45	32.45	150m: 1:50.55	40.60	250m: 3:16.11	42.69	350m: 4:40.05	41.69	
100m: 1:09.95	37.50	200m: 2:33.42	42.87	300m: 3:58.36	42.25	400m: 5:18.89	38.84	
NG.ZA Sem Belmon	PSV	4:39.81	200702099					

Limburgs Kampioen Junioren 3 en 4

1. Ruben de Vries	Hellas-Glana	4:54.98	200600497	4:50.92 +0,68	1:06.62	2:20.46	3:36.28	4:50.92
50m: 31.28	31.28	150m: 1:42.98	36.36	250m: 2:58.15	37.69	350m: 4:14.76	38.48	
100m: 1:06.62	35.34	200m: 2:20.46	37.48	300m: 3:36.28	38.13	400m: 4:50.92	36.16	
2. Mats Reumkens	Hellas-Glana	5:32.70	200700533	4:54.21 +0,87	1:08.83	2:23.63	3:39.97	4:54.21
50m: 32.63	32.63	150m: 1:45.89	37.06	250m: 3:01.91	38.28	350m: 4:18.21	38.24	
100m: 1:08.83	36.20	200m: 2:23.63	37.74	300m: 3:39.97	38.06	400m: 4:54.21	36.00	
3. Ties Berghs	Zeps	5:08.96	200700709	4:59.66 +0,70	1:09.57	2:26.99	3:46.94	4:59.66
50m: 32.23	32.23	150m: 1:48.03	38.46	250m: 3:06.68	39.69	350m: 4:25.82	38.88	
100m: 1:09.57	37.34	200m: 2:26.99	38.96	300m: 3:46.94	40.26	400m: 4:59.66	33.84	
4. Stef Blok	Zwemclub Eijsden	5:04.01	200701087	5:00.42 +0,79	1:07.81	2:24.08	3:42.23	5:00.42
50m: 31.78	31.78	150m: 1:45.23	37.42	250m: 3:02.89	38.81	350m: 4:21.79	39.56	
100m: 1:07.81	36.03	200m: 2:24.08	38.85	300m: 3:42.23	39.34	400m: 5:00.42	38.63	
5. Jesse Jacobs	HZPC	4:53.30	200700407	5:10.37 +0,75	1:11.95	2:31.61	3:52.96	5:10.37
50m: 33.54	33.54	150m: 1:51.71	39.76	250m: 3:12.38	40.77	350m: 4:32.92	39.96	
100m: 1:11.95	38.41	200m: 2:31.61	39.90	300m: 3:52.96	40.58	400m: 5:10.37	37.45	

Brabants Kampioen Jeugd 1 en 2

1. Luuk van Rooij	PSV	4:10.22	200400581	4:05.59 +0,69	58.86	2:01.57	3:04.14	4:05.59
50m: 27.78	27.78	150m: 1:30.29	31.43	250m: 2:32.80	31.23	350m: 3:35.54	31.40	
100m: 58.86	31.08	200m: 2:01.57	31.28	300m: 3:04.14	31.34	400m: 4:05.59	30.05	
2. Steijn Louter	PSV	4:45.23	200500793	4:12.84 +0,73	59.91	2:03.99	3:08.68	4:12.84
50m: 28.78	28.78	150m: 1:31.96	32.05	250m: 2:36.12	32.13	350m: 3:40.90	32.22	
100m: 59.91	31.13	200m: 2:03.99	32.03	300m: 3:08.68	32.56	400m: 4:12.84	31.94	
3. Koen Vissers	PSV	4:15.45	200401429	4:20.38 +0,81	1:00.19	2:06.23	3:14.04	4:20.38
50m: 28.43	28.43	150m: 1:33.18	32.99	250m: 2:39.69	33.46	350m: 3:48.10	34.06	
100m: 1:00.19	31.76	200m: 2:06.23	33.05	300m: 3:14.04	34.35	400m: 4:20.38	32.28	
4. Justin Steenkamp	PSV	4:26.55	200404133	4:28.29 +0,66	1:02.14	2:11.22	3:21.28	4:28.29
50m: 29.22	29.22	150m: 1:36.24	34.10	250m: 2:46.05	34.83	350m: 3:56.49	35.21	
100m: 1:02.14	32.92	200m: 2:11.22	34.98	300m: 3:21.28	35.23	400m: 4:28.29	31.80	

Limburgs Kampioen Jeugd 1 en 2

1. Nick Hendrickx	Hellas-Glana	4:28.59	200401025	4:28.85 +0,69	1:03.58	2:13.13	3:21.56	4:28.85
50m: 29.74	29.74	150m: 1:38.14	34.56	250m: 2:47.16	34.03	350m: 3:55.86	34.30	
100m: 1:03.58	33.84	200m: 2:13.13	34.99	300m: 3:21.56	34.40	400m: 4:28.85	32.99	

Brabants Kampioen Senioren 1 en ouder

1. Lars Verhelle	PSV	4:13.66	200200019	4:09.37 +0,75	58.11	2:01.37	3:06.12	4:09.37
50m: 27.70	27.70	150m: 1:29.65	31.54	250m: 2:33.58	32.21	350m: 3:38.76	32.64	
100m: 58.11	30.41	200m: 2:01.37	31.72	300m: 3:06.12	32.54	400m: 4:09.37	30.61	
2. Joris Janssen	PSV	4:11.62	200301311	4:09.89 +0,75	58.73	2:02.84	3:07.10	4:09.89
50m: 27.86	27.86	150m: 1:30.70	31.97	250m: 2:35.13	32.29	350m: 3:39.06	31.96	
100m: 58.73	30.87	200m: 2:02.84	32.14	300m: 3:07.10	31.97	400m: 4:09.89	30.83	
3. Thijn Damen	PSV	4:16.55	200300973	4:11.60 +0,75	59.06	2:03.22	3:08.13	4:11.60
50m: 27.97	27.97	150m: 1:30.78	31.72	250m: 2:35.42	32.20	350m: 3:40.76	32.63	
100m: 59.06	31.09	200m: 2:03.22	32.44	300m: 3:08.13	32.71	400m: 4:11.60	30.84	

Programmanr. 26, Heren, 400m vrije slag, Brabants Kampioen Senioren 1 en ouder

rang naam	vereniging	intijd	tijd	RT	100m	200m	300m	400m	
4. Alexander Nijst	Z&PV Nuenen	4:29.06 200104869	4:28.14	+0,65	1:02.24	2:10.80	3:21.25	4:28.14	
50m: 29.15	29.15	150m: 1:36.02	33.78	250m: 2:45.66	34.86	350m: 3:54.50	33.25		
100m: 1:02.24	33.09	200m: 2:10.80	34.78	300m: 3:21.25	35.59	400m: 4:28.14	33.64		
5. Wouter Sijmons	Z&PV Nuenen	4:24.92 199302695	4:36.00	+0,78	1:01.88	2:10.53	3:22.04	4:36.00	
50m: 29.07	29.07	150m: 1:35.85	33.97	250m: 2:45.87	35.34	350m: 3:59.48	37.44		
100m: 1:01.88	32.81	200m: 2:10.53	34.68	300m: 3:22.04	36.17	400m: 4:36.00	36.52		
6. Tom Balsen Versteeg	O.Z. & P.C. De Waranc	4:26.76 200005673	4:39.62	+0,64	1:01.88	2:12.89	3:27.74	4:39.62	
50m: 28.88	28.88	150m: 1:36.58	34.70	250m: 2:49.58	36.69	350m: 4:04.46	36.72		
100m: 1:01.88	33.00	200m: 2:12.89	36.31	300m: 3:27.74	38.16	400m: 4:39.62	35.16		
7. Sebastiaan Broere	Hieronymus	4:36.38 199803687 S14	4:45.97	+0,81	641	1:04.49	2:14.09	3:28.62	4:45.97
50m: 30.34	30.34	150m: 1:38.65	34.16	250m: 2:50.14	36.05	350m: 4:06.46	37.84		
100m: 1:04.49	34.15	200m: 2:14.09	35.44	300m: 3:28.62	38.48	400m: 4:45.97	39.51		

Limburgs Kampioen Senioren 1 en ouder

1. Raf Hendriks	Hellas-Glana	4:11.38 200100879	4:09.10	+0,69	58.25	2:01.45	3:05.99	4:09.10
50m: 27.54	27.54	150m: 1:29.73	31.48	250m: 2:33.89	32.44	350m: 3:38.82	32.83	
100m: 58.25	30.71	200m: 2:01.45	31.72	300m: 3:05.99	32.10	400m: 4:09.10	30.28	
2. Niels de Boer	Hellas-Glana	4:11.09 200001977	4:19.67	+0,74	1:00.77	2:05.52	3:12.79	4:19.67
50m: 29.10	29.10	150m: 1:32.92	32.15	250m: 2:38.96	33.44	350m: 3:46.30	33.51	
100m: 1:00.77	31.67	200m: 2:05.52	32.60	300m: 3:12.79	33.83	400m: 4:19.67	33.37	

Brabants Kampioen IPC Senioren 1 en ouder

1. Sebastiaan Broere	Hieronymus	4:36.38 199803687 S14	4:45.97	+0,81	641	1:04.49	2:14.09	3:28.62	4:45.97
50m: 30.34	30.34	150m: 1:38.65	34.16	250m: 2:50.14	36.05	350m: 4:06.46	37.84		
100m: 1:04.49	34.15	200m: 2:14.09	35.44	300m: 3:28.62	38.48	400m: 4:45.97	39.51		