



Programmanr. 4
1/5/2026

Heren, 400m vrije slag

Masters Open
Inschrijfflijst

rang	naam	vereniging		categorie	inschrijftijd
20+					
1	Laurens Kalle	De Schotejil	200600161	H 20+	4:32.61L
2	Rik Stahlie	TriVia	200201915	H 20+	4:34.33S
3	Jacco Nijland	ZPC De Hof	200400081	H 20+	4:35.05L
4	Mika Heskamp	De Dinkel	200300339	H 20+	4:36.48S
5	Niels Kragt	TriVia	200300155	H 20+	4:40.77L
6	Jesper Pas	VZV Njord	200200967	H 20+	4:43.03S
7	Christian Kalle	De Schotejil	200400687	H 20+	4:44.45L
8	Owen Michels	De Amstel	200402293	H 20+	5:00.65L
25+					
1	Jasper Breugem	WVZ	200000303	H 25+	4:19.51S
2	Jacob Mackloet	De Schotejil	200001171	H 25+	4:33.10L
3	Lars Jacobsen	DWK	199705453	H 25+	4:45.37L
4	Wesley van der Luit	Sassenheim	199701895	H 25+	4:48.69S
5	Leon Kloots	ZPC De Hof	200001363	H 25+	4:54.69L
6	Jordy van Oel	WVZ	199802003	H 25+	4:59.33L
7	Patrick Wyrdeeman	Westland Swimming Stars	199702475	H 25+	5:04.82L
8	Erik Baalbergen	ZVL - 1886	199805775	H 25+	5:18.64S
9	Auke Sijperda	AZC	199905115	H 25+	5:25.42L
30+					
1	Mike Schel	ENC Arnhem	199403279	H 30+	4:18.13S
2	Tim de Vrugt	ENC Arnhem	199306719	H 30+	4:37.13S
3	Sander Riezebos	WS Twente	199400467	H 30+	4:40.81S
4	Colin Degenars	ZPCH	199505951	H 30+	5:18.14L
5	Remco Visser	ZPC Woerden	199503185	H 30+	5:31.60S
6	Ruben de Boer	Zwemvereniging Hoogland	199301419	H 30+	5:43.85L
35+					
1	Jos de Graaf	PSV	199106095	H 35+	4:35.93S
2	Matthew Humphreys	MSV-Zeemacht	198906983	H 35+	4:37.34S
3	Tim Bunnik	Triton	199000505	H 35+	4:47.44L
4	Patrick Creemers	SG Patrick - De Roersoppers	199000579	H 35+	4:50.60L
5	Jeroen Matthijssen	AZC	199103751	H 35+	4:50.75S
6	Niels Albrechts	De Schotejil	198800039	H 35+	4:57.07L
7	Wessel Everloo	WS Twente	198906597	H 35+	5:04.37L
40+					
1	Pieter Pickhardt	ZPC De Hof	198301657	H 40+	4:44.02L
2	Frank v.d. Voordt	De Schotejil	198302259	H 40+	4:54.85L
3	Rob van Wanrooy	Albion	198202627	H 40+	5:13.26S
4	Sander van Tilburg	De Biesboschzwemmers	198604609	H 40+	5:19.06S
45+					
1	Ivo Roozeboom	WVZ	197700801	H 45+	4:30.74S
2	Dennis Brouwers	HZPC	197800167	H 45+	4:38.83S
3	Gergely Molnár	Iron Swim	66/752	H 45+	4:43.60S
4	Oliver Grundmann	SG Essen	501511	H 45+	4:44.66S
5	Marcel Reefhuis	WS Twente	198101381	H 45+	5:05.16L
6	Arjen Nieveen	DZ&PC	198002545	H 45+	5:19.97L
7	Tom Bandsma	PSV	197701625	H 45+	5:42.49L
8	Stefan Witwerts	KSN (SG)	197902159	H 45+	6:32.58S



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50+

1	Aart Kruis	MZ&PC Maastricht	197501383	H	50+	4:57.85S
2	Pieter Veenstra	DZ&PC	197301345	H	50+	5:22.51L
3	Wouter van der Stelt	De Biesboschzweimmers	197200889	H	50+	5:36.61S
4	Peter Meijer	DZ&PC	197300613	H	50+	5:37.94L
5	Jeroen Hoeksel	ZV Vlaardingen-Schiedam	197401533	H	50+	5:59.14S

55+

1	Richard Rickson	Hellas-Glana	197000841	H	55+	5:04.83L
2	Frank van Nobelen	Sassenheim	196900753	H	55+	5:13.91L
3	Bruno Nahon	Cercle De Natation Sportcity Woluwe	CNSW/000390/70	H	55+	5:14.61L
4	Leon Slingerland	WVZ	196801707	H	55+	5:48.77L
5	Ramon Alsina Munoz	Cercle De Natation Sportcity Woluwe	CNSW/002552/69	H	55+	6:17.18L

60+

1	Bob de Vries	SG Octopus - ZVV	196601101	H	60+	4:42.08S
2	Jon Christensen	Luxembourg Sharks Swimming Club	10008	H	60+	5:02.52L
3	Hugues Herman	Cercle De Natation Sportcity Woluwe	CNSW/014976/66	H	60+	5:07.05L
4	Henri Michels	De Amstel	196501587	H	60+	5:19.52L
5	Kees-Jan van Overbeeke	WVW Winterswijk	196200489	H	60+	5:26.60L
6	Gert Sikkema	Zignea	196300687	H	60+	5:34.81S
7	Jeroen Wilmer	Enkhuizer Zwem Vereniging	196601711	H	60+	5:54.02L
8	Peter Janssen	Team Noord Holland (SG)	196201307	H	60+	6:05.69S
9	Casper Dollekamp	Steenwijk 1934	196301341	H	60+	6:34.86S

65+

1	Marten de Groot	HZ&PC Heerenveen	195800149	H	65+	5:31.74L
2	Dirk Zeterberg	Zehlendorfer TSV von 1888	101339	H	65+	5:34.98L
3	Rene Janssen	Team Noord Holland (SG)	195700169	H	65+	5:43.74S
4	Lex Hoogendam	ZZ&PC De Devel	195700541	H	65+	6:22.65S
5	Wim de Lange	AZC	195800533	H	65+	6:28.98L
AFGEM	Gustav van den Berg	TriVia	196100991	H	65+	5:06.92S

70+

1	Henk Slomp	De Inktvis	195500359	H	70+	5:45.63L
2	Laurens Klein Breteler	WS Twente	195400109	H	70+	6:37.62L
3	Rob Berkhof	SWOL 1894	195200245	H	70+	7:09.98L

75+

1	Wout Hemmes	De Plons	194800059	H	75+	6:53.88L
2	Jos Kamps	Zwemvereniging Hoogland	195100085	H	75+	7:09.95S
3	Piet Schop	De Bevelanders	195000109	H	75+	8:08.05L

80+

1	Willem Putter	ZV Vlaardingen-Schiedam	194500135	H	80+	7:13.11L
2	Geza Kaltenecker	AZC	194200065	H	80+	7:55.45L
3	Rob Hanou	PSV	194300109	H	80+	8:04.08L