Epreuve 16 — Messieurs, 400m 4 nages — Générale
14-11-26 - 16:35 — Liste résultats

Points: AQUA 2026

Rang		AN		Temps	Pts
1.	DE VOS, Maarten	06	Vzg	**5:07.93**	443
	50m: 30.88 30.88 150m: 1:45.19 37.69 250m: 3:11.66 49.19 350m: 4:35.21 35.68				
	100m: 1:07.50 36.62 200m: 2:22.47 37.28 300m: 3:59.53 47.87 400m: 5:07.93 32.72				
2.	HEMELSOET, Lukas	05	Vzsa	**5:08.34**	441
	50m: 29.99 29.99 150m: 1:48.93 41.57 250m: 3:14.06 44.55 350m: 4:34.98 36.02				
	100m: 1:07.36 37.37 200m: 2:29.51 40.58 300m: 3:58.96 44.90 400m: 5:08.34 33.36				
3.	PAREDIS, Robbe	98	Vzsa	**5:45.02**	315
	50m: 37.36 37.36 150m: 2:04.60 43.60 250m: 3:37.70 47.95 350m: 5:06.62 40.20				
	100m: 1:21.00 43.64 200m: 2:49.75 45.15 300m: 4:26.42 48.72 400m: 5:45.02 38.40				
4.	AMEZ-DROZ, Loic	92	Cercles Nageurs Ucclois	**5:46.91**	310
	50m: 35.25 35.25 150m: 2:05.24 48.32 250m: 3:40.91 48.39 350m: 5:10.39 41.18				
	100m: 1:16.92 41.67 200m: 2:52.52 47.28 300m: 4:29.21 48.30 400m: 5:46.91 36.52				
5.	LAMAIRE, Lucas	13	Vzn	**5:51.04**	299
	50m: 34.67 34.67 150m: 2:04.75 46.61 250m: 3:41.27 50.50 350m: 5:12.03 39.74				
	100m: 1:18.14 43.47 200m: 2:50.77 46.02 300m: 4:32.29 51.02 400m: 5:51.04 39.01				
6.	VERBRUGGEN, Liam	11	Zvm	**5:52.43**	295
	50m: 37.57 37.57 150m: 2:10.08 44.80 250m: 3:43.12 50.82 350m: 5:15.02 40.36				
	100m: 1:25.28 47.71 200m: 2:52.30 42.22 300m: 4:34.66 51.54 400m: 5:52.43 37.41				
7.	ORGANAI CASCON, Matteo	08	Cnmr	**5:52.47**	295
	50m: 35.69 35.69 150m: 2:05.39 44.65 250m: 3:42.54 52.69 350m: 5:15.03 40.45				
	100m: 1:20.74 45.05 200m: 2:49.85 44.46 300m: 4:34.58 52.04 400m: 5:52.47 37.44				