



Programmanr. 18
2-5-2026 - 11:05

Heren, 400m wisselslag

Masters Open
Resultaten

| rang | naam | vereniging | tijd | RT | PARA |
|------------|--------------------------|-------------------------|----------------|-----------|---------------|
| 20+ | | | | | |
| 1. | Laurens Kalle | De Schotejil | 5:07.20 | +0.76 | |
| | 50m: 30.25 | 30.25 | 150m: 1:46.83 | 40.93 | 250m: 3:12.12 |
| | 100m: 1:05.90 | 35.65 | 200m: 2:25.95 | 39.12 | 300m: 3:57.02 |
| | | | 350m: 4:33.60 | 36.58 | 400m: 5:07.20 |
| | | | | 36.58 | |
| | | | | 35.55 | |
| 2. | Jesper Pas | VZV Njord | 5:23.38 | +0.73 | |
| | 50m: 32.18 | 32.18 | 150m: 1:55.04 | 43.61 | 250m: 3:23.39 |
| | 100m: 1:11.43 | 39.25 | 200m: 2:37.01 | 41.97 | 300m: 4:11.25 |
| | | | 350m: 4:47.83 | 46.38 | 400m: 5:23.38 |
| | | | | 36.58 | |
| | | | | 35.55 | |
| 3. | Christian Kalle | De Schotejil | 5:29.71 | +0.82 | |
| | 50m: 29.74 | 29.74 | 150m: 1:52.04 | 46.44 | 250m: 3:24.84 |
| | 100m: 1:05.60 | 35.86 | 200m: 2:36.74 | 44.70 | 300m: 4:14.58 |
| | | | 350m: 4:54.12 | 48.10 | 400m: 5:29.71 |
| | | | | 39.54 | |
| | | | | 35.59 | |
| 25+ | | | | | |
| 1. | Jelle Blankestijn | ZPC Amersfoort | 5:12.79 | +0.79 | |
| | 50m: 31.89 | 31.89 | 150m: 1:50.94 | 40.32 | 250m: 3:16.86 |
| | 100m: 1:10.62 | 38.73 | 200m: 2:31.89 | 40.95 | 300m: 4:02.69 |
| | | | 350m: 4:38.46 | 44.97 | 400m: 5:12.79 |
| | | | | 45.83 | |
| | | | | 35.77 | |
| | | | | 34.33 | |
| 2. | David Kievit | De Schotejil | 5:19.55 | +0.76 | |
| | 50m: 31.43 | 31.43 | 150m: 1:51.89 | 41.18 | 250m: 3:19.09 |
| | 100m: 1:10.71 | 39.28 | 200m: 2:33.17 | 41.28 | 300m: 4:04.98 |
| | | | 350m: 4:42.63 | 45.92 | 400m: 5:19.55 |
| | | | | 45.89 | |
| | | | | 37.65 | |
| | | | | 36.92 | |
| 3. | Jeroen Louwinger | De Rijn | 5:23.63 | +0.75 | |
| | 50m: 34.34 | 34.34 | 150m: 1:54.18 | 41.05 | 250m: 3:22.67 |
| | 100m: 1:13.13 | 38.79 | 200m: 2:33.76 | 39.58 | 300m: 4:11.52 |
| | | | 350m: 4:47.81 | 48.91 | 400m: 5:23.63 |
| | | | | 48.85 | |
| | | | | 36.29 | |
| | | | | 35.82 | |
| 4. | Wesley van der Luit | Sassenheim | 5:38.45 | +0.82 | |
| | 50m: 35.03 | 35.03 | 150m: 2:00.30 | 45.33 | 250m: 3:32.47 |
| | 100m: 1:14.97 | 39.94 | 200m: 2:43.40 | 43.10 | 300m: 4:22.79 |
| | | | 350m: 5:02.35 | 49.07 | 400m: 5:38.45 |
| | | | | 50.32 | |
| | | | | 39.56 | |
| | | | | 36.10 | |
| 5. | Rick Haanschoten | De Rijn | 5:42.17 | +0.69 | |
| | 50m: 34.80 | 34.80 | 150m: 2:02.31 | 47.37 | 250m: 3:37.65 |
| | 100m: 1:14.94 | 40.14 | 200m: 2:47.97 | 45.66 | 300m: 4:26.58 |
| | | | 350m: 5:05.21 | 49.68 | 400m: 5:42.17 |
| | | | | 48.93 | |
| | | | | 38.63 | |
| | | | | 36.96 | |
| 6. | Patrick Wyrdean | Westland Swimming Stars | 5:49.77 | +0.68 | |
| | 50m: 32.50 | 32.50 | 150m: 1:58.72 | 46.35 | 250m: 3:35.58 |
| | 100m: 1:12.37 | 39.87 | 200m: 2:43.81 | 45.09 | 300m: 4:28.49 |
| | | | 350m: 5:09.85 | 51.77 | 400m: 5:49.77 |
| | | | | 52.91 | |
| | | | | 41.36 | |
| | | | | 39.92 | |
| 7. | Tenzin Tieman | Old Dutch | 5:54.42 | +0.80 | |
| | 50m: 33.72 | 33.72 | 150m: 2:02.97 | 47.92 | 250m: 3:45.51 |
| | 100m: 1:15.05 | 41.33 | 200m: 2:50.46 | 47.49 | 300m: 4:40.86 |
| | | | 350m: 5:18.69 | 55.05 | 400m: 5:54.42 |
| | | | | 55.35 | |
| | | | | 37.83 | |
| | | | | 35.73 | |
| 8. | Milan Adriaenssens | De Vrije Slag | 6:04.77 | +0.74 | |
| | 50m: 35.37 | 35.37 | 150m: 2:11.25 | 50.98 | 250m: 3:50.41 |
| | 100m: 1:20.27 | 44.90 | 200m: 3:00.97 | 49.72 | 300m: 4:41.15 |
| | | | 350m: 5:23.50 | 49.44 | 400m: 6:04.77 |
| | | | | 50.74 | |
| | | | | 42.35 | |
| | | | | 41.27 | |
| 9. | Jack Davies | ZVL - 1886 | 6:06.65 | +0.75 | |
| | 50m: 35.78 | 35.78 | 150m: 2:07.40 | 47.75 | 250m: 3:45.19 |
| | 100m: 1:19.65 | 43.87 | 200m: 2:54.24 | 46.84 | 300m: 4:36.14 |
| | | | 350m: 5:21.91 | 50.95 | 400m: 6:06.65 |
| | | | | 50.95 | |
| | | | | 45.77 | |
| | | | | 44.74 | |
| AFGEM | Herman Buist | PWC | | | |
| | | | NED | 199801525 | |
| 30+ | | | | | |
| 1. | Pieter Pijnenburg | De Biesboschzwemmers | 5:37.56 | +0.79 | |
| | 50m: 35.59 | 35.59 | 150m: 2:02.66 | 44.85 | 250m: 3:32.72 |
| | 100m: 1:17.81 | 42.22 | 200m: 2:47.71 | 45.05 | 300m: 4:19.10 |
| | | | 350m: 4:58.14 | 45.01 | 400m: 5:37.56 |
| | | | | 46.38 | |
| | | | | 39.04 | |
| | | | | 39.42 | |
| 2. | Hugo Herbers | SWOL 1894 | 5:58.99 | +0.77 | |
| | 50m: 34.80 | 34.80 | 150m: 2:03.26 | 46.58 | 250m: 3:40.01 |
| | 100m: 1:16.68 | 41.88 | 200m: 2:50.02 | 46.76 | 300m: 4:31.64 |
| | | | 350m: 5:15.31 | 49.99 | 400m: 5:58.99 |
| | | | | 51.63 | |
| | | | | 43.67 | |
| | | | | 43.68 | |
| 3. | Colin Degenaars | ZPCH | 6:09.62 | +0.81 | |
| | 50m: 36.04 | 36.04 | 150m: 2:13.60 | 50.88 | 250m: 3:55.29 |
| | 100m: 1:22.72 | 46.68 | 200m: 3:01.42 | 47.82 | 300m: 4:49.42 |
| | | | 350m: 5:30.71 | 53.87 | 400m: 6:09.62 |
| | | | | 54.13 | |
| | | | | 41.29 | |
| | | | | 38.91 | |
| 4. | Jaime Santiago Patterson | ZVL - 1886 | 6:15.10 | +0.74 | |
| | 50m: 39.52 | 39.52 | 150m: 2:15.80 | 50.01 | 250m: 3:56.79 |
| | 100m: 1:25.79 | 46.27 | 200m: 3:01.80 | 46.00 | 300m: 4:52.62 |
| | | | 350m: 5:35.26 | 54.99 | 400m: 6:15.10 |
| | | | | 55.83 | |
| | | | | 42.64 | |
| | | | | 39.84 | |



Programmanr. 18, Heren, 400m wisselslag

35+

| | | | | | | | | | |
|----|------------------|-------|-----------------------------|-------|---------------|-------|---------------|----------------|-------|
| 1. | Tim Bunnik | | Triton | NED | 199000505 | | | 5:16.39 | +0.76 |
| | 50m: 33.37 | 33.37 | 150m: 1:53.74 | 40.24 | 250m: 3:19.39 | 44.69 | 350m: 4:40.53 | 34.48 | |
| | 100m: 1:13.50 | 40.13 | 200m: 2:34.70 | 40.96 | 300m: 4:06.05 | 46.66 | 400m: 5:16.39 | 35.86 | |
| 2. | Patrick Creemers | | SG Patrick - De Roersoppers | NED | 199000579 | | | 5:36.48 | +0.75 |
| | 50m: 34.70 | 34.70 | 150m: 2:08.07 | 46.64 | 250m: 3:37.92 | 45.84 | 350m: 5:00.92 | 36.96 | |
| | 100m: 1:21.43 | 46.73 | 200m: 2:52.08 | 44.01 | 300m: 4:23.96 | 46.04 | 400m: 5:36.48 | 35.56 | |
| 3. | Robert Spekhorst | | De Mors | NED | 198703141 | | | 6:51.18 | +0.86 |
| | 50m: 42.51 | 42.51 | 150m: 2:33.18 | 52.69 | 250m: 4:19.33 | 53.67 | 350m: 6:02.55 | 47.91 | |
| | 100m: 1:40.49 | 57.98 | 200m: 3:25.66 | 52.48 | 300m: 5:14.64 | 55.31 | 400m: 6:51.18 | 48.63 | |

40+

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|----|-----------------|-------|-------------------------|-------|---------------|-------|---------------|----------------|-------|
| 1. | Yuri van Omme | | Zwemvereniging Hoogland | NED | 198501887 | | | 5:25.05 | +0.82 |
| | 50m: 34.08 | 34.08 | 150m: 1:58.08 | 42.73 | 250m: 3:24.20 | 43.58 | 350m: 4:46.77 | 38.52 | |
| | 100m: 1:15.35 | 41.27 | 200m: 2:40.62 | 42.54 | 300m: 4:08.25 | 44.05 | 400m: 5:25.05 | 38.28 | |
| 2. | Rob van Wanrooy | | Albion | NED | 198202627 | | | 5:54.75 | +0.75 |
| | 50m: 39.99 | 39.99 | 150m: 2:11.79 | 45.58 | 250m: 3:45.77 | 49.48 | 350m: 5:15.34 | 39.80 | |
| | 100m: 1:26.21 | 46.22 | 200m: 2:56.29 | 44.50 | 300m: 4:35.54 | 49.77 | 400m: 5:54.75 | 39.41 | |

45+

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|----|-------------------|-------|----------------------|-------|---------------|-------|---------------|----------------|-------|
| 1. | Vincent Versteeg | | Zwemlust- den Hommel | NED | 197701003 | | | 5:20.18 | +0.75 |
| | 50m: 33.18 | 33.18 | 150m: 1:56.46 | 43.49 | 250m: 3:22.22 | 44.18 | 350m: 4:44.43 | 37.38 | |
| | 100m: 1:12.97 | 39.79 | 200m: 2:38.04 | 41.58 | 300m: 4:07.05 | 44.83 | 400m: 5:20.18 | 35.75 | |
| 2. | Dennis Brouwers | | HZPC | NED | 197800167 | | | 5:21.75 | +0.81 |
| | 50m: 36.73 | 36.73 | 150m: 1:59.35 | 38.55 | 250m: 3:24.22 | 47.66 | 350m: 4:47.29 | 35.62 | |
| | 100m: 1:20.80 | 44.07 | 200m: 2:36.56 | 37.21 | 300m: 4:11.67 | 47.45 | 400m: 5:21.75 | 34.46 | |
| 3. | Gergely Molnár | | Iron Swim | HUN | 66/752 | | | 5:25.28 | +0.76 |
| | 50m: 32.79 | 32.79 | 150m: 1:55.88 | 44.74 | 250m: 3:26.24 | 46.99 | 350m: 4:49.72 | 36.53 | |
| | 100m: 1:11.14 | 38.35 | 200m: 2:39.25 | 43.37 | 300m: 4:13.19 | 46.95 | 400m: 5:25.28 | 35.56 | |
| 4. | Oliver Grundmann | | SG Essen | GER | 501511 | | | 5:34.68 | +0.79 |
| | 50m: 32.52 | 32.52 | 150m: 1:56.82 | 45.55 | 250m: 3:29.97 | 48.36 | 350m: 4:57.99 | 38.78 | |
| | 100m: 1:11.27 | 38.75 | 200m: 2:41.61 | 44.79 | 300m: 4:19.21 | 49.24 | 400m: 5:34.68 | 36.69 | |
| 5. | Heijmen van Vliet | | De Geul | NED | 198001637 | | | 5:38.66 | +0.73 |
| | 50m: 32.84 | 32.84 | 150m: 1:55.06 | 44.03 | 250m: 3:28.90 | 50.66 | 350m: 4:59.61 | 40.13 | |
| | 100m: 1:11.03 | 38.19 | 200m: 2:38.24 | 43.18 | 300m: 4:19.48 | 50.58 | 400m: 5:38.66 | 39.05 | |
| 6. | Arjan Buijsse | | Sassenheim | NED | 197901767 | | | 5:49.59 | +0.77 |
| | 50m: 34.74 | 34.74 | 150m: 2:04.52 | 47.61 | 250m: 3:38.76 | 49.30 | 350m: 5:09.53 | 40.44 | |
| | 100m: 1:16.91 | 42.17 | 200m: 2:49.46 | 44.94 | 300m: 4:29.09 | 50.33 | 400m: 5:49.59 | 40.06 | |
| 7. | Robert Istrate | | Zwemsport Parkstad | NED | 198002555 | | | 5:59.80 | +0.83 |
| | 50m: 35.52 | 35.52 | 150m: 2:06.00 | 49.01 | 250m: 3:46.31 | 52.52 | 350m: 5:20.85 | 41.03 | |
| | 100m: 1:16.99 | 41.47 | 200m: 2:53.79 | 47.79 | 300m: 4:39.82 | 53.51 | 400m: 5:59.80 | 38.95 | |
| 8. | Freddie Geerlings | | Zwemsport Parkstad | NED | 197900379 | | | 6:07.74 | +0.81 |
| | 50m: 38.93 | 38.93 | 150m: 2:19.95 | 50.22 | 250m: 3:58.39 | 50.61 | 350m: 5:30.46 | 40.79 | |
| | 100m: 1:29.73 | 50.80 | 200m: 3:07.78 | 47.83 | 300m: 4:49.67 | 51.28 | 400m: 6:07.74 | 37.28 | |

50+

| | | | | | | | | | |
|----|---------------------------|-------|-------------------------|-------|---------------|---------|---------------|----------------|-------|
| 1. | Kai Kremer | | SG Erkelenz-Hückelhoven | GER | 468899 | | | 6:20.86 | +0.88 |
| | 50m: 37.64 | 37.64 | 150m: 2:14.96 | 52.48 | 250m: 4:00.24 | 50.56 | 350m: 5:35.95 | 45.22 | |
| | 100m: 1:22.48 | 44.84 | 200m: 3:09.68 | 54.72 | 300m: 4:50.73 | 50.49 | 400m: 6:20.86 | 44.91 | |
| 2. | Marcel van Walt van Praag | | Gay Swim Amsterdam | NED | 197501425 | | | 7:08.13 | +0.77 |
| | 50m: 44.21 | 44.21 | 150m: 2:36.86 | 58.58 | 250m: 4:36.18 | 1:00.31 | 350m: 6:24.57 | 46.83 | |
| | 100m: 1:38.28 | 54.07 | 200m: 3:35.87 | 59.01 | 300m: 5:37.74 | 1:01.56 | 400m: 7:08.13 | 43.56 | |

55+

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|----|-------------------------|-------|---------------|-------|---------------|-------|---------------|----------------|-------|
| 1. | Jan-Willem van den Berg | | WVZ | NED | 196801575 | | | 5:57.27 | +0.73 |
| | 50m: 35.14 | 35.14 | 150m: 2:03.93 | 44.74 | 250m: 3:40.02 | 51.36 | 350m: 5:14.99 | 43.55 | |
| | 100m: 1:19.19 | 44.05 | 200m: 2:48.66 | 44.73 | 300m: 4:31.44 | 51.42 | 400m: 5:57.27 | 42.28 | |
| 2. | Frank van Nobelen | | Sassenheim | NED | 196900753 | | | 6:08.20 | +0.83 |
| | 50m: 37.33 | 37.33 | 150m: 2:11.01 | 48.37 | 250m: 3:52.96 | 54.31 | 350m: 5:27.09 | 40.87 | |
| | 100m: 1:22.64 | 45.31 | 200m: 2:58.65 | 47.64 | 300m: 4:46.22 | 53.26 | 400m: 6:08.20 | 41.11 | |



Programmanr. 18, Heren, 400m wisselslag, 55+

| rang | naam | vereniging | | | | | | tijd | RT | PARA |
|------|-------------------|----------------|---------------|-----------|---------------|-------|---------------|----------------|-------|------|
| 3. | Korstiaan de Boer | Steenwijk 1934 | NED | 197101629 | | | | 6:38.88 | +0.97 | |
| | 50m: 43.30 | 43.30 | 150m: 2:25.18 | 49.17 | 250m: 4:10.96 | 57.14 | 350m: 5:55.36 | 46.62 | | |
| | 100m: 1:36.01 | 52.71 | 200m: 3:13.82 | 48.64 | 300m: 5:08.74 | 57.78 | 400m: 6:38.88 | 43.52 | | |

60+

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|----|----------------------------------|---------------------------------|---------------|-----------|---------------|-------|---------------|----------------|-------|--|
| 1. | Jon Christensen | Luxembourg Sharks Swimming CLUX | | 10008 | | | | 6:11.30 | +0.80 | |
| | <i>Luxembourg Masters Record</i> | | | | | | | | | |
| | 50m: 36.42 | 36.42 | 150m: 2:13.34 | 54.53 | 250m: 3:57.46 | 49.83 | 350m: 5:31.07 | 42.82 | | |
| | 100m: 1:18.81 | 42.39 | 200m: 3:07.63 | 54.29 | 300m: 4:48.25 | 50.79 | 400m: 6:11.30 | 40.23 | | |
| 2. | Eymert van Rooij | PSV | NED | 196601631 | | | | 6:20.13 | +0.98 | |
| | 50m: 41.22 | 41.22 | 150m: 2:21.16 | 49.11 | 250m: 4:05.03 | 54.75 | 350m: 5:40.81 | 41.42 | | |
| | 100m: 1:32.05 | 50.83 | 200m: 3:10.28 | 49.12 | 300m: 4:59.39 | 54.36 | 400m: 6:20.13 | 39.32 | | |
| 3. | Rob Spetter | ZPC De Rog | NED | 196201239 | | | | 6:30.49 | +0.73 | |
| | 50m: 42.55 | 42.55 | 150m: 2:23.37 | 49.54 | 250m: 4:10.62 | 57.92 | 350m: 5:49.74 | 40.32 | | |
| | 100m: 1:33.83 | 51.28 | 200m: 3:12.70 | 49.33 | 300m: 5:09.42 | 58.80 | 400m: 6:30.49 | 40.75 | | |

65+

| | | | | | | | | | | |
|----|---------------|--------|---------------|-----------|---------------|-------|---------------|----------------|-------|--|
| 1. | Ronald Grove | Triton | NED | 196100161 | | | | 6:52.32 | +0.79 | |
| | 50m: 41.68 | 41.68 | 150m: 2:31.12 | 55.64 | 250m: 4:22.58 | 57.65 | 350m: 6:06.69 | 46.34 | | |
| | 100m: 1:35.48 | 53.80 | 200m: 3:24.93 | 53.81 | 300m: 5:20.35 | 57.77 | 400m: 6:52.32 | 45.63 | | |

70+

| | | | | | | | | | | |
|----|----------------------------------|--------|---------------|-----------|---------------|---------|---------------|----------------|-------|--|
| 1. | Paul Bunnik | Triton | NED | 195600413 | | | | 7:08.33 | +0.94 | |
| | <i>Nederlands Masters Record</i> | | | | | | | | | |
| | 50m: 39.33 | 39.33 | 150m: 2:31.52 | 58.85 | 250m: 4:27.82 | 1:00.14 | 350m: 6:20.62 | 48.79 | | |
| | 100m: 1:32.67 | 53.34 | 200m: 3:27.68 | 56.16 | 300m: 5:31.83 | 1:04.01 | 400m: 7:08.33 | 47.71 | | |