Programmanr. 16 — Heren, 400m wisselslag — Générale
14-11-26 - 16:35 — Resultaten

Punten: AQUA 2026

Rang			Geb.			Tijd	Pnt
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