

Antwerp Diamond Speedo Race
Olympic Pool Wezenberg, Antwerp, 28 - 29/3/2026

Programmanr. 15
28/03/2026 - 11:56

Heren, 400m vrije slag

11 jaar en ouder
Resultaten Voorrunde

Punten: AQUA 2025

Rang						Tijd	Pnt	100m	200m	300m	400m
1.	STANCU, Vlad Stefan	ROU				4:02.00	752 Q	58.61	1:01.28	1:00.57	1:01.54
	50m: 27.94	27.94	150m: 1:29.27	30.66	250m: 2:30.07	30.18	350m: 3:31.56	31.10			
	100m: 58.61	30.67	200m: 1:59.89	30.62	300m: 3:00.46	30.39	400m: 4:02.00	30.44			
2.	VOET, Youri	NED	200502269			4:02.67	745 Q	57.88	1:01.42	1:02.11	1:01.26
	50m: 27.86	27.86	150m: 1:28.37	30.49	250m: 2:30.18	30.88	350m: 3:32.49	31.08			
	100m: 57.88	30.02	200m: 1:59.30	30.93	300m: 3:01.41	31.23	400m: 4:02.67	30.18			
3.	NAMESNIK, Austin	NED	200101817			4:07.28	704 Q	1:00.03	1:03.97	1:01.90	1:01.38
	50m: 28.57	28.57	150m: 1:31.94	31.91	250m: 2:34.90	30.90	350m: 3:36.78	30.88			
	100m: 1:00.03	31.46	200m: 2:04.00	32.06	300m: 3:05.90	31.00	400m: 4:07.28	30.50			
4.	LOOTS, Bram	NED	200700197			4:07.49	703 Q	59.05	1:02.86	1:02.64	1:02.94
	50m: 28.16	28.16	150m: 1:30.24	31.19	250m: 2:33.12	31.21	350m: 3:36.59	32.04			
	100m: 59.05	30.89	200m: 2:01.91	31.67	300m: 3:04.55	31.43	400m: 4:07.49	30.90			
5.	VERMAUT, Arthur	BEL	LAQUA/11595/06			4:08.46	694 Q	59.49	1:03.76	1:02.62	1:02.59
	50m: 28.10	28.10	150m: 1:31.03	31.54	250m: 2:34.16	30.91	350m: 3:37.45	31.58			
	100m: 59.49	31.39	200m: 2:03.25	32.22	300m: 3:05.87	31.71	400m: 4:08.46	31.01			
6.	WILBERS, Olivier	NED	200600181			4:09.32	687 Q	1:00.46	1:03.50	1:03.66	1:01.70
	50m: 29.12	29.12	150m: 1:32.08	31.62	250m: 2:35.64	31.68	350m: 3:39.15	31.53			
	100m: 1:00.46	31.34	200m: 2:03.96	31.88	300m: 3:07.62	31.98	400m: 4:09.32	30.17			
7.	VIGUIER, Evan	LUX	10724			4:11.47	670 Q	59.95	1:04.62	1:04.11	1:02.79
	50m: 28.42	28.42	150m: 1:32.46	32.51	250m: 2:36.65	32.08	350m: 3:40.88	32.20			
	100m: 59.95	31.53	200m: 2:04.57	32.11	300m: 3:08.68	32.03	400m: 4:11.47	30.59			
8.	KINDT, Levi	BEL	BRABO/11588/07			4:14.09	649 Q	59.99	1:04.18	1:04.70	1:05.22
	50m: 28.31	28.31	150m: 1:32.28	32.29	250m: 2:36.73	32.56	350m: 3:41.87	33.00			
	100m: 59.99	31.68	200m: 2:04.17	31.89	300m: 3:08.87	32.14	400m: 4:14.09	32.22			
9.	LISSENS, Tuur	BEL	VZF/10019/10			4:17.07	627 R	1:00.47	1:04.15	1:05.72	1:06.73
	50m: 28.67	28.67	150m: 1:31.92	31.45	250m: 2:36.80	32.18	350m: 3:44.36	34.02			
	100m: 1:00.47	31.80	200m: 2:04.62	32.70	300m: 3:10.34	33.54	400m: 4:17.07	32.71			
10.	D'ESPALLIER, Daan	BEL	BRABO/11287/09			4:17.71	622 R	1:01.07	1:05.63	1:06.02	1:04.99
	50m: 29.01	29.01	150m: 1:33.93	32.86	250m: 2:39.91	33.21	350m: 3:45.72	33.00			
	100m: 1:01.07	32.06	200m: 2:06.70	32.77	300m: 3:12.72	32.81	400m: 4:17.71	31.99			
11.	VEELDERS, Milan	NED	200800279			4:19.05	613 R	1:02.46	1:07.03	1:04.44	1:05.12
	50m: 29.41	29.41	150m: 1:35.94	33.48	250m: 2:41.50	32.01	350m: 3:46.80	32.87			
	100m: 1:02.46	33.05	200m: 2:09.49	33.55	300m: 3:13.93	32.43	400m: 4:19.05	32.25			
12.	VOLCKAERT, Matthias	BEL	ZIOS/11067/08			4:21.61	595 R	1:00.67	1:07.98	1:07.87	1:05.09
	50m: 27.91	27.91	150m: 1:34.55	33.88	250m: 2:42.51	33.86	350m: 3:49.43	32.91			
	100m: 1:00.67	32.76	200m: 2:08.65	34.10	300m: 3:16.52	34.01	400m: 4:21.61	32.18			
13.	TANIS, Jorian	NED	199900327			4:23.13	585 R	1:01.89	1:07.76	1:07.49	1:05.99
	50m: 29.15	29.15	150m: 1:35.40	33.51	250m: 2:43.57	33.92	350m: 3:50.54	33.40			
	100m: 1:01.89	32.74	200m: 2:09.65	34.25	300m: 3:17.14	33.57	400m: 4:23.13	32.59			
14.	GORIS, Ruben	BEL	BRABO/11289/09			4:24.49	576 R	1:02.27	1:07.88	1:07.79	1:06.55
	50m: 29.14	29.14	150m: 1:36.02	33.75	250m: 2:43.87	33.72	350m: 3:51.53	33.59			
	100m: 1:02.27	33.13	200m: 2:10.15	34.13	300m: 3:17.94	34.07	400m: 4:24.49	32.96			
15.	MICHOEL, Quinten	BEL	ZGEEL/11112/09			4:24.89	573	1:04.11	1:08.28	1:07.51	1:04.99
	50m: 30.74	30.74	150m: 1:38.28	34.17	250m: 2:46.34	33.95	350m: 3:53.03	33.13			
	100m: 1:04.11	33.37	200m: 2:12.39	34.11	300m: 3:19.90	33.56	400m: 4:24.89	31.86			
16.	BOEREFIJN, Tim	NED	200802815			4:25.52	569	1:03.31	1:08.17	1:08.46	1:05.58
	50m: 29.86	29.86	150m: 1:37.51	34.20	250m: 2:45.61	34.13	350m: 3:53.81	33.87			
	100m: 1:03.31	33.45	200m: 2:11.48	33.97	300m: 3:19.94	34.33	400m: 4:25.52	31.71			
17.	D'HOOGHE, Liam	BEL	STA/11032/08			4:25.59	568	1:02.76	1:07.71	1:07.77	1:07.35
	50m: 28.98	28.98	150m: 1:36.28	33.52	250m: 2:44.15	33.68	350m: 3:51.97	33.73			
	100m: 1:02.76	33.78	200m: 2:10.47	34.19	300m: 3:18.24	34.09	400m: 4:25.59	33.62			
18.	HILDERS, Tijn	NED	200700027			4:25.94	566	1:01.87	1:07.95	1:09.52	1:06.60
	50m: 29.31	29.31	150m: 1:35.75	33.88	250m: 2:44.46	34.64	350m: 3:52.82	33.48			
	100m: 1:01.87	32.56	200m: 2:09.82	34.07	300m: 3:19.34	34.88	400m: 4:25.94	33.12			
19.	MATHIEU, Jack	BEL	ZS/11069/07			4:27.93	554	1:03.57	1:07.41	1:08.49	1:08.46
	50m: 30.87	30.87	150m: 1:37.15	33.58	250m: 2:45.25	34.27	350m: 3:54.43	34.96			
	100m: 1:03.57	32.70	200m: 2:10.98	33.83	300m: 3:19.47	34.22	400m: 4:27.93	33.50			

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Programmanr. 15, Heren, 400m vrije slag, Voorronde, 11 jaar en ouder

Rang					Tijd	Pnt	100m	200m	300m	400m		
20.	DOORNENBAL, Rik	NED	199803871		4:28.55	550	1:02.02	1:08.18	1:09.28	1:09.07		
	50m:	29.77	29.77	150m:	1:35.66	33.64	250m:	2:44.44	34.24	350m:	3:54.25	34.77
	100m:	1:02.02	32.25	200m:	2:10.20	34.54	300m:	3:19.48	35.04	400m:	4:28.55	34.30
21.	VERROKEN, Gerben	BEL	ZIOS/11130/08		4:28.56	550	1:02.79	1:08.95	1:10.69	1:06.13		
	50m:	29.87	29.87	150m:	1:37.29	34.50	250m:	2:47.11	35.37	350m:	3:56.33	33.90
	100m:	1:02.79	32.92	200m:	2:11.74	34.45	300m:	3:22.43	35.32	400m:	4:28.56	32.23
22.	MULDER, Sven	NED	200901655		4:28.85	548	1:03.05	1:09.51	1:10.38	1:05.91		
	50m:	29.95	29.95	150m:	1:38.04	34.99	250m:	2:48.09	35.53	350m:	3:56.93	33.99
	100m:	1:03.05	33.10	200m:	2:12.56	34.52	300m:	3:22.94	34.85	400m:	4:28.85	31.92
23.	OTTEVAERE, Alexander	BEL	BRABO/11215/08		4:35.70	508	1:02.63	1:10.70	1:11.40	1:10.97		
	50m:	29.51	29.51	150m:	1:37.52	34.89	250m:	2:48.93	35.60	350m:	4:01.51	36.78
	100m:	1:02.63	33.12	200m:	2:13.33	35.81	300m:	3:24.73	35.80	400m:	4:35.70	34.19
24.	VOLCKAERT, Thomas	BEL	ZIOS/11106/10		4:35.86	507	1:06.53	1:12.16	1:12.71	1:04.46		
	50m:	31.37	31.37	150m:	1:43.11	36.58	250m:	2:54.75	36.06	350m:	4:04.87	33.47
	100m:	1:06.53	35.16	200m:	2:18.69	35.58	300m:	3:31.40	36.65	400m:	4:35.86	30.99
25.	WULLMS, Tren	NED	201000469		4:36.63	503	1:05.84	1:10.68	1:11.10	1:09.01		
	50m:	31.26	31.26	150m:	1:41.41	35.57	250m:	2:52.26	35.74	350m:	4:02.98	35.36
	100m:	1:05.84	34.58	200m:	2:16.52	35.11	300m:	3:27.62	35.36	400m:	4:36.63	33.65
26.	MATLA, Milco	NED	200600555		4:37.32	499	1:03.63	1:11.81	1:11.88	1:10.00		
	50m:	28.94	28.94	150m:	1:39.26	35.63	250m:	2:51.11	35.67	350m:	4:02.72	35.40
	100m:	1:03.63	34.69	200m:	2:15.44	36.18	300m:	3:27.32	36.21	400m:	4:37.32	34.60
27.	ROOSEN, Thomas	BEL	BRABO/11428/10		4:40.87	481	1:05.25	1:12.01	1:12.41	1:11.20		
	50m:	30.58	30.58	150m:	1:40.76	35.51	250m:	2:52.93	35.67	350m:	4:05.69	36.02
	100m:	1:05.25	34.67	200m:	2:17.26	36.50	300m:	3:29.67	36.74	400m:	4:40.87	35.18
28.	EVENS, Vince	BEL	DMB/11122/11		4:42.58	472	1:06.42	1:12.44	1:12.88	1:10.84		
	50m:	31.67	31.67	150m:	1:42.76	36.34	250m:	2:55.76	36.90	350m:	4:08.44	36.70
	100m:	1:06.42	34.75	200m:	2:18.86	36.10	300m:	3:31.74	35.98	400m:	4:42.58	34.14
29.	THUYLIE, Vic	BEL	KZK/11156/11		4:44.75	461	1:06.35	1:12.55	1:13.66	1:12.19		
	50m:	31.71	31.71	150m:	1:42.42	36.07	250m:	2:55.75	36.85	350m:	4:09.29	36.73
	100m:	1:06.35	34.64	200m:	2:18.90	36.48	300m:	3:32.56	36.81	400m:	4:44.75	35.46
30.	ESHUIS, Thom	BEL	BRABO/11294/09		4:45.32	458	1:06.13	1:12.86	1:13.68	1:12.65		
	50m:	31.77	31.77	150m:	1:42.35	36.22	250m:	2:55.78	36.79	350m:	4:09.58	36.91
	100m:	1:06.13	34.36	200m:	2:18.99	36.64	300m:	3:32.67	36.89	400m:	4:45.32	35.74
31.	HUFKENS, Ilian	BEL	ZGEEL/11187/11		4:46.65	452	1:07.75	1:12.39	1:13.24	1:13.27		
	50m:	31.46	31.46	150m:	1:43.82	36.07	250m:	2:56.66	36.52	350m:	4:10.18	36.80
	100m:	1:07.75	36.29	200m:	2:20.14	36.32	300m:	3:33.38	36.72	400m:	4:46.65	36.47
32.	JAMMAER, Tijl	BEL	BRABO/11537/12		4:54.17	418	1:08.78	1:15.05	1:15.79	1:14.55		
	50m:	32.74	32.74	150m:	1:45.94	37.16	250m:	3:01.44	37.61	350m:	4:17.86	38.24
	100m:	1:08.78	36.04	200m:	2:23.83	37.89	300m:	3:39.62	38.18	400m:	4:54.17	36.31
33.	CRISTIAN DAMIAN, Ianis	BEL	BRABO/11500/12		4:56.49	408	1:08.16	1:15.92	1:17.28	1:15.13		
	50m:	32.41	32.41	150m:	1:45.89	37.73	250m:	3:02.69	38.61	350m:	4:19.42	38.06
	100m:	1:08.16	35.75	200m:	2:24.08	38.19	300m:	3:41.36	38.67	400m:	4:56.49	37.07
34.	BEELEN, Maximilien	BEL	BOUST/011046/13		5:07.43	366	1:13.69	1:20.58	1:17.78	1:15.38		
	50m:	34.84	34.84	150m:	1:53.20	39.51	250m:	3:13.11	38.84	350m:	4:30.39	38.34
	100m:	1:13.69	38.85	200m:	2:34.27	41.07	300m:	3:52.05	38.94	400m:	5:07.43	37.04