

BC Masters 25m 2024
Kortrijk, 2 - 3/11/2024

Programmanr. 19
3/11/2024 - 14:48

400m wisselslag

20 - 94 jaar
Resultaten

Punten: FINA 2023

Rang			Geb.						Tijd	Pnt		
25 - 29 jaar, Heren												
1.	CREPIN Rémi		95	BEL	CNBA					5:10.79	431	
	50m:	30.60	30.60	150m:	1:46.41	40.16	250m:	3:11.53	45.78	350m:	4:35.20	36.92
	100m:	1:06.25	35.65	200m:	2:25.75	39.34	300m:	3:58.28	46.75	400m:	5:10.79	35.59

30 - 34 jaar, Heren

1.	DE PAEPE Andreas		93	BEL	ZIK					5:27.43	368	
	50m:	32.15	32.15	150m:	1:55.43	44.24	250m:	3:25.82	47.00	350m:	4:51.35	38.79
	100m:	1:11.19	39.04	200m:	2:38.82	43.39	300m:	4:12.56	46.74	400m:	5:27.43	36.08
2.	OPRINS Mike		93	BEL	KST					6:18.31	239	
	50m:	44.92	44.92	150m:	2:27.55	50.82	250m:	4:09.72	52.32	350m:	5:40.91	39.54
	100m:	1:36.73	51.81	200m:	3:17.40	49.85	300m:	5:01.37	51.65	400m:	6:18.31	37.40

35 - 39 jaar, Heren

1.	VAERNEWYCK Jonathan		86	BEL	DZV					5:57.26	283	
	50m:	38.16	38.16	150m:	2:08.49	45.98	250m:	3:46.07	53.04	350m:	5:19.94	40.77
	100m:	1:22.51	44.35	200m:	2:53.03	44.54	300m:	4:39.17	53.10	400m:	5:57.26	37.32
dis	NUYES Kevin		85	BEL	ZIK							
	<i>SW 8.3.b - afwisselende bewegingen met benen/voeten gemaakt</i>											

40 - 44 jaar, Heren

1.	BLONDEEL Charlie		84	BEL	RZV					5:28.08	366	
	50m:	34.12	34.12	150m:	1:56.65	41.38	250m:	3:26.74	49.26	350m:	4:53.74	37.50
	100m:	1:15.27	41.15	200m:	2:37.48	40.83	300m:	4:16.24	49.50	400m:	5:28.08	34.34
2.	SEUNTIENS Hans		84	BEL	KST					5:41.08	326	
	50m:	36.31	36.31	150m:	2:04.23	44.21	250m:	3:36.48	48.54	350m:	5:04.01	37.87
	100m:	1:20.02	43.71	200m:	2:47.94	43.71	300m:	4:26.14	49.66	400m:	5:41.08	37.07
3.	VANDEKERKHOVE Kobe		84	BEL	IKZ					6:07.63	260	
	50m:	38.47	38.47	150m:	2:12.43	49.84	250m:	3:50.16	49.70	350m:	5:25.10	44.38
	100m:	1:22.59	44.12	200m:	3:00.46	48.03	300m:	4:40.72	50.56	400m:	6:07.63	42.53
4.	ANTHONISSEN Tom		84	BEL	SWEM					7:28.46	143	
	50m:	49.41	49.41	150m:	2:47.84	57.28	250m:	4:41.09	55.99	350m:	6:36.58	56.13
	100m:	1:50.56	1:01.15	200m:	3:45.10	57.26	300m:	5:40.45	59.36	400m:	7:28.46	51.88
dis	HULOT Julien		80	BEL	W					6:02.03		
	<i>SW 7.1.a - meer dan één vlinderslag beenbeweging uitgevoerd na S of KP</i>											
	50m:	39.41	39.41	150m:	2:13.52	47.61	250m:	3:50.62	50.46	350m:	5:23.23	41.59
	100m:	1:25.91	46.50	200m:	3:00.16	46.64	300m:	4:41.64	51.02	400m:	6:02.03	38.80

40 - 44 jaar, Dames

1.	WANTER Ann		82	BEL	ZGEEL					5:33.80	466	
	50m:	35.75	35.75	150m:	2:00.51	43.78	250m:	3:31.96	49.08	350m:	4:58.20	37.20
	100m:	1:16.73	40.98	200m:	2:42.88	42.37	300m:	4:21.00	49.04	400m:	5:33.80	35.60
2.	VAERNEWYCK Stephanie		83	BEL	MEGA					5:35.43	460	
	50m:	36.34	36.34	150m:	2:01.97	42.96	250m:	3:31.90	47.43	350m:	4:59.37	38.29
	100m:	1:19.01	42.67	200m:	2:44.47	42.50	300m:	4:21.08	49.18	400m:	5:35.43	36.06

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Programmanr. 19, 400m wisselslag

45 - 49 jaar, Heren

1.	ROELS David			79	BEL	AC					5:05.12	455
	50m:	34.06	34.06	150m:	1:51.53	39.39	250m:	3:12.71	42.14	350m:	4:30.58	36.02
	100m:	1:12.14	38.08	200m:	2:30.57	39.04	300m:	3:54.56	41.85	400m:	5:05.12	34.54
2.	RICHELLE Eric			77	BEL	PLOUF					5:21.50	389
	50m:	34.97	34.97	150m:	1:54.90	40.04	250m:	3:18.89	44.96	350m:	4:42.76	38.70
	100m:	1:14.86	39.89	200m:	2:33.93	39.03	300m:	4:04.06	45.17	400m:	5:21.50	38.74
3.	QUESNEL Laurent			79	FRA	CNSW					7:24.85	147
	50m:	53.52	53.52	150m:	2:57.31	1:02.20	250m:	4:51.11	56.00	350m:	6:37.64	48.87
	100m:	1:55.11	1:01.59	200m:	3:55.11	57.80	300m:	5:48.77	57.66	400m:	7:24.85	47.21

45 - 49 jaar, Dames

1.	KETTENMEYER-REULAND Carole			78	LUX	SCDE					5:28.71	488
	50m:	35.93	35.93	150m:	2:00.52	43.89	250m:	3:29.02	46.84	350m:	4:52.85	36.91
	100m:	1:16.63	40.70	200m:	2:42.18	41.66	300m:	4:15.94	46.92	400m:	5:28.71	35.86

50 - 54 jaar, Heren

1.	DELBROUCK Manuel			72	BEL	HELIOS					6:18.77	238
	50m:	43.32	43.32	150m:	2:24.21	50.24	250m:	4:05.31	53.40	350m:	5:41.16	42.08
	100m:	1:33.97	50.65	200m:	3:11.91	47.70	300m:	4:59.08	53.77	400m:	6:18.77	37.61

50 - 54 jaar, Dames

1.	VAN LINDT Kathy			71	BEL	CNSW					7:39.76	178
	50m:	53.36	53.36	150m:	2:56.98	1:02.69	250m:	5:01.00	1:02.58	350m:	6:53.01	48.92
	100m:	1:54.29	1:00.93	200m:	3:58.42	1:01.44	300m:	6:04.09	1:03.09	400m:	7:39.76	46.75

55 - 59 jaar, Heren

1.	PIRET Benoit			69	BEL	W					7:18.50	153
	50m:	55.38	55.38	150m:	2:56.49	57.40	250m:	4:49.60	58.52	350m:	6:35.99	47.27
	100m:	1:59.09	1:03.71	200m:	3:51.08	54.59	300m:	5:48.72	59.12	400m:	7:18.50	42.51

55 - 59 jaar, Dames

1.	OP 'T EYNDE Liesbet			68	BEL	GBZ					7:20.64	202
	50m:	52.25	52.25	150m:	2:49.55	57.20	250m:	4:44.01	59.38	350m:	6:33.93	48.45
	100m:	1:52.35	1:00.10	200m:	3:44.63	55.08	300m:	5:45.48	1:01.47	400m:	7:20.64	46.71

60 - 64 jaar, Heren

1.	MINON Alain			63	BEL	HELIOS					7:56.34	119
	50m:	48.00	48.00	150m:	2:49.65	1:03.84	250m:	5:03.67	1:08.92	350m:	7:04.03	52.56
	100m:	1:45.81	57.81	200m:	3:54.75	1:05.10	300m:	6:11.47	1:07.80	400m:	7:56.34	52.31

65 - 69 jaar, Heren

dis	GILYAZOV Rinat			59	EST	UCLUB					5:54.65	
	<i>SW 7.1.a - meer dan één vlinderslag beenbeweging uitgeoerd na S of KP</i>											
	50m:	37.93	37.93	150m:	2:07.90	47.83	250m:	3:45.89	51.23	350m:	5:16.36	39.88
	100m:	1:20.07	42.14	200m:	2:54.66	46.76	300m:	4:36.48	50.59	400m:	5:54.65	38.29