



ShaRK 400m 2026 Herentals, 10/10/2026

Programmanr. 2
10/10/2026 - 13:55

Heren, 400m wisselslag

11 jaar en ouder
Resultaten

Punten: AQUA 2026

Rang	Geb.								Tijd	Pnt
11 - 12 jaar										
1.	MERTENS Dieter		14	ShaRK				5:40.07		329
	50m:	38.46	38.46	150m:	2:06.83	43.34	250m:	3:38.13	48.36	350m: 5:03.93 37.01
	100m:	1:23.49	45.03	200m:	2:49.77	42.94	300m:	4:26.92	48.79	400m: 5:40.07 36.14

13 - 14 jaar

1.	JORISSEN Finn	13	LGN					5:21.68	388
	50m: 32.15	32.15	150m: 1:51.51	40.25	250m: 3:19.21	48.38	350m: 4:45.44	36.95	
	100m: 1:11.26	39.11	200m: 2:30.83	39.32	300m: 4:08.49	49.28	400m: 5:21.68	36.24	
2.	LEYSEN Jeroen	13	KST					5:36.25	340
	50m: 34.71	34.71	150m: 2:03.28	43.17	250m: 3:31.65	46.78	350m: 4:58.82	38.91	
	100m: 1:20.11	45.40	200m: 2:44.87	41.59	300m: 4:19.91	48.26	400m: 5:36.25	37.43	
3.	VAN GORP Tuur	12	ShaRK					5:43.71	318
	50m: 38.50	38.50	150m: 2:11.74	43.65	250m: 3:41.87	47.25	350m: 5:06.99	36.67	
	100m: 1:28.09	49.59	200m: 2:54.62	42.88	300m: 4:30.32	48.45	400m: 5:43.71	36.72	
4.	VAN HOVE Victor	13	MOZKA					5:49.51	303
	50m: 38.76	38.76	150m: 2:10.20	44.41	250m: 3:42.20	48.24	350m: 5:12.41	40.01	
	100m: 1:25.79	47.03	200m: 2:53.96	43.76	300m: 4:32.40	50.20	400m: 5:49.51	37.10	
5.	DE MESSEMAEKER Zydrich	13	MOZKA					5:52.74	294
	50m: 38.45	38.45	150m: 2:08.59	44.09	250m: 3:43.20	51.68	350m: 5:15.03	40.37	
	100m: 1:24.50	46.05	200m: 2:51.52	42.93	300m: 4:34.66	51.46	400m: 5:52.74	37.71	
6.	RENOUARD Mael	13	LGN					6:04.40	267
	50m: 38.63	38.63	150m: 2:10.47	46.08	250m: 3:49.42	54.22	350m: 5:24.53	40.99	
	100m: 1:24.39	45.76	200m: 2:55.20	44.73	300m: 4:43.54	54.12	400m: 6:04.40	39.87	

15 - 16 jaar

1.	VANGROOTLOON Jef	10	Hzs					4:56.20	498
	50m: 29.37	29.37	150m: 1:44.96	40.28	250m: 3:08.40	45.00	350m: 4:25.22	32.46	
	100m: 1:04.68	35.31	200m: 2:23.40	38.44	300m: 3:52.76	44.36	400m: 4:56.20	30.98	
2.	GYULNAZARYAN Max	11	WST					5:08.98	438
	50m: 30.75	30.75	150m: 1:48.91	41.23	250m: 3:14.07	46.62	350m: 4:35.75	35.02	
	100m: 1:07.68	36.93	200m: 2:27.45	38.54	300m: 4:00.73	46.66	400m: 5:08.98	33.23	
3.	STABEL Jasper	11	KST					5:15.66	411
	50m: 32.48	32.48	150m: 1:52.92	41.19	250m: 3:17.56	45.17	350m: 4:40.29	36.33	
	100m: 1:11.73	39.25	200m: 2:32.39	39.47	300m: 4:03.96	46.40	400m: 5:15.66	35.37	
4.	WILLEMS Ruben	10	AZV					5:31.71	354
	50m: 32.11	32.11	150m: 1:53.64	42.15	250m: 3:25.63	51.17	350m: 4:54.64	38.27	
	100m: 1:11.49	39.38	200m: 2:34.46	40.82	300m: 4:16.37	50.74	400m: 5:31.71	37.07	

17 jaar en ouder

1.	VAN WAELDEREN Thomas	05	WST					4:53.89	510
	50m: 28.97	28.97	150m: 1:42.70	39.09	250m: 3:04.52	42.93	350m: 4:21.83	33.17	
	100m: 1:03.61	34.64	200m: 2:21.59	38.89	300m: 3:48.66	44.14	400m: 4:53.89	32.06	
2.	DE CUYPER Lens	03	HZA					4:57.22	493
	50m: 30.32	30.32	150m: 1:45.87	38.09	250m: 3:05.68	42.72	350m: 4:23.40	34.30	
	100m: 1:07.78	37.46	200m: 2:22.96	37.09	300m: 3:49.10	43.42	400m: 4:57.22	33.82	





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Programmanr. 2, Heren, 400m wisselslag, 17 jaar en ouder

Rang				Geb.				Tijd				Pnt			
3. BERTELS Quillan				09 ShaRK				5:15.46				412			
50m:		32.42	32.42	150m:		1:51.61	40.49	250m:		3:18.96	47.84	350m:		4:42.00	34.58
100m:		1:11.12	38.70	200m:		2:31.12	39.51	300m:		4:07.42	48.46	400m:		5:15.46	33.46



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NOT NORMAL SWIMWEAR

SKATETOWN.BE
BIKE SPORTS FUN

ABITARE
MOOI WONEN

SPORT.
VLAANDEREN
#SPORTSBELEVENMEER
Beleef het, deel het!



Sneyers

NetePark
IN HARTJE KEMPEN

Herentals