

Provinciale Kampioenschappen Lange baan
Genk, 31/1 - 1/2/2026

Programmanr. 17
31/01/2026 - 16:01

Heren, 400m wisselslag

13 jaar en ouder
Resultaten

Punten: AQUA 2025

Rang	Geb.						Tijd	Pnt	100m	200m	300m	400m
Jeugd 3												
1.	Baelen Tobe		10	DBT		4:57.07		543	1:07.91	1:14.36	1:27.66	1:07.14
	50m:	30.55	30.55	150m:	1:45.05	37.14	250m:	3:06.55	44.28	350m:	4:23.33	33.40
	100m:	1:07.91	37.36	200m:	2:22.27	37.22	300m:	3:49.93	43.38	400m:	4:57.07	33.74
2.	Ona Cesar		11	GZVN		4:59.30		531	1:06.51	1:20.52	1:23.39	1:08.88
	50m:	30.84	30.84	150m:	1:47.21	40.70	250m:	3:08.33	41.30	350m:	4:25.24	34.82
	100m:	1:06.51	35.67	200m:	2:27.03	39.82	300m:	3:50.42	42.09	400m:	4:59.30	34.06
3.	Metten Vince		10	DMB		5:03.73		508	1:11.16	1:21.53	1:21.12	1:09.92
	50m:	32.65	32.65	150m:	1:52.36	41.20	250m:	3:13.04	40.35	350m:	4:29.72	35.91
	100m:	1:11.16	38.51	200m:	2:32.69	40.33	300m:	3:53.81	40.77	400m:	5:03.73	34.01
4.	Vandepoel Quinten		10	STZC		5:07.13		492	1:08.43	1:19.50	1:31.43	1:07.77
	50m:	31.30	31.30	150m:	1:49.19	40.76	250m:	3:13.94	46.01	350m:	4:34.57	35.21
	100m:	1:08.43	37.13	200m:	2:27.93	38.74	300m:	3:59.36	45.42	400m:	5:07.13	32.56
5.	Evens Mats		10	DMB		5:20.36		433	1:08.68	1:24.14	1:37.53	1:10.01
	50m:	30.00	30.00	150m:	1:52.03	43.35	250m:	3:20.66	47.84	350m:	4:46.07	35.72
	100m:	1:08.68	38.68	200m:	2:32.82	40.79	300m:	4:10.35	49.69	400m:	5:20.36	34.29
6.	Theuwis Tijl		10	ZDKB		5:25.36		414	1:11.15	1:27.00	1:35.95	1:11.26
	50m:	32.68	32.68	150m:	1:55.20	44.05	250m:	3:26.08	47.93	350m:	4:50.90	36.80
	100m:	1:11.15	38.47	200m:	2:38.15	42.95	300m:	4:14.10	48.02	400m:	5:25.36	34.46
7.	Tayyem Abdo-almallek		11	HZS		5:28.20		403	1:10.37	1:26.25	1:35.45	1:16.13
	50m:	31.62	31.62	150m:	1:53.98	43.61	250m:	3:23.32	46.70	350m:	4:50.76	38.69
	100m:	1:10.37	38.75	200m:	2:36.62	42.64	300m:	4:12.07	48.75	400m:	5:28.20	37.44

Junioren

1. Poelmans Keano	09	DBT	5:53.22	323	1:19.19	1:36.03	1:36.40	1:21.60
50m: 35.42	35.42	150m: 2:07.65	48.46	250m: 3:43.66	48.44	350m: 5:14.75	43.13	
100m: 1:19.19	43.77	200m: 2:55.22	47.57	300m: 4:31.62	47.96	400m: 5:53.22	38.47	

Senioren

1. Claeskens Milan	06	DBT	5:05.04	502	1:06.68	1:18.98	1:32.85	1:06.53
50m: 30.78	30.78	150m: 1:46.74	40.06	250m: 3:12.07	46.41	350m: 4:33.40	34.89	
100m: 1:06.68	35.90	200m: 2:25.66	38.92	300m: 3:58.51	46.44	400m: 5:05.04	31.64	
2. Van den Hoorn Jelle	04	HZS	5:05.31	501	1:05.95	1:21.59	1:27.47	1:10.30
50m: 29.85	29.85	150m: 1:45.94	39.99	250m: 3:09.57	42.03	350m: 4:33.16	38.15	
100m: 1:05.95	36.10	200m: 2:27.54	41.60	300m: 3:55.01	45.44	400m: 5:05.31	32.15	