

Christmas 4 Masters 2024  
Aalst, 21/12/2024

Programmanr. 4  
21/12/2024 - 19:21

400m vrije slag

20 - 94 jaar  
Resultaten

Punten: FINA 2023

Rang	Geb.	Tijd	Pnt	100m	200m	300m	400m		
<b>20 - 24 jaar, Heren</b>									
1.	Gobert Sam	02	MEGA	<b>4:46.44</b>	453	1:06.85	1:11.35	1:12.99	1:15.25
	50m: 31.71	31.71	150m: 1:42.51	35.66	250m: 2:54.30	36.10	350m: 4:08.56	37.37	
	100m: 1:06.85	35.14	200m: 2:18.20	35.69	300m: 3:31.19	36.89	400m: 4:46.44	37.88	
2.	Onghena Basiel	00	Koninklijke Zwemclub Nept	<b>4:50.34</b>	435	1:09.34	1:13.77	1:14.72	1:12.51
	50m: 33.22	33.22	150m: 1:45.76	36.42	250m: 3:00.15	37.04	350m: 4:14.80	36.97	
	100m: 1:09.34	36.12	200m: 2:23.11	37.35	300m: 3:37.83	37.68	400m: 4:50.34	35.54	
<b>30 - 34 jaar, Heren</b>									
1.	Vande Castelee Wim	91	Flemish Ardennes Swimmi	<b>4:59.81</b>	395	1:07.37	1:14.28	1:18.51	1:19.65
	50m: 32.54	32.54	150m: 1:43.79	36.42	250m: 3:00.79	39.14	350m: 4:20.71	40.55	
	100m: 1:07.37	34.83	200m: 2:21.65	37.86	300m: 3:40.16	39.37	400m: 4:59.81	39.10	
<b>40 - 44 jaar, Heren</b>									
1.	Blondeel Charlie	84	Roeselaarse Zwemverenig	<b>4:48.68</b>	443	1:06.69	1:13.61	1:15.72	1:12.66
	50m: 31.92	31.92	150m: 1:42.97	36.28	250m: 2:58.11	37.81	350m: 4:13.41	37.39	
	100m: 1:06.69	34.77	200m: 2:20.30	37.33	300m: 3:36.02	37.91	400m: 4:48.68	35.27	
2.	De Pauw Stijn	84	Deerlijkse Zwemvereniging	<b>5:04.27</b>	378	1:09.00	1:17.64	1:20.30	1:17.33
	50m: 32.77	32.77	150m: 1:47.29	38.29	250m: 3:06.39	39.75	350m: 4:26.72	39.78	
	100m: 1:09.00	36.23	200m: 2:26.64	39.35	300m: 3:46.94	40.55	400m: 5:04.27	37.55	
3.	Kindt Maarten	80	BGS	<b>5:21.79</b>	319	1:16.38	1:21.92	1:23.20	1:20.29
	50m: 36.38	36.38	150m: 1:57.01	40.63	250m: 3:19.40	41.10	350m: 4:42.61	41.11	
	100m: 1:16.38	40.00	200m: 2:38.30	41.29	300m: 4:01.50	42.10	400m: 5:21.79	39.18	
<b>45 - 49 jaar, Heren</b>									
1.	Rutten Ben	76	Flemish Ardennes Swimmi	<b>4:48.36</b>	444	1:08.96	1:12.79	1:13.57	1:13.04
	50m: 32.88	32.88	150m: 1:45.11	36.15	250m: 2:58.18	36.43	350m: 4:12.27	36.95	
	100m: 1:08.96	36.08	200m: 2:21.75	36.64	300m: 3:35.32	37.14	400m: 4:48.36	36.09	
<b>50 - 54 jaar, Heren</b>									
1.	Goetry Frederic	74	Swem Vrienden	<b>5:44.43</b>	260	1:19.77	1:27.61	1:29.49	1:27.56
	50m: 37.85	37.85	150m: 2:03.14	43.37	250m: 3:31.56	44.18	350m: 5:01.20	44.33	
	100m: 1:19.77	41.92	200m: 2:47.38	44.24	300m: 4:16.87	45.31	400m: 5:44.43	43.23	
<b>60 - 64 jaar, Heren</b>									
1.	Witteboon David	63	Brabo Zwemclub Antwerpen	<b>5:25.34</b>	309	1:17.50	1:22.90	1:23.60	1:21.34
	50m: 36.36	36.36	150m: 1:58.93	41.43	250m: 3:21.93	41.53	350m: 4:45.52	41.52	
	100m: 1:17.50	41.14	200m: 2:40.40	41.47	300m: 4:04.00	42.07	400m: 5:25.34	39.82	
<b>20 - 24 jaar, Dames</b>									
1.	Janvier Zoé	00	Cercle De Natation Sportcit	<b>5:31.63</b>	362	1:16.86	1:25.29	1:25.49	1:23.99
	50m: 36.62	36.62	150m: 1:59.50	42.64	250m: 3:24.98	42.83	350m: 4:50.55	42.91	
	100m: 1:16.86	40.24	200m: 2:42.15	42.65	300m: 4:07.64	42.66	400m: 5:31.63	41.08	
<b>30 - 34 jaar, Dames</b>									
1.	Martens Sofie	90	Swem Vrienden	<b>6:01.88</b>	278	1:25.68	1:33.00	1:33.32	1:29.88
	50m: 40.75	40.75	150m: 2:12.04	46.36	250m: 3:45.65	46.97	350m: 5:18.05	46.05	
	100m: 1:25.68	44.93	200m: 2:58.68	46.64	300m: 4:32.00	46.35	400m: 6:01.88	43.83	

Christmas 4 Masters 2024  
Aalst, 21/12/2024

Programmanr. 4, 400m vrije slag

35 - 39 jaar, Dames

1. Manchel Isaline	85	Cercle De Natation Sportcity	<b>6:03.63</b>	274	1:29.50	1:34.06	1:32.17	1:27.90
50m: 42.78	42.78	150m: 2:16.18	46.68	250m: 3:49.82	46.26	350m: 5:20.54	44.81	
100m: 1:29.50	46.72	200m: 3:03.56	47.38	300m: 4:35.73	45.91	400m: 6:03.63	43.09	

45 - 49 jaar, Dames

1. Bayre Séverine	78	Stade de Reims	<b>6:21.68</b>	237	1:30.60	1:37.35	1:38.49	1:35.24
50m: 43.63	43.63	150m: 2:18.72	48.12	250m: 3:57.07	49.12	350m: 5:34.29	47.85	
100m: 1:30.60	46.97	200m: 3:07.95	49.23	300m: 4:46.44	49.37	400m: 6:21.68	47.39	

50 - 54 jaar, Dames

1. Rolland Valérie	71	Cercle De Natation Sportcity	<b>5:34.90</b>	351	1:20.07	1:25.22	1:24.93	1:24.68
50m: 38.64	38.64	150m: 2:02.42	42.35	250m: 3:27.09	41.80	350m: 4:52.44	42.22	
100m: 1:20.07	41.43	200m: 2:45.29	42.87	300m: 4:10.22	43.13	400m: 5:34.90	42.46	

55 - 59 jaar, Dames

1. Symoens Nadia	68	Swem Vrienden	<b>12:05.42</b>	34	2:44.36	3:12.06	3:10.75	2:58.25
50m: 1:14.81	1:14.81	150m: 4:17.73	1:33.37	250m: 7:31.12	1:34.70	350m: 10:35.76	1:28.59	
100m: 2:44.36	1:29.55	200m: 5:56.42	1:38.69	300m: 9:07.17	1:36.05	400m: 12:05.42	1:29.66	

60 - 64 jaar, Dames

1. D'Hondt Georgette	60	LZV masterzwemmen	<b>9:10.07</b>	79	2:08.87	2:22.94	2:21.36	2:16.90
50m: 59.28	59.28	150m: 3:18.82	1:09.95	250m: 5:41.55	1:09.74	350m: 8:02.43	1:09.26	
100m: 2:08.87	1:09.59	200m: 4:31.81	1:12.99	300m: 6:53.17	1:11.62	400m: 9:10.07	1:07.64	