

AIYSC 2026
Antwerpen, 17 - 19/4/2026

Programmanr. 7
17/04/2026 - 21:31

Heren, 400m wisselslag

15 jaar en ouder
Resultaten

Punten: AQUA 2026

Rang	Geb.	Tijd	Pnt	100m	200m	300m	400m
15 - 16 jaar							
1.	VANGROOTLOON, Jef	10	HZS	4:56.25	4:58.03	538	1:04.49 1:21.15 1:28.68 1:03.71
	50m: 29.11	29.11	150m: 1:46.10	41.61	250m: 3:10.03	44.39	350m: 4:27.04 32.72
	100m: 1:04.49	35.38	200m: 2:25.64	39.54	300m: 3:54.32	44.29	400m: 4:58.03 30.99
2.	PRUIJSSERS, Thijmen	10	HIERON	5:09.47	5:06.46	495	1:09.12 1:17.11 1:29.42 1:10.81
	50m: 30.89	30.89	150m: 1:47.91	38.79	250m: 3:10.45	44.22	350m: 4:32.00 36.35
	100m: 1:09.12	38.23	200m: 2:26.23	38.32	300m: 3:55.65	45.20	400m: 5:06.46 34.46
3.	SCIACCA, Leandro	11	TSZ	5:34.35	5:11.28	472	1:06.94 1:27.43 1:23.01 1:13.90
	50m: 30.85	30.85	150m: 1:50.71	43.77	250m: 3:15.16	40.79	350m: 4:36.54 39.16
	100m: 1:06.94	36.09	200m: 2:34.37	43.66	300m: 3:57.38	42.22	400m: 5:11.28 34.74
4.	PUTTAERT, Arthur	10	DDAT	5:27.79	5:27.08	407	1:12.42 1:23.82 1:34.38 1:16.46
	50m: 32.73	32.73	150m: 1:54.23	41.81	250m: 3:22.89	46.65	350m: 4:48.93 38.31
	100m: 1:12.42	39.69	200m: 2:36.24	42.01	300m: 4:10.62	47.73	400m: 5:27.08 38.15
5.	LEMMENS, Noah	10	AZV	5:44.52	5:29.08	400	1:18.16 1:29.43 1:28.24 1:13.25
	50m: 36.04	36.04	150m: 2:03.71	45.55	250m: 3:31.19	43.60	350m: 4:54.20 38.37
	100m: 1:18.16	42.12	200m: 2:47.59	43.88	300m: 4:15.83	44.64	400m: 5:29.08 34.88
6.	DELCOIGNE, Nathan	11	DDAT	5:25.84	5:38.05	369	1:19.12 1:25.93 1:34.00 1:19.00
	50m: 35.11	35.11	150m: 2:02.30	43.18	250m: 3:31.76	46.71	350m: 4:59.87 40.82
	100m: 1:19.12	44.01	200m: 2:45.05	42.75	300m: 4:19.05	47.29	400m: 5:38.05 38.18
7.	BOEL, Liam	11	TSZ	NT	5:40.70	360	1:20.19 1:24.11 1:41.74 1:14.66
	50m: 36.09	36.09	150m: 2:02.45	42.26	250m: 3:35.41	51.11	350m: 5:04.24 38.20
	100m: 1:20.19	44.10	200m: 2:44.30	41.85	300m: 4:26.04	50.63	400m: 5:40.70 36.46
8.	DE GREEF, Lars	10	HIERON	5:39.45	5:53.27	323	1:14.27 1:33.76 1:45.16 1:20.08
	50m: 33.86	33.86	150m: 2:02.68	48.41	250m: 3:40.70	52.67	350m: 5:14.97 41.78
	100m: 1:14.27	40.41	200m: 2:48.03	45.35	300m: 4:33.19	52.49	400m: 5:53.27 38.30
9.	CLAES, Elian	10	DDAT	6:07.42	5:57.16	313	1:34.05 1:30.37 1:32.36 1:20.38
	50m: 41.40	41.40	150m: 2:19.77	45.72	250m: 3:50.38	45.96	350m: 5:17.92 41.14
	100m: 1:34.05	52.65	200m: 3:04.42	44.65	300m: 4:36.78	46.40	400m: 5:57.16 39.24
17 - 18 jaar							
1.	VAN HEIRWEGHE, M.	08	AQUABLA	4:59.87	4:54.96	555	1:03.93 1:18.21 1:29.10 1:03.72
	50m: 29.68	29.68	150m: 1:43.32	39.39	250m: 3:06.70	44.56	350m: 4:23.23 31.99
	100m: 1:03.93	34.25	200m: 2:22.14	38.82	300m: 3:51.24	44.54	400m: 4:54.96 31.73
2.	BERGHUIS, Timo	08	DWK	5:06.64	5:02.96	512	1:05.78 1:19.52 1:30.11 1:07.55
	50m: 30.17	30.17	150m: 1:46.63	40.85	250m: 3:11.05	45.75	350m: 4:30.32 34.91
	100m: 1:05.78	35.61	200m: 2:25.30	38.67	300m: 3:55.41	44.36	400m: 5:02.96 32.64
3.	MANJON-GARCIA, Aitor	09	AQUABLA	5:11.98	5:14.96	456	1:07.67 1:25.41 1:33.39 1:08.49
	50m: 30.75	30.75	150m: 1:51.45	43.78	250m: 3:19.64	46.56	350m: 4:41.07 34.60
	100m: 1:07.67	36.92	200m: 2:33.08	41.63	300m: 4:06.47	46.83	400m: 5:14.96 33.89
4.	DE KOOTER, Lars	08	BIESBOSCH	5:02.23	5:21.47	429	1:15.26 1:27.10 1:24.80 1:14.31
	50m: 33.02	33.02	150m: 1:59.42	44.16	250m: 3:23.74	41.38	350m: 4:44.60 37.44
	100m: 1:15.26	42.24	200m: 2:42.36	42.94	300m: 4:07.16	43.42	400m: 5:21.47 36.87
5.	BAEYENS, Siemen	09	TIME	5:25.46	5:37.30	371	1:18.12 1:28.57 1:36.29 1:14.32
	50m: 34.64	34.64	150m: 2:02.67	44.55	250m: 3:34.54	47.85	350m: 5:01.81 38.83
	100m: 1:18.12	43.48	200m: 2:46.69	44.02	300m: 4:22.98	48.44	400m: 5:37.30 35.49
6.	BIJMAN, Thijs	09	BARRACUDA	5:33.53	5:38.91	366	1:18.28 1:31.60 1:34.42 1:14.61
	50m: 34.92	34.92	150m: 2:03.98	45.70	250m: 3:36.73	46.85	350m: 5:03.05 38.75
	100m: 1:18.28	43.36	200m: 2:49.88	45.90	300m: 4:24.30	47.57	400m: 5:38.91 35.86
dis	VAN DEN IDSERT, Joshua	08	DAW	5:31.02			
	<i>SW9.4.6.5a - Op het einde van het wedstrijdgedeelte rugslag, heeft de zwemmer bij de aankomst de muur niet aangetikt in rugligging</i>						

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19 jaar en ouder

1. VAN EVERDINGEN, Ronis03	DWK	4:45.82	4:52.11	572	1:02.12	1:17.81	1:20.63	1:11.55
50m: 28.42	28.42	150m: 1:41.91	39.79	250m: 2:59.89	39.96	350m: 4:16.94	36.38	
100m: 1:02.12	33.70	200m: 2:19.93	38.02	300m: 3:40.56	40.67	400m: 4:52.11	35.17	
2. KALLE, Laurens	06 SCHOTEJIL	4:59.88	5:07.63	489	1:04.15	1:19.78	1:32.90	1:10.80
50m: 29.62	29.62	150m: 1:44.79	40.64	250m: 3:10.23	46.30	350m: 4:34.05	37.22	
100m: 1:04.15	34.53	200m: 2:23.93	39.14	300m: 3:56.83	46.60	400m: 5:07.63	33.58	
3. BOODTS, Gerben	07 TSZ	NT	5:12.25	468	1:08.14	1:17.68	1:36.98	1:09.45
50m: 30.60	30.60	150m: 1:46.76	38.62	250m: 3:13.88	48.06	350m: 4:37.34	34.54	
100m: 1:08.14	37.54	200m: 2:25.82	39.06	300m: 4:02.80	48.92	400m: 5:12.25	34.91	
4. V.D. BOK, Dennis	05 SCHOTEJIL	6:16.81	6:18.56	262	1:23.67	1:46.01	1:41.22	1:27.66
50m: 37.94	37.94	150m: 2:16.83	53.16	250m: 3:59.91	50.23	350m: 5:36.36	45.46	
100m: 1:23.67	45.73	200m: 3:09.68	52.85	300m: 4:50.90	50.99	400m: 6:18.56	42.20	