

ZNA Zomerwedstrijd Neptunus Aalst
Aalst, 27/6/2026

Programmanr. 23
27/06/2026 - 15:27

Heren, 400m vrije slag

open leeftijdsgroep
Resultaten

| Rang | | | | Geb. | | | | Tijd | | | | |
|------|----------------------|---------|-------|-------|---------------|-------|-------|----------------|-------|-------|---------|-------|
| 1. | LAUREYSSSENS, Daniel | | | 04 | ZS/11001/04 | | | 4:10.45 | | | | |
| | 50m: | 26.81 | 26.81 | 150m: | 1:28.37 | 31.17 | 250m: | 2:32.89 | 32.44 | 350m: | 3:38.91 | 33.09 |
| | 100m: | 57.20 | 30.39 | 200m: | 2:00.45 | 32.08 | 300m: | 3:05.82 | 32.93 | 400m: | 4:10.45 | 31.54 |
| 2. | WACHTELAER, Celle | | | 12 | AST/11061/12 | | | 4:30.91 | | | | |
| | 50m: | 30.76 | 30.76 | 150m: | 1:39.21 | 34.45 | 250m: | 2:49.14 | 34.68 | 350m: | 3:58.30 | 33.66 |
| | 100m: | 1:04.76 | 34.00 | 200m: | 2:14.46 | 35.25 | 300m: | 3:24.64 | 35.50 | 400m: | 4:30.91 | 32.61 |
| 3. | HEBBELINCK, Ruben | | | 09 | ZORO/11166/09 | | | 4:50.37 | | | | |
| | 50m: | 31.47 | 31.47 | 150m: | 1:45.20 | 37.67 | 250m: | 2:59.96 | 37.65 | 350m: | 4:14.90 | 37.58 |
| | 100m: | 1:07.53 | 36.06 | 200m: | 2:22.31 | 37.11 | 300m: | 3:37.32 | 37.36 | 400m: | 4:50.37 | 35.47 |
| 4. | AHALLAL, Adam | | | 09 | ZNA/11274/09 | | | 4:57.31 | | | | |
| | 50m: | 32.56 | 32.56 | 150m: | 1:46.87 | 37.99 | 250m: | 3:05.54 | 39.98 | 350m: | 4:22.19 | 37.23 |
| | 100m: | 1:08.88 | 36.32 | 200m: | 2:25.56 | 38.69 | 300m: | 3:44.96 | 39.42 | 400m: | 4:57.31 | 35.12 |
| 5. | CATRY, Gaetan | | | 09 | ZNA/11253/09 | | | 5:07.38 | | | | |
| | 50m: | 31.42 | 31.42 | 150m: | 1:46.87 | 38.98 | 250m: | 3:07.25 | 40.48 | 350m: | 4:28.02 | 40.11 |
| | 100m: | 1:07.89 | 36.47 | 200m: | 2:26.77 | 39.90 | 300m: | 3:47.91 | 40.66 | 400m: | 5:07.38 | 39.36 |
| 6. | VERLEYEN, Laurens | | | 10 | UZKZ/11106/10 | | | 5:12.70 | | | | |
| | 50m: | 35.99 | 35.99 | 150m: | 1:56.34 | 40.61 | 250m: | 3:16.40 | 39.99 | 350m: | 4:36.85 | 40.09 |
| | 100m: | 1:15.73 | 39.74 | 200m: | 2:36.41 | 40.07 | 300m: | 3:56.76 | 40.36 | 400m: | 5:12.70 | 35.85 |
| 7. | SORGELOOS, Vincent | | | 13 | AST/11069/13 | | | 5:34.71 | | | | |
| | 50m: | 37.90 | 37.90 | 150m: | 2:04.40 | 43.47 | 250m: | 3:30.13 | 41.99 | 350m: | 4:54.74 | 41.23 |
| | 100m: | 1:20.93 | 43.03 | 200m: | 2:48.14 | 43.74 | 300m: | 4:13.51 | 43.38 | 400m: | 5:34.71 | 39.97 |
| 8. | CAUDRON, Nylo | | | 15 | ZNA/11505/15 | | | 6:49.72 | | | | |
| | 50m: | 45.69 | 45.69 | 150m: | 2:31.86 | 53.84 | 250m: | 4:19.65 | 53.14 | 350m: | 6:03.26 | 50.93 |
| | 100m: | 1:38.02 | 52.33 | 200m: | 3:26.51 | 54.65 | 300m: | 5:12.33 | 52.68 | 400m: | 6:49.72 | 46.46 |