

AST Christmas 4 Masters 2025
Aalst, 20/12/2025

Event 4 400m Freestyle 20 - 94 years
20/12/2025 - 19:18 Results

Points: AQUA Master 2025

Rank	YB		Time	Pts	100m	200m	300m	400m	
20 - 24 years, Men									
1.	De Smedt Hartwig	03	No License	4:25.74	745	1:02.43	1:07.17	1:08.54	1:07.60
	50m: 29.94	29.94	150m: 1:36.02	33.59	250m: 2:43.94	34.34	350m: 3:52.54	34.40	
	100m: 1:02.43	32.49	200m: 2:09.60	33.58	300m: 3:18.14	34.20	400m: 4:25.74	33.20	
25 - 29 years, Men									
1.	Van Vooren Brecht	97	No License	4:34.39	677	1:03.45	1:08.92	1:11.71	1:10.31
	50m: 30.49	30.49	150m: 1:37.39	33.94	250m: 2:47.98	35.61	350m: 3:59.48	35.40	
	100m: 1:03.45	32.96	200m: 2:12.37	34.98	300m: 3:24.08	36.10	400m: 4:34.39	34.91	
2.	Onghena Basiel	00	Koninklijke Zwemclub Neptu	4:49.75	6575	1:08.61	1:12.91	1:15.08	1:13.15
	50m: 32.62	32.62	150m: 1:44.76	36.15	250m: 2:59.01	37.49	350m: 4:14.34	37.74	
	100m: 1:08.61	35.99	200m: 2:21.52	36.76	300m: 3:36.60	37.59	400m: 4:49.75	35.41	
3.	De Roose Glenn	00	Oudenaardse Zwemclub	5:47.55	333	1:22.18	1:29.06	1:29.70	1:26.61
	50m: 38.60	38.60	150m: 2:06.72	44.54	250m: 3:35.86	44.62	350m: 5:05.01	44.07	
	100m: 1:22.18	43.58	200m: 2:51.24	44.52	300m: 4:20.94	45.08	400m: 5:47.55	42.54	
4.	Vanmuysen Cedric	96	Stzc	5:48.48	330	1:20.54	1:28.85	1:31.69	1:27.40
	50m: 37.92	37.92	150m: 2:04.11	43.57	250m: 3:34.65	45.26	350m: 5:06.89	45.81	
	100m: 1:20.54	42.62	200m: 2:49.39	45.28	300m: 4:21.08	46.43	400m: 5:48.48	41.59	
35 - 39 years, Men									
1.	Vaernewyck Jonathan	86	Drie Zes Vijf	5:03.78	497	1:11.60	1:17.00	1:18.17	1:17.01
	50m: 34.00	34.00	150m: 1:49.75	38.15	250m: 3:07.49	38.89	350m: 4:25.70	38.93	
	100m: 1:11.60	37.60	200m: 2:28.60	38.85	300m: 3:46.77	39.28	400m: 5:03.78	38.08	
2.	Van Kerckhoven Niels	89	K. Aarschotse Zwemclub S	5:23.08	413	1:13.19	1:21.52	1:24.97	1:23.40
	50m: 35.49	35.49	150m: 1:53.52	40.33	250m: 3:17.07	42.36	350m: 4:41.97	42.29	
	100m: 1:13.19	37.70	200m: 2:34.71	41.19	300m: 3:59.68	42.61	400m: 5:23.08	41.11	
40 - 44 years, Men									
1.	Willems Ivan	83	Brabo Zwemclub Antwerpen	5:23.17	445	1:14.07	1:24.65	1:24.72	1:19.73
	50m: 34.06	34.06	150m: 1:56.29	42.22	250m: 3:21.22	42.50	350m: 4:44.38	40.94	
	100m: 1:14.07	40.01	200m: 2:38.72	42.43	300m: 4:03.44	42.22	400m: 5:23.17	38.79	
45 - 49 years, Men									
1.	Rutten Ben	76	Oudenaardse Zwemclub	4:50.14	637	1:08.67	1:12.81	1:14.37	1:14.29
	50m: 33.01	33.01	150m: 1:44.71	36.04	250m: 2:58.57	37.09	350m: 4:13.67	37.82	
	100m: 1:08.67	35.66	200m: 2:21.48	36.77	300m: 3:35.85	37.28	400m: 4:50.14	36.47	
55 - 59 years, Men									
DSQ	Van Uytven Marc	66	Oudenaardse Zwemclub	8:03.43		1:45.16	2:05.09	2:04.03	2:09.15
	<i>SW 15 - Gebruik maken van hulpmiddelen OF dragen van 'niet toegelaten' kledij, power bands of tape op het lichaam (behalve deze toegestaan door World Aquatics)</i>								
	50m: 47.29	47.29	150m: 2:47.25	1:02.09	250m: 4:51.94	1:01.69	350m: 7:00.12	1:05.84	
	100m: 1:45.16	57.87	200m: 3:50.25	1:03.00	300m: 5:54.28	1:02.34	400m: 8:03.43	1:03.31	
65 - 69 years, Men									
1.	Van Cauteren Marc	58	Swem Vrienden	7:18.07	254	1:38.38	1:55.20	1:56.28	1:48.21
	50m: 46.23	46.23	150m:		250m: 4:32.72	59.14	350m: 6:26.92	57.06	
	100m: 1:38.38	52.15	200m: 3:33.58		300m: 5:29.86	57.14	400m: 7:18.07	51.15	

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Event 4, 400m Freestyle

20 - 24 years, Women

1. Verbeke Sarah	02	Uzkg			6:10.82	331	1:24.22	1:34.09	1:37.71	1:34.80	
50m:	39.69	39.69	150m:	2:10.74	46.52	250m:	3:46.97	48.66	350m:	5:24.84	48.82
100m:	1:24.22	44.53	200m:	2:58.31	47.57	300m:	4:36.02	49.05	400m:	6:10.82	45.98

50 - 54 years, Women

1. Rolland Valerie	71	Cercle De Natation Sportcit			5:46.69	530	1:22.23	1:27.68	1:28.80	1:27.98	
50m:	39.76	39.76	150m:	2:06.08	43.85	250m:	3:33.92	44.01	350m:	5:04.32	45.61
100m:	1:22.23	42.47	200m:	2:49.91	43.83	300m:	4:18.71	44.79	400m:	5:46.69	42.37
2. Plaisier Adriana	74	Brabo Zwemclub Antwerpen			6:37.18	352	1:31.18	1:41.18	1:42.56	1:42.26	
50m:	43.52	43.52	150m:	2:21.37	50.19	250m:	4:03.61	51.25	350m:	5:47.03	52.11
100m:	1:31.18	47.66	200m:	3:12.36	50.99	300m:	4:54.92	51.31	400m:	6:37.18	50.15

55 - 59 years, Women

1. Symoens Nadia	68	Swem Vrienden			12:25.43	54	2:47.31	3:18.79	3:12.66	3:06.67	
50m:	1:18.62	1:18.62	150m:	4:25.22	1:37.91	250m:	7:44.18	1:38.08	350m:	10:52.55	1:33.79
100m:	2:47.31	1:28.69	200m:	6:06.10	1:40.88	300m:	9:18.76	1:34.58	400m:	12:25.43	1:32.88

60 - 64 years, Women

1. Vandembrouck Ann	65	Royal Ostend Swimming C			9:17.34	138	2:13.31	2:21.30	2:22.03	2:20.70	
50m:	1:03.39	1:03.39	150m:	3:23.55	1:10.24	250m:	5:45.05	1:10.44	350m:	8:07.05	1:10.41
100m:	2:13.31	1:09.92	200m:	4:34.61	1:11.06	300m:	6:56.64	1:11.59	400m:	9:17.34	1:10.29