

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

Programmanr. 15
28/03/2026 - 17:18

Heren, 400m vrije slag

11 jaar en ouder
Resultaten Finale

Punten: AQUA 2025

Rang						Tijd	Pnt	100m	200m	300m	400m			
1.	STANCU, Vlad Stefan	ROU						3:55.19	819	53.89	58.66	1:01.06	1:01.58	
	50m:	25.84	25.84	150m:	1:22.86	28.97	250m:	2:23.02	30.47	350m:	3:24.62	31.01		
	100m:	53.89	28.05	200m:	1:52.55	29.69	300m:	2:53.61	30.59	400m:	3:55.19	30.57		
2.	NAMESNIK, Austin	NED	200101817						4:04.64	727	58.19	1:03.37	1:02.97	1:00.11
	50m:	27.36	27.36	150m:	1:29.82	31.63	250m:	2:33.07	31.51	350m:	3:35.81	31.28		
	100m:	58.19	30.83	200m:	2:01.56	31.74	300m:	3:04.53	31.46	400m:	4:04.64	28.83		
3.	LOOTS, Bram	NED	200700197						4:06.77	709	59.23	1:03.53	1:03.41	1:00.60
	50m:	28.14	28.14	150m:	1:30.57	31.34	250m:	2:34.24	31.48	350m:	3:36.86	30.69		
	100m:	59.23	31.09	200m:	2:02.76	32.19	300m:	3:06.17	31.93	400m:	4:06.77	29.91		
4.	VERMAUT, Arthur	BEL	LAQUA/11595/06						4:07.94	699	59.89	1:04.82	1:02.19	1:01.04
	50m:	28.34	28.34	150m:	1:32.38	32.49	250m:	2:35.62	30.91	350m:	3:38.06	31.16		
	100m:	59.89	31.55	200m:	2:04.71	32.33	300m:	3:06.90	31.28	400m:	4:07.94	29.88		
5.	VIGUIER, Evan	LUX	10724						4:08.49	694	59.13	1:03.63	1:03.68	1:02.05
	50m:	28.09	28.09	150m:	1:30.57	31.44	250m:	2:34.39	31.63	350m:	3:38.01	31.57		
	100m:	59.13	31.04	200m:	2:02.76	32.19	300m:	3:06.44	32.05	400m:	4:08.49	30.48		
6.	KINDT, Levi	BEL	BRABO/11588/07						4:10.05	681	59.02	1:04.25	1:03.89	1:02.89
	50m:	27.88	27.88	150m:	1:31.52	32.50	250m:	2:35.28	32.01	350m:	3:39.37	32.21		
	100m:	59.02	31.14	200m:	2:03.27	31.75	300m:	3:07.16	31.88	400m:	4:10.05	30.68		
7.	D'ESPALLIER, Daan	BEL	BRABO/11287/09						4:16.09	634	59.78	1:04.55	1:06.22	1:05.54
	50m:	28.18	28.18	150m:	1:32.06	32.28	250m:	2:37.31	32.98	350m:	3:43.89	33.34		
	100m:	59.78	31.60	200m:	2:04.33	32.27	300m:	3:10.55	33.24	400m:	4:16.09	32.20		
8.	LISSENS, Tuur	BEL	VZF/10019/10						4:18.91	614	1:01.81	1:05.77	1:05.53	1:05.80
	50m:	29.36	29.36	150m:	1:34.15	32.34	250m:	2:40.11	32.53	350m:	3:46.06	32.95		
	100m:	1:01.81	32.45	200m:	2:07.58	33.43	300m:	3:13.11	33.00	400m:	4:18.91	32.85		