

Nationale zwemkampioenschappen / Championnat de natation national  
Blankenberge, 16 - 17/11/2024

Programmanr. 3  
16/11/24 - 11:14

Heren, 400m vrije slag

open leeftijdsgroep  
Resultaten

Fros/ftfn 50m: 5:53.00 - 25m: 5:53.00

Rang	Geb.		Tijd		insch. tijd					
1. DE VOS Maarten	06	VZG	<b>4:26.55</b>	4:29.20						
50m: 28.80	28.80	150m: 1:34.69	33.59	250m: 2:43.03	34.25	350m: 3:51.89	34.34			
100m: 1:01.10	32.30	200m: 2:08.78	34.09	300m: 3:17.55	34.52	400m: 4:26.55	34.66			
2. DUMON Tiebert	08	ZIB	<b>4:34.01</b>	4:40.94						
50m: 30.58	30.58	150m: 1:39.44	34.53	250m: 2:50.15	35.77	350m: 4:00.66	34.82			
100m: 1:04.91	34.33	200m: 2:14.38	34.94	300m: 3:25.84	35.69	400m: 4:34.01	33.35			
3. ORGANAI CASCON Matteo	08	CNMR	<b>5:03.35</b>	5:20.71						
50m: 31.52	31.52	150m: 1:46.64	38.68	250m: 3:06.75	40.32	350m: 4:26.11	39.31			
100m: 1:07.96	36.44	200m: 2:26.43	39.79	300m: 3:46.80	40.05	400m: 5:03.35	37.24			
4. SAELENS Janek	05	VZSA	<b>5:27.97</b>	5:49.28						
50m: 34.58	34.58	150m: 1:54.45	40.33	250m: 3:19.23	42.28	350m: 4:47.78	44.34			
100m: 1:14.12	39.54	200m: 2:36.95	42.50	300m: 4:03.44	44.21	400m: 5:27.97	40.19			
5. LAMAIRE Lucas	13	VZN	<b>5:53.69</b>	5:49.89						
50m: 37.51	37.51	150m: 2:05.82	45.35	250m: 3:36.93	44.87	350m: 5:11.33	46.81			
100m: 1:20.47	42.96	200m: 2:52.06	46.24	300m: 4:24.52	47.59	400m: 5:53.69	42.36			
dis GOOSSENS Oberon	08	BZV	<b>5:10.91</b>	5:17.97						
<i>SW4-ST3 - te vroeg vertrokken bij de start</i>										
50m:		150m: 1:46.13	38.65	250m: 3:06.34	40.61	350m: 4:27.63	41.04			
100m: 1:07.48		200m: 2:25.73	39.60	300m: 3:46.59	40.25	400m: 5:10.91	43.28			