

ShaRK 400m 2026
Herentals, 10/10/2026

Programmanr. 7
10/10/2026 - 19:15

Heren, 400m vrije slag

13 jaar en ouder
Resultaten

Punten: AQUA 2026

Rang	Geb.										Tijd	Pnt
13 - 14 jaar												
1.	VERACHTEN Louis			13	MOZKA						4:23.61	521
	50m:	30.19	30.19	150m:	1:36.77	33.53	250m:	2:43.75	33.18	350m:	3:51.23	33.47
	100m:	1:03.24	33.05	200m:	2:10.57	33.80	300m:	3:17.76	34.01	400m:	4:23.61	32.38
2.	VANDEVIJVERE Lars			13	Rosc						4:38.73	441
	50m:	31.87	31.87	150m:	1:43.65	35.47	250m:	2:54.99	35.85	350m:	4:06.64	35.44
	100m:	1:08.18	36.31	200m:	2:19.14	35.49	300m:	3:31.20	36.21	400m:	4:38.73	32.09
3.	JORISSEN Finn			13	LGN						4:41.96	426
	50m:	31.14	31.14	150m:	1:42.20	35.71	250m:	2:54.47	36.30	350m:	4:06.99	36.46
	100m:	1:06.49	35.35	200m:	2:18.17	35.97	300m:	3:30.53	36.06	400m:	4:41.96	34.97
4.	VANDOOREN Lou			13	Rosc						4:45.68	410
	50m:	32.18	32.18	150m:	1:45.10	36.48	250m:	2:58.81	37.16	350m:	4:11.79	36.14
	100m:	1:08.62	36.44	200m:	2:21.65	36.55	300m:	3:35.65	36.84	400m:	4:45.68	33.89
5.	VAN GORP Tuur			12	ShaRK						4:45.83	409
	50m:	31.52	31.52	150m:	1:42.65	35.97	250m:	2:56.39	37.14	350m:	4:10.59	37.01
	100m:	1:06.68	35.16	200m:	2:19.25	36.60	300m:	3:33.58	37.19	400m:	4:45.83	35.24
6.	BETTENS Stan			12	Zola						4:50.16	391
	50m:	32.39	32.39	150m:	1:46.62	37.46	250m:	3:01.64	37.68	350m:	4:15.42	36.72
	100m:	1:09.16	36.77	200m:	2:23.96	37.34	300m:	3:38.70	37.06	400m:	4:50.16	34.74
7.	HOOYBERGHS Mil			12	MOZKA						4:55.10	372
	50m:	32.89	32.89	150m:	1:47.90	37.70	250m:	3:04.59	37.74	350m:	4:20.23	36.74
	100m:	1:10.20	37.31	200m:	2:26.85	38.95	300m:	3:43.49	38.90	400m:	4:55.10	34.87
8.	LEYSEN Jeroen			13	KST						5:03.11	343
	50m:	32.86	32.86	150m:	1:48.73	38.66	250m:	3:07.95	39.29	350m:	4:26.48	38.94
	100m:	1:10.07	37.21	200m:	2:28.66	39.93	300m:	3:47.54	39.59	400m:	5:03.11	36.63
9.	RENOUARD Mael			13	LGN						5:10.07	320
	50m:	35.03	35.03	150m:	1:52.79	39.20	250m:	3:12.38	39.53	350m:	4:31.80	39.42
	100m:	1:13.59	38.56	200m:	2:32.85	40.06	300m:	3:52.38	40.00	400m:	5:10.07	38.27
10.	BROUNS Pryam			12	ShaRK						5:12.20	314
	50m:	34.82	34.82	150m:	1:54.61	39.92	250m:	3:15.63	40.86	350m:	4:34.98	39.19
	100m:	1:14.69	39.87	200m:	2:34.77	40.16	300m:	3:55.79	40.16	400m:	5:12.20	37.22
11.	PIETERS Kobe			12	HZA						5:13.44	310
	50m:	33.76	33.76	150m:	1:52.21	40.09	250m:	3:13.30	40.97	350m:	4:34.28	40.23
	100m:	1:12.12	38.36	200m:	2:32.33	40.12	300m:	3:54.05	40.75	400m:	5:13.44	39.16
12.	VERDONCK Stijn			12	Zola						5:13.81	309
	50m:	36.35	36.35	150m:	1:56.20	40.18	250m:	3:17.04	40.53	350m:	4:38.04	40.41
	100m:	1:16.02	39.67	200m:	2:36.51	40.31	300m:	3:57.63	40.59	400m:	5:13.81	35.77
13.	CUYPERS Arthur			12	WST						5:14.42	307
	50m:	34.55	34.55	150m:	1:55.10	41.03	250m:	3:18.33	40.94	350m:	4:39.65	40.73
	100m:	1:14.07	39.52	200m:	2:37.39	42.29	300m:	3:58.92	40.59	400m:	5:14.42	34.77
14.	STABEL Jonathan			13	KST						5:15.83	303
	50m:	34.26	34.26	150m:	1:53.28	40.26	250m:	3:13.68	40.34	350m:	4:36.05	41.11
	100m:	1:13.02	38.76	200m:	2:33.34	40.06	300m:	3:54.94	41.26	400m:	5:15.83	39.78
15.	REYMEN Rhune			13	KST						5:15.88	303
	50m:	36.72	36.72	150m:	1:58.13	40.77	250m:	3:18.93	40.80	350m:	4:38.65	39.21
	100m:	1:17.36	40.64	200m:	2:38.13	40.00	300m:	3:59.44	40.51	400m:	5:15.88	37.23

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Herentals, 10/10/2026

Programmanr. 7, Jongens, 400m vrije slag, 13 - 14 jaar

Rang	Geb.										Tijd	Pnt
16.	BELLENS Pieter				13	ShaRK					5:18.42	296
	50m:	36.34	36.34	150m:	1:58.90	41.12	250m:	3:21.63	41.08	350m:	4:41.02	38.60
	100m:	1:17.78	41.44	200m:	2:40.55	41.65	300m:	4:02.42	40.79	400m:	5:18.42	37.40
17.	CLAESSENS Vic				13	Azk					5:20.17	291
	50m:	35.80	35.80	150m:	1:58.92	42.48	250m:	3:22.07	40.92	350m:	4:44.72	41.86
	100m:	1:16.44	40.64	200m:	2:41.15	42.23	300m:	4:02.86	40.79	400m:	5:20.17	35.45
18.	JACOBS Job				12	MOZKA					5:23.56	282
	50m:	36.00	36.00	150m:	1:56.47	40.42	250m:	3:19.35	41.31	350m:	4:42.94	42.50
	100m:	1:16.05	40.05	200m:	2:38.04	41.57	300m:	4:00.44	41.09	400m:	5:23.56	40.62
19.	SERNEELS Roan				13	ShaRK					5:29.22	267
	50m:	35.17	35.17	150m:	1:57.89	41.75	250m:	3:23.90	43.05	350m:	4:49.52	41.77
	100m:	1:16.14	40.97	200m:	2:40.85	42.96	300m:	4:07.75	43.85	400m:	5:29.22	39.70
20.	MEEKERS Carsten				13	MOZKA					5:30.92	263
	50m:	35.71	35.71	150m:	1:57.73	42.59	250m:	3:23.78	43.56	350m:	4:49.91	43.15
	100m:	1:15.14	39.43	200m:	2:40.22	42.49	300m:	4:06.76	42.98	400m:	5:30.92	41.01
21.	LECOMTE Florentin				13	MOZKA					5:32.57	259
	50m:	36.66	36.66	150m:	2:01.05	41.93	250m:	3:27.82	43.16	350m:	4:52.77	42.39
	100m:	1:19.12	42.46	200m:	2:44.66	43.61	300m:	4:10.38	42.56	400m:	5:32.57	39.80
22.	FONTANA Alessandro Maria Niccolò				13	Zola					5:39.99	243
	50m:	37.94	37.94	150m:	2:06.63	44.84	250m:	3:31.79	42.52	350m:	4:59.61	44.70
	100m:	1:21.79	43.85	200m:	2:49.27	42.64	300m:	4:14.91	43.12	400m:	5:39.99	40.38
23.	BATS Yvan				13	HZA					5:41.91	239
	50m:	37.01	37.01	150m:	2:03.58	45.14	250m:	3:33.75	45.18	350m:	5:00.69	43.05
	100m:	1:18.44	41.43	200m:	2:48.57	44.99	300m:	4:17.64	43.89	400m:	5:41.91	41.22
24.	MERTENS Gijs				12	WST					5:46.65	229
	50m:	37.59	37.59	150m:	2:03.61	43.59	250m:	3:33.38	45.29	350m:	5:03.85	45.57
	100m:	1:20.02	42.43	200m:	2:48.09	44.48	300m:	4:18.28	44.90	400m:	5:46.65	42.80
25.	BANCIU Adam				13	KST					5:47.88	227
	50m:	37.03	37.03	150m:	2:03.81	44.48	250m:	3:34.92	45.87	350m:	5:06.69	45.42
	100m:	1:19.33	42.30	200m:	2:49.05	45.24	300m:	4:21.27	46.35	400m:	5:47.88	41.19
26.	VAN STEENBERGEN Aron				13	ShaRK					6:06.01	195
	50m:	37.79	37.79	150m:	2:09.72	44.69	250m:	3:47.40	48.31	350m:	5:21.29	46.53
	100m:	1:25.03	47.24	200m:	2:59.09	49.37	300m:	4:34.76	47.36	400m:	6:06.01	44.72
27.	SPREUWERS Lei				12	Hzs					6:08.45	191
	50m:	39.39	39.39	150m:	2:12.75	47.47	250m:	3:47.53	47.88	350m:	5:22.90	47.24
	100m:	1:25.28	45.89	200m:	2:59.65	46.90	300m:	4:35.66	48.13	400m:	6:08.45	45.55
28.	VANGROOTLOON Berre				12	Hzs					6:14.89	181
	50m:	37.30	37.30	150m:	2:08.32	46.75	250m:	3:48.14	50.04	350m:	5:27.91	50.35
	100m:	1:21.57	44.27	200m:	2:58.10	49.78	300m:	4:37.56	49.42	400m:	6:14.89	46.98
29.	GILLIS Bas				13	ZVL					6:17.89	177
	50m:	40.16	40.16	150m:	2:17.16	50.14	250m:	3:56.86	49.76	350m:	5:33.14	47.54
	100m:	1:27.02	46.86	200m:	3:07.10	49.94	300m:	4:45.60	48.74	400m:	6:17.89	44.75
30.	WILMSEN Tim				13	Zola					6:27.28	164
	50m:	41.19	41.19	150m:	2:19.20	49.61	250m:	4:01.74	51.22	350m:	5:41.58	49.21
	100m:	1:29.59	48.40	200m:	3:10.52	51.32	300m:	4:52.37	50.63	400m:	6:27.28	45.70
31.	ROMANYUK Mykhaylo				13	MOZKA					6:49.24	139
	50m:	38.35	38.35	150m:	2:23.73	54.55	250m:	4:10.94	53.82	350m:	5:55.82	52.62
	100m:	1:29.18	50.83	200m:	3:17.12	53.39	300m:	5:03.20	52.26	400m:	6:49.24	53.42

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Programmanr. 7, Heren, 400m vrije slag

15 - 16 jaar

1.	VANGROOTLOON Jef	10	Hzs							4:05.10	649
	50m: 26.80 26.80	150m: 1:27.94	30.98	250m: 2:30.49	31.25	350m: 3:34.09	31.72				
	100m: 56.96 30.16	200m: 1:59.24	31.30	300m: 3:02.37	31.88	400m: 4:05.10	31.01				
2.	MIHAILESCU Stefan	10	MOZKA							4:27.21	501
	50m: 29.75 29.75	150m: 1:38.15	34.59	250m: 2:46.46	34.09	350m: 3:54.32	33.92				
	100m: 1:03.56 33.81	200m: 2:12.37	34.22	300m: 3:20.40	33.94	400m: 4:27.21	32.89				
3.	SLUYTS Tibe	11	WST							4:28.37	494
	50m: 30.29 30.29	150m: 1:39.26	34.79	250m: 2:48.11	34.03	350m: 3:57.47	34.68				
	100m: 1:04.47 34.18	200m: 2:14.08	34.82	300m: 3:22.79	34.68	400m: 4:28.37	30.90				
4.	GYULNAZARYAN Max	11	WST							4:30.92	480
	50m: 30.72 30.72	150m: 1:39.56	34.87	250m: 2:48.95	34.49	350m: 3:59.49	35.05				
	100m: 1:04.69 33.97	200m: 2:14.46	34.90	300m: 3:24.44	35.49	400m: 4:30.92	31.43				
5.	ZRIRAK Wael	10	MOZKA							4:31.96	475
	50m: 29.05 29.05	150m: 1:36.86	34.68	250m: 2:46.26	34.52	350m: 3:58.44	36.45				
	100m: 1:02.18 33.13	200m: 2:11.74	34.88	300m: 3:21.99	35.73	400m: 4:31.96	33.52				
6.	TSYBULNIAK Kyril	10	Zola							4:35.02	459
	50m: 29.80 29.80	150m: 1:38.82	35.15	250m: 2:49.69	35.44	350m: 4:00.87	35.69				
	100m: 1:03.67 33.87	200m: 2:14.25	35.43	300m: 3:25.18	35.49	400m: 4:35.02	34.15				
7.	HUYSMANS Seppe	10	MOZKA							4:35.12	459
	50m: 30.46 30.46	150m: 1:40.58	35.69	250m: 2:51.88	35.41	350m: 4:02.02	34.53				
	100m: 1:04.89 34.43	200m: 2:16.47	35.89	300m: 3:27.49	35.61	400m: 4:35.12	33.10				
8.	VANSIELEGHEM Jayden	10	Rosc							4:38.40	443
	50m: 29.89 29.89	150m: 1:39.54	35.61	250m: 2:51.57	36.18	350m: 4:03.64	35.83				
	100m: 1:03.93 34.04	200m: 2:15.39	35.85	300m: 3:27.81	36.24	400m: 4:38.40	34.76				
9.	STABEL Jasper	11	KST							4:39.66	437
	50m: 30.03 30.03	150m: 1:39.66	35.30	250m: 2:51.86	36.17	350m: 4:04.92	36.78				
	100m: 1:04.36 34.33	200m: 2:15.69	36.03	300m: 3:28.14	36.28	400m: 4:39.66	34.74				
10.	COGURCU Arda	11	Zola							4:45.80	409
	50m: 30.91 30.91	150m: 1:42.65	36.87	250m: 2:57.03	37.51	350m: 4:12.18	37.18				
	100m: 1:05.78 34.87	200m: 2:19.52	36.87	300m: 3:35.00	37.97	400m: 4:45.80	33.62				
11.	NAEGELS Reza	10	Zola							4:48.76	397
	50m: 30.86 30.86	150m: 1:41.44	36.07	250m: 2:55.87	37.42	350m: 4:11.47	37.93				
	100m: 1:05.37 34.51	200m: 2:18.45	37.01	300m: 3:33.54	37.67	400m: 4:48.76	37.29				
12.	BETTENS Lucas	10	Zola							4:50.15	391
	50m: 31.96 31.96	150m: 1:42.20	35.56	250m: 2:57.08	38.34	350m: 4:12.70	37.36				
	100m: 1:06.64 34.68	200m: 2:18.74	36.54	300m: 3:35.34	38.26	400m: 4:50.15	37.45				
13.	GEUDENS Thor	11	MOZKA							4:57.53	363
	50m: 32.98 32.98	150m: 1:47.85	37.86	250m: 3:04.66	38.66	350m: 4:20.78	37.74				
	100m: 1:09.99 37.01	200m: 2:26.00	38.15	300m: 3:43.04	38.38	400m: 4:57.53	36.75				
14.	GORIS Finn	11	HZA							4:59.31	356
	50m: 32.26 32.26	150m: 1:46.80	37.84	250m: 3:03.65	38.91	350m: 4:22.41	39.33				
	100m: 1:08.96 36.70	200m: 2:24.74	37.94	300m: 3:43.08	39.43	400m: 4:59.31	36.90				
15.	VAN MECHGELEN Arne	10	KST							5:01.36	349
	50m: 30.97 30.97	150m: 1:42.62	36.63	250m: 2:59.49	38.70	350m: 4:21.89	41.74				
	100m: 1:05.99 35.02	200m: 2:20.79	38.17	300m: 3:40.15	40.66	400m: 5:01.36	39.47				
16.	FEYEN Aeden	10	ShaRK							5:13.65	309
	50m: 33.86 33.86	150m: 1:51.48	39.84	250m: 3:13.43	41.58	350m: 4:35.47	40.55				
	100m: 1:11.64 37.78	200m: 2:31.85	40.37	300m: 3:54.92	41.49	400m: 5:13.65	38.18				

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Programmanr. 7, Jongens, 400m vrije slag, 15 - 16 jaar

Rang				Geb.					Tijd	Pnt
17.	VAN MECHEGELLEN Rube			10	KST				5:15.15	305
	50m:	34.50	34.50	150m:	1:53.10	39.77	250m:	3:13.28	40.04	350m: 4:36.04 41.71
	100m:	1:13.33	38.83	200m:	2:33.24	40.14	300m:	3:54.33	41.05	400m: 5:15.15 39.11
18.	UZZI Alexander			11	ShaRK				5:16.86	300
	50m:	33.80	33.80	150m:	1:51.72	40.12	250m:	3:14.84	41.74	350m: 4:38.83 41.97
	100m:	1:11.60	37.80	200m:	2:33.10	41.38	300m:	3:56.86	42.02	400m: 5:16.86 38.03
19.	KENIS Axl			11	KST				5:33.35	258
	50m:	33.59	33.59	150m:	1:53.55	41.37	250m:	3:21.75	44.75	350m: 4:52.00 45.57
	100m:	1:12.18	38.59	200m:	2:37.00	43.45	300m:	4:06.43	44.68	400m: 5:33.35 41.35
20.	GILLIS Matthijs			11	ZVL				5:35.96	252
	50m:	35.22	35.22	150m:	2:01.71	43.89	250m:	3:30.62	44.39	350m: 5:00.36 44.12
	100m:	1:17.82	42.60	200m:	2:46.23	44.52	300m:	4:16.24	45.62	400m: 5:35.96 35.60
21.	KAHKESHAN Kyan			11	Zola				5:53.54	216
	50m:	36.84	36.84	150m:	2:03.13	44.03	250m:	3:33.74	45.60	350m: 5:07.54 47.21
	100m:	1:19.10	42.26	200m:	2:48.14	45.01	300m:	4:20.33	46.59	400m: 5:53.54 46.00

17 jaar en ouder

1.	VANSIELEGHEM Killian			05	Rosco				4:08.42	623
	50m:	27.01	27.01	150m:	1:29.84	31.96	250m:	2:34.91	32.09	350m: 3:38.33 31.81
	100m:	57.88	30.87	200m:	2:02.82	32.98	300m:	3:06.52	31.61	400m: 4:08.42 30.09
2.	HOROVI Mykyta			07	Zola				4:22.77	527
	50m:	28.28	28.28	150m:	1:32.09	32.29	250m:	2:39.07	33.63	350m: 3:49.00 35.18
	100m:	59.80	31.52	200m:	2:05.44	33.35	300m:	3:13.82	34.75	400m: 4:22.77 33.77
3.	D'HEERE Rémi			09	Rosco				4:24.45	517
	50m:	28.11	28.11	150m:	1:35.25	34.26	250m:	2:44.09	34.47	350m: 3:52.96 34.33
	100m:	1:00.99	32.88	200m:	2:09.62	34.37	300m:	3:18.63	34.54	400m: 4:24.45 31.49
4.	JARNE Haesendonckx			08	WST				4:32.04	474
	50m:	30.19	30.19	150m:	1:38.39	34.39	250m:	2:48.26	34.97	350m: 3:58.85 35.36
	100m:	1:04.00	33.81	200m:	2:13.29	34.90	300m:	3:23.49	35.23	400m: 4:32.04 33.19
5.	SLUYTS Jenne			09	WST				4:32.60	472
	50m:	29.42	29.42	150m:	1:36.80	34.44	250m:	2:46.74	35.09	350m: 3:58.83 36.20
	100m:	1:02.36	32.94	200m:	2:11.65	34.85	300m:	3:22.63	35.89	400m: 4:32.60 33.77
6.	VAN LOON Wies			09	Azk				4:36.09	454
	50m:	30.05	30.05	150m:	1:39.56	35.26	250m:	2:50.99	35.84	350m: 4:01.49 35.10
	100m:	1:04.30	34.25	200m:	2:15.15	35.59	300m:	3:26.39	35.40	400m: 4:36.09 34.60
7.	BERTELS Quillan			09	ShaRK				4:37.34	448
	50m:	30.61	30.61	150m:	1:40.49	35.34	250m:	2:52.53	36.12	350m: 4:03.59 35.45
	100m:	1:05.15	34.54	200m:	2:16.41	35.92	300m:	3:28.14	35.61	400m: 4:37.34 33.75
8.	LAEREMANS Sebastiaan			09	ShaRK				4:38.50	442
	50m:	29.26	29.26	150m:	1:38.36	35.56	250m:	2:50.65	36.19	350m: 4:04.20 36.84
	100m:	1:02.80	33.54	200m:	2:14.46	36.10	300m:	3:27.36	36.71	400m: 4:38.50 34.30
9.	BROWN Quinten			09	HZA				4:40.37	433
	50m:	29.71	29.71	150m:	1:39.07	35.37	250m:	2:51.00	35.31	350m: 4:04.48 36.56
	100m:	1:03.70	33.99	200m:	2:15.69	36.62	300m:	3:27.92	36.92	400m: 4:40.37 35.89
10.	LADEWIG Seth			09	Zola				5:16.13	302
	50m:	34.25	34.25	150m:	1:53.23	40.17	250m:	3:15.44	41.87	350m: 4:36.75 39.57
	100m:	1:13.06	38.81	200m:	2:33.57	40.34	300m:	3:57.18	41.74	400m: 5:16.13 39.38