



ShaRK 400m 2026
Herentals, 10/10/2026

Programmanr. 5
10/10/2026 - 16:15

Jongens, 400m vrije slag

11 - 12 jaar
Resultaten

Punter: AQUA 2026

Rang	Geb.								Tijd		Pnt	
1.	LEYSEN Benjamin			14	KST					4:48.79	397	
	50m:	31.47	31.47	150m:	1:44.01	36.66	250m:	2:58.38	37.38	350m:	4:13.60	37.40
	100m:	1:07.35	35.88	200m:	2:21.00	36.99	300m:	3:36.20	37.82	400m:	4:48.79	35.19
2.	DAUWE Lars			15	Rosc					4:51.34	386	
	50m:	33.95	33.95	150m:	1:47.84	36.91	250m:	3:01.99	36.81	350m:	4:15.82	36.98
	100m:	1:10.93	36.98	200m:	2:25.18	37.34	300m:	3:38.84	36.85	400m:	4:51.34	35.52
3.	STAELENS Tyler			14	Rosc					4:56.39	367	
	50m:	32.40	32.40	150m:	1:47.41	38.35	250m:	3:04.44	38.65	350m:	4:20.86	38.06
	100m:	1:09.06	36.66	200m:	2:25.79	38.38	300m:	3:42.80	38.36	400m:	4:56.39	35.53
4.	VAN HOVE Nand			14	MOZKA					4:56.60	366	
	50m:	34.98	34.98	150m:	1:51.81	38.62	250m:	3:07.55	37.13	350m:	4:22.14	36.60
	100m:	1:13.19	38.21	200m:	2:30.42	38.61	300m:	3:45.54	37.99	400m:	4:56.60	34.46
5.	LAFORCE Lander			15	Rosc					5:02.86	344	
	50m:	34.86	34.86	150m:	1:52.89	39.44	250m:	3:11.27	39.09	350m:	4:28.85	38.74
	100m:	1:13.45	38.59	200m:	2:32.18	39.29	300m:	3:50.11	38.84	400m:	5:02.86	34.01
6.	SCHROYEN Benjamin			14	LGN					5:03.30	342	
	50m:	32.80	32.80	150m:	1:47.84	37.85	250m:	3:05.33	38.76	350m:	4:24.53	39.61
	100m:	1:09.99	37.19	200m:	2:26.57	38.73	300m:	3:44.92	39.59	400m:	5:03.30	38.77
7.	WILLEMS Iwan			15	AZV					5:07.04	330	
	50m:	35.72	35.72	150m:	1:52.86	39.07	250m:	3:11.64	39.41	350m:	4:30.90	38.97
	100m:	1:13.79	38.07	200m:	2:32.23	39.37	300m:	3:51.93	40.29	400m:	5:07.04	36.14
8.	MISCORIA-BAGANELLA Gabriel			15	LGN					5:19.41	293	
	50m:	34.36	34.36	150m:	1:54.73	40.90	250m:	3:18.03	41.70	350m:	4:40.32	40.54
	100m:	1:13.83	39.47	200m:	2:36.33	41.60	300m:	3:59.78	41.75	400m:	5:19.41	39.09
9.	JOOSSEN Cis			14	Azk					5:19.67	292	
	50m:	36.53	36.53	150m:	1:58.05	41.18	250m:	3:21.25	41.81	350m:	4:42.86	39.94
	100m:	1:16.87	40.34	200m:	2:39.44	41.39	300m:	4:02.92	41.67	400m:	5:19.67	36.81
10.	FERKET Aidan			15	Rosc					5:21.68	287	
	50m:	36.77	36.77	150m:	1:58.90	41.11	250m:	3:21.29	41.07	350m:	4:43.11	41.37
	100m:	1:17.79	41.02	200m:	2:40.22	41.32	300m:	4:01.74	40.45	400m:	5:21.68	38.57
11.	MOLS Leon			14	MOZKA					5:26.67	274	
	50m:	34.95	34.95	150m:	1:56.11	41.32	250m:	3:20.63	42.54	350m:	4:45.49	42.72
	100m:	1:14.79	39.84	200m:	2:38.09	41.98	300m:	4:02.77	42.14	400m:	5:26.67	41.18
12.	CEULEMANS Ward			15	MOZKA					5:34.46	255	
	50m:	39.17	39.17	150m:	2:04.45	43.26	250m:	3:30.13	42.41	350m:	4:56.40	43.18
	100m:	1:21.19	42.02	200m:	2:47.72	43.27	300m:	4:13.22	43.09	400m:	5:34.46	38.06
13.	JANSSENS Alexander			14	ShaRK					5:38.26	247	
	50m:	38.01	38.01	150m:	2:05.25	44.75	250m:	3:32.17	44.21	350m:	4:59.16	42.84
	100m:	1:20.50	42.49	200m:	2:47.96	42.71	300m:	4:16.32	44.15	400m:	5:38.26	39.10
14.	ADAMS Mathis			14	KST					5:41.69	239	
	50m:	37.95	37.95	150m:	2:03.57	43.77	250m:	3:32.68	44.50	350m:	5:02.18	44.10
	100m:	1:19.80	41.85	200m:	2:48.18	44.61	300m:	4:18.08	45.40	400m:	5:41.69	39.51
15.	VAN WAELDEREN Karel			14	WST					5:42.23	238	
	50m:	37.70	37.70	150m:	2:05.22	44.51	250m:	3:35.21	44.38	350m:	5:00.85	42.77
	100m:	1:20.71	43.01	200m:	2:50.83	45.61	300m:	4:18.08	42.87	400m:	5:42.23	41.38
16.	VERSTRAETEN Djurre			15	AZV					6:00.23	204	
	50m:	41.43	41.43	150m:	2:14.14	47.10	250m:	3:47.75	46.58	350m:	5:18.36	44.34
	100m:	1:27.04	45.61	200m:	3:01.17	47.03	300m:	4:34.02	46.27	400m:	6:00.23	41.87



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Rang					Geb.					Tijd	Pnt	
17.	DOUWEN Mon				15	WST				6:01.97	201	
	50m:	39.81	39.81	150m:	2:10.73	46.62	250m:	3:45.96	47.54	350m:	5:20.44	46.49
	100m:	1:24.11	44.30	200m:	2:58.42	47.69	300m:	4:33.95	47.99	400m:	6:01.97	41.53
18.	DE PUYDT Arthur				15	ZVL				6:02.19	201	
	50m:	39.57	39.57	150m:	2:13.10	47.68	250m:	3:46.99	46.54	350m:	5:20.62	45.88
	100m:	1:25.42	45.85	200m:	3:00.45	47.35	300m:	4:34.74	47.75	400m:	6:02.19	41.57
19.	WILMS Bram				15	ShaRK				6:02.97	199	
	50m:	40.61	40.61	150m:	2:14.76	47.39	250m:	3:48.95	46.65	350m:	5:20.74	45.05
	100m:	1:27.37	46.76	200m:	3:02.30	47.54	300m:	4:35.69	46.74	400m:	6:02.97	42.23
20.	DE FLEURQUIN Lowie				14	WST				6:03.70	198	
	50m:	39.16	39.16	150m:	2:11.77	47.05	250m:	3:47.15	48.42	350m:	5:19.08	45.66
	100m:	1:24.72	45.56	200m:	2:58.73	46.96	300m:	4:33.42	46.27	400m:	6:03.70	44.62
21.	UZZI William				15	ShaRK				6:04.97	196	
	50m:	38.47	38.47	150m:	2:11.37	47.61	250m:	3:47.63	48.98	350m:	5:22.44	47.12
	100m:	1:23.76	45.29	200m:	2:58.65	47.28	300m:	4:35.32	47.69	400m:	6:04.97	42.53
22.	SAZONOV Victor				14	KST				6:24.51	168	
	50m:	42.05	42.05	150m:	2:19.62	49.96	250m:	4:00.03	50.14	350m:	5:38.59	48.04
	100m:	1:29.66	47.61	200m:	3:09.89	50.27	300m:	4:50.55	50.52	400m:	6:24.51	45.92
23.	SPADEA Samuele				15	LAQUA				6:26.40	165	
	50m:	39.47	39.47	150m:	2:16.76	50.65	250m:	3:58.36	50.59	350m:	5:38.95	49.71
	100m:	1:26.11	46.64	200m:	3:07.77	51.01	300m:	4:49.24	50.88	400m:	6:26.40	47.45
24.	KERREMANS Sem				15	LAQUA				6:38.09	151	
	50m:	41.64	41.64	150m:	2:20.41	51.23	250m:	4:05.97	52.88	350m:	5:51.16	51.88
	100m:	1:29.18	47.54	200m:	3:13.09	52.68	300m:	4:59.28	53.31	400m:	6:38.09	46.93
25.	VANDERHALLEN Jisse				15	KST				6:38.88	150	
	50m:	43.27	43.27	150m:	2:22.24	50.22	250m:	4:05.56	51.35	350m:	5:48.89	51.64
	100m:	1:32.02	48.75	200m:	3:14.21	51.97	300m:	4:57.25	51.69	400m:	6:38.88	49.99
26.	MICHIELS Tjen				14	KST				6:42.45	146	
	50m:	42.22	42.22	150m:	2:23.80	51.38	250m:	4:08.77	52.34	350m:	5:53.90	49.97
	100m:	1:32.42	50.20	200m:	3:16.43	52.63	300m:	5:03.93	55.16	400m:	6:42.45	48.55
27.	GOUDESEUNE Leon				15	RosC				6:47.72	141	
	50m:	45.24	45.24	150m:	2:27.42	51.37	250m:	4:11.68	52.20	350m:	5:57.95	52.45
	100m:	1:36.05	50.81	200m:	3:19.48	52.06	300m:	5:05.50	53.82	400m:	6:47.72	49.77
28.	VAN GORP Thijs				15	MOZKA				6:49.08	139	
	50m:	44.08	44.08	150m:	2:28.49	53.01	250m:	4:14.77	53.36	350m:	6:01.89	53.68
	100m:	1:35.48	51.40	200m:	3:21.41	52.92	300m:	5:08.21	53.44	400m:	6:49.08	47.19

dis GOUDESEUNE Emiel 15 Rosc

4.4 - Start initiëren voor het signaal