

AST Midzomertest 2024
Aalst, 22/6/2024

Programmanr. 12
22/06/2024 - 16:38

Heren, 400m vrije slag

open leeftijdsgroep
Resultaten

Punten: FINA 2023

Rang	Geb.	Tijd	Pnt	100m	200m	300m	400m
1. Eugene Felix	07	ZORO Zwemteam	4:51.93 428	1:10.28	1:15.55	1:14.39	1:11.71
50m: 32.72	32.72	150m: 1:48.13	37.85	37.31	350m: 4:18.02	37.80	
100m: 1:10.28	37.56	200m: 2:25.83	37.70	37.08	400m: 4:51.93	33.91	
2. Caudron Xibe	08	Koninklijke Zwemclub Nept	4:54.06 419	1:09.77	1:15.82	1:16.36	1:12.11
50m: 32.85	32.85	150m: 1:47.25	37.48	37.63	350m: 4:18.46	36.51	
100m: 1:09.77	36.92	200m: 2:25.59	38.34	38.73	400m: 4:54.06	35.60	
3. Hallet Brent	11	Swimming Team Zennevall	4:54.46 417	1:09.90	1:15.67	1:16.77	1:12.12
50m: 33.18	33.18	150m: 1:47.33	37.43	38.38	350m: 4:19.40	37.06	
100m: 1:09.90	36.72	200m: 2:25.57	38.24	38.39	400m: 4:54.46	35.06	
4. Vanderniepen Louis	08	Zwemclub De Kikkertjes Ni	5:06.38 370	1:11.47	1:18.90	1:19.59	1:16.42
50m: 33.50	33.50	150m: 1:50.85	39.38	39.63	350m: 4:28.89	38.93	
100m: 1:11.47	37.97	200m: 2:30.37	39.52	39.96	400m: 5:06.38	37.49	
5. Maes Jordy	03	Aquarius Zwemclub Lebbel	5:22.51 317	1:17.46	1:24.07	1:23.85	1:17.13
50m: 36.59	36.59	150m: 1:59.35	41.89	42.58	350m: 4:44.72	39.34	
100m: 1:17.46	40.87	200m: 2:41.53	42.18	41.27	400m: 5:22.51	37.79	
6. Aerens Jef	12	Temse Schelde Zwemmer	5:23.49 314	1:18.77	1:22.72	1:22.42	1:19.58
50m: 36.98	36.98	150m: 2:00.39	41.62	41.69	350m: 4:44.36	40.45	
100m: 1:18.77	41.79	200m: 2:41.49	41.10	40.73	400m: 5:23.49	39.13	
7. Vanhavere Daan	11	Swimming Team Waaslan	5:27.28 304	1:19.30	1:24.31	1:22.68	1:20.99
50m: 37.06	37.06	150m: 2:00.82	41.52	41.21	350m: 4:47.81	41.52	
100m: 1:19.30	42.24	200m: 2:43.61	42.79	41.47	400m: 5:27.28	39.47	
8. Hoefman Hannes	12	Swimming Team Waaslan	5:35.71 281	1:18.53	1:25.53	1:26.61	1:25.04
50m: 36.75	36.75	150m: 2:01.42	42.89	43.95	350m: 4:55.10	44.43	
100m: 1:18.53	41.78	200m: 2:44.06	42.64	42.66	400m: 5:35.71	40.61	
9. Poppe Warre	11	Aquarius Zwemclub Lebbel	5:37.84 276	1:21.29	1:28.18	1:28.31	1:20.06
50m: 38.11	38.11	150m: 2:05.52	44.23	44.29	350m: 5:00.08	42.30	
100m: 1:21.29	43.18	200m: 2:49.47	43.95	44.02	400m: 5:37.84	37.76	
10. Moeyersons Maxim	10	Aquarius Zwemclub Lebbel	5:51.16 246	1:26.62	1:29.51	1:29.86	1:25.17
50m: 42.04	42.04	150m: 2:11.16	44.54	45.42	350m: 5:10.67	44.68	
100m: 1:26.62	44.58	200m: 2:56.13	44.97	44.44	400m: 5:51.16	40.49	
11. Sorgeloos Vincent	13	Aalsters Swimming Team	6:03.24 222	1:31.55	1:35.43	1:30.93	1:25.33
50m: 42.61	42.61	150m: 2:19.75	48.20	45.64	350m: 5:21.47	43.56	
100m: 1:31.55	48.94	200m: 3:06.98	47.23	45.29	400m: 6:03.24	41.77	
12. Boel Elias	13	Aquarius Zwemclub Lebbel	6:12.16 206	1:30.52	1:35.56	1:36.63	1:29.45
50m: 42.39	42.39	150m: 2:16.87	46.35	47.82	350m: 5:29.29	46.58	
100m: 1:30.52	48.13	200m: 3:06.08	49.21	48.81	400m: 6:12.16	42.87	
13. Schepers Ruben	12	Aquarius Zwemclub Lebbel	6:12.33 206	1:30.83	1:36.85	1:36.67	1:27.98
50m: 42.88	42.88	150m: 2:20.08	49.25	48.24	350m: 5:30.92	46.57	
100m: 1:30.83	47.95	200m: 3:07.68	47.60	48.43	400m: 6:12.33	41.41	
14. Vernailen Seppe	12	Zwemclub De Kikkertjes Ni	6:16.35 199	1:29.52	1:36.77	1:38.24	1:31.82
50m: 41.85	41.85	150m: 2:18.09	48.57	49.63	350m: 5:31.74	47.21	
100m: 1:29.52	47.67	200m: 3:06.29	48.20	48.61	400m: 6:16.35	44.61	
15. Marius Mattis	13	Aalsters Swimming Team	6:18.09 197	1:30.65	1:37.84	1:36.90	1:32.70
50m: 41.88	41.88	150m: 2:20.13	49.48	48.86	350m: 5:32.64	47.25	
100m: 1:30.65	48.77	200m: 3:08.49	48.36	48.04	400m: 6:18.09	45.45	
16. Haeck Rune	11	Swem Vrienden	6:31.92 177	1:30.29	1:38.89	1:43.87	1:38.87
50m: 42.01	42.01	150m: 2:20.05	49.76	51.34	350m: 5:44.38	51.33	
100m: 1:30.29	48.28	200m: 3:09.18	49.13	52.53	400m: 6:31.92	47.54	
17. Chkikar Imrane	12	Zwemclub De Kikkertjes Ni	6:48.57 156	1:25.70	1:41.99	1:52.05	1:48.83
50m: 39.23	39.23	150m: 2:17.22	51.52	54.27	350m: 5:57.23	57.49	
100m: 1:25.70	46.47	200m: 3:07.69	50.47	57.78	400m: 6:48.57	51.34	
dis Rogiers Louis	13	Lokerse Zwemvereniging	5:50.73	1:23.61	1:29.67	1:30.81	1:26.64
SW 4.4 - valse start							
50m: 39.33	39.33	150m: 2:08.34	44.73	45.61	350m: 5:08.79	44.70	
100m: 1:23.61	44.28	200m: 2:53.28	44.94	45.20	400m: 5:50.73	41.94	