



ShaRK 400m 2025 v4  
Herentals, 4/10/2025

Programmanr. 2  
4/10/2025 - 13:58

Heren, 400m wisselslag

11 jaar en ouder  
Resultaten

Punten: FINA 2023

Rang					Geb.					Tijd	Pnt	
<b>11 - 12 jaar</b>												
1.	VERDONCK Stan				13	Zwemclub Nijlen				<b>5:32.67</b>	351	
	50m:	34.66	34.66	150m:	1:59.78	43.60	250m:	3:28.04	46.37	350m:	4:55.05	40.14
	100m:	1:16.18	41.52	200m:	2:41.67	41.89	300m:	4:14.91	46.87	400m:	5:32.67	37.62
2.	LEYSEN Jeroen				13	Kempisch Swimming Team				<b>6:03.54</b>	269	
	50m:	40.12	40.12	150m:	2:12.81	45.19	250m:	3:48.74	52.24	350m:	5:24.37	42.35
	100m:	1:27.62	47.50	200m:	2:56.50	43.69	300m:	4:42.02	53.28	400m:	6:03.54	39.17
3.	VAN HOVE Victor				13	Molse Zwemclub "Mozka"				<b>6:15.51</b>	244	
	50m:	41.35	41.35	150m:	2:20.16	48.84	250m:	3:58.37	51.66	350m:	5:35.05	42.52
	100m:	1:31.32	49.97	200m:	3:06.71	46.55	300m:	4:52.53	54.16	400m:	6:15.51	40.46
4.	VAN HOVE Nand				14	Molse Zwemclub "Mozka"				<b>6:23.83</b>	228	
	50m:	40.82	40.82	150m:	2:19.83	50.62	250m:	4:02.38	55.13	350m:	5:42.36	43.91
	100m:	1:29.21	48.39	200m:	3:07.25	47.42	300m:	4:58.45	56.07	400m:	6:23.83	41.47
dis	THIJSBAERT Nio				13	Zwemclub Nijlen						
	<i>SW 6.4.c - Keerpunt niet dadelijk ingezet na borstligging en/of armtrek beweging</i>											

**13 - 14 jaar**

1.	VAN DOOREN Warre				11	Zwemclub Nijlen				<b>5:10.87</b>	430	
	50m:	32.90	32.90	150m:	1:50.29	38.49	250m:	3:15.23	47.27	350m:	4:37.01	34.88
	100m:	1:11.80	38.90	200m:	2:27.96	37.67	300m:	4:02.13	46.90	400m:	5:10.87	33.86
2.	DE RIDDER Arne				12	Zwemclub Schoten				<b>5:17.08</b>	406	
	50m:	32.32	32.32	150m:	1:48.49	37.56	250m:	3:14.29	48.45	350m:	4:42.09	37.20
	100m:	1:10.93	38.61	200m:	2:25.84	37.35	300m:	4:04.89	50.60	400m:	5:17.08	34.99
3.	GYULNAZARYAN Max				11	Westerlo Swimming Team				<b>5:18.96</b>	398	
	50m:	32.36	32.36	150m:	1:52.20	42.25	250m:	3:20.29	48.23	350m:	4:45.00	37.34
	100m:	1:09.95	37.59	200m:	2:32.06	39.86	300m:	4:07.66	47.37	400m:	5:18.96	33.96
4.	STABEL Jasper				11	Kempisch Swimming Team				<b>5:27.77</b>	367	
	50m:	34.37	34.37	150m:	1:59.15	41.61	250m:	3:26.69	44.85	350m:	4:50.66	38.07
	100m:	1:17.54	43.17	200m:	2:41.84	42.69	300m:	4:12.59	45.90	400m:	5:27.77	37.11
5.	SLUYTS Tibe				11	Westerlo Swimming Team				<b>5:29.71</b>	361	
	50m:	35.76	35.76	150m:	2:01.58	40.16	250m:	3:30.54	49.57	350m:	4:54.94	35.11
	100m:	1:21.42	45.66	200m:	2:40.97	39.39	300m:	4:19.83	49.29	400m:	5:29.71	34.77
6.	ASSCHERICKX Sebastiaan				11	K. Aarschotse Zwemclub Schoonhoven				<b>5:35.20</b>	343	
	50m:	33.70	33.70	150m:	1:57.87	43.38	250m:	3:28.79	50.71	350m:	4:58.94	38.90
	100m:	1:14.49	40.79	200m:	2:38.08	40.21	300m:	4:20.04	51.25	400m:	5:35.20	36.26
7.	VANHELMONT Dante				11	K. Aarschotse Zwemclub Schoonhoven				<b>5:38.53</b>	333	
	50m:	32.54	32.54	150m:	1:58.08	45.31	250m:	3:30.93	50.21	350m:	5:02.74	40.18
	100m:	1:12.77	40.23	200m:	2:40.72	42.64	300m:	4:22.56	51.63	400m:	5:38.53	35.79
8.	BREBELS Niels				11	Westerlo Swimming Team				<b>5:54.28</b>	291	
	50m:	35.54	35.54	150m:	2:44.51	1:26.56	250m:	4:35.59	56.70	350m:	5:15.49	
	100m:	1:17.95	42.41	200m:	3:38.89	54.38	300m:			400m:	5:54.28	38.79



Programmanr. 2, Heren, 400m wisselslag

15 - 16 jaar

1.	VANGROOTLOON Jef	10	Hzs	<b>4:56.25</b>	497
	50m: 30.40 30.40	150m: 1:44.29 38.53	250m: 3:03.94 42.75	350m: 4:23.01 35.43	
	100m: 1:05.76 35.36	200m: 2:21.19 36.90	300m: 3:47.58 43.64	400m: 4:56.25 33.24	
2.	KEISERS Tibo	09	Arendonkse Zwemvereniging	<b>5:10.70</b>	431
	50m: 31.69 31.69	150m: 1:51.08 40.78	250m: 3:15.01 44.87	350m: 4:36.05 35.64	
	100m: 1:10.30 38.61	200m: 2:30.14 39.06	300m: 4:00.41 45.40	400m: 5:10.70 34.65	
3.	SLUYTS Jenne	09	Westerlo Swimming Team	<b>5:18.27</b>	401
	50m: 33.40 33.40	150m: 1:53.37 41.31	250m: 3:21.47 47.87	350m: 4:44.30 34.82	
	100m: 1:12.06 38.66	200m: 2:33.60 40.23	300m: 4:09.48 48.01	400m: 5:18.27 33.97	
4.	WILLEM Arthur	09	K. Aarschotse Zwemclub Schoonhoven	<b>5:23.72</b>	381
	50m: 33.46 33.46	150m: 1:57.35 41.44	250m: 3:22.95 46.26	350m: 4:49.11 37.85	
	100m: 1:15.91 42.45	200m: 2:36.69 39.34	300m: 4:11.26 48.31	400m: 5:23.72 34.61	
5.	DEBONDT Mats	09	Kempisch Swimming Team	<b>5:26.55</b>	371
	50m: 31.59 31.59	150m: 1:49.81 39.06	250m: 3:19.62 50.73	350m: 4:49.37 38.55	
	100m: 1:10.75 39.16	200m: 2:28.89 39.08	300m: 4:10.82 51.20	400m: 5:26.55 37.18	
6.	LEMMENS Noah	10	Arendonkse Zwemvereniging	<b>5:34.53</b>	345
	50m: 38.32 38.32	150m: 2:06.71 44.88	250m: 3:34.51 44.31	350m: 4:59.57 38.60	
	100m: 1:21.83 43.51	200m: 2:50.20 43.49	300m: 4:20.97 46.46	400m: 5:34.53 34.96	
7.	WILLEMS Ruben	10	Arendonkse Zwemvereniging	<b>5:34.66</b>	345
	50m: 33.94 33.94	150m: 1:56.10 42.93	250m: 3:26.20 49.21	350m: 4:56.55 39.33	
	100m: 1:13.17 39.23	200m: 2:36.99 40.89	300m: 4:17.22 51.02	400m: 5:34.66 38.11	
8.	FEYEN Aeden	10	ShaRK	<b>6:03.97</b>	268
	50m: 37.02 37.02	150m: 2:10.78 47.18	250m: 3:46.38 49.41	350m: 5:21.06 43.05	
	100m: 1:23.60 46.58	200m: 2:56.97 46.19	300m: 4:38.01 51.63	400m: 6:03.97 42.91	
dis	BETTENS Lucas	10	Zola		
	<i>SW 10.2 - Niet de volledige afstand gezwommen</i>				
dis	DE WITTE Leo	10	K. Aarschotse Zwemclub Schoonhoven		
	<i>SW 7.6 - Niet met 2 handen gelijktijdig muur geraakt en/of handen op elkaar gelegd bij KP of A</i>				

17 jaar en ouder

1.	LAUREYSSSENS Lukas	08	Zwemclub Schoten	<b>4:40.54</b>	586
	50m: 28.01 28.01	150m: 1:36.70 35.38	250m: 2:53.25 42.04	350m: 4:08.77 32.84	
	100m: 1:01.32 33.31	200m: 2:11.21 34.51	300m: 3:35.93 42.68	400m: 4:40.54 31.77	
2.	PROVOOST Matice	08	Rosc	<b>4:49.48</b>	533
	50m: 29.90 29.90	150m: 1:43.22 37.78	250m: 3:02.37 42.43	350m: 4:19.34 33.40	
	100m: 1:05.44 35.54	200m: 2:19.94 36.72	300m: 3:45.94 43.57	400m: 4:49.48 30.14	
3.	DE CUYPER Lens	03	Heistse Zwemclub Arduas	<b>4:59.10</b>	483
	50m: 31.14 31.14	150m: 1:47.26 38.59	250m: 3:07.40 41.35	350m: 4:25.92 35.06	
	100m: 1:08.67 37.53	200m: 2:26.05 38.79	300m: 3:50.86 43.46	400m: 4:59.10 33.18	
4.	MATHIEU Jack	07	Zwemclub Schoten	<b>5:00.01</b>	479
	50m: 30.59 30.59	150m: 1:46.87 40.49	250m: 3:08.26 43.76	350m: 4:27.57 34.60	
	100m: 1:06.38 35.79	200m: 2:24.50 37.63	300m: 3:52.97 44.71	400m: 5:00.01 32.44	
FF	HOROVYI Mykyta	07	Zola		