

Limietenwedstrijd
Sportoase De Watermolen, 24/5/2026

Programmanr. 1
24/05/2026 - 9:00

Heren, 400m wisselslag

11 jaar en ouder
Resultaten

Punten: AQUA 2025

Rang			Inschr.			Tijd	Pnt		
1.	Verhamme Matts		SOS/11001/10 4:59.13			5:08.45	485		
	50m:	29.39 29.39	150m:	1:46.74 42.02	250m:	3:12.87 45.37	350m:	4:34.63 35.87	
	100m:	1:04.72 35.33	200m:	2:27.50 40.76	300m:	3:58.76 45.89	400m:	5:08.45 33.82	
2.	Van de Gender Wout		STW/11178/08 NT			5:12.54	467		
	50m:	30.53 30.53	150m:	1:47.37 40.60	250m:	3:14.95 48.71	350m:	4:38.80 34.87	
	100m:	1:06.77 36.24	200m:	2:26.24 38.87	300m:	4:03.93 48.98	400m:	5:12.54 33.74	
3.	De Peyper Noah		ZIOS/11070/08 5:24.81			5:18.28	442		
	50m:	31.35 31.35	150m:	1:53.90 43.45	250m:	3:19.95 44.23	350m:	4:42.23 37.87	
	100m:	1:10.45 39.10	200m:	2:35.72 41.82	300m:	4:04.36 44.41	400m:	5:18.28 36.05	
4.	Van Den Bremt Mathias		AZL/11097/11 5:23.49			5:21.25	430		
	50m:	33.72 33.72	150m:	1:54.63 40.81	250m:	3:22.53 47.62	350m:	4:47.20 36.01	
	100m:	1:13.82 40.10	200m:	2:34.91 40.28	300m:	4:11.19 48.66	400m:	5:21.25 34.05	
5.	De Jong Stan		TSZ/11123/10 5:47.87			5:29.84	397		
	50m:	32.34 32.34	150m:	1:55.98 41.93	250m:	3:26.30 49.73	350m:	4:56.06 38.36	
	100m:	1:14.05 41.71	200m:	2:36.57 40.59	300m:	4:17.70 51.40	400m:	5:29.84 33.78	
6.	Karer Malik		TSZ/11099/12 NT			5:38.96	366		
	50m:	37.61 37.61	150m:	2:06.30 44.95	250m:	3:35.23 45.21	350m:	5:01.61 39.44	
	100m:	1:21.35 43.74	200m:	2:50.02 43.72	300m:	4:22.17 46.94	400m:	5:38.96 37.35	
7.	Sciacca Emilio		TSZ/11077/13 5:38.53			5:42.41	355		
	50m:	35.80 35.80	150m:	2:00.36 43.90	250m:	3:33.52 49.73	350m:	5:04.35 38.37	
	100m:	1:16.46 40.66	200m:	2:43.79 43.43	300m:	4:25.98 52.46	400m:	5:42.41 38.06	
8.	Renders Klaas		TSZ/11078/12 NT			5:42.78	354		
	50m:	35.02 35.02	150m:	2:00.86 44.19	250m:	3:35.05 51.72	350m:	5:05.48 38.96	
	100m:	1:16.67 41.65	200m:	2:43.33 42.47	300m:	4:26.52 51.47	400m:	5:42.78 37.30	
9.	Van Daele Nand		RSC/11106/12 5:41.96			5:47.12	340		
	50m:	35.64 35.64	150m:	2:09.23 46.76	250m:	3:42.28 46.30	350m:	5:09.94 38.88	
	100m:	1:22.47 46.83	200m:	2:55.98 46.75	300m:	4:31.06 48.78	400m:	5:47.12 37.18	
10.	Aerens Jef		TSZ/11062/12 5:45.01			5:47.37	340		
	50m:	36.98 36.98	150m:	2:08.57 46.14	250m:	3:40.89 48.29	350m:	5:09.79 40.39	
	100m:	1:22.43 45.45	200m:	2:52.60 44.03	300m:	4:29.40 48.51	400m:	5:47.37 37.58	
11.	De Champs Loïc		FIRST/11261/12 5:44.73			5:58.96	308		
	50m:	35.04 35.04	150m:	2:04.99 46.95	250m:	3:41.47 49.07	350m:	5:17.43 42.04	
	100m:	1:18.04 43.00	200m:	2:52.40 47.41	300m:	4:35.39 53.92	400m:	5:58.96 41.53	
12.	Leysen Jeroen		KST/11091/13 6:03.54			6:00.94	303		
	50m:	39.92 39.92	150m:	2:12.66 44.41	250m:	3:49.52 52.08	350m:	5:22.79 40.82	
	100m:	1:28.25 48.33	200m:	2:57.44 44.78	300m:	4:41.97 52.45	400m:	6:00.94 38.15	
13.	Vandeputte Wout		TSZ/11079/12 NT			6:03.00	298		
	50m:	40.00 40.00	150m:	2:15.14 47.20	250m:	3:48.15 48.33	350m:	5:22.21 44.06	
	100m:	1:27.94 47.94	200m:	2:59.82 44.68	300m:	4:38.15 50.00	400m:	6:03.00 40.79	
14.	Michiels Renaud		FIRST/11264/09 NT			6:03.25	297		
	50m:	32.86 32.86	150m:	2:03.42 46.78	250m:	3:47.02 51.60	350m:	5:23.60 41.25	
	100m:	1:16.64 43.78	200m:	2:55.42 52.00	300m:	4:42.35 55.33	400m:	6:03.25 39.65	
15.	El ghazali Adam		FIRST/11224/10 NT			6:07.80	286		
	50m:	34.49 34.49	150m:	2:07.44 48.24	250m:	3:45.76 51.55	350m:	5:23.23 44.17	
	100m:	1:19.20 44.71	200m:	2:54.21 46.77	300m:	4:39.06 53.30	400m:	6:07.80 44.57	
16.	Minnoye Tiebe		FIRST/11254/11 5:57.76			6:11.80	277		
	50m:	40.75 40.75	150m:	2:17.65 47.03	250m:	3:54.96 53.59	350m:	5:31.09 42.17	
	100m:	1:30.62 49.87	200m:	3:01.37 43.72	300m:	4:48.92 53.96	400m:	6:11.80 40.71	