

Event 21  
14.10.2023 - 17:47

Men, 400m Freestyle

20 years and older  
Results

Points: FINA 2023

Rank			YB			Time	Pts	
<b>20 - 24 years</b>								
1.	VOOGT Jaimy		00	Zob'66		<b>5:26.55</b>	306	
	50m:	33.51 33.51	150m:	1:54.91 42.36	250m:	3:20.46 43.01	350m:	4:47.66 43.83
	100m:	1:12.55 39.04	200m:	2:37.45 42.54	300m:	4:03.83 43.37	400m:	5:26.55 38.89
2.	VAN DEN BROEK Jasper		99	ZV De Watervogels		<b>5:34.04</b>	285	
	50m:	37.26 37.26	150m:	2:00.89 42.70	250m:	3:27.72 43.29	350m:	4:53.79 42.53
	100m:	1:18.19 40.93	200m:	2:44.43 43.54	300m:	4:11.26 43.54	400m:	5:34.04 40.25
<b>25 - 29 years</b>								
1.	BASSI Luca		94	Luxembourg Sharks Swimming Club		<b>5:11.87</b>	351	
	50m:	35.00 35.00	150m:	1:53.52 39.17	250m:	3:14.02 40.82	350m:	4:34.67 39.86
	100m:	1:14.35 39.35	200m:	2:33.20 39.68	300m:	3:54.81 40.79	400m:	5:11.87 37.20
2.	JUNK David		96	Wasserfreunde Schaumberg		<b>5:29.25</b>	298	
	50m:	36.89 36.89	150m:	2:00.73 42.39	250m:	3:25.79 42.67	350m:	4:49.89 42.02
	100m:	1:18.34 41.45	200m:	2:43.12 42.39	300m:	4:07.87 42.08	400m:	5:29.25 39.36
<b>30 - 34 years</b>								
1.	MATTHIJSEN Jeroen		91	AZC		<b>5:01.71</b>	388	
	50m:	31.07 31.07	150m:	1:44.40 37.65	250m:	3:03.46 39.90	350m:	4:23.35 39.18
	100m:	1:06.75 35.68	200m:	2:23.56 39.16	300m:	3:44.17 40.71	400m:	5:01.71 38.36
2.	FUCHS Florian		92	SSG Saar Max Ritter		<b>5:37.16</b>	278	
	50m:	36.54 36.54	150m:	2:00.17 42.89	250m:	3:27.78 44.00	350m:	4:56.01 43.93
	100m:	1:17.28 40.74	200m:	2:43.78 43.61	300m:	4:12.08 44.30	400m:	5:37.16 41.15
<b>35 - 39 years</b>								
1.	DE PAUW Stijn		84	Deerlijkse Zwemvereniging		<b>5:08.99</b>	361	
	50m:	34.53 34.53	150m:	1:50.36 38.74	250m:	3:10.60 40.07	350m:	4:30.97 40.28
	100m:	1:11.62 37.09	200m:	2:30.53 40.17	300m:	3:50.69 40.09	400m:	5:08.99 38.02
2.	GODWALDT Mark		87	PSV		<b>5:23.31</b>	315	
	50m:	34.52 34.52	150m:	1:56.45 42.18	250m:	3:20.89 42.80	350m:	4:43.84 42.00
	100m:	1:14.27 39.75	200m:	2:38.09 41.64	300m:	4:01.84 40.95	400m:	5:23.31 39.47
WDR	STOICA Octavian		84	Flykick Baia Mare				
<b>40 - 44 years</b>								
1.	BERNARDO Florent		80	SC Thionville		<b>5:39.09</b>	273	
	50m:	36.17 36.17	150m:	1:59.23 42.43	250m:	3:28.94 44.74	350m:	4:59.08 45.18
	100m:	1:16.80 40.63	200m:	2:44.20 44.97	300m:	4:13.90 44.96	400m:	5:39.09 40.01
2.	HEIJL Jan		79	Lokerse Zwemvereniging		<b>5:45.91</b>	257	
	50m:	39.41 39.41	150m:	2:06.73 44.03	250m:	3:36.71 45.20	350m:	5:06.80 44.96
	100m:	1:22.70 43.29	200m:	2:51.51 44.78	300m:	4:21.84 45.13	400m:	5:45.91 39.11
3.	BLANCO MENENDEZ Juan Pablo		79	Luxembourg Sharks Swimming Club		<b>6:31.00</b>	178	
	50m:	39.78 39.78	150m:	2:14.80 49.45	250m:	3:58.20 52.05	350m:	5:41.72 51.40
	100m:	1:25.35 45.57	200m:	3:06.15 51.35	300m:	4:50.32 52.12	400m:	6:31.00 49.28
WDR	TOMOS Florin		83	CSM Cluj Napoca sport4you				
<b>45 - 49 years</b>								
1.	VAN WALT VAN PRAAG Marcel		75	Gay Swim Amsterdam		<b>6:06.77</b>	216	
	100m:	1:26.45 1:26.45	200m:	3:01.11 47.71	300m:	4:36.12 47.81	400m:	6:06.77 43.36
	150m:	2:13.40 46.95	250m:	3:48.31 47.20	350m:	5:23.41 47.29		

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50 - 54 years

1. WERKHAUSEN Axel	70	SSF Bonn	<b>4:46.93</b>	451
50m: 32.62 32.62	150m: 1:44.26 36.56	250m: 2:58.60 37.04	350m: 4:12.21 36.45	
100m: 1:07.70 35.08	200m: 2:21.56 37.30	300m: 3:35.76 37.16	400m: 4:46.93 34.72	
2. DE GELDER Ingmar	70	Zob'66	<b>5:15.82</b>	338
100m: 1:11.12 1:11.12	200m: 2:32.30 41.12	300m: 3:55.40 41.30		
150m: 1:51.18 40.06	250m: 3:14.10 41.80	400m: 5:15.82 1:20.42		
3. NAHON Bruno	70	Cercle De Natation Sportcity Woluwe	<b>5:20.18</b>	324
50m: 35.51 35.51	150m: 1:55.23 40.53	250m: 3:17.41 41.47	350m: 4:40.59 41.81	
100m: 1:14.70 39.19	200m: 2:35.94 40.71	300m: 3:58.78 41.37	400m: 5:20.18 39.59	
4. CONTENT Stephane	71	Cercle De Natation Sportcity Woluwe	<b>5:31.67</b>	292
50m: 39.06 39.06	150m: 2:03.07 42.44	250m: 3:27.76 42.52	350m: 4:51.73 41.83	
100m: 1:20.63 41.57	200m: 2:45.24 42.17	300m: 4:09.90 42.14	400m: 5:31.67 39.94	
5. KASS Laurent	73	Swimming Club ERA	<b>6:03.41</b>	222
50m: 39.95 39.95	150m: 2:08.43 45.21	250m: 3:42.32 47.21	400m: 6:03.41 1:33.26	
100m: 1:23.22 43.27	200m: 2:55.11 46.68	300m: 4:30.15 47.83		
6. TE PASKE Jeroen	69	PSV	<b>6:04.33</b>	220
50m: 41.34 41.34	150m: 2:15.49 47.40	250m: 3:48.39 46.24	350m: 5:20.65 45.59	
100m: 1:28.09 46.75	200m: 3:02.15 46.66	300m: 4:35.06 46.67	400m: 6:04.33 43.68	

55 - 59 years

1. NAGL Norbert	68	SC Hakoah Wien	<b>5:15.42</b>	339
50m: 36.59 36.59	150m: 1:55.54 39.76	250m: 3:15.49 39.79	350m: 4:35.74 40.14	
100m: 1:15.78 39.19	200m: 2:35.70 40.16	300m: 3:55.60 40.11	400m: 5:15.42 39.68	
2. CLOEZ Frederic	68	Stade Nautique Lensois	<b>5:28.08</b>	301
50m: 36.60 36.60	150m: 1:58.80 42.05	250m: 3:24.08 42.90	350m: 4:49.32 42.62	
100m: 1:16.75 40.15	200m: 2:41.18 42.38	300m: 4:06.70 42.62	400m: 5:28.08 38.76	
3. PRIORETTI Jean-Michel	65	SC Thionville	<b>5:33.38</b>	287
50m: 35.31 35.31	150m: 1:58.54 42.65	250m: 3:25.17 44.05	350m: 4:52.68 43.49	
100m: 1:15.89 40.58	200m: 2:41.12 42.58	300m: 4:09.19 44.02	400m: 5:33.38 40.70	
4. MUTTILAINEN Riku	65	Cetus	<b>6:01.10</b>	226
50m: 41.81 41.81	150m: 2:11.95 45.34	250m: 3:44.67 46.69	350m: 5:17.10 45.98	
100m: 1:26.61 44.80	200m: 2:57.98 46.03	300m: 4:31.12 46.45	400m: 6:01.10 44.00	

DNS MATLA Harold 68 PSV

60 - 64 years

1. REMMITS Johan	62	ZPC Amersfoort	<b>5:04.35</b>	378
50m: 33.54 33.54	150m: 1:49.63 38.63	250m: 3:08.15 39.23	350m: 4:26.88 39.16	
100m: 1:11.00 37.46	200m: 2:28.92 39.29	300m: 3:47.72 39.57	400m: 5:04.35 37.47	
2. SONDERMANN Axel	63	Lone Star Masters	<b>5:27.01</b>	304
50m: 36.00 36.00	150m: 1:58.22 41.74	250m: 3:22.73 42.22	350m: 4:46.89 41.80	
100m: 1:16.48 40.48	200m: 2:40.51 42.29	300m: 4:05.09 42.36	400m: 5:27.01 40.12	
3. ANDRONICO Salvo	62	Luxembourg Sharks Swimming Club	<b>5:34.95</b>	283
50m: 39.08 39.08	150m: 2:03.18 42.40	250m: 3:29.01 42.96	350m: 4:54.32 42.62	
100m: 1:20.78 41.70	200m: 2:46.05 42.87	300m: 4:11.70 42.69	400m: 5:34.95 40.63	
4. KAS Mark	61	TriVia	<b>6:27.91</b>	182
50m: 42.04 42.04	150m: 2:17.38 48.13	250m: 3:56.12 49.37	350m: 5:37.47 50.70	
100m: 1:29.25 47.21	200m: 3:06.75 49.37	300m: 4:46.77 50.65	400m: 6:27.91 50.44	
5. WEYH Harald	62	ASV Duisburg	<b>7:41.09</b>	108
50m: 49.42 49.42	150m: 2:41.41 57.66	250m: 4:38.97 58.80	350m: 6:38.80 1:01.01	
100m: 1:43.75 54.33	200m: 3:40.17 58.76	300m: 5:37.79 58.82	400m: 7:41.09 1:02.29	

DNS KUCK Hans-Joerg 61 SSF Bonn

Event 21, Men, 400m Freestyle

65 - 69 years

1.	SLOMP Henk	55	Z&PC de Inktvis	<b>5:50.25</b>	248
	50m: 38.83 38.83	150m: 2:07.53 44.49	250m: 3:37.91 44.87	350m: 5:09.49 46.02	
	100m: 1:23.04 44.21	200m: 2:53.04 45.51	300m: 4:23.47 45.56	400m: 5:50.25 40.76	
2.	ROSSA Wolfgang	58	TPSK 1925 e.V.	<b>6:13.01</b>	205
	50m: 42.86 42.86	150m: 2:16.88 47.45	250m: 3:53.07 48.11	350m: 5:27.57 46.88	
	100m: 1:29.43 46.57	200m: 3:04.96 48.08	300m: 4:40.69 47.62	400m: 6:13.01 45.44	
3.	DE LANGE Wim	58	AZC	<b>6:15.45</b>	201
	50m: 39.70 39.70	150m: 2:11.16 47.07	250m: 3:47.19 47.94	400m: 6:15.45 1:38.62	
	100m: 1:24.09 44.39	200m: 2:59.25 48.09	300m: 4:36.83 49.64		
4.	SCHURMANS Thierry	58	Cercle De Natation Sportcity Woluwe	<b>6:59.33</b>	144
	50m: 44.03 44.03	150m: 2:31.55 55.38	250m: 4:21.00 54.94	350m: 6:09.63 53.79	
	100m: 1:36.17 52.14	200m: 3:26.06 54.51	300m: 5:15.84 54.84	400m: 6:59.33 49.70	
5.	LAGARDE Christian	56	Masters Natation Langon Sud Gironde	<b>7:52.07</b>	101
	50m: 47.71 47.71	150m: 2:42.39 58.13	250m: 4:45.52 1:02.63	350m: 6:52.05 1:03.88	
	100m: 1:44.26 56.55	200m: 3:42.89 1:00.50	300m: 5:48.17 1:02.65	400m: 7:52.07 1:00.02	
DNF	PANTEKOEK Andre	58	PSV		
	<i>G3 - Did not finish the distance (SW 10.2) (Time: 18:05)</i>				
WDR	RUSCH Benedikt	54	SC Flipper Gossau		

70 - 74 years

1.	JELEM Helmut	52	The Mermaids - SchwimmerInnenverein	<b>7:57.54</b>	97
	50m: 47.40 47.40	150m: 2:49.57 1:02.18	250m: 4:55.36 1:03.26	350m: 7:00.48 1:02.41	
	100m: 1:47.39 59.99	200m: 3:52.10 1:02.53	300m: 5:58.07 1:02.71	400m: 7:57.54 57.06	

75 - 79 years

1.	MITLEWSKI Guenter	46	SV Blau-Weiss Bochum	<b>7:04.56</b>	139
	50m: 45.75 45.75	150m: 2:32.08 54.27	250m: 4:21.37 54.34	350m: 6:11.84 55.01	
	100m: 1:37.81 52.06	200m: 3:27.03 54.95	300m: 5:16.83 55.46	400m: 7:04.56 52.72	
2.	KIRCH Daniel	46	Fecamp Aquatique Club	<b>8:26.37</b>	82
	50m: 54.42 54.42	150m: 3:01.42 1:04.34	250m: 5:13.12 1:06.81	350m: 7:26.97 1:06.80	
	100m: 1:57.08 1:02.66	200m: 4:06.31 1:04.89	300m: 6:20.17 1:07.05	400m: 8:26.37 59.40	

80 - 84 years

1.	KALTENECKER Geza	42	AZC	<b>8:25.83</b>	82
	50m: 52.64 52.64	150m: 3:02.96 1:07.42	250m: 5:14.56 1:06.96	350m: 7:27.14 1:06.36	
	100m: 1:55.54 1:02.90	200m: 4:07.60 1:04.64	300m: 6:20.78 1:06.22	400m: 8:25.83 58.69	

85 - 89 years

1.	GEERS Nic	38	PSV	<b>9:04.76</b>	65
	<i>Meet Record</i>				
	50m: 1:00.66 1:00.66	150m: 3:21.33 1:12.96	250m: 5:46.06 1:12.20	350m: 8:05.93 1:09.20	
	100m: 2:08.37 1:07.71	200m: 4:33.86 1:12.53	300m: 6:56.73 1:10.67	400m: 9:04.76 58.83	