

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

Programmanr. 6
3/10/2026 - 11:07

Heren, 400m vrije slag

13 jaar en ouder
Resultaten

Punten: AQUA 2025

Rang	Inschr.						Tijd	Pnt				
13 - 14 jaar												
1.	De Ridder Arne			ZS/11140/12			4:15.41	4:13.92	584			
	50m:	29.41	29.41	150m:	1:33.98	32.60	250m:	2:38.27	32.37	350m:	3:42.51	32.30
	100m:	1:01.38	31.97	200m:	2:05.90	31.92	300m:	3:10.21	31.94	400m:	4:13.92	31.41
2.	Couvreur Fred			HOZT/11060/12			4:37.67	4:32.36	473			
	50m:	31.22	31.22	150m:	1:39.52	34.36	250m:	2:49.41	35.17	350m:	3:58.86	34.77
	100m:	1:05.16	33.94	200m:	2:14.24	34.72	300m:	3:24.09	34.68	400m:	4:32.36	33.50
3.	Jammaer Tijl			BRABO/11537/124			4:44.65	4:40.83	431			
	50m:	29.97	29.97	150m:	1:39.30	35.67	250m:	2:51.34	36.38	350m:	4:05.23	36.90
	100m:	1:03.63	33.66	200m:	2:14.96	35.66	300m:	3:28.33	36.99	400m:	4:40.83	35.60
4.	Thijsbaert Nio			ZN/11077/13			5:07.13	4:58.47	359			
	50m:	33.22	33.22	150m:	1:47.40	37.89	250m:	3:03.44	38.27	350m:	4:21.15	39.11
	100m:	1:09.51	36.29	200m:	2:25.17	37.77	300m:	3:42.04	38.60	400m:	4:58.47	37.32
5.	Vercammen Magnus			BRABO/11499/135			5:08.98	5:03.24	342			
	50m:	34.37	34.37	150m:	1:51.60	39.14	250m:	3:08.92	39.02	350m:	4:25.75	38.58
	100m:	1:12.46	38.09	200m:	2:29.90	38.30	300m:	3:47.17	38.25	400m:	5:03.24	37.49
6.	Ceusters Robin			BRABO/11420/124			5:02.22	5:05.05	336			
	50m:	33.78	33.78	150m:	1:49.81	38.10	250m:	3:07.59	39.14	350m:	4:26.76	39.49
	100m:	1:11.71	37.93	200m:	2:28.45	38.64	300m:	3:47.27	39.68	400m:	5:05.05	38.29
7.	Leysen Jeroen			KST/11091/13			5:01.80	5:06.86	330			
	50m:	34.16	34.16	150m:	1:51.97	40.03	250m:	3:10.85	39.61	350m:	4:30.30	39.52
	100m:	1:11.94	37.78	200m:	2:31.24	39.27	300m:	3:50.78	39.93	400m:	5:06.86	36.56
8.	Bellens Pieter			SHARK/31213/135			4:40.71	5:22.91	283			
	50m:	35.61	35.61	150m:	1:58.79	41.56	250m:	3:22.22	41.03	350m:	4:44.28	40.47
	100m:	1:17.23	41.62	200m:	2:41.19	42.40	300m:	4:03.81	41.59	400m:	5:22.91	38.63
9.	Lievens Rube			ZGEEL/11194/12			5:31.14	5:23.91	281			
	50m:	34.50	34.50	150m:	1:55.36	41.59	250m:	3:20.28	42.67	350m:	4:44.18	42.82
	100m:	1:13.77	39.27	200m:	2:37.61	42.25	300m:	4:01.36	41.08	400m:	5:23.91	39.73
10.	Lecomte Florentin			MOZKA/11146/136			4:21.33	5:33.39	258			
	50m:	35.65	35.65	150m:	1:58.94	42.32	250m:	3:25.09	43.20	350m:	4:52.28	43.95
	100m:	1:16.62	40.97	200m:	2:41.89	42.95	300m:	4:08.33	43.24	400m:	5:33.39	41.11

15 - 16 jaar

1.	Van Dooren Warre			ZN/11064/11	4:36.57	4:24.95	514		
	50m:	30.32	30.32	150m:	1:37.08	33.75	250m:	2:45.83	34.42
	100m:	1:03.33	33.01	200m:	2:11.41	34.33	300m:	3:19.98	34.15
							350m:	3:53.55	33.57
							400m:	4:24.95	31.40
2.	Van Campfort Nicolas			BRABO/11427/104	4:24.69	4:30.77	481		
	50m:	28.17	28.17	150m:	1:34.72	34.34	250m:	2:44.14	34.90
	100m:	1:00.38	32.21	200m:	2:09.24	34.52	300m:	3:19.63	35.49
							350m:	3:54.98	35.35
							400m:	4:30.77	35.79
3.	Begue Milann			ZGEEL/11156/11	4:39.58	4:32.86	470		
	50m:	30.53	30.53	150m:	1:39.11	34.70	250m:	2:48.03	34.46
	100m:	1:04.41	33.88	200m:	2:13.57	34.46	300m:	3:23.07	35.04
							350m:	3:58.32	35.25
							400m:	4:32.86	34.54
4.	Marinus Bas			BRABO/11637/104	4:38.68	4:33.01	469		
	50m:	30.17	30.17	150m:	1:38.80	34.80	250m:	2:49.54	35.47
	100m:	1:04.00	33.83	200m:	2:14.07	35.27	300m:	3:25.18	35.64
							350m:	4:00.17	34.99
							400m:	4:33.01	32.84
5.	Mertens Gerben			ZVL/11097/11	4:50.92	4:52.42	382		
	50m:	32.17	32.17	150m:	1:44.34	36.83	250m:	2:59.86	38.06
	100m:	1:07.51	35.34	200m:	2:21.80	37.46	300m:	3:37.89	38.03
							350m:	4:15.86	37.97
							400m:	4:52.42	36.56
6.	Brebels Niels			WST/11111/11	5:06.56	4:54.80	373		
	50m:	33.51	33.51	150m:	1:50.33	39.16	250m:	3:06.22	38.26
	100m:	1:11.17	37.66	200m:	2:27.96	37.63	300m:	3:42.27	36.05
							350m:	4:20.32	38.05
							400m:	4:54.80	34.48

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17 - 18 jaar

1.	Michoel Quinten	ZGEEL/11112/09 4:11.88						4:09.45		616		
	50m:	27.46	27.46	150m:	1:30.40	32.04	250m:	2:35.08	32.09	350m:	3:38.93	31.79
	100m:	58.36	30.90	200m:	2:02.99	32.59	300m:	3:07.14	32.06	400m:	4:09.45	30.52
2.	Ottevaere Alexander	BRABO/11215/08 4:23.70						4:33.77		465		
	50m:	30.47	30.47	150m:	1:37.16	33.59	250m:	2:46.70	35.52	350m:	3:58.35	35.94
	100m:	1:03.57	33.10	200m:	2:11.18	34.02	300m:	3:22.41	35.71	400m:	4:33.77	35.42

19 jaar en ouder

1.	Kindt Levi				BRABO/11588/07	3:58.07	4:02.87	667				
	50m:	26.98	26.98	150m:	1:29.45	31.38	250m:	2:32.53	31.21	350m:	3:33.84	30.54
	100m:	58.07	31.09	200m:	2:01.32	31.87	300m:	3:03.30	30.77	400m:	4:02.87	29.03
2.	De Meyer Niels				BRABO/10982/02	4:06.10	4:11.89	598				
	50m:	28.04	28.04	150m:	1:31.85	32.15	250m:	2:36.41	32.41	350m:	3:40.75	32.01
	100m:	59.70	31.66	200m:	2:04.00	32.15	300m:	3:08.74	32.33	400m:	4:11.89	31.14
	Metzemakers Noa				BRABO/11483/06	NT	4:11.89	598				
	50m:	27.31	27.31	150m:	1:30.81	32.63	250m:	2:35.76	32.58	350m:	3:40.21	31.72
	100m:	58.18	30.87	200m:	2:03.18	32.37	300m:	3:08.49	32.73	400m:	4:11.89	31.68
4.	Huygens Arne				MOZKA/11026/03	4:25.93	4:24.16	518				
	50m:	30.79	30.79	150m:	1:36.54	32.99	250m:	2:43.10	33.50	350m:	3:50.62	33.87
	100m:	1:03.55	32.76	200m:	2:09.60	33.06	300m:	3:16.75	33.65	400m:	4:24.16	33.54
5.	Dries Klaas				ZGEEL/11071/07	4:33.44	4:26.06	507				
	50m:	28.76	28.76	150m:	1:34.66	33.35	250m:	2:43.17	34.27	350m:	3:53.46	35.06
	100m:	1:01.31	32.55	200m:	2:08.90	34.24	300m:	3:18.40	35.23	400m:	4:26.06	32.60