# Wettkampf 16 - 400 m Freistil männlich

## Jahrgang 2012

| Platz | Schwimmer | Jg. | Verein | Endzeit | |
|---|---|---|---|---|---|
| 1. | Meiners, Tjark Phil Jürgen | 2012 | Polizei SV Oldenburg | 05:38,33 | 275 |
| | *100m: 01:19,57 (01:19,57) \| 200m: 02:46,16 (01:26,59)* | | | | |
| | *300m: 04:14,18 (01:28,02) \| 400m: 05:38,33 (01:24,15)* | | | | |

## Jahrgang 2011

| Platz | Schwimmer | Jg. | Verein | Endzeit | |
|---|---|---|---|---|---|
| 1. | Gügelmeyer, Jonas | 2011 | SV Wasserfreunde Dalum | 05:26,89 | 305 |
| | *100m: 01:17,10 (01:17,10) \| 200m: 02:40,45 (01:23,35)* | | | | |
| | *300m: 04:06,57 (01:26,12) \| 400m: 05:26,89 (01:20,32)* | | | | |
| 2. | Hukic, Dzejlan | 2011 | SG Oberhausen | 06:58,07 | 145 |
| | *100m: 01:35,32 (01:35,32) \| 200m: 03:23,36 (01:48,04)* | | | | |
| | *300m: 05:14,01 (01:50,65) \| 400m: 06:58,07 (01:44,06)* | | | | |

## Jahrgang 2010

| Platz | Schwimmer | Jg. | Verein | Endzeit | |
|---|---|---|---|---|---|
| 1. | Meijers, Tristan | 2010 | SWOL 1894 | 05:43,65 | 262 |
| | *100m: 01:23,20 (01:23,20) \| 200m: 02:51,14 (01:27,94)* | | | | |
| | *300m: 04:21,04 (01:29,90) \| 400m: 05:43,65 (01:22,61)* | | | | |
| 2. | Holterman, Thijmen | 2010 | ZPC De Hof | 06:21,47 | 192 |
| | *100m: 01:31,52 (01:31,52) \| 200m: 03:11,71 (01:40,19)* | | | | |
| | *300m: 04:50,93 (01:39,22) \| 400m: 06:21,47 (01:30,54)* | | | | |
| 3. | Leonhard, Filip | 2010 | Waspo Nordhorn | 06:32,91 | 175 |
| | *100m: 01:35,65 (01:35,65) \| 200m: 03:16,54 (01:40,89)* | | | | |
| | *300m: 04:58,25 (01:41,71) \| 400m: 06:32,91 (01:34,66)* | | | | |
| 4. | van Dijken, Jens | 2010 | ZV Azuro | 06:35,26 | 172 |
| | *100m: 01:31,00 (01:31,00) \| 200m: 03:11,93 (01:40,93)* | | | | |
| | *300m: 04:54,81 (01:42,88) \| 400m: 06:35,26 (01:40,45)* | | | | |
| 5. | Plankert, Louis | 2010 | SG Oberhausen | 06:50,48 | 154 |
| | *100m: 01:35,68 (01:35,68) \| 200m: 03:20,70 (01:45,02)* | | | | |
| | *300m: 05:08,07 (01:47,37) \| 400m: 06:50,48 (01:42,41)* | | | | |
| 6. | ter Braak, Guus | 2010 | De Dinkel Denekamp | 07:47,06 | 104 |
| | *100m: 01:54,14 (01:54,14) \| 200m: 03:56,79 (02:02,65)* | | | | |
| | *300m: 05:54,25 (01:57,46) \| 400m: 07:47,06 (01:52,81)* | | | | |

## Jahrgang 2009

| Platz | Schwimmer | Jg. | Verein | Endzeit | |
|---|---|---|---|---|---|
| 1. | Schröder, Jano | 2009 | Waspo Nordhorn | 04:47,29 | 449 |
| | *100m: 01:05,41 (01:05,41) \| 200m: 02:18,83 (01:13,42)* | | | | |
| | *300m: 03:34,70 (01:15,87) \| 400m: 04:47,29 (01:12,59)* | | | | |
| 2. | Honstein, Max | 2009 | SG Oberhausen | 05:09,71 | 358 |
| | *100m: 01:11,53 (01:11,53) \| 200m: 02:31,71 (01:20,18)* | | | | |
| | *300m: 03:52,81 (01:21,10) \| 400m: 05:09,71 (01:16,90)* | | | | |
| 3. | Harms, Duuk | 2009 | Dedemsvaart-AC | 05:36,75 | 279 |
| | *100m: 01:20,62 (01:20,62) \| 200m: 02:46,92 (01:26,30)* | | | | |
| | *300m: 04:13,07 (01:26,15) \| 400m: 05:36,75 (01:23,68)* | | | | |
| 4. | Mygind, Mathias | 2009 | Ringe Svømme Klub | 05:38,25 | 275 |
| | *100m: 01:17,57 (01:17,57) \| 200m: 02:44,63 (01:27,06)* | | | | |
| | *300m: 04:12,98 (01:28,35) \| 400m: 05:38,25 (01:25,27)* | | | | |
| 5. | Temme, Nikolas | 2009 | Waspo Nordhorn | 05:50,76 | 246 |
| | *100m: 01:24,62 (01:24,62) \| 200m: 02:57,00 (01:32,38)* | | | | |
| | *300m: 04:26,80 (01:29,80) \| 400m: 05:50,76 (01:23,96)* | | | | |
| 6. | Kulpe, Bram | 2009 | Z & PV de Veene Almelo | 05:53,92 | 240 |
| | *100m: 01:23,70 (01:23,70) \| 200m: 02:51,57 (01:27,87)* | | | | |
| | *300m: 04:24,98 (01:33,41) \| 400m: 05:53,92 (01:28,94)* | | | | |
| 7. | Ferreira, Gabriel | 2009 | Waspo Nordhorn | 05:55,67 | 236 |
| | *100m: 01:23,01 (01:23,01) \| 200m: 02:55,70 (01:32,69)* | | | | |
| | *300m: 04:27,06 (01:31,36) \| 400m: 05:55,67 (01:28,61)* | | | | |

## noch Wettkampf 16 - 400 m Freistil männlich

### noch Jahrgang 2009

| Platz | Schwimmer | Jg. | Verein | Endzeit | |
|---|---|---|---|---|---|
| 8. | de Jonge, Rinse | 2009 | De Grunte Hardenberg | 06:03,83 | 221 |
| | *100m: 01:25,93 (01:25,93) \| 200m: 02:59,44 (01:33,51)* | | | | |
| | *300m: 04:33,95 (01:34,51) \| 400m: 06:03,83 (01:29,88)* | | | | |
| 9. | Lund, Aksel Damsted | 2009 | Ringe Svømme Klub | 06:08,82 | 212 |
| | *100m: 01:24,67 (01:24,67) \| 200m: 02:59,60 (01:34,93)* | | | | |
| | *300m: 04:35,80 (01:36,20) \| 400m: 06:08,82 (01:33,02)* | | | | |
| 10. | Feldhoff, Malte Leander | 2009 | Waspo Nordhorn | 06:10,57 | 209 |
| | *100m: 01:25,72 (01:25,72) \| 200m: 03:01,08 (01:35,36)* | | | | |
| | *300m: 04:36,26 (01:35,18) \| 400m: 06:10,57 (01:34,31)* | | | | |
| 11. | Strötker, Max | 2009 | Waspo Nordhorn | 06:11,47 | 207 |
| | *100m: 01:24,13 (01:24,13) \| 200m: 02:59,79 (01:35,66)* | | | | |
| | *300m: 04:37,78 (01:37,99) \| 400m: 06:11,47 (01:33,69)* | | | | |
| 12. | Tabel, Linus Paul | 2009 | Waspo Nordhorn | 06:25,20 | 186 |
| | *100m: 01:34,24 (01:34,24) \| 200m: 03:14,54 (01:40,30)* | | | | |
| | *300m: 04:53,32 (01:38,78) \| 400m: 06:25,20 (01:31,88)* | | | | |
| 13. | Tschöpe, Peter | 2009 | Waspo Nordhorn | 06:28,33 | 182 |
| | *100m: 01:30,87 (01:30,87) \| 200m: 03:13,22 (01:42,35)* | | | | |
| | *300m: 04:56,50 (01:43,28) \| 400m: 06:28,33 (01:31,83)* | | | | |
| 14. | Jansen, Bouke | 2009 | De Grunte Hardenberg | 06:54,09 | 150 |
| | *100m: 01:37,65 (01:37,65) \| 200m: 03:26,66 (01:49,01)* | | | | |
| | *300m: 05:16,63 (01:49,97) \| 400m: 06:54,09 (01:37,46)* | | | | |

### Jahrgang 2008

| Platz | Schwimmer | Jg. | Verein | Endzeit | |
|---|---|---|---|---|---|
| 1. | de Zeeuw, Siem | 2008 | O Z & P C Oldenzaal | 04:52,10 | 427 |
| | *100m: 01:06,82 (01:06,82) \| 200m: 02:21,73 (01:14,91)* | | | | |
| | *300m: 03:39,04 (01:17,31) \| 400m: 04:52,10 (01:13,06)* | | | | |
| 2. | Scholten, Bjorn | 2008 | WS Twente Hengelo/Borne | 04:58,73 | 399 |
| | *100m: 01:09,07 (01:09,07) \| 200m: 02:26,22 (01:17,15)* | | | | |
| | *300m: 03:44,42 (01:18,20) \| 400m: 04:58,73 (01:14,31)* | | | | |
| 3. | Schoneveld, Rian | 2008 | De Berkelduikers | 04:59,02 | 398 |
| | *100m: 01:10,13 (01:10,13) \| 200m: 02:27,67 (01:17,54)* | | | | |
| | *300m: 03:45,54 (01:17,87) \| 400m: 04:59,02 (01:13,48)* | | | | |
| 4. | Krohm, Alex | 2008 | SG Oberhausen | 04:59,54 | 396 |
| | *100m: 01:10,36 (01:10,36) \| 200m: 02:27,26 (01:16,90)* | | | | |
| | *300m: 03:45,00 (01:17,74) \| 400m: 04:59,54 (01:14,54)* | | | | |
| 5. | Rüthemann, Mark | 2008 | Waspo Nordhorn | 05:07,08 | 368 |
| | *100m: 01:11,04 (01:11,04) \| 200m: 02:29,08 (01:18,04)* | | | | |
| | *300m: 03:48,27 (01:19,19) \| 400m: 05:07,08 (01:18,81)* | | | | |
| 6. | Reineke, Neal | 2008 | Waspo Nordhorn | 05:12,16 | 350 |
| | *100m: 01:11,76 (01:11,76) \| 200m: 02:31,45 (01:19,69)* | | | | |
| | *300m: 03:53,13 (01:21,68) \| 400m: 05:12,16 (01:19,03)* | | | | |
| 7. | Bjerre, Rasmus | 2008 | Ringe Svømme Klub | 05:40,21 | 270 |
| | *100m: 01:18,26 (01:18,26) \| 200m: 02:45,56 (01:27,30)* | | | | |
| | *300m: 04:13,78 (01:28,22) \| 400m: 05:40,21 (01:26,43)* | | | | |
| 8. | Hörtemöller, Jonas | 2008 | SV Wasserfreunde Dalum | 06:38,10 | 168 |
| | *100m: 01:27,51 (01:27,51) \| 200m: 03:10,29 (01:42,78)* | | | | |
| | *300m: 04:57,10 (01:46,81) \| 400m: 06:38,10 (01:41,00)* | | | | |

### Jahrgang 2007

| Platz | Schwimmer | Jg. | Verein | Endzeit | |
|---|---|---|---|---|---|
| 1. | Bielitzki, Hendrik | 2007 | SG Oberhausen | 04:59,89 | 395 |
| | *100m: 01:11,33 (01:11,33) \| 200m: 02:28,28 (01:16,95)* | | | | |
| | *300m: 03:46,26 (01:17,98) \| 400m: 04:59,89 (01:13,63)* | | | | |
| 2. | Kuprecht, Ian | 2007 | Waspo Nordhorn | 05:09,12 | 360 |
| | *100m: 01:12,01 (01:12,01) \| 200m: 02:31,32 (01:19,31)* | | | | |
| | *300m: 03:51,03 (01:19,71) \| 400m: 05:09,12 (01:18,09)* | | | | |

## noch Wettkampf 16 - 400 m Freistil männlich

### noch Jahrgang 2007

| Platz | Schwimmer | Jg. | Verein | Endzeit | |
|---|---|---|---|---|---|
| 3. | IJzerman, Lias | 2007 | Dedemsvaart-AC | 05:09,56 | 359 |
| | *100m: 01:13,74 (01:13,74) \| 200m: 02:34,63 (01:20,89)* | | | | |
| | *300m: 03:55,55 (01:20,92) \| 400m: 05:09,56 (01:14,01)* | | | | |
| 4. | Siebelt, Jort | 2007 | O Z & P C Oldenzaal | 05:09,56 | 359 |
| | *100m: 01:13,86 (01:13,86) \| 200m: 02:33,80 (01:19,94)* | | | | |
| | *300m: 03:54,33 (01:20,53) \| 400m: 05:09,56 (01:15,23)* | | | | |
| 5. | Lund, Laurits Damsted | 2007 | Ringe Svømme Klub | 05:13,63 | 345 |
| | *100m: 01:12,83 (01:12,83) \| 200m: 02:32,94 (01:20,11)* | | | | |
| | *300m: 03:54,15 (01:21,21) \| 400m: 05:13,63 (01:19,48)* | | | | |
| 6. | Hopster, Fynn | 2007 | SV Haren | 05:15,75 | 338 |
| | *100m: 01:14,01 (01:14,01) \| 200m: 02:34,89 (01:20,88)* | | | | |
| | *300m: 03:57,38 (01:22,49) \| 400m: 05:15,75 (01:18,37)* | | | | |
| 7. | Strötker, Ben | 2007 | Waspo Nordhorn | 05:15,92 | 338 |
| | *100m: 01:10,66 (01:10,66) \| 200m: 02:31,39 (01:20,73)* | | | | |
| | *300m: 03:53,71 (01:22,32) \| 400m: 05:15,92 (01:22,21)* | | | | |
| 8. | de Bruijn, Emiel | 2007 | Dedemsvaart-AC | 05:20,74 | 323 |
| | *100m: 01:14,42 (01:14,42) \| 200m: 02:38,51 (01:24,09)* | | | | |
| | *300m: 04:01,70 (01:23,19) \| 400m: 05:20,74 (01:19,04)* | | | | |
| 9. | van de Lücht, Sean | 2007 | SSF Hamborn 07/38 e.V. | 06:04,07 | 220 |
| | *100m: 01:21,76 (01:21,76) \| 200m: 02:56,10 (01:34,34)* | | | | |
| | *300m: 04:33,51 (01:37,41) \| 400m: 06:04,07 (01:30,56)* | | | | |
| 10. | Alburg, Niklas | 2007 | Waspo Nordhorn | 06:36,87 | 170 |
| | *100m: 01:30,17 (01:30,17) \| 200m: 03:14,78 (01:44,61)* | | | | |
| | *300m: 04:59,57 (01:44,79) \| 400m: 06:36,87 (01:37,30)* | | | | |

### Jahrgang 2006

| Platz | Schwimmer | Jg. | Verein | Endzeit | |
|---|---|---|---|---|---|
| 1. | Foks, Lukas | 2006 | SG Oberhausen | 04:45,11 | 459 |
| | *100m: 01:04,81 (01:04,81) \| 200m: 02:18,42 (01:13,61)* | | | | |
| | *300m: 03:32,71 (01:14,29) \| 400m: 04:45,11 (01:12,40)* | | | | |
| 2. | van der Weide, Roan | 2006 | WIDEX GZC DONK Gouda | 04:48,44 | 444 |
| | *100m: 01:07,69 (01:07,69) \| 200m: 02:21,71 (01:14,02)* | | | | |
| | *300m: 03:37,54 (01:15,83) \| 400m: 04:48,44 (01:10,90)* | | | | |
| 3. | Haytink, Lars | 2006 | De Berkelduikers | 05:12,79 | 348 |
| | *100m: 01:14,75 (01:14,75) \| 200m: 02:35,76 (01:21,01)* | | | | |
| | *300m: 03:56,16 (01:20,40) \| 400m: 05:12,79 (01:16,63)* | | | | |
| 4. | Ooijman, Finn | 2006 | De Berkelduikers | 05:13,42 | 346 |
| | *100m: 01:12,36 (01:12,36) \| 200m: 02:34,42 (01:22,06)* | | | | |
| | *300m: 03:55,70 (01:21,28) \| 400m: 05:13,42 (01:17,72)* | | | | |
| 5. | Kroeze, Wout | 2006 | ZV Azuro | 05:13,48 | 345 |
| | *100m: 01:10,86 (01:10,86) \| 200m: 02:32,60 (01:21,74)* | | | | |
| | *300m: 03:54,73 (01:22,13) \| 400m: 05:13,48 (01:18,75)* | | | | |
| 6. | Niehaus, Felix | 2006 | Waspo Nordhorn | 05:27,61 | 303 |
| | *100m: 01:12,40 (01:12,40) \| 200m: 02:37,89 (01:25,49)* | | | | |
| | *300m: 04:05,05 (01:27,16) \| 400m: 05:27,61 (01:22,56)* | | | | |
| 7. | Velthuis, Wes | 2006 | O Z & P C Oldenzaal | 05:31,92 | 291 |
| | *100m: 01:15,80 (01:15,80) \| 200m: 02:44,38 (01:28,58)* | | | | |
| | *300m: 04:13,67 (01:29,29) \| 400m: 05:31,92 (01:18,25)* | | | | |
| 8. | Kreikamp, Sven | 2006 | De Dinkel Denekamp | 05:37,26 | 277 |
| | *100m: 01:15,21 (01:15,21) \| 200m: 02:43,73 (01:28,52)* | | | | |
| | *300m: 04:15,00 (01:31,27) \| 400m: 05:37,26 (01:22,26)* | | | | |
| 9. | Vette, Lukas | 2006 | Waspo Nordhorn | 06:08,39 | 213 |
| | *100m: 01:22,29 (01:22,29) \| 200m: 02:57,16 (01:34,87)* | | | | |
| | *300m: 04:33,80 (01:36,64) \| 400m: 06:08,39 (01:34,59)* | | | | |
| 10. | Hilkenbach, Noah | 2006 | Waspo Nordhorn | 06:31,68 | 177 |
| | *100m: 01:28,25 (01:28,25) \| 200m: 03:07,53 (01:39,28)* | | | | |
| | *300m: 04:51,82 (01:44,29) \| 400m: 06:31,68 (01:39,86)* | | | | |

## noch Wettkampf 16 - 400 m Freistil männlich

### noch Jahrgang 2006

| Platz | Schwimmer | Jg. | Verein | Endzeit | |
|---|---|---|---|---|---|
| 11. | van der Kuil, Guus | 2006 | SG - E Z C L Losser-Haaksbergen-Enschede | 06:32,40 | 176 |
| | *100m: 01:25,32 (01:25,32) \| 200m: 03:06,20 (01:40,88)* | | | | |
| | *300m: 04:50,57 (01:44,37) \| 400m: 06:32,40 (01:41,83)* | | | | |

### Jahrgang 2005

| Platz | Schwimmer | Jg. | Verein | Endzeit | |
|---|---|---|---|---|---|
| 1. | Neuteboom Spijker, Alex | 2005 | Aquapoldro Apeldoorn | 04:38,55 | 493 |
| | *100m: 01:06,55 (01:06,55) \| 200m: 02:17,95 (01:11,40)* | | | | |
| | *300m: 03:29,64 (01:11,69) \| 400m: 04:38,55 (01:08,91)* | | | | |
| 2. | ter Keurs, Rolf | 2005 | Z & PV de Veene Almelo | 04:42,20 | 474 |
| | *100m: 01:05,73 (01:05,73) \| 200m: 02:18,02 (01:12,29)* | | | | |
| | *300m: 03:29,79 (01:11,77) \| 400m: 04:42,20 (01:12,41)* | | | | |
| 3. | Hertzog, Luca | 2005 | Ringe Svømme Klub | 04:45,59 | 457 |
| | *100m: 01:06,20 (01:06,20) \| 200m: 02:19,07 (01:12,87)* | | | | |
| | *300m: 03:33,47 (01:14,40) \| 400m: 04:45,59 (01:12,12)* | | | | |
| 4. | Tibben, Stan | 2005 | Dedemsvaart-AC | 04:50,09 | 436 |
| | *100m: 01:08,51 (01:08,51) \| 200m: 02:23,90 (01:15,39)* | | | | |
| | *300m: 03:39,98 (01:16,08) \| 400m: 04:50,09 (01:10,11)* | | | | |
| 5. | Mosterman, Dennis | 2005 | Dedemsvaart-AC | 04:54,58 | 416 |
| | *100m: 01:07,63 (01:07,63) \| 200m: 02:23,36 (01:15,73)* | | | | |
| | *300m: 03:41,49 (01:18,13) \| 400m: 04:54,58 (01:13,09)* | | | | |
| 6. | Slinkman, Finn | 2005 | ZPC De Hof | 05:01,39 | 389 |
| | *100m: 01:05,92 (01:05,92) \| 200m: 02:20,39 (01:14,47)* | | | | |
| | *300m: 03:40,02 (01:19,63) \| 400m: 05:01,39 (01:21,37)* | | | | |
| 7. | Preußner, Rafael | 2005 | SSF Hamborn 07/38 e.V. | 05:46,80 | 255 |
| | *100m: 01:13,64 (01:13,64) \| 200m: 02:43,61 (01:29,97)* | | | | |
| | *300m: 04:16,20 (01:32,59) \| 400m: 05:46,80 (01:30,60)* | | | | |
| 8. | Kuipers, Bento | 2005 | SG - E Z C L Losser-Haaksbergen-Enschede | 05:51,03 | 246 |
| | *100m: 01:20,47 (01:20,47) \| 200m: 02:50,12 (01:29,65)* | | | | |
| | *300m: 04:22,88 (01:32,76) \| 400m: 05:51,03 (01:28,15)* | | | | |

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| | | | |
|---|---|---|---|
| Jansen, Oscar | 2005 | O Z & P C Oldenzaal | |

### Junioren

| Platz | Schwimmer | Jg. | Verein | Endzeit | |
|---|---|---|---|---|---|
| 1. | Lucas, Kevin | 2003 | De Dinkel Denekamp | 04:31,70 | 531 |
| | *100m: 01:03,84 (01:03,84) \| 200m: 02:13,82 (01:09,98)* | | | | |
| | *300m: 03:23,30 (01:09,48) \| 400m: 04:31,70 (01:08,40)* | | | | |
| 2. | Kragt, Niels | 2003 | Dedemsvaart-AC | 04:45,88 | 456 |
| | *100m: 01:05,78 (01:05,78) \| 200m: 02:18,99 (01:13,21)* | | | | |
| | *300m: 03:33,81 (01:14,82) \| 400m: 04:45,88 (01:12,07)* | | | | |
| 3. | ten Dam, Quinten | 2004 | ZPC De Hof | 04:51,22 | 431 |
| | *100m: 01:06,08 (01:06,08) \| 200m: 02:18,77 (01:12,69)* | | | | |
| | *300m: 03:35,47 (01:16,70) \| 400m: 04:51,22 (01:15,75)* | | | | |
| 4. | Liedlbauer, Juri | 2004 | SSF Hamborn 07/38 e.V. | 04:55,56 | 412 |
| | *100m: 01:06,23 (01:06,23) \| 200m: 02:21,26 (01:15,03)* | | | | |
| | *300m: 03:39,61 (01:18,35) \| 400m: 04:55,56 (01:15,95)* | | | | |

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| | | | |
|---|---|---|---|
| Andersen, Mads Himmelstrup | 2004 | Ringe Svømme Klub | |

### AK 20 und älter

| Platz | Schwimmer | Jg. | Verein | Endzeit | |
|---|---|---|---|---|---|
| 1. | Rüthemann, Jens | 1974 | Waspo Nordhorn | 04:36,53 | 504 |
| | *100m: 01:07,13 (01:07,13) \| 200m: 02:17,41 (01:10,28)* | | | | |
| | *300m: 03:27,93 (01:10,52) \| 400m: 04:36,53 (01:08,60)* | | | | |

## noch Wettkampf 16 - 400 m Freistil männlich

### noch AK 20 und älter

| Platz | Schwimmer | Jg. | Verein | Endzeit | |
|---|---|---|---|---|---|
| 2. | Monse, Milan | 2000 | Waspo Nordhorn | 04:39,78 | 486 |
| | *100m: 01:04,48 (01:04,48) \| 200m: 02:15,06 (01:10,58)* | | | | |
| | *300m: 03:27,26 (01:12,20) \| 400m: 04:39,78 (01:12,52)* | | | | |
| 3. | Schel, Mike | 1994 | ESCA Zwemmen | 04:44,36 | 463 |
| | *100m: 01:06,76 (01:06,76) \| 200m: 02:19,26 (01:12,50)* | | | | |
| | *300m: 03:32,82 (01:13,56) \| 400m: 04:44,36 (01:11,54)* | | | | |
| 4. | Kalter, Sepp | 1997 | Dedemsvaart-AC | 04:53,70 | 420 |
| | *100m: 01:01,02 (01:01,02) \| 200m: 02:13,92 (01:12,90)* | | | | |
| | *300m: 03:33,45 (01:19,53) \| 400m: 04:53,70 (01:20,25)* | | | | |
| 5. | Schothans, Diederick | 1997 | Z & PV de Veene Almelo | 04:54,46 | 417 |
| | *100m: 01:07,76 (01:07,76) \| 200m: 02:21,94 (01:14,18)* | | | | |
| | *300m: 03:38,62 (01:16,68) \| 400m: 04:54,46 (01:15,84)* | | | | |
| 6. | Prins, Arjan | 1982 | Dedemsvaart-AC | 04:56,39 | 409 |
| | *100m: 01:05,04 (01:05,04) \| 200m: 02:20,82 (01:15,78)* | | | | |
| | *300m: 03:38,86 (01:18,04) \| 400m: 04:56,39 (01:17,53)* | | | | |
| 7. | Rueger, Reyk | 1994 | Waspo Nordhorn | 04:57,54 | 404 |
| | *100m: 01:07,45 (01:07,45) \| 200m: 02:23,32 (01:15,87)* | | | | |
| | *300m: 03:41,07 (01:17,75) \| 400m: 04:57,54 (01:16,47)* | | | | |
| 8. | Reefhuis, Marcel | 1981 | WS Twente Hengelo/Borne | 04:58,84 | 399 |
| | *100m: 01:10,27 (01:10,27) \| 200m: 02:26,42 (01:16,15)* | | | | |
| | *300m: 03:43,39 (01:16,97) \| 400m: 04:58,84 (01:15,45)* | | | | |
| 9. | van Grol, Paul | 1996 | WIDEX GZC DONK Gouda | 05:05,26 | 374 |
| | *100m: 01:09,93 (01:09,93) \| 200m: 02:27,79 (01:17,86)* | | | | |
| | *300m: 03:46,57 (01:18,78) \| 400m: 05:05,26 (01:18,69)* | | | | |
| 10. | Plangemann, Christopher | 2000 | Waspo Nordhorn | 05:09,47 | 359 |
| | *100m: 01:08,63 (01:08,63) \| 200m: 02:28,84 (01:20,21)* | | | | |
| | *300m: 03:49,93 (01:21,09) \| 400m: 05:09,47 (01:19,54)* | | | | |
| 11. | Anneken, Hartmut | 1968 | TSV Quakenbrück | 05:13,14 | 347 |
| | *100m: 01:14,90 (01:14,90) \| 200m: 02:34,31 (01:19,41)* | | | | |
| | *300m: 03:54,56 (01:20,25) \| 400m: 05:13,14 (01:18,58)* | | | | |
| 12. | Kloek, Jesper | 1990 | Dedemsvaart-AC | 05:15,79 | 338 |
| | *100m: 01:09,29 (01:09,29) \| 200m: 02:29,18 (01:19,89)* | | | | |
| | *300m: 03:51,52 (01:22,34) \| 400m: 05:15,79 (01:24,27)* | | | | |
| 13. | Arndt, Robin | 1997 | SG Oberhausen | 05:24,92 | 310 |
| | *100m: 01:12,39 (01:12,39) \| 200m: 02:36,39 (01:24,00)* | | | | |
| | *300m: 04:00,82 (01:24,43) \| 400m: 05:24,92 (01:24,10)* | | | | |
| 14. | Gunsing, Mike | 1999 | De Berkelduikers | 05:53,46 | 241 |
| | *100m: 01:19,45 (01:19,45) \| 200m: 02:50,87 (01:31,42)* | | | | |
| | *300m: 04:24,73 (01:33,86) \| 400m: 05:53,46 (01:28,73)* | | | | |
| 15. | Neuteboom Spijker, Erik | 1965 | Aquapoldro Apeldoorn | 06:06,61 | 216 |
| | *100m: 01:22,87 (01:22,87) \| 200m: 02:56,06 (01:33,19)* | | | | |
| | *300m: 04:30,88 (01:34,82) \| 400m: 06:06,61 (01:35,73)* | | | | |
| 16. | van Haaren, Vincent | 2002 | WIDEX GZC DONK Gouda | 06:06,84 | 215 |
| | *100m: 01:22,83 (01:22,83) \| 200m: 02:57,27 (01:34,44)* | | | | |
| | *300m: 04:31,93 (01:34,66) \| 400m: 06:06,84 (01:34,91)* | | | | |
| 17. | Snip, Erwin | 1970 | ESCA Zwemmen | 06:17,13 | 198 |
| | *100m: 01:26,42 (01:26,42) \| 200m: 03:02,95 (01:36,53)* | | | | |
| | *300m: 04:42,54 (01:39,59) \| 400m: 06:17,13 (01:34,59)* | | | | |