

ISMA (International Swim Meet Amersfoort)  
Amersfoort, 20- - 22-2-2026

Programmanr. 2  
20-2-2026 - 16:21

Heren, 400m wisselslag

Senioren Open  
Resultaten

| rang            | naam  | vereniging           | intijd  | tijd          | RT                   |       |
|-----------------|---|----------------------|---------|---------------|----------------------|-------|
| <b>Onder 14</b> |   |                      |         |               |                      |       |
| 1.              | Luca Denkers  | ZV New Wave Almere   | 4:57.42 | 201202399     | <b>5:14.33</b> +0,63 |       |
|                 | 50m: 31.67  | 31.67 150m: 1:53.70  | 41.73   | 250m: 3:16.21 | 42.07 350m: 4:38.77  | 38.50 |
|                 | 100m: 1:11.97   | 40.30 200m: 2:34.14  | 40.44   | 300m: 4:00.27 | 44.06 400m: 5:14.33  | 35.56 |
| 2.              | Celestin van der Beek   | PSV                  | 5:22.90 | 201201183     | <b>5:36.37</b> +0,66 |       |
|                 | 50m: 35.08  | 35.08 150m: 2:01.40  | 45.37   | 250m: 3:32.74 | 47.63 350m: 4:58.93  | 38.43 |
|                 | 100m: 1:16.03   | 40.95 200m: 2:45.11  | 43.71   | 300m: 4:20.50 | 47.76 400m: 5:36.37  | 37.44 |
| 3.              | Thomas Metz<br>*100m  | ZPC AMERSFOORT       | 5:44.55 | 201300043     | <b>5:46.57</b> +0,74 |       |
|                 | 50m: 40.65  | 40.65 150m: 2:11.76  | 46.54   | 250m: 3:42.75 | 46.27 350m: 5:08.40  | 40.02 |
|                 | 100m: 1:25.22   | 44.57 200m: 2:56.48  | 44.72   | 300m: 4:28.38 | 45.63 400m: 5:46.57  | 38.17 |
| 4.              | Jaro Hermans  | PSV                  | 5:41.92 | 201200173     | <b>5:54.04</b> +0,67 |       |
|                 | 50m: 38.26  | 38.26 150m: 2:11.82  | 44.73   | 250m: 3:47.70 | 51.36 350m: 5:17.94  | 37.46 |
|                 | 100m: 1:27.09   | 48.83 200m: 2:56.34  | 44.52   | 300m: 4:40.48 | 52.78 400m: 5:54.04  | 36.10 |
| 5.              | Teije Baars   | DWK                  | 5:54.10 | 201300203     | <b>5:58.46</b> +0,54 |       |
|                 | 50m: 37.06  | 37.06 150m: 2:13.27  | 46.23   | 250m: 3:48.66 | 51.19 350m: 5:19.91  | 40.16 |
|                 | 100m: 1:27.04   | 49.98 200m: 2:57.47  | 44.20   | 300m: 4:39.75 | 51.09 400m: 5:58.46  | 38.55 |
| 6.              | Nouh Karman   | Zwemlust- den Hommel | 5:59.20 | 201201383     | <b>6:05.10</b> +0,82 |       |
|                 | 50m: 37.86  | 37.86 150m: 2:09.63  | 45.21   | 250m: 3:47.70 | 54.59 350m: 5:24.66  | 42.83 |
|                 | 100m: 1:24.42   | 46.56 200m: 2:53.11  | 43.48   | 300m: 4:41.83 | 54.13 400m: 6:05.10  | 40.44 |
| 7.              | Ryan Dekker   | AZ&PC De Futen       | 6:19.48 | 201302499     | <b>6:13.13</b> +0,44 |       |
|                 | 50m: 39.84  | 39.84 150m: 2:17.98  | 49.54   | 250m: 3:57.52 | 53.13 350m: 5:34.01  | 44.30 |
|                 | 100m: 1:28.44   | 48.60 200m: 3:04.39  | 46.41   | 300m: 4:49.71 | 52.19 400m: 6:13.13  | 39.12 |
| DIS             | Milan Metz  | ZPC AMERSFOORT       | 6:00.02 | 201300045     |                      |       |
|                 | <i>RF - Nadat het contact met de wand is verbroken na het keerpunt de rugligging niet aangenomen.</i> |                      |         |               |                      |       |

**Onder 16**

|       |                |                      |         |               |                      |       |
|-------|----------------|----------------------|---------|---------------|----------------------|-------|
| 1.    | Douwe Enzerink | ZPC AMERSFOORT       | 4:58.93 | 201102657     | <b>5:04.29</b> +0,64 |       |
|       | 50m: 31.10     | 31.10 150m: 1:48.95  | 41.11   | 250m: 3:11.11 | 42.10 350m: 4:29.98  | 34.46 |
|       | 100m: 1:07.84  | 36.74 200m: 2:29.01  | 40.06   | 300m: 3:55.52 | 44.41 400m: 5:04.29  | 34.31 |
| 2.    | Gwee Bokma     | Zwemlust- den Hommel | 5:21.27 | 201002259     | <b>5:18.76</b> +0,71 |       |
|       | 50m: 30.49     | 30.49 150m: 1:47.28  | 39.53   | 250m: 3:12.28 | 47.92 350m: 4:39.72  | 37.89 |
|       | 100m: 1:07.75  | 37.26 200m: 2:24.36  | 37.08   | 300m: 4:01.83 | 49.55 400m: 5:18.76  | 39.04 |
| AFGEM | Dewin Volker   | O Z & P C            | 5:36.16 | 201101935     |                      |       |

**Onder 18**

|    |                      |                     |         |               |                      |       |
|----|----------------------|---------------------|---------|---------------|----------------------|-------|
| 1. | Bere Waerniers       | Zwemfed             | 4:47.96 | VZF/10018/08  | <b>4:34.10</b> +0,70 |       |
|    | 50m: 28.66           | 28.66 150m: 1:39.52 | 37.33   | 250m: 2:55.08 | 39.73 350m: 4:04.39  | 29.83 |
|    | 100m: 1:02.19        | 33.53 200m: 2:15.35 | 35.83   | 300m: 3:34.56 | 39.48 400m: 4:34.10  | 29.71 |
| 2. | Wytse Broekstra      | De Vikings          | 4:39.20 | 200800121     | <b>4:41.51</b> +0,74 |       |
|    | 50m: 29.87           | 29.87 150m: 1:42.42 | 36.87   | 250m: 2:56.39 | 37.93 350m: 4:09.05  | 33.92 |
|    | 100m: 1:05.55        | 35.68 200m: 2:18.46 | 36.04   | 300m: 3:35.13 | 38.74 400m: 4:41.51  | 32.46 |
| 3. | Juan Cruz Slappendel | Orca Leeuwarden     | 4:49.09 | 200903053     | <b>5:10.23</b> +0,69 |       |
|    | 50m: 30.32           | 30.32 150m: 1:50.06 | 42.27   | 250m: 3:15.85 | 45.40 350m: 4:36.76  | 34.54 |
|    | 100m: 1:07.79        | 37.47 200m: 2:30.45 | 40.39   | 300m: 4:02.22 | 46.37 400m: 5:10.23  | 33.47 |

**18 en ouder**

|    |                  |                     |         |               |                      |       |
|----|------------------|---------------------|---------|---------------|----------------------|-------|
| 1. | Niek Vreeling    | O Z & P C           | 5:02.22 | 200604211     | <b>5:08.02</b> +0,74 |       |
|    | 50m: 29.76       | 29.76 150m: 1:46.61 | 40.17   | 250m: 3:11.66 | 44.80 350m: 4:32.27  | 35.62 |
|    | 100m: 1:06.44    | 36.68 200m: 2:26.86 | 40.25   | 300m: 3:56.65 | 44.99 400m: 5:08.02  | 35.75 |
| 2. | Milco Matla      | PSV                 | 4:54.48 | 200600555     | <b>5:11.63</b> +0,76 |       |
|    | 50m: 29.46       | 29.46 150m: 1:46.83 | 41.96   | 250m: 3:13.93 | 45.89 350m: 4:36.52  | 36.00 |
|    | 100m: 1:04.87    | 35.41 200m: 2:28.04 | 41.21   | 300m: 4:00.52 | 46.59 400m: 5:11.63  | 35.11 |
| 3. | Jonathan Norfles | AZ&PC De Futen      | 5:28.74 | 200702179     | <b>5:19.80</b> +0,82 |       |
|    | 50m: 32.20       | 32.20 150m: 1:55.16 | 44.42   | 250m: 3:20.95 | 42.68 350m: 4:42.73  | 36.67 |
|    | 100m: 1:10.74    | 38.54 200m: 2:38.27 | 43.11   | 300m: 4:06.06 | 45.11 400m: 5:19.80  | 37.07 |