

Midwintertest 2024  
Aalst, 21/12/2024

Programmanr. 16  
21/12/2024 - 17:14

Heren, 400m wisselslag

open leeftijdsgroep  
Resultaten

Punten: FINA 2023

| Rang | Geb.                        |         | Tijd                      |       | Pnt            | 100m  | 200m    | 300m    | 400m    |         |         |       |
|------|-----------------------------|---------|---------------------------|-------|----------------|-------|---------|---------|---------|---------|---------|-------|
| 1.   | Herregidts Siebe            | 02      | Koninklijke Zwemclub Nept |       | <b>5:16.15</b> | 458   | 1:09.36 | 1:19.82 | 1:32.14 | 1:14.83 |         |       |
|      | 50m:                        | 31.37   | 31.37                     | 150m: | 1:49.26        | 39.90 | 250m:   | 3:14.52 | 45.34   | 350m:   | 4:38.94 | 37.62 |
|      | 100m:                       | 1:09.36 | 37.99                     | 200m: | 2:29.18        | 39.92 | 300m:   | 4:01.32 | 46.80   | 400m:   | 5:16.15 | 37.21 |
| 2.   | Caudron Xibe                | 08      | Koninklijke Zwemclub Nept |       | <b>5:23.51</b> | 428   | 1:11.68 | 1:25.33 | 1:32.56 | 1:13.94 |         |       |
|      | 50m:                        | 32.55   | 32.55                     | 150m: | 1:54.67        | 42.99 | 250m:   | 3:22.98 | 45.97   | 350m:   | 4:46.52 | 36.95 |
|      | 100m:                       | 1:11.68 | 39.13                     | 200m: | 2:37.01        | 42.34 | 300m:   | 4:09.57 | 46.59   | 400m:   | 5:23.51 | 36.99 |
| 3.   | Wachtelaer Celle            | 12      | Aalsters Swimming Team    |       | <b>5:40.47</b> | 367   | 1:19.35 | 1:22.74 | 1:44.07 | 1:14.31 |         |       |
|      | 50m:                        | 34.37   | 34.37                     | 150m: | 2:01.60        | 42.25 | 250m:   | 3:32.35 | 50.26   | 350m:   | 5:03.10 | 36.94 |
|      | 100m:                       | 1:19.35 | 44.98                     | 200m: | 2:42.09        | 40.49 | 300m:   | 4:26.16 | 53.81   | 400m:   | 5:40.47 | 37.37 |
| dis  | Van den Broeck Lukas        | 08      | Koninklijke Zwemclub Nept |       | <b>5:22.10</b> |       | 1:12.99 | 1:26.39 | 1:31.35 | 1:11.37 |         |       |
|      | <i>SW 4.4 - valse start</i> |         |                           |       |                |       |         |         |         |         |         |       |
|      | 50m:                        | 32.87   | 32.87                     | 150m: | 1:56.66        | 43.67 | 250m:   | 3:24.86 | 45.48   | 350m:   | 4:47.68 | 36.95 |
|      | 100m:                       | 1:12.99 | 40.12                     | 200m: | 2:39.38        | 42.72 | 300m:   | 4:10.73 | 45.87   | 400m:   | 5:22.10 | 34.42 |
| dis  | Catry Gaetan                | 09      | Koninklijke Zwemclub Nept |       | <b>5:28.68</b> |       | 1:13.95 | 1:27.32 | 1:29.92 | 1:17.49 |         |       |
|      | <i>SW 4.4 - valse start</i> |         |                           |       |                |       |         |         |         |         |         |       |
|      | 50m:                        | 33.33   | 33.33                     | 150m: | 1:58.61        | 44.66 | 250m:   | 3:25.37 | 44.10   | 350m:   | 4:51.06 | 39.87 |
|      | 100m:                       | 1:13.95 | 40.62                     | 200m: | 2:41.27        | 42.66 | 300m:   | 4:11.19 | 45.82   | 400m:   | 5:28.68 | 37.62 |