

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

Programmanr. 8
31/01/2026 - 11:07

Heren, 400m vrije slag

13 jaar en ouder
Resultaten

Punten: AQUA 2025

Rang	Geb.				Tijd		Pnt	100m	200m	300m	400m	
Jeugt 2												
1.	Jamar Kamiel		12	STZC			5:05.22	374	1:10.60	1:20.43	1:19.04	1:15.15
	50m:	33.15	33.15	150m:	1:50.47	39.87	250m:	3:10.71	39.68	350m:	4:28.75	38.68
	100m:	1:10.60	37.45	200m:	2:31.03	40.56	300m:	3:50.07	39.36	400m:	5:05.22	36.47
2.	Van Mele Gunnar		13	DBT			5:33.70	286	1:14.39	1:26.93	1:28.56	1:23.82
	50m:	34.85	34.85	150m:	1:57.07	42.68	250m:	3:25.51	44.19	350m:	4:52.86	42.98
	100m:	1:14.39	39.54	200m:	2:41.32	44.25	300m:	4:09.88	44.37	400m:	5:33.70	40.84
3.	Pannemans Wouter		13	GZVN			6:04.73	219	1:25.96	1:33.10	1:34.13	1:31.54
	50m:	39.64	39.64	150m:	2:12.72	46.76	250m:	3:45.90	46.84	350m:	5:20.59	47.40
	100m:	1:25.96	46.32	200m:	2:59.06	46.34	300m:	4:33.19	47.29	400m:	6:04.73	44.14
4.	Timmers Bjarne		13	DMB			6:19.69	194	1:31.54	1:38.66	1:36.90	1:32.59
	50m:	41.60	41.60	150m:	2:20.24	48.70	250m:	3:59.08	48.88	350m:	5:33.76	46.66
	100m:	1:31.54	49.94	200m:	3:10.20	49.96	300m:	4:47.10	48.02	400m:	6:19.69	45.93
Jeugt 3												
1.	Vangrootloon Jef		10	HZS			4:13.62	653	59.79	1:05.20	1:05.61	1:03.02
	50m:	28.30	28.30	150m:	1:32.25	32.46	250m:	2:37.68	32.69	350m:	3:43.17	32.57
	100m:	59.79	31.49	200m:	2:04.99	32.74	300m:	3:10.60	32.92	400m:	4:13.62	30.45
2.	Baelen Tobe		10	DBT			4:18.48	617	59.62	1:04.84	1:07.13	1:06.89
	50m:	28.37	28.37	150m:	1:31.80	32.18	250m:	2:37.77	33.31	350m:	3:45.32	33.73
	100m:	59.62	31.25	200m:	2:04.46	32.66	300m:	3:11.59	33.82	400m:	4:18.48	33.16
3.	Vandepoel Quinten		10	STZC			4:22.60	588	1:01.23	1:06.06	1:08.02	1:07.29
	50m:	29.41	29.41	150m:	1:33.99	32.76	250m:	2:41.16	33.87	350m:	3:49.97	34.66
	100m:	1:01.23	31.82	200m:	2:07.29	33.30	300m:	3:15.31	34.15	400m:	4:22.60	32.63
4.	Evens Mats		10	DMB			4:36.03	506	1:02.11	1:10.56	1:12.23	1:11.13
	50m:	29.05	29.05	150m:	1:36.90	34.79	250m:	2:48.70	36.03	350m:	4:01.05	36.15
	100m:	1:02.11	33.06	200m:	2:12.67	35.77	300m:	3:24.90	36.20	400m:	4:36.03	34.98
5.	Leyssen Warre		10	PZC			4:40.11	484	1:06.83	1:12.17	1:12.15	1:08.96
	50m:	31.82	31.82	150m:	1:42.87	36.04	250m:	2:55.11	36.11	350m:	4:06.39	35.24
	100m:	1:06.83	35.01	200m:	2:19.00	36.13	300m:	3:31.15	36.04	400m:	4:40.11	33.72
6.	Theuwis Tijl		10	ZDKB			4:40.44	483	1:06.28	1:11.39	1:12.54	1:10.23
	50m:	31.09	31.09	150m:	1:42.04	35.76	250m:	2:53.48	35.81	350m:	4:06.14	35.93
	100m:	1:06.28	35.19	200m:	2:17.67	35.63	300m:	3:30.21	36.73	400m:	4:40.44	34.30
7.	Tielen Sander		11	DMB			4:45.44	458	1:05.93	1:12.61	1:13.65	1:13.25
	50m:	30.90	30.90	150m:	1:41.84	35.91	250m:	2:55.32	36.78	350m:	4:09.11	36.92
	100m:	1:05.93	35.03	200m:	2:18.54	36.70	300m:	3:32.19	36.87	400m:	4:45.44	36.33
8.	Evens Vince		11	DMB			4:45.69	457	1:07.14	1:13.59	1:14.02	1:10.94
	50m:	31.80	31.80	150m:	1:43.62	36.48	250m:	2:57.63	36.90	350m:	4:12.01	37.26
	100m:	1:07.14	35.34	200m:	2:20.73	37.11	300m:	3:34.75	37.12	400m:	4:45.69	33.68
9.	Fransen Dylano		11	PZC			4:47.43	448	1:08.02	1:14.60	1:14.92	1:09.89
	50m:	32.33	32.33	150m:	1:44.83	36.81	250m:	3:00.57	37.95	350m:	4:13.56	36.02
	100m:	1:08.02	35.69	200m:	2:22.62	37.79	300m:	3:37.54	36.97	400m:	4:47.43	33.87
10.	Janssen Thibe		11	DBT			4:56.08	410	1:09.78	1:16.42	1:16.44	1:13.44
	50m:	32.87	32.87	150m:	1:47.96	38.18	250m:	3:04.36	38.16	350m:	4:20.62	37.98
	100m:	1:09.78	36.91	200m:	2:26.20	38.24	300m:	3:42.64	38.28	400m:	4:56.08	35.46
11.	Tordeur Ilias		11	GZVN			5:04.21	378	1:11.97	1:17.14	1:18.81	1:16.29
	50m:	34.30	34.30	150m:	1:50.41	38.44	250m:	3:08.63	39.52	350m:	4:26.90	38.98
	100m:	1:11.97	37.67	200m:	2:29.11	38.70	300m:	3:47.92	39.29	400m:	5:04.21	37.31
12.	Mannaerts Mathias		11	LWB			5:04.63	377	1:13.07	1:18.61	1:18.45	1:14.50
	50m:	34.36	34.36	150m:	1:52.33	39.26	250m:	3:11.13	39.45	350m:	4:28.38	38.25
	100m:	1:13.07	38.71	200m:	2:31.68	39.35	300m:	3:50.13	39.00	400m:	5:04.63	36.25

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Junioren

1. Gerits Tuur	09	LWB			4:46.36	453	1:07.93	1:14.07	1:14.26	1:10.10
50m: 32.22	32.22	150m: 1:44.81	36.88	250m: 2:59.07	37.07	350m: 4:13.98	37.72			
100m: 1:07.93	35.71	200m: 2:22.00	37.19	300m: 3:36.26	37.19	400m: 4:46.36	32.38			
2. Van den Hoorn Ebe	09	DMB			5:02.32	385	1:12.08	1:18.65	1:19.02	1:12.57
50m: 33.84	33.84	150m: 1:51.00	38.92	250m: 3:10.32	39.59	350m: 4:26.86	37.11			
100m: 1:12.08	38.24	200m: 2:30.73	39.73	300m: 3:49.75	39.43	400m: 5:02.32	35.46			
3. Vandebroek Jonas	09	GZVN			5:08.05	364	1:14.17	1:19.46	1:18.07	1:16.35
50m: 35.34	35.34	150m: 1:53.95	39.78	250m: 3:12.58	38.95	350m: 4:31.32	39.62			
100m: 1:14.17	38.83	200m: 2:33.63	39.68	300m: 3:51.70	39.12	400m: 5:08.05	36.73			
4. Prosmans Gé	09	ZDKB			5:21.45	320	1:15.72	1:21.76	1:22.11	1:21.86
50m: 35.30	35.30	150m: 1:56.60	40.88	250m: 3:18.67	41.19	350m: 4:41.07	41.48			
100m: 1:15.72	40.42	200m: 2:37.48	40.88	300m: 3:59.59	40.92	400m: 5:21.45	40.38			
5. Knops Jelle	09	GZVN			6:00.82	226	1:16.39	1:32.42	1:36.07	1:35.94
50m: 35.20	35.20	150m: 2:01.82	45.43	250m: 3:37.09	48.28	350m: 5:13.79	48.91			
100m: 1:16.39	41.19	200m: 2:48.81	46.99	300m: 4:24.88	47.79	400m: 6:00.82	47.03			

Senioren

1. Kopriva Ilio	06	DBT			4:14.37	647	59.44	1:04.30	1:05.93	1:04.70
50m: 28.30	28.30	150m: 1:31.30	31.86	250m: 2:36.54	32.80	350m: 3:42.58	32.91			
100m: 59.44	31.14	200m: 2:03.74	32.44	300m: 3:09.67	33.13	400m: 4:14.37	31.79			
2. Claeskens Milan	06	DBT			4:29.40	545	1:03.86	1:08.51	1:09.21	1:07.82
50m: 30.30	30.30	150m: 1:37.91	34.05	250m: 2:46.80	34.43	350m: 3:56.33	34.75			
100m: 1:03.86	33.56	200m: 2:12.37	34.46	300m: 3:21.58	34.78	400m: 4:29.40	33.07			
3. Van den Hoorn Jelle	04	HZS			4:37.63	498	1:01.63	1:10.64	1:13.99	1:11.37
50m: 29.06	29.06	150m: 1:36.37	34.74	250m: 2:49.36	37.09	350m: 4:02.03	35.77			
100m: 1:01.63	32.57	200m: 2:12.27	35.90	300m: 3:26.26	36.90	400m: 4:37.63	35.60			