

Programmanr. 9
13-5-2023

Jongens, 400m vrije slag

Junioren 1 en 2
Resultaten

rang	naam	vereniging	intijd	tijd	RT
1.	Sylvan Romeijnsen	Z & PC De Zeeuwse Kust	5:25.17	200901045	5:23.87 +0,72
	50m: 35.66	35.66 150m: 1:55.15	40.32	250m: 3:19.65	42.07
	100m: 1:14.83	39.17 200m: 2:37.58	42.43	300m: 4:02.32	42.67
				350m: 4:44.20	41.88
				400m: 5:23.87	39.67
2.	Sven Vette	De Bevelanders	5:31.73	200900519	5:28.13 +0,87
	50m: 33.56	33.56 150m: 1:53.58	41.58	250m: 3:19.67	43.07
	100m: 1:12.00	38.44 200m: 2:36.60	43.02	300m: 4:03.76	44.09
				350m: 4:47.60	43.84
				400m: 5:28.13	40.53
3.	Matthijs Vinke	Scheldestroom	5:32.68	200900105	5:35.51 +0,75
	50m: 35.33	35.33 150m: 1:58.93	42.35	250m: 3:25.35	43.19
	100m: 1:16.58	41.25 200m: 2:42.16	43.23	300m: 4:08.94	43.59
				350m: 4:52.85	43.91
				400m: 5:35.51	42.66
4.	Sander de Blaeij	Scheldestroom	5:39.62	200901063	5:55.38 +0,81
	50m: 37.67	37.67 150m: 2:05.17	45.07	250m: 3:38.63	46.85
	100m: 1:20.10	42.43 200m: 2:51.78	46.61	300m: 4:25.86	47.23
				350m: 5:11.83	45.97
				400m: 5:55.38	43.55

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Junioren 1 en 2
Resultaten

rang	naam	vereniging	intijd	tijd	RT
1.	Giulian Janssen	PSV	4:57.18	200900125	4:31.14 +0,67
	50m: 30.80	30.80 150m: 1:41.74	36.14	250m: 2:50.97	34.14
	100m: 1:05.60	34.80 200m: 2:16.83	35.09	300m: 3:26.17	35.20
				350m: 3:59.93	33.76
				400m: 4:31.14	31.21
2.	Theodore Allan	PSV	4:32.58	200902925	4:31.84 +0,66
	50m: 29.36	29.36 150m: 1:37.57	34.30	250m: 2:48.94	35.41
	100m: 1:03.27	33.91 200m: 2:13.53	35.96	300m: 3:24.92	35.98
				350m: 3:59.72	34.80
				400m: 4:31.84	32.12
3.	Martijn Nies	PSV	4:33.47	200902095	4:52.60 +0,80
	50m: 31.36	31.36 150m: 1:42.44	35.81	250m: 2:54.33	33.38
	100m: 1:06.63	35.27 200m: 2:20.95	38.51	300m: 3:32.05	37.72
				350m: 4:12.16	40.11
				400m: 4:52.60	40.44
4.	Thijmen Puijssers	Hieronymus	4:58.70	201000129	4:57.93 +0,66
	50m: 32.97	32.97 150m: 1:47.55	37.25	250m: 3:04.10	37.99
	100m: 1:10.30	37.33 200m: 2:26.11	38.56	300m: 3:43.36	39.26
				350m: 4:21.10	37.74
				400m: 4:57.93	36.83
5.	Davi Fonseca Gomes	PSV	4:46.58	200902795	5:02.13 +0,77
	50m: 31.99	31.99 150m: 1:47.41	38.48	250m: 3:06.90	39.31
	100m: 1:08.93	36.94 200m: 2:27.59	40.18	300m: 3:46.04	39.14
				350m: 4:25.01	38.97
				400m: 5:02.13	37.12
6.	Max van der Spank	Hieronymus	5:10.58	201000275	5:02.67 +0,71
	50m: 33.91	33.91 150m: 1:51.34	38.86	250m: 3:10.17	39.69
	100m: 1:12.48	38.57 200m: 2:30.48	39.14	300m: 3:49.06	38.89
				350m: 4:27.44	38.38
				400m: 5:02.67	35.23
7.	Thomas Nauta	Arethusa	4:56.07	200900339	5:03.19 +0,74
	50m: 33.16	33.16 150m: 1:49.58	38.64	250m: 3:07.89	39.10
	100m: 1:10.94	37.78 200m: 2:28.79	39.21	300m: 3:47.27	39.38
				350m: 4:25.01	38.74
				400m: 5:03.19	37.18
8.	Floris van de Wal	De Treffers	5:18.02	200900495	5:09.31 +0,79
	50m: 31.90	31.90 150m: 1:50.72	40.38	250m: 3:12.82	40.79
	100m: 1:10.34	38.44 200m: 2:32.03	41.31	300m: 3:54.11	41.29
				350m: 4:34.15	40.04
				400m: 5:09.31	35.16
9.	Berat Baykal	PSV	5:54.70	201003507	5:32.70 +0,79
	50m: 36.58	36.58 150m: 2:03.22	43.27	250m: 3:30.09	41.95
	100m: 1:19.95	43.37 200m: 2:48.14	44.92	300m: 4:13.39	43.30
				350m: 4:52.94	39.55
				400m: 5:32.70	39.76
10.	Thijn Runia	Dzt'62	5:38.23	201000895	5:34.32 +0,69
	50m: 37.40	37.40 150m: 2:03.79	43.87	250m: 3:29.58	42.92
	100m: 1:19.92	42.52 200m: 2:46.66	42.87	300m: 4:11.89	42.31
				350m: 4:54.70	42.81
				400m: 5:34.32	39.62
11.	Rink Vlemmix	Z&PV Nuenen	5:33.98	201002721	5:35.31 +0,61
	50m: 37.16	37.16 150m: 2:00.84	42.50	250m: 3:28.62	43.88
	100m: 1:18.34	41.18 200m: 2:44.74	43.90	300m: 4:12.52	43.90
				350m: 4:55.82	43.30
				400m: 5:35.31	39.49
12.	Fin Horrocks	Z&PV Nuenen	5:47.96	201002417	5:36.75 +0,71
	50m: 38.13	38.13 150m: 2:03.90	42.99	250m: 3:32.17	43.95
	100m: 1:20.91	42.78 200m: 2:48.22	44.32	300m: 4:15.07	42.90
				350m: 4:57.41	42.34
				400m: 5:36.75	39.34
13.	Yahav Shalev	PSV	5:31.40	200902093	5:39.36 +0,74
	50m: 36.92	36.92 150m: 2:00.69	42.53	250m: 3:28.38	43.51
	100m: 1:18.16	41.24 200m: 2:44.87	44.18	300m: 4:13.19	44.81
				350m: 4:56.50	43.31
				400m: 5:39.36	42.86
14.	Damian de Nijs	Zwemvereniging De Zilverme	5:46.56	200903525	5:42.59 +0,81
	50m: 35.55	35.55 150m: 2:03.42	44.75	250m: 3:34.74	45.26
	100m: 1:18.67	43.12 200m: 2:49.48	46.06	300m: 4:20.03	45.29
				350m: 5:05.71	45.68
				400m: 5:42.59	36.88
15.	Nicolai Matla	PSV	5:37.18	200901031	5:42.67 +0,71
	50m: 37.68	37.68 150m: 2:05.61	43.80	250m: 3:33.98	44.06
	100m: 1:21.81	44.13 200m: 2:49.92	44.31	300m: 4:19.58	45.60
				350m: 5:02.40	42.82
				400m: 5:42.67	40.27

Programmanr. 9, Heren, 400m vrije slag

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13-5-2023

Jongens, 400m vrije slag

Junioren 1 en 2
Resultaten

rang	naam	vereniging	intijd	tijd	RT			
1.	Mattia Maggio	Hellas-Glana	4:41.44	200903311	4:32.07 +0,63			
	50m: 30.05	30.05	150m: 1:37.80	34.06	250m: 2:49.14	35.20	350m: 4:00.16	34.89
	100m: 1:03.74	33.69	200m: 2:13.94	36.14	300m: 3:25.27	36.13	400m: 4:32.07	31.91
2.	Sacha van Hees Ajdnik	ZEPS	5:14.39	200900489	5:10.20 +0,75			
	50m: 34.46	34.46	150m: 1:53.02	40.07	250m: 3:13.70	40.22	350m: 4:34.20	40.20
	100m: 1:12.95	38.49	200m: 2:33.48	40.46	300m: 3:54.00	40.30	400m: 5:10.20	36.00
3.	Alexander van Nulck	ZEPS	5:35.78	200902167	5:29.50 +0,78			
	50m: 36.94	36.94	150m: 1:59.98	42.12	250m: 3:26.18	43.07	350m: 4:50.00	41.33
	100m: 1:17.86	40.92	200m: 2:43.11	43.13	300m: 4:08.67	42.49	400m: 5:29.50	39.50

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Jongens, 400m vrije slag

Junioren 3 en 4
Resultaten

rang	naam	vereniging	intijd	tijd	RT			
1.	Tiago Fonseca Gomes	PSV	3:59.55	200703587	4:09.28 +0,61			
	50m: 27.11	27.11	150m: 1:29.36	31.35	250m: 2:33.19	31.86	350m: 3:37.91	32.14
	100m: 58.01	30.90	200m: 2:01.33	31.97	300m: 3:05.77	32.58	400m: 4:09.28	31.37
2.	Sem Belmon	PSV	4:25.83	200702099	4:23.75 +0,73			
	50m: 29.78	29.78	150m: 1:35.88	33.23	250m: 2:43.57	33.67	350m: 3:50.64	33.57
	100m: 1:02.65	32.87	200m: 2:09.90	34.02	300m: 3:17.07	33.50	400m: 4:23.75	33.11
3.	Finn Rust	Nextline swimming	4:33.33	200700469	4:32.91 +0,71			
	50m: 30.59	30.59	150m: 1:40.70	35.03	250m: 2:50.95	34.46	350m: 3:59.84	33.61
	100m: 1:05.67	35.08	200m: 2:16.49	35.79	300m: 3:26.23	35.28	400m: 4:32.91	33.07
4.	Maikel Blijlevens	Waalwijkse Zwem Vereniging	4:51.66	200701051	4:44.16 +0,62			
	50m: 31.26	31.26	150m: 1:41.69	35.72	250m: 2:54.87	37.02	350m: 4:10.23	37.25
	100m: 1:05.97	34.71	200m: 2:17.85	36.16	300m: 3:32.98	38.11	400m: 4:44.16	33.93
5.	Nout Folkersma	PSV	4:44.01	200800595	4:44.35 +0,73			
	50m: 31.51	31.51	150m: 1:43.64	36.28	250m: 2:56.54	36.31	350m: 4:09.53	36.14
	100m: 1:07.36	35.85	200m: 2:20.23	36.59	300m: 3:33.39	36.85	400m: 4:44.35	34.82
6.	Lars de Kooter	De Biesboschzweimmers	4:56.57	200800185	4:53.34 +0,73			
	50m: 32.27	32.27	150m: 1:45.90	37.39	250m: 3:01.11	37.67	350m: 4:16.63	37.51
	100m: 1:08.51	36.24	200m: 2:23.44	37.54	300m: 3:39.12	38.01	400m: 4:53.34	36.71
7.	Joris van Keulen	De Treffers	4:57.76	200700159	5:02.22 +0,81			
	50m: 32.56	32.56	150m: 1:49.91	39.89	250m: 3:09.16	39.58	350m: 4:27.36	38.90
	100m: 1:10.02	37.46	200m: 2:29.58	39.67	300m: 3:48.46	39.30	400m: 5:02.22	34.86
8.	Koen van den Wildenberg	Z&PV Nuenen	5:22.06	200800345	5:04.20 +0,73			
	50m: 33.04	33.04	150m: 1:50.74	38.96	250m: 3:09.55	39.70	350m: 4:28.69	39.14
	100m: 1:11.78	38.74	200m: 2:29.85	39.11	300m: 3:49.55	40.00	400m: 5:04.20	35.51
9.	Ondrej Sevcik	V.Z.V. Njord	5:07.88	200702971	5:05.64 +0,67			
	50m: 32.24	32.24	150m: 1:48.97	39.40	250m: 3:08.47	40.02	350m: 4:28.63	39.76
	100m: 1:09.57	37.33	200m: 2:28.45	39.48	300m: 3:48.87	40.40	400m: 5:05.64	37.01
10.	Seppe Beunis	Zwemvereniging De Zilvermeer	5:16.26	200802607	5:16.24 +0,78			
	50m: 33.65	33.65	150m: 1:51.89	39.90	250m: 3:13.77	41.27	350m: 4:36.36	41.09
	100m: 1:11.99	38.34	200m: 2:32.50	40.61	300m: 3:55.27	41.50	400m: 5:16.24	39.88
11.	Jens van Gils	Zwemvereniging De Zilvermeer	5:07.04	200703127	5:17.37 +0,75			
	50m: 33.16	33.16	150m: 1:51.42	40.79	250m: 3:14.43	41.86	350m: 4:38.70	42.46
	100m: 1:10.63	37.47	200m: 2:32.57	41.15	300m: 3:56.24	41.81	400m: 5:17.37	38.67
12.	Tibbe Rongen	SBC2000	5:19.95	200801929	5:27.81 +0,58			
	50m: 35.45	35.45	150m: 2:01.03	43.34	250m: 3:26.50	41.70	350m: 4:50.69	41.74
	100m: 1:17.69	42.24	200m: 2:44.80	43.77	300m: 4:08.95	42.45	400m: 5:27.81	37.12

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Jongens, 400m vrije slag

Junioren 3 en 4
Resultaten

rang	naam	vereniging	intijd	tijd	RT			
1.	Ties Berghs	ZEPS	4:59.66	200700709	4:40.21 +0,68			
	50m: 30.13	30.13	150m: 1:38.96	35.29	250m: 2:51.65	36.49	350m: 4:05.69	36.48
	100m: 1:03.67	33.54	200m: 2:15.16	36.20	300m: 3:29.21	37.56	400m: 4:40.21	34.52
2.	Stef Blok	Zwemclub Eijsden	5:04.01	200701087	4:46.49 +0,77			
	50m: 31.66	31.66	150m: 1:43.69	35.98	250m: 2:54.97	35.44	350m: 4:09.91	37.75
	100m: 1:07.71	36.05	200m: 2:19.53	35.84	300m: 3:32.16	37.19	400m: 4:46.49	36.58
3.	Jesse Jacobs	HZPC	4:57.23	200700407	4:52.56 +0,79			
	50m: 31.68	31.68	150m: 1:45.41	37.36	250m: 2:59.73	36.65	350m: 4:14.88	37.18
	100m: 1:08.05	36.37	200m: 2:23.08	37.67	300m: 3:37.70	37.97	400m: 4:52.56	37.68
4.	Jannick van Eeghem	Hellas-Glana	5:15.24	200800147	5:03.07 +0,74			
	50m: 33.28	33.28	150m: 1:51.44	39.90	250m: 3:11.99	40.13	350m: 4:30.14	38.48
	100m: 1:11.54	38.26	200m: 2:31.86	40.42	300m: 3:51.66	39.67	400m: 5:03.07	32.93
5.	Stephan Sjeptoera	HZPC	5:14.84	200800871	5:03.21 +0,64			
	50m: 34.80	34.80	150m: 1:51.25	39.15	250m: 3:09.78	39.22	350m: 4:27.86	38.62
	100m: 1:12.10	37.30	200m: 2:30.56	39.31	300m: 3:49.24	39.46	400m: 5:03.21	35.35
6.	Finn Ottens	ZEPS	5:16.61	200701321	5:10.88 +0,62			
	50m: 33.25	33.25	150m: 1:51.92	40.54	250m: 3:14.78	41.39	350m: 4:35.32	39.37
	100m: 1:11.38	38.13	200m: 2:33.39	41.47	300m: 3:55.95	41.17	400m: 5:10.88	35.56
7.	Guido Jacobs	HZPC	5:31.98	200800477	5:17.28 +0,75			
	50m: 34.88	34.88	150m: 1:54.45	39.78	250m: 3:15.84	40.55	350m: 4:38.56	40.63
	100m: 1:14.67	39.79	200m: 2:35.29	40.84	300m: 3:57.93	42.09	400m: 5:17.28	38.72

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Jeugd 1 en 2
Resultaten

rang	naam	vereniging	intijd	tijd	RT			
1.	Steijn Louter	PSV	4:12.84	200500793	4:09.22 +0,72			
	50m: 27.99	27.99	150m: 1:30.76	31.68	250m: 2:34.16	31.65	350m: 3:37.83	31.90
	100m: 59.08	31.09	200m: 2:02.51	31.75	300m: 3:05.93	31.77	400m: 4:09.22	31.39
2.	Lucas van Rooij	PSV	4:17.52	200603943	4:16.95 +0,67			
	50m: 29.21	29.21	150m: 1:33.70	32.64	250m: 2:39.40	32.81	350m: 3:45.45	32.96
	100m: 1:01.06	31.85	200m: 2:06.59	32.89	300m: 3:12.49	33.09	400m: 4:16.95	31.50
3.	Milco Matla	PSV	4:43.87	200600555	4:41.13 +0,76			
	50m: 30.34	30.34	150m: 1:41.48	35.90	250m: 2:53.21	35.76	350m: 4:05.67	36.21
	100m: 1:05.58	35.24	200m: 2:17.45	35.97	300m: 3:29.46	36.25	400m: 4:41.13	35.46
4.	Chris Geers	Waalwijkse Zwem Vereniging	4:45.64	200600131	4:56.50 +0,71			
	50m: 31.85	31.85	150m: 1:45.77	37.89	250m: 3:02.35	38.71	350m: 4:20.27	39.06
	100m: 1:07.88	36.03	200m: 2:23.64	37.87	300m: 3:41.21	38.86	400m: 4:56.50	36.23
5.	Jort Hoppenbrouwers	Waalwijkse Zwem Vereniging	4:44.93	200600239	5:00.81 +0,77			
	50m: 31.35	31.35	150m: 1:47.17	38.68	250m: 3:04.55	38.96	350m: 4:23.42	39.45
	100m: 1:08.49	37.14	200m: 2:25.59	38.42	300m: 3:43.97	39.42	400m: 5:00.81	37.39

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Jeugd 1 en 2
Resultaten

rang	naam	vereniging	intijd	tijd	RT			
1.	Ruben de Vries	Hellas-Glana	4:34.82	200600497	4:38.22 +0,64			
	50m: 30.97	30.97	150m: 1:41.27	35.57	250m: 2:52.14	35.49	350m: 4:03.38	35.76
	100m: 1:05.70	34.73	200m: 2:16.65	35.38	300m: 3:27.62	35.48	400m: 4:38.22	34.84
2.	Stan Houtvast	Hellas-Glana	4:52.49	200500883	4:48.67 +0,72			
	50m: 30.89	30.89	150m: 1:43.76	36.68	250m: 2:58.06	36.65	350m: 4:13.58	37.75
	100m: 1:07.08	36.19	200m: 2:21.41	37.65	300m: 3:35.83	37.77	400m: 4:48.67	35.09
3.	Jelle Huntjens	MZ&PC Maastricht	4:58.25	200604257	4:51.82 +0,69			
	50m: 30.90	30.90	150m: 1:43.41	36.44	250m: 2:59.30	38.09	350m: 4:15.71	38.34
	100m: 1:06.97	36.07	200m: 2:21.21	37.80	300m: 3:37.37	38.07	400m: 4:51.82	36.11
4.	Alrik van Eeghem	Hellas-Glana	4:51.52	200600471	4:52.29 +0,91			
	50m: 31.55	31.55	150m: 1:46.37	37.85	250m: 3:01.94	37.63	350m: 4:17.29	37.46
	100m: 1:08.52	36.97	200m: 2:24.31	37.94	300m: 3:39.83	37.89	400m: 4:52.29	35.00

Programmanr. 9, Heren, 400m vrije slag

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Heren, 400m vrije slag

Senioren 1 en ouder
Resultaten

rang	naam	vereniging	intijd	tijd	RT			
1.	Kalle van Gemert	Z & PC De Zeeuwse Kust	4:18.88	199801259	4:21.92 +0,68			
	50m: 28.68	28.68	150m: 1:34.44	33.40	250m: 2:41.66	33.54	350m: 3:49.45	33.56
	100m: 1:01.04	32.36	200m: 2:08.12	33.68	300m: 3:15.89	34.23	400m: 4:21.92	32.47
2.	Sem Bonte	Z & PC De Zeeuwse Kust	4:50.15	200400427	4:41.25 +0,73			
	50m: 30.43	30.43	150m: 1:41.04	35.78	250m: 2:53.68	36.29	350m: 4:06.61	36.43
	100m: 1:05.26	34.83	200m: 2:17.39	36.35	300m: 3:30.18	36.50	400m: 4:41.25	34.64
3.	Benjamin Vermeulen	De Bevelanders	4:36.93	200003721	4:42.46 +0,80			
	50m: 30.71	30.71	150m: 1:40.32	35.55	250m: 2:53.15	36.68	350m: 4:07.14	36.68
	100m: 1:04.77	34.06	200m: 2:16.47	36.15	300m: 3:30.46	37.31	400m: 4:42.46	35.32
4.	Joeri van Wallenburg	Onderdak	4:37.36	199004875	4:47.98 +0,78			
	50m: 30.97	30.97	150m: 1:44.00	37.03	250m: 2:58.43	37.43	350m: 4:12.28	36.63
	100m: 1:06.97	36.00	200m: 2:21.00	37.00	300m: 3:35.65	37.22	400m: 4:47.98	35.70
5.	Junior Vermeulen	De Bevelanders	4:37.58	200103363	5:04.40 +0,70			
	50m: 31.57	31.57	150m: 1:45.12	37.65	250m: 3:04.36	40.08	350m: 4:25.35	40.30
	100m: 1:07.47	35.90	200m: 2:24.28	39.16	300m: 3:45.05	40.69	400m: 5:04.40	39.05

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Senioren 1 en ouder
Resultaten

rang	naam	vereniging	intijd	tijd	RT			
1.	Joris Janssen	PSV	4:09.89	200301311	4:13.01 +0,74			
	50m: 27.99	27.99	150m: 1:31.31	32.13	250m: 2:36.06	32.52	350m: 3:41.53	32.85
	100m: 59.18	31.19	200m: 2:03.54	32.23	300m: 3:08.68	32.62	400m: 4:13.01	31.48
2.	Lars Verhalle	PSV	4:09.37	200200019	4:13.98 +0,71			
	50m: 28.01	28.01	150m: 1:30.52	31.43	250m: 2:35.43	32.42	350m: 3:41.76	33.25
	100m: 59.09	31.08	200m: 2:03.01	32.49	300m: 3:08.51	33.08	400m: 4:13.98	32.22
3.	Thijn Damen	PSV	4:11.60	200300973	4:31.41 +0,71			
	50m: 28.49	28.49	150m: 1:34.85	33.63	250m: 2:49.28	38.14	350m: 4:01.61	35.29
	100m: 1:01.22	32.73	200m: 2:11.14	36.29	300m: 3:26.32	37.04	400m: 4:31.41	29.80
4.	Wouter Sijmons	Z&PV Nuenen	4:36.00	199302695	4:32.69 +0,73			
	50m: 29.50	29.50	150m: 1:36.51	33.97	250m: 2:46.66	35.36	350m: 3:57.90	35.81
	100m: 1:02.54	33.04	200m: 2:11.30	34.79	300m: 3:22.09	35.43	400m: 4:32.69	34.79
5.	Yuri Wasser	PSV	4:40.06	200301327	4:32.80 +0,69			
	50m: 29.93	29.93	150m: 1:39.50	35.48	250m: 2:50.13	35.19	350m: 4:00.13	34.24
	100m: 1:04.02	34.09	200m: 2:14.94	35.44	300m: 3:25.89	35.76	400m: 4:32.80	32.67
6.	Tom Balsen Versteeg	O.Z. & P.C. De Warande	4:27.81	200005673	4:33.53 +0,60			
	50m: 29.24	29.24	150m: 1:37.12	34.58	250m: 2:48.10	35.65	350m: 4:00.03	35.57
	100m: 1:02.54	33.30	200m: 2:12.45	35.33	300m: 3:24.46	36.36	400m: 4:33.53	33.50
7.	Nicko Kamphuis	O.Z. & P.C. De Warande	4:13.56	199900887	4:34.21 +0,66			
	50m: 29.63	29.63	150m: 1:39.60	35.62	250m: 2:51.68	36.28	350m: 4:02.15	34.34
	100m: 1:03.98	34.35	200m: 2:15.40	35.80	300m: 3:27.81	36.13	400m: 4:34.21	32.06
8.	Remco van Althuis	Z&PV Nuenen	4:41.97	198300029	4:43.45 +0,80			
	50m: 30.90	30.90	150m: 1:41.31	35.97	250m: 2:54.45	36.73	350m: 4:08.31	36.90
	100m: 1:05.34	34.44	200m: 2:17.72	36.41	300m: 3:31.41	36.96	400m: 4:43.45	35.14

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Senioren 1 en ouder
Resultaten

rang	naam	vereniging	intijd	tijd	RT			
1.	Raf Hendriks	Hellas-Glana	4:09.10	200100879	4:11.59 +0,74			
	50m: 28.00	28.00	150m: 1:30.82	31.74	250m: 2:35.44	32.51	350m: 3:39.78	32.28
	100m: 59.08	31.08	200m: 2:02.93	32.11	300m: 3:07.50	32.06	400m: 4:11.59	31.81
2.	Esper Schreurs	ZEPS	4:15.33	200300433	4:25.48 +0,67			
	50m: 28.04	28.04	150m: 1:32.33	32.36	250m: 2:39.91	34.06	350m: 3:50.05	35.11
	100m: 59.97	31.93	200m: 2:05.85	33.52	300m: 3:14.94	35.03	400m: 4:25.48	35.43
3.	Patrick Creemers	RZ	4:51.38	199000579	4:42.81 +0,72			
	50m: 31.66	31.66	150m: 1:43.32	36.37	250m: 2:56.82	36.36	350m: 4:08.57	35.63
	100m: 1:06.95	35.29	200m: 2:20.46	37.14	300m: 3:32.94	36.12	400m: 4:42.81	34.24
4.	Jason van der Beek	SG Patrick - De Roersoppers	4:35.26	200403933	4:44.26 +0,72			
	50m: 31.49	31.49	150m: 1:43.17	36.19	250m: 2:56.48	36.58	350m: 4:09.57	35.79
	100m: 1:06.98	35.49	200m: 2:19.90	36.73	300m: 3:33.78	37.30	400m: 4:44.26	34.69

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rang	naam	vereniging	intijd	tijd	RT			
BM	Daan Sonneveld	WVZ	4:25.21	200601085	4:15.04 +0,71			
	50m: 28.51	28.51	150m: 1:33.53	32.88	250m: 2:40.10	33.25	350m: 3:45.21	32.34
	100m: 1:00.65	32.14	200m: 2:06.85	33.32	300m: 3:12.87	32.77	400m: 4:15.04	29.83
BM	Bram Zwetsloot	Z&PV Nuenen	4:31.86	200202117	4:19.13 +0,62			
	50m: 28.37	28.37	150m: 1:31.87	32.29	250m: 2:38.95	33.80	350m: 3:46.84	33.99
	100m: 59.58	31.21	200m: 2:05.15	33.28	300m: 3:12.85	33.90	400m: 4:19.13	32.29