

2de internationaal zwemfeest VZG
Gent, 19 - 20/4/2025

Programmanr. 22
20/4/25 - 10:58

Heren, 400m vrije slag

9 - 79 jaar
Resultaten

Punten: AQUA 2025

Rang											Geb.											Tijd	Pnt	
benjamins - U13																								
1.		POLLET, Wannes										14	Bzv										6:24.66	
		50m:	44.40	44.40	150m:	2:24.28	49.75	250m:	4:02.47	50.00	350m:	5:40.05	47.43											
		100m:	1:34.53	50.13	200m:	3:12.47	48.19	300m:	4:52.62	50.15	400m:	6:24.66	44.61											
2.		VANMAECKELBERGHE, Bas										14	Vzo										6:53.65	
		50m:	45.34	45.34	150m:	2:30.71	53.33	250m:	4:18.89	54.78	350m:	6:03.95	51.14											
		100m:	1:37.38	52.04	200m:	3:24.11	53.40	300m:	5:12.81	53.92	400m:	6:53.65	49.70											

miniemen - U15

1.	BÉSENGEZ, Elio		11	Polo Rouge Tournai							5:32.42
	50m:	35.60	35.60	150m:	1:59.18	42.73	250m:	3:25.98	43.51	350m:	4:55.14 44.85
	100m:	1:16.45	40.85	200m:	2:42.47	43.29	300m:	4:10.29	44.31	400m:	5:32.42 37.28
2.	VERBRUGGEN, Liam		11	Zwemclub Vrij Merksem							5:46.15
	50m:	39.36	39.36	150m:	2:09.42	45.52	250m:	3:39.34	45.23	350m:	5:07.89 44.58
	100m:	1:23.90	44.54	200m:	2:54.11	44.69	300m:	4:23.31	43.97	400m:	5:46.15 38.26

kadetten - U17

1.	D'HEERE, Rémi		09	Vzn							4:34.26
	50m:	28.94	28.94	150m:	1:36.93	34.62	250m:	2:48.45	36.44	350m:	3:58.94 35.01
	100m:	1:02.31	33.37	200m:	2:12.01	35.08	300m:	3:23.93	35.48	400m:	4:34.26 35.32
2.	TOOL, Florian		10	Pijnackerse Watervrienden							5:31.11
	50m:	37.28	37.28	150m:	1:58.72	41.21	250m:	3:24.87	43.54	350m:	4:50.40 43.12
	100m:	1:17.51	40.23	200m:	2:41.33	42.61	300m:	4:07.28	42.41	400m:	5:31.11 40.71
3.	EBBEN, Storm		10	WV Almere							5:31.12
	50m:	36.92	36.92	150m:	1:59.63	42.47	250m:	3:25.56	43.08	350m:	4:51.47 42.13
	100m:	1:17.16	40.24	200m:	2:42.48	42.85	300m:	4:09.34	43.78	400m:	5:31.12 39.65
4.	VYLDERS, Bram		10	Vzn							5:44.03
	50m:	37.52	37.52	150m:	2:05.63	44.57	250m:	3:34.80	44.40	350m:	5:03.96 43.57
	100m:	1:21.06	43.54	200m:	2:50.40	44.77	300m:	4:20.39	45.59	400m:	5:44.03 40.07
5.	FLECKEN, Arthur		09	Pijnackerse Watervrienden							5:45.00
	50m:	36.83	36.83	150m:	2:06.37	45.75	250m:	3:37.52	45.20	350m:	5:06.64 44.16
	100m:	1:20.62	43.79	200m:	2:52.32	45.95	300m:	4:22.48	44.96	400m:	5:45.00 38.36

pupillen - U19

1.	DUMON, Tiebert		08	Zwemclub Interbad Brugge							4:41.77
	50m:	30.24	30.24	150m:	1:39.63	35.91	250m:	2:52.78	36.73	350m:	4:07.47 37.38
	100m:	1:03.72	33.48	200m:	2:16.05	36.42	300m:	3:30.09	37.31	400m:	4:41.77 34.30
2.	DUPREZ, Zane		08	Vzn							4:43.18
	50m:	31.46	31.46	150m:	1:41.84	36.01	250m:	2:54.83	36.87	350m:	4:08.45 36.87
	100m:	1:05.83	34.37	200m:	2:17.96	36.12	300m:	3:31.58	36.75	400m:	4:43.18 34.73
3.	KEIJZER, Bart		08	Pijnackerse Watervrienden							4:55.29
	50m:	32.66	32.66	150m:	1:47.66	38.61	250m:	3:03.64	37.79	350m:	4:19.52 37.57
	100m:	1:09.05	36.39	200m:	2:25.85	38.19	300m:	3:41.95	38.31	400m:	4:55.29 35.77
4.	DELATTRE, Antoine		07	Polo Rouge Tournai							4:57.78
	50m:	31.71	31.71	150m:	1:45.27	37.44	250m:	3:02.14	38.42	350m:	4:21.25 39.58
	100m:	1:07.83	36.12	200m:	2:23.72	38.45	300m:	3:41.67	39.53	400m:	4:57.78 36.53

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Programmanr. 22, Heren, 400m vrije slag

senioren - U25

1.	DE VOS, Maarten	06	Vrije Zwemmers Gent	4:37.17
	50m: 30.24 30.24	150m: 1:39.76 35.71	250m: 2:50.50 35.01	350m: 4:02.24 36.19
	100m: 1:04.05 33.81	200m: 2:15.49 35.73	300m: 3:26.05 35.55	400m: 4:37.17 34.93
2.	DJAPIC, Nikola	04	Pijnackerse Watervrienden	5:03.45
	50m: 32.45 32.45	150m: 1:46.09 37.57	250m: 3:05.42 40.21	350m: 4:26.26 39.90
	100m: 1:08.52 36.07	200m: 2:25.21 39.12	300m: 3:46.36 40.94	400m: 5:03.45 37.19

veteranen U30

1.	DE ROOSE, Glenn	00	Vzr	5:06.54
	50m: 32.58 32.58	150m: 1:47.59 38.27	250m: 3:06.41 39.08	350m: 4:27.07 40.49
	100m: 1:09.32 36.74	200m: 2:27.33 39.74	300m: 3:46.58 40.17	400m: 5:06.54 39.47
2.	PAREDIS, Robbe	98	Vrije Zwemmers Sint-Amandsberg	5:07.25
	50m: 33.69 33.69	150m: 1:50.66 39.20	250m: 3:11.15 40.39	350m: 4:30.19 39.24
	100m: 1:11.46 37.77	200m: 2:30.76 40.10	300m: 3:50.95 39.80	400m: 5:07.25 37.06

veteranen U35

1.	SCARPI, Nico	94	Vrije Zwemmers Sint-Amandsberg	5:07.73
	50m: 33.47 33.47	150m: 1:50.47 39.24	250m: 3:11.18 40.58	350m: 4:30.98 39.64
	100m: 1:11.23 37.76	200m: 2:30.60 40.13	300m: 3:51.34 40.16	400m: 5:07.73 36.75

veteranen U50

1.	ECKHOUT, Jef	79	Zwemclub Delfino	5:17.16
	50m: 35.71 35.71	150m: 1:56.13 40.67	250m: 3:17.08 40.29	350m: 4:38.27 40.54
	100m: 1:15.46 39.75	200m: 2:36.79 40.66	300m: 3:57.73 40.65	400m: 5:17.16 38.89
2.	VERMEULEN, Gerry	78	Zwemclub Delfino	6:01.85
	50m: 38.36 38.36	150m: 2:11.86 47.89	250m: 3:48.10 47.69	350m: 5:20.18 44.97
	100m: 1:23.97 45.61	200m: 3:00.41 48.55	300m: 4:35.21 47.11	400m: 6:01.85 41.67

veteranen U65

1.	CAESTECKER, Wilfried	61	Vrije Zwemmers Sint-Amandsberg	6:38.96
	50m: 39.74 39.74	150m: 2:18.00 50.26	250m: 4:02.85 52.79	350m: 5:50.69 54.05
	100m: 1:27.74 48.00	200m: 3:10.06 52.06	300m: 4:56.64 53.79	400m: 6:38.96 48.27