

Midwintertest 2024
Aalst, 21/12/2024

Programmanr. 15
21/12/2024 - 17:06

Dames, 400m wisselslag

open leeftijdsgroep
Resultaten

Punten: FINA 2023

Rang	Geb.	Tijd	Pnt	100m	200m	300m	400m		
1.	Ruyssinck Diede	10	Koninklijke Zwemclub Neptunus	5:47.75	449	1:20.87	1:31.10	1:37.33	1:18.45
	50m: 35.97	35.97	150m: 2:06.87	46.00	250m: 3:40.17	48.20	350m: 5:09.38	40.08	
	100m: 1:20.87	44.90	200m: 2:51.97	45.10	300m: 4:29.30	49.13	400m: 5:47.75	38.37	
2.	Wachtelaer Charlot	10	Aalsters Swimming Team	5:52.86	430	1:22.68	1:31.59	1:40.37	1:18.22
	50m: 36.33	36.33	150m: 2:09.83	47.15	250m: 3:44.43	50.16	350m: 5:14.26	39.62	
	100m: 1:22.68	46.35	200m: 2:54.27	44.44	300m: 4:34.64	50.21	400m: 5:52.86	38.60	
3.	Maes Noor	11	Aalsters Swimming Team	6:02.75	395	1:23.73	1:30.25	1:51.24	1:17.53
	50m: 36.52	36.52	150m: 2:10.17	46.44	250m: 3:49.09	55.11	350m: 5:25.05	39.83	
	100m: 1:23.73	47.21	200m: 2:53.98	43.81	300m: 4:45.22	56.13	400m: 6:02.75	37.70	