



FSC 2023  
Antwerpen, 21 - 22/1/2023

Programmanr. 1  
21/01/2023 - 9:00

Heren, 400m vrije slag

open leeftijdsgroep  
Resultaten Voorronde

Top Times "Belgium"	3:50.66	Hendrickx Lander	BEST	Antwerpen	24/01/2015
Top Times "Vlaamse Zwemfederatie"	3:50.66	Hendrickx Lander	BEST	Antwerpen	24/01/2015
Meeting record	3:45.77	Guy James	GBR	Antwerpen	24/01/2015

EYOF limieten 15 - 16: 4:01.84 / EJK limieten Finales 15 - 17: 3:58.83; 18: 3:56.47 / WK limieten Finale : 3:48.15 / EJK limieten Reeksen 15 - 17: 4:04.81; 18: 4:02.38 / WK limieten Reeksen : 3:53.85

Punten: FINA 2022

Rang	Geb.		Tijd		Pnt	100m	200m	300m	400m
1.	Henveaux Lucas	00	LGN	<b>3:52.96</b>	843 A	56.17	59.72	59.18	57.89
	50m: 26.98	26.98	150m: 1:26.01	29.84	250m: 2:25.59	29.70	350m: 3:24.57	29.50	
	100m: 56.17	29.19	200m: 1:55.89	29.88	300m: 2:55.07	29.48	400m: 3:52.96	28.39	
2.	Garach Benito Carlos	04	ESP SENIOR	<b>3:56.90</b>	801 A	56.27	1:00.82	1:00.86	58.95
	50m: 27.09	27.09	150m: 1:26.37	30.10	250m: 2:27.24	30.15	350m: 3:28.32	30.37	
	100m: 56.27	29.18	200m: 1:57.09	30.72	300m: 2:57.95	30.71	400m: 3:56.90	28.58	
3.	Peters Lucas	03	KNZB	<b>3:57.17</b>	798 A	56.90	1:00.05	1:01.19	59.03
	50m: 27.44	27.44	150m: 1:26.49	29.59	250m: 2:27.65	30.70	350m: 3:28.77	30.63	
	100m: 56.90	29.46	200m: 1:56.95	30.46	300m: 2:58.14	30.49	400m: 3:57.17	28.40	
4.	Puebla Martinez Alejandro	02	ESP SENIOR	<b>4:01.20</b>	759 A	57.58	1:01.49	1:01.29	1:00.84
	50m: 27.41	27.41	150m: 1:28.23	30.65	250m: 2:29.56	30.49	350m: 3:30.93	30.57	
	100m: 57.58	30.17	200m: 1:59.07	30.84	300m: 3:00.36	30.80	400m: 4:01.20	30.27	
5.	Arévalo Rubio Francisco	99	ESP SENIOR	<b>4:02.84</b>	744 A	58.19	1:01.89	1:02.22	1:00.54
	50m: 27.90	27.90	150m: 1:29.32	31.13	250m: 2:31.07	30.99	350m: 3:33.21	30.91	
	100m: 58.19	30.29	200m: 2:00.08	30.76	300m: 3:02.30	31.23	400m: 4:02.84	29.63	
6.	Hendrickx Lander	94	LAQUA	<b>4:02.94</b>	743 A	58.96	1:02.35	1:01.17	1:00.46
	50m: 28.08	28.08	150m: 1:30.14	31.18	250m: 2:31.95	30.64	350m: 3:32.92	30.44	
	100m: 58.96	30.88	200m: 2:01.31	31.17	300m: 3:02.48	30.53	400m: 4:02.94	30.02	
7.	Vanhuyt Logan	97	DM	<b>4:04.72</b>	727 A	58.02	1:02.77	1:02.79	1:01.14
	50m: 27.55	27.55	150m: 1:29.24	31.22	250m: 2:32.15	31.36	350m: 3:34.36	30.78	
	100m: 58.02	30.47	200m: 2:00.79	31.55	300m: 3:03.58	31.43	400m: 4:04.72	30.36	
8.	De Oña Ramírez Angel	02	ESP SENIOR	<b>4:06.15</b>	714 A	57.52	1:02.57	1:03.24	1:02.82
	50m: 27.62	27.62	150m: 1:28.78	31.26	250m: 2:31.78	31.69	350m: 3:35.17	31.84	
	100m: 57.52	29.90	200m: 2:00.09	31.31	300m: 3:03.33	31.55	400m: 4:06.15	30.98	
9.	Courbois Thomas	05	LGN	<b>4:06.28</b>	713 B	58.52	1:03.01	1:03.22	1:01.53
	50m: 28.03	28.03	150m: 1:30.25	31.73	250m: 2:33.27	31.74	350m: 3:36.02	31.27	
	100m: 58.52	30.49	200m: 2:01.53	31.28	300m: 3:04.75	31.48	400m: 4:06.28	30.26	
10.	Martens Noah	00	BRABO	<b>4:06.88</b>	708 B	57.94	1:03.19	1:03.54	1:02.21
	50m: 27.55	27.55	150m: 1:29.35	31.41	250m: 2:32.78	31.65	350m: 3:35.96	31.29	
	100m: 57.94	30.39	200m: 2:01.13	31.78	300m: 3:04.67	31.89	400m: 4:06.88	30.92	
11.	Dehautt Fernando	05	GOLD	<b>4:06.92</b>	707 B	58.36	1:02.44	1:03.46	1:02.66
	50m: 27.95	27.95	150m: 1:29.19	30.83	250m: 2:32.61	31.81	350m: 3:35.95	31.69	
	100m: 58.36	30.41	200m: 2:00.80	31.61	300m: 3:04.26	31.65	400m: 4:06.92	30.97	
12.	Lovens Florentin	06	LGN	<b>4:09.73</b>	684 B	59.33	1:03.61	1:04.24	1:02.55
	50m: 28.51	28.51	150m: 1:31.07	31.74	250m: 2:35.13	32.19	350m: 3:38.86	31.68	
	100m: 59.33	30.82	200m: 2:02.94	31.87	300m: 3:07.18	32.05	400m: 4:09.73	30.87	
13.	Claerhout Bas	08	ZTB	<b>4:10.82</b>	675 B	57.84	1:03.88	1:04.76	1:04.34
	50m: 27.23	27.23	150m: 1:29.61	31.77	250m: 2:33.88	32.16	350m: 3:39.00	32.52	
	100m: 57.84	30.61	200m: 2:01.72	32.11	300m: 3:06.48	32.60	400m: 4:10.82	31.82	
14.	Saive Antoine	04	LGN	<b>4:10.97</b>	674 B	1:00.52	1:03.19	1:04.66	1:02.60
	50m: 28.80	28.80	150m: 1:31.62	31.10	250m: 2:35.94	32.23	350m: 3:40.36	31.99	
	100m: 1:00.52	31.72	200m: 2:03.71	32.09	300m: 3:08.37	32.43	400m: 4:10.97	30.61	
15.	Jazdauskas Rokas	05	LTU	<b>4:11.13</b>	672 B	58.88	1:04.56	1:04.71	1:02.98
	50m: 27.32	27.32	150m: 1:31.09	32.21	250m: 2:35.74	32.30	350m: 3:40.09	31.94	
	100m: 58.88	31.56	200m: 2:03.44	32.35	300m: 3:08.15	32.41	400m: 4:11.13	31.04	

Timingonline: [www.toptime.be](http://www.toptime.be)

Uitslagen [www.zwemfed.be](http://www.zwemfed.be)

Splash Meet Manager, 11.75640

Registered to Vlaamse Zwemfederatie

21/01/2023 9:41 - pagina 1



MERCURE

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Programmanr. 1, Heren, 400m vrije slag, Voorronde, open leeftijdsgroep

Rang	Geb.		Tijd Pnt			100m	200m	300m	400m
16.	Gomes Tiago Fonseca	07 PSV	<b>4:11.48</b>	670	B	59.34	1:03.28	1:04.62	1:04.24
	50m: 28.29	28.29	150m: 1:30.41	31.07	250m: 2:34.61	31.99	350m: 3:40.27	33.03	
	100m: 59.34	31.05	200m: 2:02.62	32.21	300m: 3:07.24	32.63	400m: 4:11.48	31.21	
17.	Kindt Levi	07 TZT	<b>4:11.60</b>	669	R	59.37	1:04.08	1:04.72	1:03.43
	50m: 28.21	28.21	150m: 1:31.44	32.07	250m: 2:35.68	32.23	350m: 3:40.40	32.23	
	100m: 59.37	31.16	200m: 2:03.45	32.01	300m: 3:08.17	32.49	400m: 4:11.60	31.20	
18.	Heinze Diego Alfons	07 HSV	<b>4:13.93</b>	650	R	59.47	1:04.58	1:05.27	1:04.61
	50m: 28.59	28.59	150m: 1:31.58	32.11	250m: 2:36.44	32.39	350m: 3:41.93	32.61	
	100m: 59.47	30.88	200m: 2:04.05	32.47	300m: 3:09.32	32.88	400m: 4:13.93	32.00	
19.	Vanhecke Raphaël	06 WN	<b>4:14.70</b>	645	R	58.29	1:04.19	1:07.09	1:05.13
	50m: 27.99	27.99	150m: 1:30.07	31.78	250m: 2:35.96	33.48	350m: 3:43.62	34.05	
	100m: 58.29	30.30	200m: 2:02.48	32.41	300m: 3:09.57	33.61	400m: 4:14.70	31.08	
20.	Marti Theo	05 LGN	<b>4:15.48</b>	639	R	1:00.54	1:05.03	1:05.19	1:04.72
	50m: 28.71	28.71	150m: 1:33.14	32.60	250m: 2:38.06	32.49	350m: 3:43.64	32.88	
	100m: 1:00.54	31.83	200m: 2:05.57	32.43	300m: 3:10.76	32.70	400m: 4:15.48	31.84	
21.	Heise Romero Adrian	06 HSV	<b>4:17.53</b>	624		1:01.49	1:05.70	1:05.56	1:04.78
	50m: 29.69	29.69	150m: 1:34.34	32.85	250m: 2:39.94	32.75	350m: 3:45.63	32.88	
	100m: 1:01.49	31.80	200m: 2:07.19	32.85	300m: 3:12.75	32.81	400m: 4:17.53	31.90	
22.	Van Den Bossche G.	06 BZK	<b>4:19.84</b>	607		59.79	1:06.85	1:07.57	1:05.63
	50m: 28.07	28.07	150m: 1:32.82	33.03	250m: 2:40.23	33.59	350m: 3:48.25	34.04	
	100m: 59.79	31.72	200m: 2:06.64	33.82	300m: 3:14.21	33.98	400m: 4:19.84	31.59	
23.	Tuypens Emile	07 FIRST	<b>4:20.27</b>	604		1:01.09	1:06.18	1:06.81	1:06.19
	50m: 28.85	28.85	150m: 1:34.09	33.00	250m: 2:40.49	33.22	350m: 3:47.67	33.59	
	100m: 1:01.09	32.24	200m: 2:07.27	33.18	300m: 3:14.08	33.59	400m: 4:20.27	32.60	
24.	Janssen Joris	03 PSV	<b>4:20.62</b>	602		1:00.55	1:07.11	1:07.55	1:05.41
	50m: 28.58	28.58	150m: 1:33.74	33.19	250m: 2:41.63	33.97	350m: 3:48.85	33.64	
	100m: 1:00.55	31.97	200m: 2:07.66	33.92	300m: 3:15.21	33.58	400m: 4:20.62	31.77	
25.	Courtois Maxime	06 LGN	<b>4:20.90</b>	600		1:01.24	1:06.70	1:06.83	1:06.13
	50m: 29.14	29.14	150m: 1:34.41	33.17	250m: 2:41.26	33.32	350m: 3:48.23	33.46	
	100m: 1:01.24	32.10	200m: 2:07.94	33.53	300m: 3:14.77	33.51	400m: 4:20.90	32.67	
26.	Van Ermen Alexander	04 DDAT	<b>4:21.18</b>	598		59.57	1:06.48	1:07.96	1:07.17
	50m: 28.32	28.32	150m: 1:32.26	32.69	250m: 2:39.90	33.85	350m: 3:48.06	34.05	
	100m: 59.57	31.25	200m: 2:06.05	33.79	300m: 3:14.01	34.11	400m: 4:21.18	33.12	
27.	Claassen Ilario	07 AZV	<b>4:21.20</b>	598		59.69	1:06.06	1:07.86	1:07.59
	50m: 28.08	28.08	150m: 1:32.51	32.82	250m: 2:39.81	34.06	350m: 3:48.02	34.41	
	100m: 59.69	31.61	200m: 2:05.75	33.24	300m: 3:13.61	33.80	400m: 4:21.20	33.18	
28.	Goethals Matthis	06 STA	<b>4:21.63</b>	595		1:00.34	1:06.62	1:08.35	1:06.32
	50m: 28.72	28.72	150m: 1:33.51	33.17	250m: 2:41.13	34.17	350m: 3:48.61	33.30	
	100m: 1:00.34	31.62	200m: 2:06.96	33.45	300m: 3:15.31	34.18	400m: 4:21.63	33.02	
29.	Desmet Leendert	06 TZT	<b>4:21.73</b>	594		1:03.08	1:07.24	1:06.97	1:04.44
	50m: 29.93	29.93	150m: 1:36.70	33.62	250m: 2:43.63	33.31	350m: 3:50.44	33.15	
	100m: 1:03.08	33.15	200m: 2:10.32	33.62	300m: 3:17.29	33.66	400m: 4:21.73	31.29	
30.	Damen Thijn	03 PSV	<b>4:22.12</b>	591		1:02.00	1:06.13	1:06.86	1:07.13
	50m: 28.91	28.91	150m: 1:34.67	32.67	250m: 2:41.14	33.01	350m: 3:48.68	33.69	
	100m: 1:02.00	33.09	200m: 2:08.13	33.46	300m: 3:14.99	33.85	400m: 4:22.12	33.44	
31.	Franquinet Noah	06 LGN	<b>4:22.15</b>	591		1:02.76	1:07.20	1:06.72	1:05.47
	50m: 30.16	30.16	150m: 1:36.40	33.64	250m: 2:43.34	33.38	350m: 3:49.94	33.26	
	100m: 1:02.76	32.60	200m: 2:09.96	33.56	300m: 3:16.68	33.34	400m: 4:22.15	32.21	
32.	Petre Olivier	06 ENLN	<b>4:22.59</b>	588		59.89	1:06.32	1:08.67	1:07.71
	50m: 28.04	28.04	150m: 1:32.66	32.77	250m: 2:40.07	33.86	350m: 3:50.12	35.24	
	100m: 59.89	31.85	200m: 2:06.21	33.55	300m: 3:14.88	34.81	400m: 4:22.59	32.47	

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21/01/2023 9:41 - pagina 2



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Programmanr. 1, Heren, 400m vrije slag, Voorronde, open leeftijdsgroep

Rang	Geb.		Tijd Pnt			100m	200m	300m	400m	
33.	Lammens Seppe	07	UZKZ	<b>4:22.96</b> 586			1:01.03	1:06.19	1:08.22	1:07.52
	50m: 29.06	29.06	150m: 1:34.15	33.12	250m: 2:41.50	34.28	350m: 3:50.18	34.74		
	100m: 1:01.03	31.97	200m: 2:07.22	33.07	300m: 3:15.44	33.94	400m: 4:22.96	32.78		
34.	van Rooij Lucas	06	PSV	<b>4:23.13</b> 585			1:02.47	1:06.64	1:07.54	1:06.48
	50m: 30.12	30.12	150m: 1:35.69	33.22	250m: 2:42.74	33.63	350m: 3:50.11	33.46		
	100m: 1:02.47	32.35	200m: 2:09.11	33.42	300m: 3:16.65	33.91	400m: 4:23.13	33.02		
35.	Vonhausen Til	08	HSV	<b>4:25.58</b> 568			1:02.40	1:09.17	1:07.52	1:06.49
	50m: 29.63	29.63	150m: 1:36.41	34.01	250m: 2:44.86	33.29	350m: 3:52.53	33.44		
	100m: 1:02.40	32.77	200m: 2:11.57	35.16	300m: 3:19.09	34.23	400m: 4:25.58	33.05		
36.	Provoost Matice	08	ROSC	<b>4:25.64</b> 568			1:03.20	1:09.40	1:09.05	1:03.99
	50m: 29.87	29.87	150m: 1:37.52	34.32	250m: 2:46.89	34.29	350m: 3:53.68	32.03		
	100m: 1:03.20	33.33	200m: 2:12.60	35.08	300m: 3:21.65	34.76	400m: 4:25.64	31.96		
37.	Schmidt Jannes-Emilian	09	HSV	<b>4:26.09</b> 565			1:02.68	1:08.26	1:08.70	1:06.45
	50m: 29.32	29.32	150m: 1:36.84	34.16	250m: 2:45.37	34.43	350m: 3:54.08	34.44		
	100m: 1:02.68	33.36	200m: 2:10.94	34.10	300m: 3:19.64	34.27	400m: 4:26.09	32.01		
38.	Van Hecke Warre	07	MEGA	<b>4:26.35</b> 564			1:01.48	1:08.75	1:09.43	1:06.69
	50m: 29.10	29.10	150m: 1:36.21	34.73	250m: 2:44.51	34.28	350m: 3:54.32	34.66		
	100m: 1:01.48	32.38	200m: 2:10.23	34.02	300m: 3:19.66	35.15	400m: 4:26.35	32.03		
39.	Leysen Michel	07	KST	<b>4:26.92</b> 560			1:02.42	1:10.25	1:10.38	1:03.87
	50m: 29.25	29.25	150m: 1:37.44	35.02	250m: 2:48.04	35.37	350m: 3:55.31	32.26		
	100m: 1:02.42	33.17	200m: 2:12.67	35.23	300m: 3:23.05	35.01	400m: 4:26.92	31.61		
40.	Danhieux Tibe	06	ZORO	<b>4:27.04</b> 559			1:02.63	1:08.12	1:09.04	1:07.25
	50m: 30.04	30.04	150m: 1:36.98	34.35	250m: 2:45.34	34.59	350m: 3:54.88	35.09		
	100m: 1:02.63	32.59	200m: 2:10.75	33.77	300m: 3:19.79	34.45	400m: 4:27.04	32.16		
41.	Vissers Koen	04	PSV	<b>4:27.13</b> 559			1:01.42	1:07.72	1:09.71	1:08.28
	50m: 29.17	29.17	150m: 1:35.75	34.33	250m: 2:44.23	35.09	350m: 3:53.43	34.58		
	100m: 1:01.42	32.25	200m: 2:09.14	33.39	300m: 3:18.85	34.62	400m: 4:27.13	33.70		
42.	Delen Kobe	05	KAZS	<b>4:27.32</b> 557			1:04.05	1:08.25	1:08.10	1:06.92
	50m: 30.83	30.83	150m: 1:38.62	34.57	250m: 2:46.38	34.08	350m: 3:54.44	34.04		
	100m: 1:04.05	33.22	200m: 2:12.30	33.68	300m: 3:20.40	34.02	400m: 4:27.32	32.88		
43.	Declercq Lucas	06	IKZ	<b>4:32.07</b> 529			1:02.82	1:09.51	1:10.34	1:09.40
	50m: 29.93	29.93	150m: 1:37.39	34.57	250m: 2:47.45	35.12	350m: 3:58.08	35.41		
	100m: 1:02.82	32.89	200m: 2:12.33	34.94	300m: 3:22.67	35.22	400m: 4:32.07	33.99		
44.	Schram Thor	05	MEGA	<b>4:36.76</b> 502			1:03.24	1:10.05	1:12.08	1:11.39
	50m: 29.59	29.59	150m: 1:37.86	34.62	250m: 2:49.24	35.95	350m: 4:01.58	36.21		
	100m: 1:03.24	33.65	200m: 2:13.29	35.43	300m: 3:25.37	36.13	400m: 4:36.76	35.18		
45.	Ost Ryan	06	HOZT	<b>4:36.94</b> 501			1:04.83	1:09.71	1:11.16	1:11.24
	50m: 31.05	31.05	150m: 1:39.35	34.52	250m: 2:50.23	35.69	350m: 4:01.74	36.04		
	100m: 1:04.83	33.78	200m: 2:14.54	35.19	300m: 3:25.70	35.47	400m: 4:36.94	35.20		