

AST Midzomertest 2024  
Aalst, 22/6/2024

Programmanr. 14  
22/06/2024 - 17:07

Heren, 400m wisselslag

open leeftijdsgroep  
Resultaten

Punten: FINA 2023

Rang	Geb.	Tijd	Pnt	100m	200m	300m	400m		
1.	Goethals Matthis	06	Swimming Team Aalter	<b>4:53.50</b>	573	1:06.14	1:16.61	1:25.10	1:05.65
	50m: 30.74	30.74	150m: 1:44.56	38.42	250m: 3:05.04	42.29	350m: 4:21.37	33.52	
	100m: 1:06.14	35.40	200m: 2:22.75	38.19	300m: 3:47.85	42.81	400m: 4:53.50	32.13	
2.	Boodts Gerben	07	Temse Schelde Zwemmers	<b>5:05.94</b>	506	1:08.18	1:15.15	1:35.20	1:07.41
	50m: 30.96	30.96	150m: 1:45.42	37.24	250m: 3:10.79	47.46	350m: 4:32.70	34.17	
	100m: 1:08.18	37.22	200m: 2:23.33	37.91	300m: 3:58.53	47.74	400m: 5:05.94	33.24	
3.	Waelput Thomas	09	Temse Schelde Zwemmers	<b>5:09.24</b>	490	1:07.19	1:19.26	1:34.85	1:07.94
	50m: 30.61	30.61	150m: 1:46.95	39.76	250m: 3:13.58	47.13	350m: 4:35.89	34.59	
	100m: 1:07.19	36.58	200m: 2:26.45	39.50	300m: 4:01.30	47.72	400m: 5:09.24	33.35	
4.	Fransen Thibeau	08	Temse Schelde Zwemmers	<b>5:09.82</b>	487	1:11.34	1:21.15	1:25.95	1:11.38
	50m: 32.36	32.36	150m: 1:52.65	41.31	250m: 3:15.18	42.69	350m: 4:34.55	36.11	
	100m: 1:11.34	38.98	200m: 2:32.49	39.84	300m: 3:58.44	43.26	400m: 5:09.82	35.27	
5.	D'Hooge Liam	08	Swimming Team Aalter	<b>5:31.28</b>	398	1:16.95	1:22.32	1:40.36	1:11.65
	50m: 34.35	34.35	150m: 1:59.24	42.29	250m: 3:28.84	49.57	350m: 4:55.67	36.04	
	100m: 1:16.95	42.60	200m: 2:39.27	40.03	300m: 4:19.63	50.79	400m: 5:31.28	35.61	
6.	Parlevliet Zeno	08	Swimming Team Aalter	<b>5:33.34</b>	391	1:14.83	1:23.57	1:43.30	1:11.64
	50m: 34.00	34.00	150m: 1:56.97	42.14	250m: 3:30.08	51.68	350m: 4:57.74	36.04	
	100m: 1:14.83	40.83	200m: 2:38.40	41.43	300m: 4:21.70	51.62	400m: 5:33.34	35.60	
7.	Catry Gaetan	09	Koninklijke Zwemclub Neptunus	<b>5:54.75</b>	324	1:19.94	1:37.23	1:34.10	1:23.48
	50m: 34.82	34.82	150m: 2:09.40	49.46	250m: 3:42.15	44.98	350m: 5:15.26	43.99	
	100m: 1:19.94	45.12	200m: 2:57.17	47.77	300m: 4:31.27	49.12	400m: 5:54.75	39.49	
8.	De Backer Rune	11	Koninklijke Zwemclub Neptunus	<b>6:46.80</b>	215	1:43.40	1:42.73	1:51.50	1:29.17
	50m: 46.44	46.44	150m: 2:34.79	51.39	250m: 4:21.17	55.04	350m: 6:04.56	46.93	
	100m: 1:43.40	56.96	200m: 3:26.13	51.34	300m: 5:17.63	56.46	400m: 6:46.80	42.24	