

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

Programmanr. 7  
28/03/2026 - 10:03

Heren, 400m wisselslag

11 jaar en ouder  
Resultaten Voorrunde

Punten: AQUA 2025

Rang				Tijd	Pnt	100m	200m	300m	400m
1.	VOET, Youri	NED	200502269	<b>4:39.45</b>	653 Q	1:04.58	1:13.44	1:16.66	1:04.77
	50m: 29.61	29.61	150m: 1:41.75	37.17	250m: 2:55.81	37.79	350m: 4:06.90	32.22	
	100m: 1:04.58	34.97	200m: 2:18.02	36.27	300m: 3:34.68	38.87	400m: 4:39.45	32.55	
2.	FEDOSEEV, Anton	LUX	9476	<b>4:40.50</b>	646 Q	1:03.47	1:12.14	1:17.85	1:07.04
	50m: 29.37	29.37	150m: 1:41.50	38.03	250m: 2:53.76	38.15	350m: 4:05.33	31.87	
	100m: 1:03.47	34.10	200m: 2:15.61	34.11	300m: 3:33.46	39.70	400m: 4:40.50	35.17	
3.	VERMAUT, Arthur	BEL	LAQUA/11595/06	<b>4:41.62</b>	638 Q	1:00.67	1:15.23	1:21.03	1:04.69
	50m: 27.92	27.92	150m: 1:38.44	37.77	250m: 2:56.62	40.72	350m: 4:10.20	33.27	
	100m: 1:00.67	32.75	200m: 2:15.90	37.46	300m: 3:36.93	40.31	400m: 4:41.62	31.42	
4.	WILBERS, Olivier	NED	200600181	<b>4:44.25</b>	620 Q	1:05.69	1:12.62	1:22.96	1:02.98
	50m: 30.79	30.79	150m: 1:42.25	36.56	250m: 2:59.91	41.60	350m: 4:13.41	32.14	
	100m: 1:05.69	34.90	200m: 2:18.31	36.06	300m: 3:41.27	41.36	400m: 4:44.25	30.84	
5.	HILDERS, Tijn	NED	200700027	<b>4:54.47</b>	558 Q	1:04.36	1:18.21	1:23.11	1:08.79
	50m: 29.35	29.35	150m: 1:43.21	38.85	250m: 3:03.16	40.59	350m: 4:20.35	34.67	
	100m: 1:04.36	35.01	200m: 2:22.57	39.36	300m: 3:45.68	42.52	400m: 4:54.47	34.12	
6.	BHIJA, Tariq	BEL	VZF/10002/10	<b>4:59.76</b>	529 Q	1:05.22	1:20.34	1:31.33	1:02.87
	50m: 29.44	29.44	150m: 1:46.70	41.48	250m: 3:10.84	45.28	350m: 4:29.32	32.43	
	100m: 1:05.22	35.78	200m: 2:25.56	38.86	300m: 3:56.89	46.05	400m: 4:59.76	30.44	
7.	PERSOONS, Emiel	BEL	ZIOS/11078/08	<b>5:08.42</b>	486 Q	1:11.10	1:21.16	1:29.07	1:07.09
	50m: 33.11	33.11	150m: 1:52.06	40.96	250m: 3:16.71	44.45	350m: 4:35.45	34.12	
	100m: 1:11.10	37.99	200m: 2:32.26	40.20	300m: 4:01.33	44.62	400m: 5:08.42	32.97	
8.	HILDERS, Mike	NED	200900281	<b>5:09.79</b>	479 Q	1:08.28	1:22.96	1:29.06	1:09.49
	50m: 31.43	31.43	150m: 1:50.18	41.90	250m: 3:15.24	44.00	350m: 4:35.18	34.88	
	100m: 1:08.28	36.85	200m: 2:31.24	41.06	300m: 4:00.30	45.06	400m: 5:09.79	34.61	
9.	VAN NOOTEN, Vic	BEL	LAQUA/11454/10	<b>5:12.08</b>	469 R	1:06.62	1:19.63	1:36.28	1:09.55
	50m: 29.92	29.92	150m: 1:47.13	40.51	250m: 3:14.92	48.67	350m: 4:38.36	35.83	
	100m: 1:06.62	36.70	200m: 2:26.25	39.12	300m: 4:02.53	47.61	400m: 5:12.08	33.72	
10.	KEISERS, Tibo	BEL	AZV/11060/09	<b>5:21.28</b>	430 R	1:13.72	1:23.47	1:33.61	1:10.48
	50m: 32.32	32.32	150m: 1:56.45	42.73	250m: 3:23.05	45.86	350m: 4:46.70	35.90	
	100m: 1:13.72	41.40	200m: 2:37.19	40.74	300m: 4:10.80	47.75	400m: 5:21.28	34.58	