

Event 4
21-11-2025 - 9:30

Men, 400m Freestyle

20 en ouder
Results

rang	naam	vereniging	intijd	tijd	RT			
20+								
1.	Wouter Zijlstra	HZ&PC Heerenveen	3:57.88	200401545	4:03.78 +0,65			
	50m: 26.90	26.90	150m: 1:26.76	30.13	250m: 2:28.86	31.00	350m: 3:32.65	31.92
	100m: 56.63	29.73	200m: 1:57.86	31.10	300m: 3:00.73	31.87	400m: 4:03.78	31.13
2.	Jacco Nijland	ZPC De Hof	4:17.37	200400081	4:26.99 +0,80			
	50m: 28.85	28.85	150m: 1:35.36	33.91	250m: 2:43.99	34.55	350m: 3:53.69	35.31
	100m: 1:01.45	32.60	200m: 2:09.44	34.08	300m: 3:18.38	34.39	400m: 4:26.99	33.30
3.	Christian Kalle	De Schotejil	4:31.54	200400687	4:29.75 +0,83			
	50m: 29.41	29.41	150m: 1:36.51	34.23	250m: 2:46.26	35.26	350m: 3:56.23	34.57
	100m: 1:02.28	32.87	200m: 2:11.00	34.49	300m: 3:21.66	35.40	400m: 4:29.75	33.52
4.	Niels van der Mast	ZOB'66	4:33.52	200401917	4:35.90 +0,72			
	50m: 29.57	29.57	150m: 1:37.33	34.46	250m: 2:48.41	35.91	350m: 4:00.94	35.81
	100m: 1:02.87	33.30	200m: 2:12.50	35.17	300m: 3:25.13	36.72	400m: 4:35.90	34.96
5.	Mika Heskamp	De Dinkel	4:35.98	200300339	4:36.48 +0,72			
	50m: 29.28	29.28	150m: 1:37.60	34.76	250m: 2:49.27	36.00	350m: 4:02.04	36.42
	100m: 1:02.84	33.56	200m: 2:13.27	35.67	300m: 3:25.62	36.35	400m: 4:36.48	34.44
6.	Rik Stahlie	TriVia	4:34.33	200201915	4:36.75 +0,80			
	50m: 31.27	31.27	150m: 1:41.35	34.45	250m: 2:51.76	35.23	350m: 4:02.35	35.30
	100m: 1:06.90	35.63	200m: 2:16.53	35.18	300m: 3:27.05	35.29	400m: 4:36.75	34.40
7.	Tygo Korving	ZOB'66	4:49.77	200300773	4:39.01 +0,69			
	50m: 29.28	29.28	150m: 1:36.93	34.37	250m: 2:48.92	36.42	350m: 4:02.41	37.02
	100m: 1:02.56	33.28	200m: 2:12.50	35.57	300m: 3:25.39	36.47	400m: 4:39.01	36.60
8.	Sven Doezen	RZ	4:45.65	200400403	4:44.53 +0,66			
	50m: 32.21	32.21	150m: 1:44.14	36.28	250m: 2:57.25	36.65	350m: 4:10.28	36.24
	100m: 1:07.86	35.65	200m: 2:20.60	36.46	300m: 3:34.04	36.79	400m: 4:44.53	34.25
9.	Jesper Pas	V.Z.V. Njord	4:43.03	200200967	4:46.21 +0,75			
	50m: 30.57	30.57	150m: 1:40.80	36.16	250m: 2:55.31	37.30	350m: 4:11.28	37.93
	100m: 1:04.64	34.07	200m: 2:18.01	37.21	300m: 3:33.35	38.04	400m: 4:46.21	34.93
10.	Rick Haanschoten	De Rijn	5:00.16	200100291	4:54.52 +0,67			
	50m: 32.70	32.70	150m: 1:45.60	36.93	250m: 3:01.90	38.40	350m: 4:19.00	38.66
	100m: 1:08.67	35.97	200m: 2:23.50	37.90	300m: 3:40.34	38.44	400m: 4:54.52	35.52
25+								
1.	Karst Boersma	De Dinkel	4:11.48	199600849	4:14.04 +0,72			
	50m: 28.33	28.33	150m: 1:31.75	32.23	250m: 2:37.14	32.53	350m: 3:42.10	32.25
	100m: 59.52	31.19	200m: 2:04.61	32.86	300m: 3:09.85	32.71	400m: 4:14.04	31.94
2.	Jacob Mackloet	De Schotejil	4:17.59	200001171	4:19.72 +0,69			
	50m: 29.04	29.04	150m: 1:34.48	33.25	250m: 2:41.81	33.55	350m: 3:48.04	32.54
	100m: 1:01.23	32.19	200m: 2:08.26	33.78	300m: 3:15.50	33.69	400m: 4:19.72	31.68
3.	Jasper Breugem	WVZ	4:19.51	200000303	4:20.49 +0,72			
	50m: 29.00	29.00	150m: 1:35.19	33.42	250m: 2:41.79	33.22	350m: 3:48.46	33.28
	100m: 1:01.77	32.77	200m: 2:08.57	33.38	300m: 3:15.18	33.39	400m: 4:20.49	32.03
4.	Koen Wijnands	SG Patrick - De Roersoppers	4:39.60	199800247	4:38.53 +0,65			
	50m: 30.29	30.29	150m: 1:38.92	34.62	250m: 2:50.54	35.67	350m: 4:04.18	36.87
	100m: 1:04.30	34.01	200m: 2:14.87	35.95	300m: 3:27.31	36.77	400m: 4:38.53	34.35
5.	Jeroen Louwinger	De Rijn	4:47.26	199900583	4:41.58 +0,68			
	50m: 32.09	32.09	150m: 1:44.61	36.56	250m: 2:58.20	36.74	350m: 4:08.74	33.77
	100m: 1:08.05	35.96	200m: 2:21.46	36.85	300m: 3:34.97	36.77	400m: 4:41.58	32.84
6.	Lars Jacobsen	DWK	4:45.37	199705453	4:45.17 +0,82	652		
	50m: 31.13	31.13	150m: 1:41.15	35.78	250m: 2:54.89	37.40	350m: 4:10.68	37.95
	100m: 1:05.37	34.24	200m: 2:17.49	36.34	300m: 3:32.73	37.84	400m: 4:45.17	34.49
7.	Leon Kloots	ZPC De Hof	4:47.06	200001363	4:45.19 +0,78			
	50m: 31.61	31.61	150m: 1:42.72	36.25	250m: 2:55.06	36.03	350m: 4:08.85	37.04
	100m: 1:06.47	34.86	200m: 2:19.03	36.31	300m: 3:31.81	36.75	400m: 4:45.19	36.34
8.	Tenzin Tieman	Old Dutch	4:39.50	200005549	4:45.58 +0,81			
	50m: 30.64	30.64	150m: 1:40.49	35.74	250m: 2:53.53	36.70	350m: 4:08.14	37.43
	100m: 1:04.75	34.11	200m: 2:16.83	36.34	300m: 3:30.71	37.18	400m: 4:45.58	37.44
9.	Patrick Wyrdean	Westland Swimming Stars	4:59.42	199702475	4:46.67 +0,70			
	50m: 30.97	30.97	150m: 1:40.83	35.58	250m: 2:53.79	36.88	350m: 4:09.94	38.43
	100m: 1:05.25	34.28	200m: 2:16.91	36.08	300m: 3:31.51	37.72	400m: 4:46.67	36.73

Event 4, Men, 400m Freestyle, 25+

rang	naam	vereniging	intijd	199701895	tijd	RT
10.	Wesley van der Luit	ZV Sassenheim	4:41.07	199701895	4:48.69	+0,72
	50m: 31.97	31.97 150m: 1:42.31	35.61	250m: 2:55.85	37.08	350m: 4:11.37
	100m: 1:06.70	34.73 200m: 2:18.77	36.46	300m: 3:33.29	37.44	400m: 4:48.69
11.	Auke Sijperda	AZC	5:06.67	199905115	5:06.66	+0,71
	50m: 33.03	33.03 150m: 1:48.44	38.70	250m: 3:06.54	38.72	350m: 4:27.11
	100m: 1:09.74	36.71 200m: 2:27.82	39.38	300m: 3:46.58	40.04	400m: 5:06.66

30+

1.	Mike Schel	ENC Arnhem	4:22.07	199403279	4:28.09	+0,72
	50m: 29.62	29.62 150m: 1:36.04	33.68	250m: 2:44.41	34.42	350m: 3:54.51
	100m: 1:02.36	32.74 200m: 2:09.99	33.95	300m: 3:19.09	34.68	400m: 4:28.09
2.	Tim de Vrugt	ENC Arnhem	4:37.70	199306719	4:40.19	+0,71
	50m: 30.12	30.12 150m: 1:39.74	35.51	250m: 2:52.78	36.77	350m: 4:05.36
	100m: 1:04.23	34.11 200m: 2:16.01	36.27	300m: 3:29.30	36.52	400m: 4:40.19
3.	Sander Riezebos	WS Twente	4:48.77	199400467	4:40.81	+0,66
	50m: 30.02	30.02 150m: 1:40.22	36.00	250m: 2:54.18	37.35	350m: 4:07.76
	100m: 1:04.22	34.20 200m: 2:16.83	36.61	300m: 3:31.14	36.96	400m: 4:40.81
4.	Niels Bent	WS Twente	4:48.91	199400465	4:51.64	+0,77
	50m: 32.27	32.27 150m: 1:42.98	35.89	250m: 2:57.43	37.41	350m: 4:13.53
	100m: 1:07.09	34.82 200m: 2:20.02	37.04	300m: 3:34.82	37.39	400m: 4:51.64
5.	Pieter Pijnenburg	De Biesboschzwemmers	4:47.99	199305227	4:52.60	+0,73
	50m: 31.97	31.97 150m: 1:45.55	37.33	250m: 3:00.19	37.55	350m: 4:16.11
	100m: 1:08.22	36.25 200m: 2:22.64	37.09	300m: 3:37.79	37.60	400m: 4:52.60
6.	Mark Legters	De Schelde	4:57.44	199303361	4:52.83	+0,70
	50m: 32.30	32.30 150m: 1:44.54	36.71	250m: 2:58.54	37.01	350m: 4:14.60
	100m: 1:07.83	35.53 200m: 2:21.53	36.99	300m: 3:36.50	37.96	400m: 4:52.83
7.	Koen de Meyere	WS Twente	5:13.32	199406783	5:21.66	+0,82
	50m: 33.83	33.83 150m: 1:51.11	39.70	250m: 3:14.19	41.88	350m: 4:39.71
	100m: 1:11.41	37.58 200m: 2:32.31	41.20	300m: 3:56.73	42.54	400m: 5:21.66
8.	Derek Valkenier	MSV-Zeemacht	5:19.98	199207397	5:26.66	+0,87
	50m: 34.64	34.64 150m: 1:53.11	40.22	250m: 3:16.23	42.23	350m: 4:40.36
	100m: 1:12.89	38.25 200m: 2:34.00	40.89	300m: 3:58.90	42.67	400m: 5:26.66
9.	Ruben de Boer	Zwemvereniging Hoogland	5:24.02	199301419	5:37.38	+0,78
	50m: 37.25	37.25 150m: 1:59.96	41.55	250m: 3:25.09	42.81	350m: 4:53.03
	100m: 1:18.41	41.16 200m: 2:42.28	42.32	300m: 4:08.61	43.52	400m: 5:37.38

35+

1.	Matteo Viani	Zwemlust- den Hommel	4:19.17	199007717	4:14.66	+0,77
	50m: 29.52	29.52 150m: 1:33.37	32.03	250m: 2:38.00	32.30	350m: 3:43.05
	100m: 1:01.34	31.82 200m: 2:05.70	32.33	300m: 3:10.59	32.59	400m: 4:14.66
2.	Tim Bunnik	Triton	4:30.81	199000505	4:35.69	+0,80
	50m: 31.22	31.22 150m: 1:40.80	35.16	250m: 2:51.10	35.09	350m: 4:01.55
	100m: 1:05.64	34.42 200m: 2:16.01	35.21	300m: 3:26.64	35.54	400m: 4:35.69
3.	Matthew Humphreys	MSV-Zeemacht	4:37.34	198906983	4:37.56	+0,73
	50m: 31.26	31.26 150m: 1:40.87	35.22	250m: 2:51.39	35.37	350m: 4:02.80
	100m: 1:05.65	34.39 200m: 2:16.02	35.15	300m: 3:26.97	35.58	400m: 4:37.56
4.	Patrick Creemers	SG Patrick - De Roersoppers	4:50.60	199000579	4:39.59	+0,69
	50m: 30.87	30.87 150m: 1:42.93	36.54	250m: 2:55.80	36.12	350m: 4:06.67
	100m: 1:06.39	35.52 200m: 2:19.68	36.75	300m: 3:31.64	36.84	400m: 4:39.59
5.	Wessel Everloo	WS Twente	4:49.51	198906597	4:50.47	+0,88
	50m: 32.74	32.74 150m: 1:47.33	37.60	250m: 3:00.19	36.31	350m: 4:14.23
	100m: 1:09.73	36.99 200m: 2:23.88	36.55	300m: 3:37.64	37.45	400m: 4:50.47
6.	Niels Albrechts	De Schotejil	4:47.55	198800039	4:52.17	+0,82
	50m: 33.35	33.35 150m: 1:46.51	37.02	250m: 3:01.50	37.64	350m: 4:16.83
	100m: 1:09.49	36.14 200m: 2:23.86	37.35	300m: 3:39.16	37.66	400m: 4:52.17
7.	Marc Hoogendam	Blue Marlins	5:04.18	199007713	5:11.66	+0,67
	50m: 30.69	30.69 150m: 1:42.84	37.28	250m: 3:04.14	41.52	350m: 4:29.39
	100m: 1:05.56	34.87 200m: 2:22.62	39.78	300m: 3:46.84	42.70	400m: 5:11.66
8.	Remco van der Graaf	De Geul	5:15.25	198704007	5:23.13	+0,85
	50m: 34.42	34.42 150m: 1:52.35	39.92	250m: 3:16.00	42.03	350m: 4:42.29
	100m: 1:12.43	38.01 200m: 2:33.97	41.62	300m: 3:58.87	42.87	400m: 5:23.13
9.	Sander van Tilburg	De Biesboschzwemmers	5:22.98	198604609	5:25.17	+0,81
	50m: 36.70	36.70 150m: 1:57.48	40.82	250m: 3:20.20	41.64	350m: 4:41.65
	100m: 1:16.66	39.96 200m: 2:38.56	41.08	300m: 4:01.49	41.29	400m: 5:25.17

Event 4, Men, 400m Freestyle

40+

1.	Pieter Pickhardt	ZPC De Hof	4:31.21	198301657	4:31.71	+0,81
	50m: 31.31	31.31 150m: 1:39.65	34.27	250m: 2:48.55	34.38	350m: 3:57.72
	100m: 1:05.38	34.07 200m: 2:14.17	34.52	300m: 3:23.23	34.68	400m: 4:31.71
2.	Frank v.d. Voordt	De Schotejil	4:40.94	198302259	4:43.81	+0,78
	50m: 32.01	32.01 150m: 1:42.94	35.87	250m: 2:55.18	36.17	350m: 4:07.71
	100m: 1:07.07	35.06 200m: 2:19.01	36.07	300m: 3:31.45	36.27	400m: 4:43.81
3.	Marcel Reefhuis	WS Twente	4:58.54	198101381	4:51.92	+0,68
	50m: 31.97	31.97 150m: 1:44.08	36.34	250m: 2:58.26	37.34	350m: 4:14.19
	100m: 1:07.74	35.77 200m: 2:20.92	36.84	300m: 3:35.98	37.72	400m: 4:51.92
4.	Rene Koedooder	Enkhuizer Zwem Vereniging	5:01.06	198200919	5:02.57	+0,84
	50m: 32.56	32.56 150m: 1:46.10	37.14	250m: 3:02.90	38.80	350m: 4:22.49
	100m: 1:08.96	36.40 200m: 2:24.10	38.00	300m: 3:42.09	39.19	400m: 5:02.57
5.	Rob van Wanrooy	Albion	5:50.90	198202627	5:13.26	+0,78
	50m: 35.79	35.79 150m: 1:54.43	39.14	250m: 3:13.73	40.26	350m: 4:34.48
	100m: 1:15.29	39.50 200m: 2:33.47	39.04	300m: 3:54.54	40.81	400m: 5:13.26
6.	Martial Alassimone	ASPTT Clermont-Ferrand	5:35.54	135036	5:32.88	+0,78
	50m: 37.79	37.79 150m: 2:02.12	42.71	250m: 3:28.35	43.11	350m: 4:53.02
	100m: 1:19.41	41.62 200m: 2:45.24	43.12	300m: 4:10.93	42.58	400m: 5:32.88

45+

1.	Mark Hensen	NieMo Barracuda	4:32.41	197900497	4:32.53	+0,75
	50m: 30.55	30.55 150m: 1:39.97	34.82	250m: 2:49.75	34.65	350m: 3:58.87
	100m: 1:05.15	34.60 200m: 2:15.10	35.13	300m: 3:24.39	34.64	400m: 4:32.53
2.	Ivo Roozeboom	WVZ	4:30.74	197700801	4:36.63	+0,76
	50m: 30.45	30.45 150m: 1:42.35	36.25	250m: 2:53.61	35.58	350m: 4:03.69
	100m: 1:06.10	35.65 200m: 2:18.03	35.68	300m: 3:29.03	35.42	400m: 4:36.63
3.	Victor Barnar	GoSwim	4:45.09	197801805	4:42.32	+0,85
	50m: 31.57	31.57 150m: 1:41.40	35.29	250m: 2:53.49	36.05	350m: 4:06.37
	100m: 1:06.11	34.54 200m: 2:17.44	36.04	300m: 3:29.53	36.04	400m: 4:42.32
4.	Yuri Admiraal	SGHW	4:55.11	197701655	4:57.61	+0,76
	50m: 33.64	33.64 150m: 1:48.58	37.75	250m: 3:04.95	38.15	350m: 4:21.01
	100m: 1:10.83	37.19 200m: 2:26.80	38.22	300m: 3:43.06	38.11	400m: 4:57.61
5.	Arjen Nieveen	DZ&PC	5:13.65	198002545	4:58.00	+0,72
	50m: 33.48	33.48 150m: 1:48.53	37.80	250m: 3:04.95	37.41	350m: 4:20.73
	100m: 1:10.73	37.25 200m: 2:27.54	39.01	300m: 3:42.97	38.02	400m: 4:58.00
6.	Tom Bandsma	PSV	5:28.83	197701625	5:26.68	+1,09
	50m: 36.19	36.19 150m: 1:57.72	41.36	250m: 3:20.33	41.34	350m: 4:43.25
	100m: 1:16.36	40.17 200m: 2:38.99	41.27	300m: 4:02.38	42.05	400m: 5:26.68

50+

1.	Haack Andree	SG Muelheim	4:52.95	067255	4:40.44	+0,84
	50m: 31.87	31.87 150m: 1:42.89	35.98	250m: 2:54.80	35.67	350m: 4:05.46
	100m: 1:06.91	35.04 200m: 2:19.13	36.24	300m: 3:30.26	35.46	400m: 4:40.44
2.	Pieter Veenstra	DZ&PC	5:00.91	197301345	5:03.95	+0,82
	50m: 34.25	34.25 150m: 1:50.29	38.62	250m: 3:07.76	38.59	350m: 4:25.62
	100m: 1:11.67	37.42 200m: 2:29.17	38.88	300m: 3:46.62	38.86	400m: 5:03.95
3.	Casper van den Burgh	ZV Sassenheim	4:58.43	197201413	5:06.28	+0,95
	50m: 33.26	33.26 150m: 1:47.73	37.95	250m: 3:06.77	39.66	350m: 4:26.38
	100m: 1:09.78	36.52 200m: 2:27.11	39.38	300m: 3:46.51	39.74	400m: 5:06.28
4.	Wouter van der Stelt	De Biesboschzweimmers	5:36.61	197200889	5:48.10	+0,87
	50m: 37.40	37.40 150m: 2:03.73	43.57	250m: 3:32.94	44.94	350m: 5:03.20
	100m: 1:20.16	42.76 200m: 2:48.00	44.27	300m: 4:17.79	44.85	400m: 5:48.10
5.	Marcel van Walt van Praag	Gay Swim Amsterdam	6:09.51	197501425	5:56.06	+0,75
	50m: 38.85	38.85 150m: 2:08.81	45.67	250m: 3:40.61	45.99	350m: 5:12.97
	100m: 1:23.14	44.29 200m: 2:54.62	45.81	300m: 4:26.71	46.10	400m: 5:56.06
6.	Jeroen Hoeksel	ZV Vlaardingen-Schiedam	5:59.14	197401533	6:06.33	+0,94
	50m: 40.07	40.07 150m: 2:09.53	45.46	250m: 3:43.07	47.18	350m: 5:19.25
	100m: 1:24.07	44.00 200m: 2:55.89	46.36	300m: 4:30.77	47.70	400m: 6:06.33

Event 4, Men, 400m Freestyle

55+

1.	John Hardeman	Zwemlust- den Hommel	4:48.54	196601615	4:56.63	+0,75
	50m: 33.56	33.56	150m: 1:48.04	37.56	250m: 3:04.08	38.14
	100m: 1:10.48	36.92	200m: 2:25.94	37.90	300m: 3:42.30	38.22
					350m: 4:20.22	37.92
					400m: 4:56.63	36.41
2.	Edwin Petri	De Otters Het Gooi	5:04.62	196601687	5:07.35	+0,88
	50m: 34.71	34.71	150m: 1:52.58	39.25	250m: 3:11.12	38.58
	100m: 1:13.33	38.62	200m: 2:32.54	39.96	300m: 3:50.20	39.08
					350m: 4:28.80	38.60
					400m: 5:07.35	38.55
3.	Bruno Nahon	Cercle De Natation Sportcity	5:01.24	CNSW/000390/70	5:12.48	+0,79
	50m: 35.04	35.04	150m: 1:52.58	39.21	250m: 3:12.28	39.92
	100m: 1:13.37	38.33	200m: 2:32.36	39.78	300m: 3:52.55	40.27
					350m: 4:33.01	40.46
					400m: 5:12.48	39.47
4.	Francis Roosen	V.Z.V. Njord	5:10.61	196801581	5:13.44	+0,71
	50m: 33.30	33.30	150m: 1:49.23	38.83	250m: 3:09.12	40.27
	100m: 1:10.40	37.10	200m: 2:28.85	39.62	300m: 3:50.52	41.40
					350m: 4:32.78	42.26
					400m: 5:13.44	40.66
5.	Eduard Leusink	De Mors	5:56.70	196901573	5:29.67	+0,76
	50m: 35.51	35.51	150m: 1:56.69	41.50	250m: 3:21.44	42.59
	100m: 1:15.19	39.68	200m: 2:38.85	42.16	300m: 4:04.26	42.82
					350m: 4:47.17	42.91
					400m: 5:29.67	42.50
6.	Leon Slingerland	WVZ	5:32.72	196801707	5:43.45	+0,92
	50m: 36.72	36.72	150m: 2:01.97	43.04	250m: 3:31.52	45.34
	100m: 1:18.93	42.21	200m: 2:46.18	44.21	300m: 4:17.05	45.53
					350m: 5:01.29	44.24
					400m: 5:43.45	42.16
7.	Jeroen Wilmer	Enkhuizer Zwem Vereniging	5:53.09	196601711	5:51.65	+0,86
	50m: 38.50	38.50	150m: 2:04.96	44.18	250m: 3:35.77	45.54
	100m: 1:20.78	42.28	200m: 2:50.23	45.27	300m: 4:21.74	45.97
					350m: 5:07.91	46.17
					400m: 5:51.65	43.74

60+

1.	Jon Christensen	Luxembourg Sharks Swimming	4:53.16	10008	4:55.46	+0,79
	50m: 32.82	32.82	150m: 1:46.12	37.05	250m: 3:01.19	37.79
	100m: 1:09.07	36.25	200m: 2:23.40	37.28	300m: 3:39.52	38.33
					350m: 4:17.74	38.22
					400m: 4:55.46	37.72
2.	Karol Lacko	Vysokoskolsky klub Univerzity	5:15.93	16793	5:07.62	+0,81
	<i>Slovakian Masters Record</i>					
	50m: 36.14	36.14	150m: 1:53.47	38.56	250m: 3:11.39	39.48
	100m: 1:14.91	38.77	200m: 2:31.91	38.44	300m: 3:50.64	39.25
					350m: 4:28.89	38.25
					400m: 5:07.62	38.73
3.	Henri Michels	De Amstel	5:19.52	196501587	5:11.83	+0,88
	50m: 34.53	34.53	150m: 1:52.42	39.55	250m: 3:12.01	39.81
	100m: 1:12.87	38.34	200m: 2:32.20	39.78	300m: 3:52.09	40.08
					350m: 4:32.13	40.04
					400m: 5:11.83	39.70
4.	Menno Lomans	PSV	5:32.82	196101071	5:34.04	+0,83
	50m: 37.32	37.32	150m: 2:01.84	42.72	250m: 3:27.59	42.80
	100m: 1:19.12	41.80	200m: 2:44.79	42.95	300m: 4:10.60	43.01
					350m: 4:53.25	42.65
					400m: 5:34.04	40.79
5.	Adriaan Kop	Old Dutch	6:18.06	196101135	6:11.39	+0,97
	50m: 39.84	39.84	150m: 2:10.13	45.65	250m: 3:47.32	50.11
	100m: 1:24.48	44.64	200m: 2:57.21	47.08	300m: 4:37.00	49.68
					350m: 5:26.73	49.73
					400m: 6:11.39	44.66
DSQ	Kees-Jan van Overbeeke	WWV Winterswijk	5:34.86	196200489		
	<i>AF - De aangegeven afstand niet uitgezwommen.</i>					
DSQ	Peter Janssen	Team Noord Holland (SG)	6:05.69	196201307		+1,06
	<i>AF - De aangegeven afstand niet uitgezwommen.</i>					

65+

1.	Hugo Bregman	WVZ	5:15.98	195800069	5:01.64	+0,85
	50m: 34.44	34.44	150m: 1:51.43	39.26	250m: 3:08.88	38.92
	100m: 1:12.17	37.73	200m: 2:29.96	38.53	300m: 3:46.99	38.11
					350m: 4:25.01	38.02
					400m: 5:01.64	36.63
2.	Paul Bunnik	Triton	5:47.18	195600413	5:50.05	+0,89
	50m: 37.95	37.95	150m: 2:04.12	44.64	250m: 3:33.72	44.81
	100m: 1:19.48	41.53	200m: 2:48.91	44.79	300m: 4:18.23	44.51
					350m: 5:04.21	45.98
					400m: 5:50.05	45.84
3.	Jan Preuter	De Mors	6:07.99	195600245	6:02.38	+1,23
	50m: 40.24	40.24	150m: 2:12.02	46.85	250m: 3:45.51	46.72
	100m: 1:25.17	44.93	200m: 2:58.79	46.77	300m: 4:31.88	46.37
					350m: 5:18.06	46.18
					400m: 6:02.38	44.32
4.	Wim de Lange	AZC	6:13.29	195800533	6:04.86	+0,89
	50m: 41.56	41.56	150m: 2:13.59	46.39	250m: 3:46.46	46.66
	100m: 1:27.20	45.64	200m: 2:59.80	46.21	300m: 4:32.99	46.53
					350m: 5:19.37	46.38
					400m: 6:04.86	45.49
5.	Wolfgang Rossa	TPSK 1925 e.V.	6:06.44	396833	6:22.37	+1,17
	50m: 42.65	42.65	150m: 2:18.03	47.96	250m: 3:54.99	48.07
	100m: 1:30.07	47.42	200m: 3:06.92	48.89	300m: 4:44.29	49.30
					350m: 5:33.70	49.41
					400m: 6:22.37	48.67

Event 4, Men, 400m Freestyle, 65+

rang	naam	vereniging				intijd				tijd		RT	
6.	Lex Hoogendam	ZZ&PC De Devel				6:22.65				195700541		6:36.72	+1,04
	50m:	41.23	41.23	150m:	2:18.31	49.54	250m:	4:02.21	51.75	350m:	5:45.64	51.50	
	100m:	1:28.77	47.54	200m:	3:10.46	52.15	300m:	4:54.14	51.93	400m:	6:36.72	51.08	

70+

1.	Henk Slomp	Z&PC de Inktvis				5:35.79				195500359		5:37.22	+0,93
	50m:	37.60	37.60	150m:	2:03.46	44.14	250m:	3:30.95	43.49	350m:	4:57.64	43.40	
	100m:	1:19.32	41.72	200m:	2:47.46	44.00	300m:	4:14.24	43.29	400m:	5:37.22	39.58	

80+

1.	Willem Putter	ZV Vlaardingen-Schiedam				6:56.77				194500135		7:04.60	+1,05
	50m:	46.42	46.42	150m:	2:33.82	54.41	250m:	4:24.39	55.21	350m:	6:14.54	54.60	
	100m:	1:39.41	52.99	200m:	3:29.18	55.36	300m:	5:19.94	55.55	400m:	7:04.60	50.06	
2.	Rob Hanou	PSV				7:47.10				194300109		8:11.32	+1,12
	50m:	56.22	56.22	150m:	3:04.70	1:04.10	250m:	5:10.22	1:02.57	350m:	7:14.57	1:01.46	
	100m:	2:00.60	1:04.38	200m:	4:07.65	1:02.95	300m:	6:13.11	1:02.89	400m:	8:11.32	56.75	