

4 Regio cup 17-03-2024 Sint Truiden  
Sint-Truiden, 17/3/2024

Programmanr. 11  
17/03/2024 - 16:39

Heren, 400m vrije slag

11 jaar en ouder  
Resultaten

Punten: FINA 2023

Rang					Inschr.	Tijd	Pnt		
<b>11 jaar</b>									
1.	Bruninx Leon		HZS/11304/13		NT	<b>6:33.88</b>	156		
	50m:	41.70	41.70	150m:	2:21.88	51.85	350m:	5:49.19	51.45
	100m:	1:30.02	48.32	200m:	3:13.52	51.64	400m:	6:33.88	44.69
2.	Fransen Luciano		PZC/11128/13		NT	<b>6:57.23</b>	131		
	50m:	45.29	45.29	150m:	2:27.05	51.72	350m:	6:01.89	51.36
	100m:	1:35.33	50.04	200m:	3:23.64	56.59	400m:	6:57.23	55.34
<b>12 jaar</b>									
1.	Geutjens Maxime		DMB/11148/12		5:31.78	<b>5:19.77</b>	292		
	50m:	36.79	36.79	150m:	1:56.22	40.20	350m:	4:40.44	40.36
	100m:	1:16.02	39.23	200m:	2:37.19	40.97	400m:	5:19.77	39.33
2.	Jamar Kamiel		STZC/11016/12		6:16.00	<b>5:54.01</b>	215		
	50m:	38.17	38.17	150m:	2:07.72	45.77	350m:	5:10.87	46.24
	100m:	1:21.95	43.78	200m:	2:52.98	45.26	400m:	5:54.01	43.14
3.	Vertessen Wout		DBT/11161/12		5:59.23	<b>6:03.97</b>	198		
	50m:	41.37	41.37	150m:	2:15.01	46.79	350m:	5:21.66	45.93
	100m:	1:28.22	46.85	200m:	3:02.52	47.51	400m:	6:03.97	42.31
4.	Guilliams Remko		STZC/11037/12		NT	<b>6:52.83</b>	135		
	50m:	44.96	44.96	150m:	2:30.31	53.74	350m:	6:04.76	50.26
	100m:	1:36.57	51.61	200m:	3:24.27	53.96	400m:	6:52.83	48.07
5.	Versluys Jules		STZC/11041/12		NT	<b>6:56.80</b>	132		
	50m:	46.30	46.30	150m:	2:33.57	54.36	350m:	6:09.52	54.21
	100m:	1:39.21	52.91	200m:	3:27.04	53.47	400m:	6:56.80	47.28
<b>13 jaar</b>									
1.	Vranken Barend		DMB/11136/11		4:53.75	<b>4:47.20</b>	403		
	50m:	31.99	31.99	150m:	1:43.90	36.57	350m:	4:11.13	37.11
	100m:	1:07.33	35.34	200m:	2:20.33	36.43	400m:	4:47.20	36.07
2.	Tielen Sander		DMB/11119/11		5:08.25	<b>4:49.24</b>	395		
	50m:	32.37	32.37	150m:	1:46.07	37.22	350m:	4:14.72	36.52
	100m:	1:08.85	36.48	200m:	2:23.26	37.19	400m:	4:49.24	34.52
3.	Evens Vince		DMB/11122/11		5:07.58	<b>5:00.26</b>	353		
	50m:	33.50	33.50	150m:	1:48.85	37.91	350m:	4:23.84	39.09
	100m:	1:10.94	37.44	200m:	2:27.39	38.54	400m:	5:00.26	36.42
4.	Janssen Tibo		DMB/11200/11		5:44.02	<b>5:39.96</b>	243		
	50m:	37.98	37.98	150m:	2:06.54	45.22	350m:	5:01.18	42.15
	100m:	1:21.32	43.34	200m:	2:50.97	44.43	400m:	5:39.96	38.78
5.	Mannaerts Mathias		LWB/11069/11		6:09.26	<b>5:51.15</b>	220		
	50m:	38.91	38.91	150m:	2:08.79	45.60	350m:	5:11.14	44.50
	100m:	1:23.19	44.28	200m:	2:54.38	45.59	400m:	5:51.15	40.01
6.	Ballet Emile		DBT/11200/11		NT	<b>5:54.60</b>	214		
	50m:	40.56	40.56	150m:	2:12.20	45.92	350m:	5:13.18	45.66
	100m:	1:26.28	45.72	200m:	2:57.23	45.03	400m:	5:54.60	41.42

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Programmanr. 11, Jongens, 400m vrije slag, 13 jaar

Rang				Inschr.	Tijd	Pnt						
7.	Wery Milan			STZC/11042/11	NT	<b>6:15.79</b>	180					
	50m:	39.00	39.00	150m:	2:13.53	48.78	250m:	3:52.22	49.95	350m:	5:29.83	47.90
	100m:	1:24.75	45.75	200m:	3:02.27	48.74	300m:	4:41.93	49.71	400m:	6:15.79	45.96

14 jaar

1.	Evens Mats			DMB/11106/10	4:37.85	<b>4:31.19</b>	479					
	50m:	30.12	30.12	150m:	1:38.54	34.54	250m:	2:48.99	35.34	350m:	3:58.97	35.10
	100m:	1:04.00	33.88	200m:	2:13.65	35.11	300m:	3:23.87	34.88	400m:	4:31.19	32.22
2.	Vos Sem			GZVN/11257/10	4:49.90	<b>4:38.87</b>	440					
	50m:	31.84	31.84	150m:	1:43.16	35.96	250m:	2:53.95	35.31	350m:	4:04.16	35.25
	100m:	1:07.20	35.36	200m:	2:18.64	35.48	300m:	3:28.91	34.96	400m:	4:38.87	34.71
3.	Metten Vince			DMB/11103/10	5:01.63	<b>4:42.68</b>	423					
	50m:	31.57	31.57	150m:	1:43.67	36.40	250m:	2:56.73	36.76	350m:	4:08.79	36.04
	100m:	1:07.27	35.70	200m:	2:19.97	36.30	300m:	3:32.75	36.02	400m:	4:42.68	33.89
4.	Leysen Warre			PZC/11082/10	4:53.13	<b>4:49.53</b>	393					
	50m:	32.68	32.68	150m:	1:45.70	37.12	250m:	3:00.88	37.55	350m:	4:14.72	36.27
	100m:	1:08.58	35.90	200m:	2:23.33	37.63	300m:	3:38.45	37.57	400m:	4:49.53	34.81
5.	Daemen Juul			DMB/11105/10	5:00.21	<b>4:56.47</b>	366					
	50m:	32.35	32.35	150m:	1:47.65	38.42	250m:	3:03.73	37.34	350m:	4:20.05	37.89
	100m:	1:09.23	36.88	200m:	2:26.39	38.74	300m:	3:42.16	38.43	400m:	4:56.47	36.42
6.	Verelst Benjamin			GZVN/11319/10	5:58.55	<b>5:35.45</b>	253					
	50m:	38.01	38.01	150m:	2:00.87	42.52	250m:	3:26.72	43.63	350m:	4:53.97	43.74
	100m:	1:18.35	40.34	200m:	2:43.09	42.22	300m:	4:10.23	43.51	400m:	5:35.45	41.48
7.	Schoofs Tuur			ZCM/11040/10	NT	<b>5:51.66</b>	219					
	50m:	37.77	37.77	150m:	2:03.98	44.02	250m:	3:34.47	45.14	350m:	5:08.66	47.57
	100m:	1:19.96	42.19	200m:	2:49.33	45.35	300m:	4:21.09	46.62	400m:	5:51.66	43.00
8.	Ruymen Siebe			STZC/11040/10	NT	<b>6:04.90</b>	196					
	50m:	41.20	41.20	150m:	2:15.07	47.00	250m:	3:51.15	49.05	350m:	5:23.64	45.52
	100m:	1:28.07	46.87	200m:	3:02.10	47.03	300m:	4:38.12	46.97	400m:	6:04.90	41.26

15 - 16 jaar

1.	Driesen Siebe			DMB/11065/08	4:35.79	<b>4:31.74</b>	476					
	50m:	30.04	30.04	150m:	1:38.28	34.67	250m:	2:48.40	35.16	350m:	3:58.67	35.07
	100m:	1:03.61	33.57	200m:	2:13.24	34.96	300m:	3:23.60	35.20	400m:	4:31.74	33.07
2.	Daemen Tuur			DMB/11064/08	4:45.60	<b>4:35.11</b>	459					
	50m:	30.50	30.50	150m:	1:41.60	35.91	250m:	2:53.62	35.57	350m:	4:04.46	35.67
	100m:	1:05.69	35.19	200m:	2:18.05	36.45	300m:	3:28.79	35.17	400m:	4:35.11	30.65
3.	Vanoppen Mathias			HZS/11151/09	4:46.29	<b>4:43.80</b>	418					
	50m:	30.82	30.82	150m:	1:41.87	36.18	250m:	2:55.31	36.71	350m:	4:08.41	35.83
	100m:	1:05.69	34.87	200m:	2:18.60	36.73	300m:	3:32.58	37.27	400m:	4:43.80	35.39
dis	Beusen Yordan			di:GZVN/11387/08	NT							
	<i>SW 4.4 - valse start</i>											

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17 jaar en ouder

1.	Vranken Bartel			DMB/11135/07	4:13.53	<b>4:08.54</b>	622					
	50m:	27.07	27.07	150m:	1:29.99	32.09	250m:	2:34.33	31.91	350m:	3:38.20	31.99
	100m:	57.90	30.83	200m:	2:02.42	32.43	300m:	3:06.21	31.88	400m:	4:08.54	30.34
2.	Van den Hoorn Jelle			DMB/10445/04	4:10.10	<b>4:15.09</b>	576					
	50m:	27.84	27.84	150m:	1:29.89	32.10	250m:	2:34.87	32.50	350m:	3:41.72	33.86
	100m:	57.79	29.95	200m:	2:02.37	32.48	300m:	3:07.86	32.99	400m:	4:15.09	33.37
3.	Vestraeten Mats			DMB/11031/06	4:20.32	<b>4:20.86</b>	538					
	50m:	28.26	28.26	150m:	1:32.95	33.02	250m:	2:40.95	33.82	350m:	3:48.40	32.92
	100m:	59.93	31.67	200m:	2:07.13	34.18	300m:	3:15.48	34.53	400m:	4:20.86	32.46
4.	Verbeek Bram			LWB/10168/99	4:32.77	<b>4:23.19</b>	524					
	50m:	28.27	28.27	150m:	1:31.40	32.51	250m:	2:39.90	34.86	350m:	3:49.46	34.91
	100m:	58.89	30.62	200m:	2:05.04	33.64	300m:	3:14.55	34.65	400m:	4:23.19	33.73
5.	Oris Tim			DMB/10326/98	4:27.76	<b>4:25.48</b>	511					
	50m:	29.29	29.29	150m:	1:34.91	33.32	250m:	2:42.08	33.96	350m:	3:51.44	34.84
	100m:	1:01.59	32.30	200m:	2:08.12	33.21	300m:	3:16.60	34.52	400m:	4:25.48	34.04
6.	Pouls Roderik			GZVN/11167/07	4:36.02	<b>4:29.79</b>	486					
	50m:	30.27	30.27	150m:	1:37.62	34.10	250m:	2:47.03	34.82	350m:	3:56.32	34.56
	100m:	1:03.52	33.25	200m:	2:12.21	34.59	300m:	3:21.76	34.73	400m:	4:29.79	33.47