

AST Midsummer 4 Masters
Aalst, 22/6/2024

Programmanr. 4
22/06/2024 - 19:16

400m vrije slag

20 - 94 jaar
Resultaten

Punten: FINA 2023

Rang	Geb.	Tijd	Pnt	100m	200m	300m	400m		
35 - 39 jaar, Heren									
1.	Matté Steven	85	Koninklijke Zwemclub Neptunus Aalst	5:16.31	336	1:14.58	1:20.49	1:21.88	1:19.36
	50m: 34.84	34.84	150m: 1:54.73	40.15	250m: 3:15.66	40.59	350m: 4:37.98	41.03	
	100m: 1:14.58	39.74	200m: 2:35.07	40.34	300m: 3:56.95	41.29	400m: 5:16.31	38.33	
40 - 44 jaar, Heren									
1.	Kindt Maarten	80	Brussels Gay Sports	5:19.08	328	1:15.66	1:19.41	1:21.75	1:22.26
	50m: 36.12	36.12	150m: 1:54.97	39.31	250m: 3:15.50	40.43	350m: 4:38.53	41.71	
	100m: 1:15.66	39.54	200m: 2:35.07	40.10	300m: 3:56.82	41.32	400m: 5:19.08	40.55	
2.	Rutsaert Lieven	82	Sta	5:58.20	231	1:22.26	1:31.17	1:34.67	1:30.10
	50m: 39.60	39.60	150m: 2:07.36	45.10	250m: 3:41.11	47.68	350m: 5:14.73	46.63	
	100m: 1:22.26	42.66	200m: 2:53.43	46.07	300m: 4:28.10	46.99	400m: 5:58.20	43.47	
50 - 54 jaar, Heren									
1.	Goetry Frederic	74	Swem Vrienden	5:38.46	274	1:19.92	1:26.68	1:27.35	1:24.51
	50m: 38.29	38.29	150m: 2:02.87	42.95	250m: 3:30.11	43.51	350m: 4:57.40	43.45	
	100m: 1:19.92	41.63	200m: 2:46.60	43.73	300m: 4:13.95	43.84	400m: 5:38.46	41.06	
30 - 34 jaar, Dames									
1.	Bahnmueller Jana	90	Aalsters Swimming Team	5:54.51	296	1:22.44	1:28.79	1:31.56	1:31.72
	50m: 39.84	39.84	150m: 2:06.45	44.01	250m: 3:36.76	45.53	350m: 5:09.07	46.28	
	100m: 1:22.44	42.60	200m: 2:51.23	44.78	300m: 4:22.79	46.03	400m: 5:54.51	45.44	
2.	Martens Sofie	90	Swem Vrienden	5:54.62	296	1:21.43	1:31.01	1:31.95	1:30.23
	50m: 38.56	38.56	150m: 2:06.15	44.72	250m: 3:37.97	45.53	350m: 5:09.95	45.56	
	100m: 1:21.43	42.87	200m: 2:52.44	46.29	300m: 4:24.39	46.42	400m: 5:54.62	44.67	