

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

Event 7
28/03/2026 - 16:52

Men, 400m Medley

11 years and older
Results Final

Points: AQUA 2025

Rank						Time	Pts	100m	200m	300m	400m	
1.	VOET, Youri	NED	200502269				4:33.78	694	1:01.93	1:14.16	1:16.01	1:01.68
	50m:	28.79	28.79	150m:	1:39.56	37.63	250m:	2:53.82	37.73	350m:	4:04.11	32.01
	100m:	1:01.93	33.14	200m:	2:16.09	36.53	300m:	3:32.10	38.28	400m:	4:33.78	29.67
2.	FEDOSEEV, Anton	LUX	9476				4:39.25	654	1:01.66	1:13.34	1:20.55	1:03.70
	50m:	28.75	28.75	150m:	1:38.32	36.66	250m:	2:54.90	39.90	350m:	4:07.37	31.82
	100m:	1:01.66	32.91	200m:	2:15.00	36.68	300m:	3:35.55	40.65	400m:	4:39.25	31.88
3.	VERMAUT, Arthur	BEL	LAQUA/11595/06				4:40.60	645	1:02.04	1:16.09	1:19.18	1:03.29
	50m:	28.19	28.19	150m:	1:40.39	38.35	250m:	2:57.68	39.55	350m:	4:09.75	32.44
	100m:	1:02.04	33.85	200m:	2:18.13	37.74	300m:	3:37.31	39.63	400m:	4:40.60	30.85
4.	WILBERS, Olivier	NED	200600181				4:42.29	633	1:04.97	1:12.60	1:22.89	1:01.83
	50m:	30.37	30.37	150m:	1:41.62	36.65	250m:	2:59.12	41.55	350m:	4:12.32	31.86
	100m:	1:04.97	34.60	200m:	2:17.57	35.95	300m:	3:40.46	41.34	400m:	4:42.29	29.97
5.	BHIJA, Tariq	BEL	VZF/10002/10				4:56.51	547	1:05.70	1:20.02	1:29.12	1:01.67
	50m:	30.01	30.01	150m:	1:47.17	41.47	250m:	3:11.02	45.30	350m:	4:26.44	31.60
	100m:	1:05.70	35.69	200m:	2:25.72	38.55	300m:	3:54.84	43.82	400m:	4:56.51	30.07
6.	HILDERS, Tijn	NED	200700027				4:57.45	541	1:06.65	1:19.68	1:22.89	1:08.23
	50m:	29.95	29.95	150m:	1:46.75	40.10	250m:	3:06.59	40.26	350m:	4:23.71	34.49
	100m:	1:06.65	36.70	200m:	2:26.33	39.58	300m:	3:49.22	42.63	400m:	4:57.45	33.74
7.	HILDERS, Mike	NED	200900281				5:05.28	501	1:06.33	1:21.43	1:29.50	1:08.02
	50m:	30.43	30.43	150m:	1:47.26	40.93	250m:	3:12.31	44.55	350m:	4:31.37	34.11
	100m:	1:06.33	35.90	200m:	2:27.76	40.50	300m:	3:57.26	44.95	400m:	5:05.28	33.91
8.	PERSOONS, Emiel	BEL	ZIOS/11078/08				5:05.60	499	1:10.91	1:20.51	1:27.08	1:07.10
	50m:	31.99	31.99	150m:	1:51.12	40.21	250m:	3:14.66	43.24	350m:	4:33.18	34.68
	100m:	1:10.91	38.92	200m:	2:31.42	40.30	300m:	3:58.50	43.84	400m:	5:05.60	32.42