



Friese kampioenschappen
Heerenveen, 6- - 7-12-2025



Programmanr. 30
7-12-2025 - 15:00

Heren, 400m vrije slag

Senioren Open
Resultaten

Baanrecords Sportstad Heerenveen	3:55.89	Erik Nijholt	02-004	Heerenveen	18-11-2018
Fries records alg.	3:52.71	Erik Nijholt	02-004	Tilburg	23-12-2018
Fries records Masters 20+	3:57.88	Wouter Zijlstra	02-008	Heerenveen	29-3-2025
Fries records 18	3:58.21	Tieme Marten Wiersma	02-004	Aachen (GER)	11-10-2025
Fries records 17	3:57.68	Tieme Marten Wiersma	02-004	Den Haag	22-12-2024
Fries records 16	4:01.40	Tieme Marten Wiersma	02-004	Den Haag	17-12-2023
Fries records 15	4:06.29	David Kuipers	02-013	Leeuwarden	19-12-2015
Fries records 14	4:14.59	Tieme Marten Wiersma	02-004	Eindhoven	12-12-2021
Fries records 13	4:20.08	Senna Hof	02-004	Eindhoven	5-12-2019
Fries records 12	4:47.40	Tijn Pieters	02-013	Leeuwarden	11-10-2025
Fries records - 23	3:53.65	Arjen van der Meulen	02-004	Drachten	15-12-2006
Fries records - 18	3:57.68	Tieme Marten Wiersma	02-004	Den Haag	22-12-2024

rang	naam	vereniging	intijd	tijd	RT
Onder 14					
1.	Joep Barwegen	HZ&PC Heerenveen	4:48.86	201201823	4:39.53 +0,70
	50m: 30.42	30.42 150m: 1:40.50	35.82 250m: 2:52.88	36.31 350m: 4:05.39	36.32
	100m: 1:04.68	34.26 200m: 2:16.57	36.07 300m: 3:29.07	36.19 400m: 4:39.53	34.14
2.	Tijn Pieters	Orca Leeuwarden	4:47.40	201300715	4:44.91 +0,70
	50m: 31.11	31.11 150m: 1:42.08	36.08 250m: 2:55.44	36.92 350m: 4:09.79	37.35
	100m: 1:06.00	34.89 200m: 2:18.52	36.44 300m: 3:32.44	37.00 400m: 4:44.91	35.12
3.	Roan Krikke	HZ&PC Heerenveen	5:58.66	201200501	5:53.25 +0,52
	50m: 40.43	40.43 150m: 2:12.36	46.19 250m: 3:43.05	44.90 350m: 5:11.85	44.00
	100m: 1:26.17	45.74 200m: 2:58.15	45.79 300m: 4:27.85	44.80 400m: 5:53.25	41.40
AFGEM	Ruben Lubbers	Orca Leeuwarden	5:50.18	201300083	

Onder 16					
1.	Mattias Stolk	HZ&PC Heerenveen	4:09.98	201000525	4:14.03 +0,72
	50m: 28.34	28.34 150m: 1:32.77	32.87 250m: 2:38.87	32.97 350m: 3:43.42	31.86
	100m: 59.90	31.56 200m: 2:05.90	33.13 300m: 3:11.56	32.69 400m: 4:14.03	30.61
2.	Kasper Lubbers	Orca Leeuwarden	4:30.62	201100025	4:33.37 +0,72
	50m: 31.34	31.34 150m: 1:40.36	34.67 250m: 2:50.20	34.95 350m: 4:00.06	34.68
	100m: 1:05.69	34.35 200m: 2:15.25	34.89 300m: 3:25.38	35.18 400m: 4:33.37	33.31
3.	Stijn Dijkstra	Dz&Pc	4:32.29	201000279	4:37.11 +0,73
	50m: 30.40	30.40 150m: 1:39.79	35.13 250m: 2:50.99	35.43 350m: 4:02.45	35.92
	100m: 1:04.66	34.26 200m: 2:15.56	35.77 300m: 3:26.53	35.54 400m: 4:37.11	34.66
4.	Gijs de Jong	Dz&Pc	6:23.39	201103509	6:28.44 +0,83
	50m: 43.76	43.76 150m: 2:23.10	50.23 250m: 4:04.07	49.87 350m: 5:43.38	48.51
	100m: 1:32.87	49.11 200m: 3:14.20	51.10 300m: 4:54.87	50.80 400m: 6:28.44	45.06

Onder 18					
1.	Diede Veld	HZ&PC Heerenveen	4:01.63	200800011	3:59.97 +0,78
	50m: 26.83	26.83 150m: 1:26.66	30.24 250m: 2:27.23	30.18 350m: 3:29.12	31.20
	100m: 56.42	29.59 200m: 1:57.05	30.39 300m: 2:57.92	30.69 400m: 3:59.97	30.85
2.	Wytse Broekstra	De Vikings	4:02.45	200800121	4:05.90 +0,73
	50m: 27.68	27.68 150m: 1:29.68	31.24 250m: 2:31.65	31.04 350m: 3:35.07	31.60
	100m: 58.44	30.76 200m: 2:00.61	30.93 300m: 3:03.47	31.82 400m: 4:05.90	30.83
3.	Juan Cruz Slappendel	Orca Leeuwarden	4:13.30	200903053	4:14.05 +0,70
	50m: 28.53	28.53 150m: 1:33.16	32.75 250m: 2:38.70	32.76 350m: 3:43.61	31.94
	100m: 1:00.41	31.88 200m: 2:05.94	32.78 300m: 3:11.67	32.97 400m: 4:14.05	30.44
4.	Finn Eghuizen	HZ&PC Heerenveen	4:16.94	200900431	4:20.84 +0,64
	50m: 28.47	28.47 150m: 1:34.51	33.36 250m: 2:42.35	34.14 350m: 3:48.52	32.49
	100m: 1:01.15	32.68 200m: 2:08.21	33.70 300m: 3:16.03	33.68 400m: 4:20.84	32.32

Onder 20					
1.	Tieme Wiersma	Dz&Pc	3:57.68	200701031	4:01.62 +0,70
	50m: 27.05	27.05 150m: 1:26.63	30.53 250m: 2:27.90	30.26 350m: 3:30.68	31.59
	100m: 56.10	29.05 200m: 1:57.64	31.01 300m: 2:59.09	31.19 400m: 4:01.62	30.94
2.	Jere Wiersma	Dz&Pc	4:21.07	200701037	4:21.70 +0,75
	50m: 28.28	28.28 150m: 1:33.52	33.32 250m: 2:41.62	34.12 350m: 3:49.15	33.91
	100m: 1:00.20	31.92 200m: 2:07.50	33.98 300m: 3:15.24	33.62 400m: 4:21.70	32.55
3.	Tim van Erven	Dz&Pc	4:12.82	200700175	4:27.31 +0,81
	50m: 30.37	30.37 150m: 1:37.86	34.07 250m: 2:46.23	34.15 350m: 3:54.16	33.96
	100m: 1:03.79	33.42 200m: 2:12.08	34.22 300m: 3:20.20	33.97 400m: 4:27.31	33.15



Programmanr. 30, Heren, 400m vrije slag, Onder 20

rang	naam	vereniging				intijd		tijd				RT	
4.	Yannick Dijks	Orca Leeuwarden				4:56.58		200700923				5:05.16	+0,76
	50m:	33.00	33.00	150m:	1:50.57	39.29	250m:	3:09.13	39.31	350m:	4:27.85	39.12	
	100m:	1:11.28	38.28	200m:	2:29.82	39.25	300m:	3:48.73	39.60	400m:	5:05.16	37.31	

20 en ouder

1.	Wouter Zijlstra	HZ&PC Heerenveen				3:57.88		200401545				4:01.19	+0,62
	50m:	26.96	26.96	150m:	1:26.82	30.28	250m:	2:28.85	30.98	350m:	3:30.80	30.98	
	100m:	56.54	29.58	200m:	1:57.87	31.05	300m:	2:59.82	30.97	400m:	4:01.19	30.39	