

PK 25m 2026
Mol, 3 - 4/10/2026

Programmanr. 25
4/10/2026 - 11:06

Heren, 400m wisselslag

13 jaar en ouder
Resultaten

Punten: AQUA 2025

Rang	Inschr.							Tijd	Pnt			
13 - 14 jaar												
1.	Verachten Louis				MOZKA/11138/135:02.55			5:05.41	454			
	50m:	32.14	32.14	150m:	1:49.30	39.11	250m:	3:11.17	44.62	350m:	4:30.97	35.34
	100m:	1:10.19	38.05	200m:	2:26.55	37.25	300m:	3:55.63	44.46	400m:	5:05.41	34.44
2.	Couvreur Fred				HOZT/11060/12 5:23.78			5:09.85	435			
	50m:	35.04	35.04	150m:	1:55.70	39.51	250m:	3:17.37	43.38	350m:	4:36.30	35.47
	100m:	1:16.19	41.15	200m:	2:33.99	38.29	300m:	4:00.83	43.46	400m:	5:09.85	33.55
3.	Apers Reda				BRABO/11501/135:35.41			5:22.75	385			
	50m:	35.08	35.08	150m:	1:58.64	41.90	250m:	3:23.59	43.97	350m:	4:47.24	38.17
	100m:	1:16.74	41.66	200m:	2:39.62	40.98	300m:	4:09.07	45.48	400m:	5:22.75	35.51
4.	Leysen Jeroen				KST/11091/13 5:37.08			5:42.27	322			
	50m:	36.11	36.11	150m:	2:03.75	42.33	250m:	3:34.39	48.67	350m:	5:04.05	40.17
	100m:	1:21.42	45.31	200m:	2:45.72	41.97	300m:	4:23.88	49.49	400m:	5:42.27	38.22
17 - 18 jaar												
1.	D'espallier Daan				BRABO/11287/094:44.57			4:38.19	601			
	50m:	28.81	28.81	150m:	1:39.26	36.08	250m:	2:53.00	37.96	350m:	4:04.88	33.06
	100m:	1:03.18	34.37	200m:	2:15.04	35.78	300m:	3:31.82	38.82	400m:	4:38.19	33.31
2.	Goris Ruben				BRABO/11289/094:59.93			4:51.38	523			
	50m:	31.06	31.06	150m:	1:43.16	36.18	250m:	3:02.12	43.82	350m:	4:19.16	33.39
	100m:	1:06.98	35.92	200m:	2:18.30	35.14	300m:	3:45.77	43.65	400m:	4:51.38	32.22
19 jaar en ouder												
1.	De Meyer Niels				BRABO/10982/024:30.70			4:35.09	621			
	50m:	28.92	28.92	150m:	1:39.82	37.00	250m:	2:53.97	38.90	350m:	4:05.10	32.28
	100m:	1:02.82	33.90	200m:	2:15.07	35.25	300m:	3:32.82	38.85	400m:	4:35.09	29.99
2.	Huygens Arne				MOZKA/11026/035:04.34			5:08.61	440			
	50m:	32.98	32.98	150m:	1:49.10	39.25	250m:	3:13.54	46.99	350m:	4:35.04	34.65
	100m:	1:09.85	36.87	200m:	2:26.55	37.45	300m:	4:00.39	46.85	400m:	5:08.61	33.57