

Wettkampf 16 - 400 m Freistil männlich**Jahrgang 2016**

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA	P.Pkt
1.	de Gans, Teijn <i>100m: 01:23,50 (01:23,50) 200m: 02:57,76 (01:34,26) 300m: 04:35,12 (01:37,36) 400m: 06:07,56 (01:32,44)</i>	2016	ZPC AMERSFOORT	06:07,56	214	

Jahrgang 2015

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA	P.Pkt
1.	Pletttau, Finn <i>100m: 01:24,66 (01:24,66) 200m: 02:54,72 (01:30,06) 300m: 04:23,24 (01:28,52) 400m: 05:47,58 (01:24,34)</i>	2015	SG Oberhausen	05:47,58	253	
2.	Romkes, Joep <i>100m: 01:25,04 (01:25,04) 200m: 02:59,73 (01:34,69) 300m: 04:36,09 (01:36,36) 400m: 06:07,12 (01:31,03)</i>	2015	Dedemsvaart-AC	06:07,12	215	
3.	Withag, Ivo <i>100m: 01:27,97 (01:27,97) 200m: 03:03,88 (01:35,91) 300m: 04:40,82 (01:36,94) 400m: 06:08,71 (01:27,89)</i>	2015	O Z & P C Oldenzaal	06:08,71	212	
4.	Jänicke, Lutz <i>100m: 01:34,59 (01:34,59) 200m: 03:23,04 (01:48,45) 300m: 05:10,12 (01:47,08) 400m: 06:45,57 (01:35,45)</i>	2015	Schwimmverein Epe 1959	06:45,57	159	
5.	Bossink, Mika <i>100m: 01:34,91 (01:34,91) 200m: 03:26,31 (01:51,40) 300m: 05:17,37 (01:51,06) 400m: 07:02,85 (01:45,48)</i>	2015	De Dinkel Denekamp	07:02,85	140	
6.	de Boeve, Quinn <i>100m: 01:37,41 (01:37,41) 200m: 03:32,26 (01:54,85) 300m: 05:30,70 (01:58,44) 400m: 07:17,57 (01:46,87)</i>	2015	BZ & PC Bodegraven	07:17,57	127	
7.	Lembcke, Lasse <i>100m: 01:41,64 (01:41,64) 200m: 03:39,99 (01:58,35) 300m: 05:37,46 (01:57,47) 400m: 07:26,77 (01:49,31)</i>	2015	Waspo Nordhorn	07:26,77	119	

Jahrgang 2014

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA	P.Pkt
1.	Harms, Bas <i>100m: 01:14,53 (01:14,53) 200m: 02:33,73 (01:19,20) 300m: 03:52,93 (01:19,20) 400m: 05:10,32 (01:17,39)</i>	2014	Dedemsvaart-AC	05:10,32	356	
2.	de Gans, Thom <i>100m: 01:17,16 (01:17,16) 200m: 02:40,70 (01:23,54) 300m: 04:05,05 (01:24,35) 400m: 05:26,24 (01:21,19)</i>	2014	ZPC AMERSFOORT	05:26,24	306	
3.	Westendorp, Jip <i>100m: 01:15,48 (01:15,48) 200m: 02:39,90 (01:24,42) 300m: 04:05,78 (01:25,88) 400m: 05:27,75 (01:21,97)</i>	2014	SWOL 1894	05:27,75	302	
4.	Regtering, Tim <i>100m: 01:24,73 (01:24,73) 200m: 02:58,39 (01:33,66) 300m: 04:32,34 (01:33,95) 400m: 06:03,47 (01:31,13)</i>	2014	ENC Arnhem	06:03,47	221	
5.	Jansen, Len <i>100m: 01:25,16 (01:25,16) 200m: 03:01,54 (01:36,38) 300m: 04:39,17 (01:37,63) 400m: 06:09,22 (01:30,05)</i>	2014	Waspo Nordhorn	06:09,22	211	
6.	Knack, Elias <i>100m: 01:26,76 (01:26,76) 200m: 03:03,21 (01:36,45) 300m: 04:39,84 (01:36,63) 400m: 06:10,36 (01:30,52)</i>	2014	SG Oberhausen	06:10,36	209	
7.	Withaar, Midas <i>100m: 01:27,41 (01:27,41) 200m: 03:02,52 (01:35,11) 300m: 04:39,45 (01:36,93) 400m: 06:13,29 (01:33,84)</i>	2014	De Grunte	06:13,29	204	
8.	Meijer, Tom <i>100m: 01:27,81 (01:27,81) 200m: 03:04,86 (01:37,05) 300m: 04:42,56 (01:37,70) 400m: 06:17,62 (01:35,06)</i>	2014	ZPC Bubble	06:17,62	197	
9.	Oude Engberink, Siep <i>100m: 01:29,42 (01:29,42) 200m: 03:09,54 (01:40,12) 300m: 04:47,28 (01:37,74) 400m: 06:19,08 (01:31,80)</i>	2014	De Dinkel Denekamp	06:19,08	195	

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Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA	P.Pkt
10.	Knoop, Paul <i>100m: 01:28,21 (01:28,21) 200m: 03:08,23 (01:40,02) 300m: 04:46,11 (01:37,88) 400m: 06:19,84 (01:33,73)</i>	2014	Waspo Nordhorn	06:19,84		194
11.	Wolf, Moritz <i>100m: 01:33,16 (01:33,16) 200m: 03:15,42 (01:42,26) 300m: 04:57,89 (01:42,47) 400m: 06:32,48 (01:34,59)</i>	2014	Waspo Nordhorn	06:32,48		176
	<u>abgemeldet</u> Wittig, Theo	2014	Waspo Nordhorn			

Jahrgang 2013

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA	P.Pkt
1.	Meijers, Floris <i>100m: 01:12,55 (01:12,55) 200m: 02:31,85 (01:19,30) 300m: 03:51,05 (01:19,20) 400m: 05:07,89 (01:16,84)</i>	2013	SWOL 1894	05:07,89		364
2.	Vos, Lucas <i>100m: 01:12,95 (01:12,95) 200m: 02:33,85 (01:20,90) 300m: 03:54,70 (01:20,85) 400m: 05:13,94 (01:19,24)</i>	2013	SWOL 1894	05:13,94		343
3.	de Jonge, Jurre <i>100m: 01:18,34 (01:18,34) 200m: 02:43,42 (01:25,08) 300m: 04:09,39 (01:25,97) 400m: 05:33,90 (01:24,51)</i>	2013	De Grunte	05:33,90		285
4.	Vaneker, Yari <i>100m: 01:18,74 (01:18,74) 200m: 02:51,32 (01:32,58) 300m: 04:20,20 (01:28,88) 400m: 05:45,86 (01:25,66)</i>	2013	O Z & P C Oldenzaal	05:45,86		257
5.	van Bergen, Lars <i>100m: 01:22,36 (01:22,36) 200m: 02:55,05 (01:32,69) 300m: 04:28,69 (01:33,64) 400m: 05:57,64 (01:28,95)</i>	2013	BZ & PC Bodegraven	05:57,64		232
6.	Scholten, Teis <i>100m: 01:27,90 (01:27,90) 200m: 03:02,84 (01:34,94) 300m: 04:36,87 (01:34,03) 400m: 06:03,57 (01:26,70)</i>	2013	WS Twente	06:03,57		221
7.	Terwey, Noah <i>100m: 01:21,72 (01:21,72) 200m: 02:54,17 (01:32,45) 300m: 04:30,42 (01:36,25) 400m: 06:07,38 (01:36,96)</i>	2013	Waspo Nordhorn	06:07,38		214
8.	Rots, Corné <i>100m: 01:28,83 (01:28,83) 200m: 03:05,61 (01:36,78) 300m: 04:41,79 (01:36,18) 400m: 06:08,22 (01:26,43)</i>	2013	ENC Arnhem	06:08,22		213
9.	Nijmeijer, Hugo <i>100m: 01:24,97 (01:24,97) 200m: 02:59,30 (01:34,33) 300m: 04:36,99 (01:37,69) 400m: 06:08,30 (01:31,31)</i>	2013	De Dinkel Denekamp	06:08,30		213
10.	Vos, Julian <i>100m: 01:35,50 (01:35,50) 200m: 03:20,32 (01:44,82) 300m: 05:01,13 (01:40,81) 400m: 06:33,33 (01:32,20)</i>	2013	SWOL 1894	06:33,33		174
11.	Sig, Elias Niels Ransborg <i>100m: 01:31,22 (01:31,22) 200m: 03:14,23 (01:43,01) 300m: 04:58,65 (01:44,42) 400m: 06:34,44 (01:35,79)</i>	2013	Ringe Svømme Klub	06:34,44		173
12.	Hopp, Rudi <i>100m: 01:46,47 (01:46,47) 200m: 03:44,37 (01:57,90) 300m: 05:39,83 (01:55,46) 400m: 07:30,71 (01:50,88)</i>	2013	Waspo Nordhorn	07:30,71		116

Jahrgang 2012

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA	P.Pkt
1.	Thül, Lars <i>100m: 01:09,27 (01:09,27) 200m: 02:24,05 (01:14,78) 300m: 03:39,11 (01:15,06) 400m: 04:51,54 (01:12,43)</i>	2012	SWOL 1894	04:51,54		429
2.	de Wit, Kjelt <i>100m: 01:15,05 (01:15,05) 200m: 02:36,42 (01:21,37) 300m: 03:59,53 (01:23,11) 400m: 05:18,87 (01:19,34)</i>	2012	WS Twente	05:18,87		328

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Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA	P.Pkt
3.	Weidlich, Mika 100m: 01:13,90 (01:13,90) 200m: 02:37,37 (01:23,47) 300m: 04:00,02 (01:22,65) 400m: 05:20,09 (01:20,07)	2012	SG Oberhausen	05:20,09		324
4.	Stracke, Leo 100m: 01:16,89 (01:16,89) 200m: 02:39,40 (01:22,51) 300m: 04:04,24 (01:24,84) 400m: 05:28,77 (01:24,53)	2012	SV Plettenberg 1951 e.V.	05:28,77		299
5.	Bruin, Thiemo 100m: 01:22,55 (01:22,55) 200m: 02:50,92 (01:28,37) 300m: 04:19,30 (01:28,38) 400m: 05:43,69 (01:24,39)	2012	SWOL 1894	05:43,69		262
6.	Zutz, Finn 100m: 01:18,64 (01:18,64) 200m: 02:49,65 (01:31,01) 300m: 04:22,32 (01:32,67) 400m: 05:51,02 (01:28,70)	2012	SV Plettenberg 1951 e.V.	05:51,02		246
7.	Groeneveld, Siem 100m: 01:29,36 (01:29,36) 200m: 03:12,40 (01:43,04) 300m: 04:56,83 (01:44,43) 400m: 06:36,99 (01:40,16)	2012	De Dinkel Denekamp	06:36,99		170

Jahrgang 2011

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA	P.Pkt
1.	van Kints, Thijs 100m: 01:07,11 (01:07,11) 200m: 02:23,20 (01:16,09) 300m: 03:40,43 (01:17,23) 400m: 04:54,53 (01:14,10)	2011	BZ & PC Bodegraven	04:54,53		416
2.	Knoche, Mika 100m: 01:09,93 (01:09,93) 200m: 02:30,95 (01:21,02) 300m: 03:52,83 (01:21,88) 400m: 05:13,77 (01:20,94)	2011	SV Plettenberg 1951 e.V.	05:13,77		344
3.	de Jonge, Hidde 100m: 01:16,16 (01:16,16) 200m: 02:39,01 (01:22,85) 300m: 04:02,44 (01:23,43) 400m: 05:21,35 (01:18,91)	2011	De Grunte	05:21,35		320
4.	van Wijk, Vince 100m: 01:20,50 (01:20,50) 200m: 02:49,47 (01:28,97) 300m: 04:20,21 (01:30,74) 400m: 05:46,85 (01:26,64)	2011	ZPC Bubble	05:46,85		255
5.	Löcken, Malte 100m: 01:17,31 (01:17,31) 200m: 02:47,01 (01:29,70) 300m: 04:19,26 (01:32,25) 400m: 05:53,59 (01:34,33)	2011	Waspo Nordhorn	05:53,59		240
6.	Göltzer, Ben-Luka 100m: 01:28,79 (01:28,79) 200m: 03:12,79 (01:44,00) 300m: 04:58,72 (01:45,93) 400m: 06:41,70 (01:42,98)	2011	SSF Hamborn 07/38 e.V.	06:41,70		164
7.	Krieger, Ian 100m: 01:40,75 (01:40,75) 200m: 03:24,47 (01:43,72) 300m: 05:07,99 (01:43,52) 400m: 06:44,39 (01:36,40)	2011	Hera '11	06:44,39		160
	<u>abgemeldet</u> Kaiser, Bennett Kaspers, Max	2011 2011	SG Sendenhorst ZPC AMERSFOORT			

Jahrgang 2010

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA	P.Pkt
1.	Kragt, Ruben 100m: 01:01,74 (01:01,74) 200m: 02:09,78 (01:08,04) 300m: 03:19,38 (01:09,60) 400m: 04:28,53 (01:09,15)	2010	Dedemsvaart-AC	04:28,53		549
2.	Agterbos, Rafael 100m: 01:04,93 (01:04,93) 200m: 02:14,91 (01:09,98) 300m: 03:24,64 (01:09,73) 400m: 04:32,82 (01:08,18)	2010	O Z & P C Oldenzaal	04:32,82		524
3.	Meijers, Tristan 100m: 01:04,33 (01:04,33) 200m: 02:15,14 (01:10,81) 300m: 03:25,42 (01:10,28) 400m: 04:32,82 (01:07,40)	2010	SWOL 1894	04:32,82		524

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Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA	P.Pkt
4.	Geerdes, Phil <i>100m: 01:07,45 (01:07,45) 200m: 02:23,00 (01:15,55) 300m: 03:39,22 (01:16,22) 400m: 04:55,47 (01:16,25)</i>	2010	Waspo Nordhorn	04:55,47	412	
5.	Scholte, Jop <i>100m: 01:07,52 (01:07,52) 200m: 02:24,41 (01:16,89) 300m: 03:42,60 (01:18,19) 400m: 04:55,58 (01:12,98)</i>	2010	GZVW Winschöten	04:55,58	412	
6.	Schulz, Jasper <i>100m: 01:08,67 (01:08,67) 200m: 02:25,83 (01:17,16) 300m: 03:44,67 (01:18,84) 400m: 05:00,95 (01:16,28)</i>	2010	SG Oberhausen	05:00,95	390	
7.	Jolink, Jesse <i>100m: 01:14,45 (01:14,45) 200m: 02:34,75 (01:20,30) 300m: 03:56,52 (01:21,77) 400m: 05:15,30 (01:18,78)</i>	2010	ENC Arnhem	05:15,30	339	
8.	ten Haaff, Mikai <i>100m: 01:11,64 (01:11,64) 200m: 02:36,39 (01:24,75) 300m: 04:04,51 (01:28,12) 400m: 05:31,92 (01:27,41)</i>	2010	ZPC Livo	05:31,92	291	
9.	ter Braak, Guus <i>100m: 01:18,69 (01:18,69) 200m: 02:49,71 (01:31,02) 300m: 04:23,02 (01:33,31) 400m: 05:49,03 (01:26,01)</i>	2010	De Dinkel Denekamp	05:49,03	250	
10.	Jooste, Dylan <i>100m: 01:21,14 (01:21,14) 200m: 02:50,73 (01:29,59) 300m: 04:22,97 (01:32,24) 400m: 05:52,23 (01:29,26)</i>	2010	GZC DONK	05:52,23	243	
11.	van Faassen, Mies <i>100m: 01:35,31 (01:35,31) 200m: 03:23,91 (01:48,60) 300m: 05:13,37 (01:49,46) 400m: 07:00,98 (01:47,61)</i>	2010	Hera '11	07:00,98	142	

abgemeldet

Plankert, Louis 2010 SG Oberhausen

Jahrgang 2009

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA	P.Pkt
1.	Stamsnieder, Finn <i>100m: 01:03,75 (01:03,75) 200m: 02:13,58 (01:09,83) 300m: 03:23,88 (01:10,30) 400m: 04:32,04 (01:08,16)</i>	2009	O Z & P C Oldenzaal	04:32,04	528	
2.	de Jonge, Rinse <i>100m: 01:07,89 (01:07,89) 200m: 02:22,33 (01:14,44) 300m: 03:38,24 (01:15,91) 400m: 04:52,42 (01:14,18)</i>	2009	De Grunte	04:52,42	425	
3.	Zuurman, Rick <i>100m: 01:10,07 (01:10,07) 200m: 02:28,04 (01:17,97) 300m: 03:47,86 (01:19,82) 400m: 05:07,15 (01:19,29)</i>	2009	ZPC Hoozevee	05:07,15	367	
4.	Strötter, Max <i>100m: 01:10,70 (01:10,70) 200m: 02:29,77 (01:19,07) 300m: 03:49,87 (01:20,10) 400m: 05:07,22 (01:17,35)</i>	2009	Waspo Nordhorn	05:07,22	367	
5.	Steitz, Mark <i>100m: 01:06,40 (01:06,40) 200m: 02:25,45 (01:19,05) 300m: 03:49,07 (01:23,62) 400m: 05:12,24 (01:23,17)</i>	2009	SG Sendenhorst	05:12,24	349	
6.	Ruven, Jesper <i>100m: 01:17,44 (01:17,44) 200m: 02:41,22 (01:23,78) 300m: 04:04,52 (01:23,30) 400m: 05:22,77 (01:18,25)</i>	2009	BZ & PC Bodegraven	05:22,77	316	
7.	Heetlage, Finn <i>100m: 01:19,56 (01:19,56) 200m: 02:50,89 (01:31,33) 300m: 04:25,79 (01:34,90) 400m: 05:59,65 (01:33,86)</i>	2009	Waspo Nordhorn	05:59,65	228	
8.	Andela, Kasper <i>100m: 01:37,55 (01:37,55) 200m: 03:26,34 (01:48,79) 300m: 05:17,31 (01:50,97) 400m: 06:56,69 (01:39,38)</i>	2009	DZ & PC De IJsel	06:56,69	147	

noch Wettkampf 16 - 400 m Freistil männlich**Junioren**

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA
1.	Siebelt, Jort 100m: 00:59,13 (00:59,13) 200m: 02:05,62 (01:06,49) 300m: 03:12,48 (01:06,86) 400m: 04:19,11 (01:06,63)	2007	O Z & P C Oldenzaal	04:19,11	611
2.	Thijert, Jasper 100m: 01:02,33 (01:02,33) 200m: 02:09,37 (01:07,04) 300m: 03:17,59 (01:08,22) 400m: 04:23,89 (01:06,30)	2007	WS Twente	04:23,89	579
3.	Scholten, Bjorn 100m: 01:05,13 (01:05,13) 200m: 02:15,36 (01:10,23) 300m: 03:28,57 (01:13,21) 400m: 04:41,10 (01:12,53)	2008	WS Twente	04:41,10	479
4.	Strötter, Ben 100m: 01:03,39 (01:03,39) 200m: 02:14,39 (01:11,00) 300m: 03:27,51 (01:13,12) 400m: 04:43,00 (01:15,49)	2007	Waspo Nordhorn	04:43,00	469
5.	Bielitzki, Hendrik 100m: 01:05,32 (01:05,32) 200m: 02:18,86 (01:13,54) 300m: 03:33,70 (01:14,84) 400m: 04:46,92 (01:13,22)	2007	SG Oberhausen	04:46,92	450
6.	Zuurman, Tim 100m: 01:07,85 (01:07,85) 200m: 02:23,65 (01:15,80) 300m: 03:40,97 (01:17,32) 400m: 04:55,43 (01:14,46)	2007	Dedemsvaart-AC	04:55,43	412
7.	Hopster, Fynn 100m: 01:09,12 (01:09,12) 200m: 02:25,09 (01:15,97) 300m: 03:42,78 (01:17,69) 400m: 04:59,97 (01:17,19)	2007	TV Meppen	04:59,97	394
8.	Schubert, Tim 100m: 01:11,00 (01:11,00) 200m: 02:31,00 (01:20,00) 300m: 03:53,58 (01:22,58) 400m: 05:16,76 (01:23,18)	2008	SV Plettenberg 1951 e.V.	05:16,76	334
9.	van Asselt, Justus 100m: 01:13,82 (01:13,82) 200m: 02:37,83 (01:24,01) 300m: 04:02,93 (01:25,10) 400m: 05:24,77 (01:21,84)	2007	DZ & PC De IJsel	05:24,77	310
10.	Brongers, Sven 100m: 01:13,70 (01:13,70) 200m: 02:38,67 (01:24,97) 300m: 04:06,16 (01:27,49) 400m: 05:30,15 (01:23,99)	2007	ZPC Bubble	05:30,15	295
11.	Meier, Leiness-Christoph 100m: 01:11,64 (01:11,64) 200m: 02:37,95 (01:26,31) 300m: 04:09,03 (01:31,08) 400m: 05:37,41 (01:28,38)	2007	SSF Hamborn 07/38 e.V.	05:37,41	277
	<u>abgemeldet</u> Drenth, Jeroen	2007	GZVW Winschoten		

AK 20 und älter

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA
1.	Lucas, Kevin 100m: 01:06,01 (01:06,01) 200m: 02:17,09 (01:11,08) 300m: 03:28,50 (01:11,41) 400m: 04:40,06 (01:11,56)	2003	De Dinkel Denekamp	04:40,06	484
2.	Thijert, Mattijn 100m: 01:06,69 (01:06,69) 200m: 02:18,99 (01:12,30) 300m: 03:31,24 (01:12,25) 400m: 04:42,03 (01:10,79)	2005	WS Twente	04:42,03	474
3.	Wernke-Stefan, Axel 100m: 01:06,88 (01:06,88) 200m: 02:19,30 (01:12,42) 300m: 03:31,72 (01:12,42) 400m: 04:43,25 (01:11,53)	1987	TuS Blau-Weiß Lohne	04:43,25	468
4.	zum Grotenhoff, Jens 100m: 01:07,90 (01:07,90) 200m: 02:20,75 (01:12,85) 300m: 03:33,63 (01:12,88) 400m: 04:43,66 (01:10,03)	2002	O Z & P C Oldenzaal	04:43,66	466
5.	Dekker, Arjan 100m: 01:04,35 (01:04,35) 200m: 02:16,91 (01:12,56) 300m: 03:31,60 (01:14,69) 400m: 04:45,15 (01:13,55)	2000	ZPC Bubble	04:45,15	458
6.	Monse, Milan 100m: 01:05,41 (01:05,41) 200m: 02:18,25 (01:12,84) 300m: 03:33,87 (01:15,62) 400m: 04:48,93 (01:15,06)	2000	Waspo Nordhorn	04:48,93	441

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Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA
7.	Speijer, Tim 100m: 01:05,27 (01:05,27) 200m: 02:19,58 (01:14,31) 300m: 03:36,38 (01:16,80) 400m: 04:51,58 (01:15,20)	2003	ZPC Bubble	04:51,58	429
8.	van Grol, Paul 100m: 01:05,81 (01:05,81) 200m: 02:20,79 (01:14,98) 300m: 03:38,40 (01:17,61) 400m: 04:56,00 (01:17,60)	1996	GZC DONK	04:56,00	410
9.	Heskamp, Mika 100m: 01:06,71 (01:06,71) 200m: 02:21,74 (01:15,03) 300m: 03:38,65 (01:16,91) 400m: 04:56,55 (01:17,90)	2003	De Dinkel Denekamp	04:56,55	408
10.	Pras, Erwin 100m: 01:07,76 (01:07,76) 200m: 02:23,90 (01:16,14) 300m: 03:41,32 (01:17,42) 400m: 04:58,25 (01:16,93)	1996	GZVW Winschoten	04:58,25	401
11.	Siebers, Bram 100m: 01:09,35 (01:09,35) 200m: 02:25,13 (01:15,78) 300m: 03:42,55 (01:17,42) 400m: 04:59,33 (01:16,78)	1993	SG - E Z C L	04:59,33	396
12.	Hebbink, Jorim 100m: 01:07,58 (01:07,58) 200m: 02:25,67 (01:18,09) 300m: 03:46,01 (01:20,34) 400m: 05:02,93 (01:16,92)	2004	De Berkelduikers	05:02,93	382
13.	Prins, Arjan 100m: 01:06,92 (01:06,92) 200m: 02:25,76 (01:18,84) 300m: 03:46,58 (01:20,82) 400m: 05:07,60 (01:21,02)	1982	Dedemsvaart-AC	05:07,60	365
14.	Wever, Yorik 100m: 01:10,55 (01:10,55) 200m: 02:30,60 (01:20,05) 300m: 03:51,67 (01:21,07) 400m: 05:09,85 (01:18,18)	2001	ZPV Piranha	05:09,85	357
15.	Jurjens, Tycho 100m: 01:10,39 (01:10,39) 200m: 02:30,52 (01:20,13) 300m: 03:52,66 (01:22,14) 400m: 05:11,17 (01:18,51)	2001	De Berkelduikers	05:11,17	353
16.	Zoer, Sander 100m: 01:06,68 (01:06,68) 200m: 02:27,06 (01:20,38) 300m: 03:50,71 (01:23,65) 400m: 05:12,54 (01:21,83)	1983	Dedemsvaart-AC	05:12,54	348
17.	Berckenkamp, Sem 100m: 01:12,11 (01:12,11) 200m: 02:35,60 (01:23,49) 300m: 03:58,54 (01:22,94) 400m: 05:22,02 (01:23,48)	2006	GZC DONK	05:22,02	318
18.	Toeter, Robert 100m: 01:16,00 (01:16,00) 200m: 02:41,32 (01:25,32) 300m: 04:08,64 (01:27,32) 400m: 05:31,22 (01:22,58)	2001	Hera '11	05:31,22	292
19.	Schmidt, Jan Lukas 100m: 01:14,44 (01:14,44) 200m: 02:40,02 (01:25,58) 300m: 04:07,54 (01:27,52) 400m: 05:33,50 (01:25,96)	2003	SV Plettenberg 1951 e.V.	05:33,50	286
20.	Zwiep, Eric 100m: 01:17,04 (01:17,04) 200m: 02:45,04 (01:28,00) 300m: 04:13,45 (01:28,41) 400m: 05:36,60 (01:23,15)	1998	TC ZENO	05:36,60	279
21.	Otterman, Harm 100m: 01:16,59 (01:16,59) 200m: 02:43,95 (01:27,36) 300m: 04:13,32 (01:29,37) 400m: 05:39,56 (01:26,24)	2006	Z & PV de Veene	05:39,56	271
22.	Jolink, Jordi 100m: 01:14,76 (01:14,76) 200m: 02:43,62 (01:28,86) 300m: 04:16,16 (01:32,54) 400m: 05:43,96 (01:27,80)	1986	ENC Arnhem	05:43,96	261
23.	Graver, Patrick 100m: 01:18,67 (01:18,67) 200m: 02:48,69 (01:30,02) 300m: 04:25,29 (01:36,60) 400m: 06:02,32 (01:37,03)	1994	GZVW Winschoten	06:02,32	223
24.	Preußner, Rafael 100m: 01:17,49 (01:17,49) 200m: 02:51,52 (01:34,03) 300m: 04:29,92 (01:38,40) 400m: 06:06,16 (01:36,24)	2005	SSF Hamborn 07/38 e.V.	06:06,16	216
25.	Wijnbergen, Jordej 100m: 01:30,43 (01:30,43) 200m: 03:13,00 (01:42,57) 300m: 04:58,85 (01:45,85) 400m: 06:37,31 (01:38,46)	1969	GZC DONK	06:37,31	169

noch Wettkampf 16 - 400 m Freistil männlich**noch AK 20 und älter**

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA
	<u>abgemeldet</u>				
	Schel, Mike	1994	ENC Arnhem		
	Spekhorst, Robert	1987	RZ & PC De Mors		