

4° dag Regionaal Criterium "H.Lecluyse"  
Stedelijk Zwembad " DE Pluimen", 9/3/2025

Programmanr. 5  
9/03/2025 - 15:56

Heren, 400m wisselslag

11 jaar en ouder  
Resultaten

Punten: AQUA 2024

| Rang           |                    |         |         | Inschr.       | Tijd    | Pnt            |       |         |         |         |         |       |
|----------------|--------------------|---------|---------|---------------|---------|----------------|-------|---------|---------|---------|---------|-------|
| <b>11 jaar</b> |                    |         |         |               |         |                |       |         |         |         |         |       |
| 1.             | STAELENS, Tyler    |         |         | ROSC/11350/14 | NT      | <b>6:40.50</b> | 201   |         |         |         |         |       |
|                | 50m:               | 40.82   | 40.82   | 150m:         | 2:20.80 | 49.28          | 250m: | 4:12.04 | 1:02.41 | 350m:   | 5:58.51 | 43.74 |
|                | 100m:              | 1:31.52 | 50.70   | 200m:         | 3:09.63 | 48.83          | 300m: | 5:14.77 | 1:02.73 | 400m:   | 6:40.50 | 41.99 |
| 2.             | STEEN, Remi        |         |         | IKZ/11160/14  | NT      | <b>7:06.27</b> | 167   |         |         |         |         |       |
|                | 50m:               | 56.95   | 56.95   | 150m:         | 2:48.39 | 50.61          | 250m: | 4:37.60 | 57.81   | 350m:   | 6:22.48 | 46.37 |
|                | 100m:              | 1:57.78 | 1:00.83 | 200m:         | 3:39.79 | 51.40          | 300m: | 5:36.11 | 58.51   | 400m:   | 7:06.27 | 43.79 |
| 3.             | DECOCK, Nand       |         |         | MZK/11153/14  | NT      | <b>7:10.48</b> | 162   |         |         |         |         |       |
|                | 50m:               | 47.47   | 47.47   | 150m:         | 2:40.53 | 53.61          | 250m: | 4:31.22 | 58.63   | 350m:   | 6:23.15 | 51.12 |
|                | 100m:              | 1:46.92 | 59.45   | 200m:         | 3:32.59 | 52.06          | 300m: | 5:32.03 | 1:00.81 | 400m:   | 7:10.48 | 47.33 |
| 4.             | POOT, Rube         |         |         | MZK/11152/14  | NT      | <b>7:27.11</b> | 144   |         |         |         |         |       |
|                | 50m:               | 52.27   | 52.27   | 150m:         | 2:49.72 | 54.65          | 250m: | 4:43.09 | 59.54   | 350m:   | 6:36.24 | 51.36 |
|                | 100m:              | 1:55.07 | 1:02.80 | 200m:         | 3:43.55 | 53.83          | 300m: | 5:44.88 | 1:01.79 | 400m:   | 7:27.11 | 50.87 |
| <b>12 jaar</b> |                    |         |         |               |         |                |       |         |         |         |         |       |
| 1.             | VANDOOREN, Lou     |         |         | VZV/11063/13  | NT      | <b>6:14.99</b> | 245   |         |         |         |         |       |
|                | 50m:               | 40.15   | 40.15   | 150m:         | 2:17.17 | 48.78          | 250m: | 3:58.73 | 54.19   | 350m:   | 5:36.69 | 42.49 |
|                | 100m:              | 1:28.39 | 48.24   | 200m:         | 3:04.54 | 47.37          | 300m: | 4:54.20 | 55.47   | 400m:   | 6:14.99 | 38.30 |
| 2.             | VANBRABANT, Esben  |         |         | IKZ/11157/13  | NT      | <b>7:01.31</b> | 173   |         |         |         |         |       |
|                | 50m:               | 53.68   | 53.68   | 150m:         | 2:46.95 | 51.39          | 250m: | 4:33.05 | 58.36   | 350m:   | 6:17.91 | 45.58 |
|                | 100m:              | 1:55.56 | 1:01.88 | 200m:         | 3:34.69 | 47.74          | 300m: | 5:32.33 | 59.28   | 400m:   | 7:01.31 | 43.40 |
| 3.             | SINNESAEEL, Casper |         |         | IKZ/11162/13  | NT      | <b>7:10.70</b> | 162   |         |         |         |         |       |
|                | 50m:               |         |         | 150m:         |         |                | 250m: |         | 350m:   |         |         |       |
|                | 100m:              |         |         | 200m:         |         |                | 300m: |         | 400m:   | 7:10.70 |         |       |
| <b>13 jaar</b> |                    |         |         |               |         |                |       |         |         |         |         |       |
| 1.             | DEVOS, Mathis      |         |         | ROSC/11318/12 | 5:30.29 | <b>5:31.56</b> | 355   |         |         |         |         |       |
|                | 50m:               | 35.80   | 35.80   | 150m:         | 2:00.73 | 42.99          | 250m: | 3:28.77 | 46.87   | 350m:   | 4:54.97 | 38.85 |
|                | 100m:              | 1:17.74 | 41.94   | 200m:         | 2:41.90 | 41.17          | 300m: | 4:16.12 | 47.35   | 400m:   | 5:31.56 | 36.59 |
| 2.             | DE BAL, Lucas      |         |         | KZK/11179/12  | NT      | <b>6:13.80</b> | 247   |         |         |         |         |       |
|                | 50m:               | 40.17   | 40.17   | 150m:         | 2:19.00 | 49.81          | 250m: | 3:59.41 | 53.16   | 350m:   | 5:35.62 | 42.68 |
|                | 100m:              | 1:29.19 | 49.02   | 200m:         | 3:06.25 | 47.25          | 300m: | 4:52.94 | 53.53   | 400m:   | 6:13.80 | 38.18 |
| 3.             | VICTOR, Sam        |         |         | KZK/11146/12  | NT      | <b>6:24.16</b> | 228   |         |         |         |         |       |
|                | 50m:               | 39.93   | 39.93   | 150m:         | 2:15.99 | 47.36          | 250m: | 3:59.00 | 55.39   | 350m:   | 5:41.51 | 44.79 |
|                | 100m:              | 1:28.63 | 48.70   | 200m:         | 3:03.61 | 47.62          | 300m: | 4:56.72 | 57.72   | 400m:   | 6:24.16 | 42.65 |
| 4.             | OLSZEWSKI, Maxime  |         |         | KZK/11172/12  | NT      | <b>6:31.56</b> | 215   |         |         |         |         |       |
|                | 50m:               |         |         | 150m:         |         |                | 250m: |         | 350m:   |         |         |       |
|                | 100m:              |         |         | 200m:         |         |                | 300m: |         | 400m:   | 6:31.56 |         |       |
| 5.             | RIGOLE, Mauro      |         |         | MZK/11145/12  | NT      | <b>6:49.18</b> | 188   |         |         |         |         |       |
|                | 50m:               | 46.93   | 46.93   | 150m:         | 2:34.58 | 51.85          | 250m: | 4:21.64 | 57.29   | 350m:   | 6:07.16 | 46.58 |
|                | 100m:              | 1:42.73 | 55.80   | 200m:         | 3:24.35 | 49.77          | 300m: | 5:20.58 | 58.94   | 400m:   | 6:49.18 | 42.02 |
| 6.             | DERVAUX, Arnout    |         |         | MZK/11156/12  | NT      | <b>7:07.26</b> | 165   |         |         |         |         |       |
|                | 50m:               |         |         | 150m:         |         |                | 250m: |         | 350m:   |         |         |       |
|                | 100m:              |         |         | 200m:         |         |                | 300m: |         | 400m:   | 7:07.26 |         |       |

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14 jaar

|                      |                     |                     |                     |     |  |  |  |  |  |
|----------------------|---------------------|---------------------|---------------------|-----|--|--|--|--|--|
| 1. QUARTIER, Matisse | ROSC/11237/11       | 5:34.11             | <b>5:19.71</b>      | 396 |  |  |  |  |  |
| 50m: 34.49 34.49     | 150m: 1:56.15 41.46 | 250m: 3:23.25 46.48 | 350m: 4:46.58 34.74 |     |  |  |  |  |  |
| 100m: 1:14.69 40.20  | 200m: 2:36.77 40.62 | 300m: 4:11.84 48.59 | 400m: 5:19.71 33.13 |     |  |  |  |  |  |
| 2. DEMEYERE, Lars    | UZKZ/11104/11       | 5:28.90             | <b>5:25.56</b>      | 375 |  |  |  |  |  |
| 50m: 34.98 34.98     | 150m: 1:55.86 41.30 | 250m: 3:26.73 49.73 | 350m: 4:51.30 35.34 |     |  |  |  |  |  |
| 100m: 1:14.56 39.58  | 200m: 2:37.00 41.14 | 300m: 4:15.96 49.23 | 400m: 5:25.56 34.26 |     |  |  |  |  |  |
| 3. NEYRINCK, Loïck   | VZV/11053/11        | NT                  | <b>6:00.16</b>      | 277 |  |  |  |  |  |
| 50m: 41.65 41.65     | 150m: 2:16.82 46.32 | 250m: 3:51.90 49.94 | 350m: 5:23.29 39.57 |     |  |  |  |  |  |
| 100m: 1:30.50 48.85  | 200m: 3:01.96 45.14 | 300m: 4:43.72 51.82 | 400m: 6:00.16 36.87 |     |  |  |  |  |  |
| 4. THIERNEN, Kasper  | VZV/11057/11        | NT                  | <b>6:11.52</b>      | 252 |  |  |  |  |  |
| 50m: 39.17 39.17     | 150m: 2:13.56 48.94 | 250m: 3:55.15 55.31 | 350m: 5:32.06 39.75 |     |  |  |  |  |  |
| 100m: 1:24.62 45.45  | 200m: 2:59.84 46.28 | 300m: 4:52.31 57.16 | 400m: 6:11.52 39.46 |     |  |  |  |  |  |
| 5. LEYNAERT, Nils    | KZK/11152/11        | NT                  | <b>6:34.38</b>      | 211 |  |  |  |  |  |
| 50m: 45.10 45.10     | 150m: 2:30.91 51.55 | 250m: 4:13.78 53.01 | 350m: 5:52.68 43.08 |     |  |  |  |  |  |
| 100m: 1:39.36 54.26  | 200m: 3:20.77 49.86 | 300m: 5:09.60 55.82 | 400m: 6:34.38 41.70 |     |  |  |  |  |  |

15 jaar

|                             |                     |                     |                     |     |  |  |  |  |  |
|-----------------------------|---------------------|---------------------|---------------------|-----|--|--|--|--|--|
| 1. PLOVIE, Flynn            | ZB/11051/10         | 5:17.17             | <b>5:16.48</b>      | 408 |  |  |  |  |  |
| 50m: 35.58 35.58            | 150m: 1:57.74 39.46 | 250m: 3:19.47 45.37 | 350m: 4:41.85 36.83 |     |  |  |  |  |  |
| 100m: 1:18.28 42.70         | 200m: 2:34.10 36.36 | 300m: 4:05.02 45.55 | 400m: 5:16.48 34.63 |     |  |  |  |  |  |
| 2. LATTE, Brent             | KWZC/11081/10       | 5:34.78             | <b>5:32.14</b>      | 353 |  |  |  |  |  |
| 50m: 36.61 36.61            | 150m: 2:03.19 42.49 | 250m: 3:31.75 46.44 | 350m: 4:57.26 37.71 |     |  |  |  |  |  |
| 100m: 1:20.70 44.09         | 200m: 2:45.31 42.12 | 300m: 4:19.55 47.80 | 400m: 5:32.14 34.88 |     |  |  |  |  |  |
| 3. HUYSENTRUYT, Ferre-Louis | UZKZ/11093/10       | 5:44.28             | <b>5:36.85</b>      | 338 |  |  |  |  |  |
| 50m: 35.13 35.13            | 150m: 1:59.75 42.65 | 250m: 3:32.74 52.20 | 350m: 5:01.68 37.01 |     |  |  |  |  |  |
| 100m: 1:17.10 41.97         | 200m: 2:40.54 40.79 | 300m: 4:24.67 51.93 | 400m: 5:36.85 35.17 |     |  |  |  |  |  |
| 4. VANSIELEGHEM, Jayden     | BZK/11346/10        | NT                  | <b>5:39.05</b>      | 332 |  |  |  |  |  |
| 50m: 35.15 35.15            | 150m: 2:01.60 44.51 | 250m: 3:32.80 48.32 | 350m: 5:00.96 39.03 |     |  |  |  |  |  |
| 100m: 1:17.09 41.94         | 200m: 2:44.48 42.88 | 300m: 4:21.93 49.13 | 400m: 5:39.05 38.09 |     |  |  |  |  |  |
| 5. VYNCKE, Seppe            | KZK/11154/10        | NT                  | <b>5:43.56</b>      | 319 |  |  |  |  |  |
| 50m: 36.83 36.83            | 150m: 2:07.10 45.16 | 250m: 3:39.50 48.27 | 350m: 5:08.44 38.80 |     |  |  |  |  |  |
| 100m: 1:21.94 45.11         | 200m: 2:51.23 44.13 | 300m: 4:29.64 50.14 | 400m: 5:43.56 35.12 |     |  |  |  |  |  |
| 6. SABBE, Louis             | TiMe/11029/10       | 5:47.34             | <b>5:45.95</b>      | 312 |  |  |  |  |  |
| 50m: 37.24 37.24            | 150m: 2:04.87 43.35 | 250m: 3:40.92 53.42 | 350m: 5:12.29 37.15 |     |  |  |  |  |  |
| 100m: 1:21.52 44.28         | 200m: 2:47.50 42.63 | 300m: 4:35.14 54.22 | 400m: 5:45.95 33.66 |     |  |  |  |  |  |
| 7. DEVRIESE, Sky            | ZB/11083/2010       | 5:55.70             | <b>5:48.74</b>      | 305 |  |  |  |  |  |
| 50m: 39.73 39.73            | 150m: 2:10.38 43.29 | 250m: 3:42.54 49.61 | 350m: 5:11.78 38.93 |     |  |  |  |  |  |
| 100m: 1:27.09 47.36         | 200m: 2:52.93 42.55 | 300m: 4:32.85 50.31 | 400m: 5:48.74 36.96 |     |  |  |  |  |  |

16 jaar

|                     |                     |                     |                     |     |  |  |  |  |  |
|---------------------|---------------------|---------------------|---------------------|-----|--|--|--|--|--|
| 1. DELPORTE, Nio    | ZB/11076/09         | 5:17.00             | <b>5:04.35</b>      | 459 |  |  |  |  |  |
| 50m: 32.88 32.88    | 150m: 1:51.39 39.36 | 250m: 3:11.63 42.41 | 350m: 4:29.25 35.96 |     |  |  |  |  |  |
| 100m: 1:12.03 39.15 | 200m: 2:29.22 37.83 | 300m: 3:53.29 41.66 | 400m: 5:04.35 35.10 |     |  |  |  |  |  |
| 2. CARIS, Emiel     | KWZC/11112/09       | 5:17.07             | <b>5:23.80</b>      | 381 |  |  |  |  |  |
| 50m: 34.22 34.22    | 150m: 1:58.48 41.77 | 250m: 3:25.60 45.96 | 350m: 4:49.56 35.81 |     |  |  |  |  |  |
| 100m: 1:16.71 42.49 | 200m: 2:39.64 41.16 | 300m: 4:13.75 48.15 | 400m: 5:23.80 34.24 |     |  |  |  |  |  |
| 3. BONNY, Andreas   | VZV/11043/09        | NT                  | <b>5:42.98</b>      | 320 |  |  |  |  |  |
| 50m: 32.98 32.98    | 150m: 1:56.61 42.80 | 250m: 3:26.83 49.85 | 350m: 5:01.01 42.37 |     |  |  |  |  |  |
| 100m: 1:13.81 40.83 | 200m: 2:36.98 40.37 | 300m: 4:18.64 51.81 | 400m: 5:42.98 41.97 |     |  |  |  |  |  |
| 4. JANSSEUNE, Vic   | VZV/11045/09        | NT                  | <b>5:44.07</b>      | 317 |  |  |  |  |  |
| 50m: 36.08 36.08    | 150m: 2:06.94 46.57 | 250m: 3:40.88 48.63 | 350m: 5:08.73 39.22 |     |  |  |  |  |  |
| 100m: 1:20.37 44.29 | 200m: 2:52.25 45.31 | 300m: 4:29.51 48.63 | 400m: 5:44.07 35.34 |     |  |  |  |  |  |

4° dag Regionaal Criterium "H.Lecluyse"  
Stedelijk Zwembad " DE Pluimen", 9/3/2025

Programmanr. 5, Heren, 400m wisselslag

17 jaar

|                       |                     |                     |                     |     |
|-----------------------|---------------------|---------------------|---------------------|-----|
| 1. DE CRAEMER, Cas    | ZB/11092/08         | 5:03.72             | <b>4:52.70</b>      | 516 |
| 50m: 30.85 30.85      | 150m: 1:44.42 36.69 | 250m: 3:03.65 43.87 | 350m: 4:21.48 33.22 |     |
| 100m: 1:07.73 36.88   | 200m: 2:19.78 35.36 | 300m: 3:48.26 44.61 | 400m: 4:52.70 31.22 |     |
| 2. SAMYN, Jitse       | BZK/11362/08        | NT                  | <b>5:09.44</b>      | 436 |
| 50m:                  | 150m:               | 250m:               | 350m:               |     |
| 100m:                 | 200m:               | 300m:               | 400m: 5:09.44       |     |
| 3. GOEMAERE, Joren    | ZB/11078/08         | NT                  | <b>5:24.73</b>      | 378 |
| 50m: 34.80 34.80      | 150m: 1:57.60 41.61 | 250m: 3:25.99 48.97 | 350m: 4:50.85 36.37 |     |
| 100m: 1:15.99 41.19   | 200m: 2:37.02 39.42 | 300m: 4:14.48 48.49 | 400m: 5:24.73 33.88 |     |
| 4. VANDEWAETERE, Stan | VZV/11039/08        | NT                  | <b>5:41.92</b>      | 323 |
| 50m: 34.51 34.51      | 150m: 2:02.89 44.63 | 250m: 3:37.41 50.75 | 350m: 5:05.75 37.18 |     |
| 100m: 1:18.26 43.75   | 200m: 2:46.66 43.77 | 300m: 4:28.57 51.16 | 400m: 5:41.92 36.17 |     |

18 jaar en ouder

|                     |                     |                     |                     |     |
|---------------------|---------------------|---------------------|---------------------|-----|
| 1. HEBB, Xander     | ROSC/11277/03       | 4:41.51             | <b>4:29.03</b>      | 664 |
| 50m: 27.84 27.84    | 150m: 1:36.46 35.99 | 250m: 2:49.18 37.30 | 350m: 3:59.62 31.65 |     |
| 100m: 1:00.47 32.63 | 200m: 2:11.88 35.42 | 300m: 3:27.97 38.79 | 400m: 4:29.03 29.41 |     |
| 2. THYVELEN, Wout   | ZB/11025/06         | 4:40.07             | <b>4:54.39</b>      | 507 |
| 50m: 31.36 31.36    | 150m: 1:47.25 38.55 | 250m: 3:06.09 41.80 | 350m: 4:22.85 34.82 |     |
| 100m: 1:08.70 37.34 | 200m: 2:24.29 37.04 | 300m: 3:48.03 41.94 | 400m: 4:54.39 31.54 |     |
| 3. DESMET, Milan    | KWZC/11055/03       | NT                  | <b>4:56.17</b>      | 498 |
| 50m: 30.70 30.70    | 150m: 1:48.43 39.42 | 250m: 3:06.89 40.73 | 350m: 4:23.31 34.18 |     |
| 100m: 1:09.01 38.31 | 200m: 2:26.16 37.73 | 300m: 3:49.13 42.24 | 400m: 4:56.17 32.86 |     |
| 4. EECKHOUT, Sieben | ZB/11049/06         | 5:06.94             | <b>5:00.59</b>      | 476 |
| 50m: 31.41 31.41    | 150m: 1:47.26 38.69 | 250m: 3:10.00 45.06 | 350m: 4:28.15 33.58 |     |
| 100m: 1:08.57 37.16 | 200m: 2:24.94 37.68 | 300m: 3:54.57 44.57 | 400m: 5:00.59 32.44 |     |
| 5. SALOMEZ, Haakon  | ZB/11033/06         | 4:56.12             | <b>5:07.58</b>      | 444 |
| 50m: 34.05 34.05    | 150m: 1:55.54 40.81 | 250m: 3:15.69 41.21 | 350m: 4:33.99 35.57 |     |
| 100m: 1:14.73 40.68 | 200m: 2:34.48 38.94 | 300m: 3:58.42 42.73 | 400m: 5:07.58 33.59 |     |
| 6. VANDAMME, Lucas  | ZB/11066/07         | 5:20.72             | <b>5:13.65</b>      | 419 |
| 50m: 35.21 35.21    | 150m: 1:58.66 42.66 | 250m: 3:20.95 42.20 | 350m: 4:40.97 36.08 |     |
| 100m: 1:16.00 40.79 | 200m: 2:38.75 40.09 | 300m: 4:04.89 43.94 | 400m: 5:13.65 32.68 |     |