

Midwintertest 2024  
Aalst, 21/12/2024

Programmanr. 14  
21/12/2024 - 16:40

Heren, 400m vrije slag

open leeftijdsgroep  
Resultaten

Punten: AQUA 2024

Rang	Geb.	Tijd	Pnt	100m	200m	300m	400m
1. Van Hoof Cobe	10	BEST/11118/10	4:39.97 485	1:06.18	1:11.30	1:12.35	1:10.14
50m: 31.01	31.01	150m: 1:41.95	35.77	36.16	350m: 4:05.62	35.79	
100m: 1:06.18	35.17	200m: 2:17.48	35.53	36.19	400m: 4:39.97	34.35	
2. Van Den Brecht Mathias	11	AZL/11097/11	4:54.89 415	1:10.85	1:15.27	1:14.99	1:13.78
50m: 33.71	33.71	150m: 1:48.57	37.72	37.35	350m: 4:19.22	38.11	
100m: 1:10.85	37.14	200m: 2:26.12	37.55	37.64	400m: 4:54.89	35.67	
3. Vroman Finn	12	STA/11062/12	5:01.10 390	1:11.77	1:17.65	1:16.98	1:14.70
50m: 33.63	33.63	150m: 1:50.63	38.86	38.28	350m: 4:24.53	38.13	
100m: 1:11.77	38.14	200m: 2:29.42	38.79	38.70	400m: 5:01.10	36.57	
4. Degrande Vic	11	STA/11065/11	5:06.17 371	1:13.00	1:18.46	1:17.37	1:17.34
50m: 34.51	34.51	150m: 1:52.33	39.33	38.68	350m: 4:27.96	39.13	
100m: 1:13.00	38.49	200m: 2:31.46	39.13	38.69	400m: 5:06.17	38.21	
5. Wojciula Tymon	11	ZNA/11416/11	5:08.43 363	1:12.67	1:20.04	1:21.70	1:14.02
50m: 34.00	34.00	150m: 1:52.34	39.67	40.98	350m: 4:33.49	39.08	
100m: 1:12.67	38.67	200m: 2:32.71	40.37	40.72	400m: 5:08.43	34.94	
6. Dekyvere Mathias	09	ZDKK/11015/09	5:10.07 357	1:11.54	1:19.13	1:21.25	1:18.15
50m: 33.79	33.79	150m: 1:51.01	39.47	40.55	350m: 4:32.51	40.59	
100m: 1:11.54	37.75	200m: 2:30.67	39.66	40.70	400m: 5:10.07	37.56	
7. Prouvé Viktor	12	BEST/11125/12	5:21.75 319	1:15.86	1:23.87	1:22.50	1:19.52
50m: 35.58	35.58	150m: 1:57.41	41.55	41.06	350m: 4:42.76	40.53	
100m: 1:15.86	40.28	200m: 2:39.73	42.32	41.44	400m: 5:21.75	38.99	
8. Voet Lars	12	KAZS/11153/12	5:23.27 315	1:15.31	1:24.87	1:23.72	1:19.37
50m: 34.81	34.81	150m: 1:58.03	42.72	42.27	350m: 4:46.15	42.25	
100m: 1:15.31	40.50	200m: 2:40.18	42.15	41.45	400m: 5:23.27	37.12	
9. Minnoye Tiebe	11	FIRST/11254/11	5:23.70 314	1:17.07	1:22.71	1:23.20	1:20.72
50m: 36.47	36.47	150m: 1:58.07	41.00	41.37	350m: 4:45.04	42.06	
100m: 1:17.07	40.60	200m: 2:39.78	41.71	41.83	400m: 5:23.70	38.66	
10. Poppe Warre	11	AZL/11112/11	5:24.23 312	1:16.79	1:23.84	1:24.29	1:19.31
50m: 36.26	36.26	150m: 1:58.46	41.67	42.36	350m: 4:45.81	40.89	
100m: 1:16.79	40.53	200m: 2:40.63	42.17	41.93	400m: 5:24.23	38.42	
11. De Smet Kobe	13	STA/11061/13	5:24.32 312	1:18.58	1:23.01	1:22.87	1:19.86
50m: 37.56	37.56	150m: 2:00.34	41.76	41.19	350m: 4:45.94	41.48	
100m: 1:18.58	41.02	200m: 2:41.59	41.25	41.68	400m: 5:24.32	38.38	
12. Vanhelmont Dante	11	KAZS/11131/11	5:24.82 310	1:15.58	1:25.93	1:25.20	1:18.11
50m: 34.82	34.82	150m: 1:58.84	43.26	42.57	350m: 4:47.87	41.16	
100m: 1:15.58	40.76	200m: 2:41.51	42.67	42.63	400m: 5:24.82	36.95	
13. Asscherickx Sebastiaan	11	KAZS/11185/11	5:24.93 310	1:15.89	1:26.40	1:24.63	1:18.01
50m: 35.26	35.26	150m: 1:59.07	43.18	41.94	350m: 4:48.04	41.12	
100m: 1:15.89	40.63	200m: 2:42.29	43.22	42.69	400m: 5:24.93	36.89	
14. Korthoutd Seb	09	ZALM/11014/09	5:26.09 307	1:14.52	1:24.72	1:24.82	1:22.03
50m: 34.60	34.60	150m: 1:56.29	41.77	42.23	350m: 4:46.72	42.66	
100m: 1:14.52	39.92	200m: 2:39.24	42.95	42.59	400m: 5:26.09	39.37	
15. Luybaert Eden	11	AZL/11103/11	5:34.79 284	1:16.62	1:24.69	1:24.84	1:28.64
50m: 35.68	35.68	150m: 1:58.45	41.83	42.16	350m: 4:51.10	44.95	
100m: 1:16.62	40.94	200m: 2:41.31	42.86	42.68	400m: 5:34.79	43.69	
16. Verbruggen Mats	11	KAZS/11101/11	5:38.01 275	1:19.70	1:27.56	1:26.68	1:24.07
50m: 37.61	37.61	150m: 2:03.20	43.50	43.24	350m: 4:57.18	43.24	
100m: 1:19.70	42.09	200m: 2:47.26	44.06	43.44	400m: 5:38.01	40.83	
17. De Champs Loïc	12	FIRST/11261/12	5:38.20 275	1:17.80	1:26.18	1:27.54	1:26.68
50m: 36.26	36.26	150m: 2:00.36	42.56	43.60	350m: 4:55.80	44.28	
100m: 1:17.80	41.54	200m: 2:43.98	43.62	43.94	400m: 5:38.20	42.40	
18. Van De Steene Roel	13	STA/11060/13	5:38.33 275	1:21.49	1:28.43	1:27.94	1:20.47
50m: 38.31	38.31	150m: 2:05.77	44.28	43.35	350m: 5:00.10	42.24	
100m: 1:21.49	43.18	200m: 2:49.92	44.15	44.59	400m: 5:38.33	38.23	
19. De Backer Rune	11	ZNA/11329/11	5:38.63 274	1:15.30	1:28.11	1:30.99	1:24.23
50m: 35.08	35.08	150m: 1:59.13	43.83	45.47	350m: 4:59.62	45.22	
100m: 1:15.30	40.22	200m: 2:43.41	44.28	45.52	400m: 5:38.63	39.01	

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Rang	Geb.		Tijd		Pnt	100m	200m	300m	400m
20.	Van Daele Nand	12	FAST/11106/12	<b>5:39.13</b>	273	1:14.75	1:26.91	1:30.64	1:26.83
	50m: 34.68	34.68	150m: 1:57.65	42.90	250m: 3:26.96	45.30	350m: 4:57.24	44.94	
	100m: 1:14.75	40.07	200m: 2:41.66	44.01	300m: 4:12.30	45.34	400m: 5:39.13	41.89	
21.	Ter-Eganyan Arman	12	ZNA/11415/12	<b>5:41.66</b>	267	1:20.32	1:30.01	1:29.60	1:21.73
	50m: 37.32	37.32	150m: 2:05.22	44.90	250m: 3:35.17	44.84	350m: 5:02.03	42.10	
	100m: 1:20.32	43.00	200m: 2:50.33	45.11	300m: 4:19.93	44.76	400m: 5:41.66	39.63	
22.	Sorgeloos Vincent	13	AST/11069/13	<b>5:47.01</b>	255	1:22.47	1:29.13	1:28.87	1:26.54
	50m: 39.12	39.12	150m: 2:06.95	44.48	250m: 3:35.84	44.24	350m: 5:04.66	44.19	
	100m: 1:22.47	43.35	200m: 2:51.60	44.65	300m: 4:20.47	44.63	400m: 5:47.01	42.35	
23.	Bombeek Mathias	12	ZNA/11417/12	<b>5:49.75</b>	249	1:19.73	1:31.98	1:32.91	1:25.13
	50m: 36.11	36.11	150m: 2:05.86	46.13	250m: 3:38.02	46.31	350m: 5:09.84	45.22	
	100m: 1:19.73	43.62	200m: 2:51.71	45.85	300m: 4:24.62	46.60	400m: 5:49.75	39.91	
24.	Vernaillen Seppe	12	ZDKK/11026/12	<b>5:50.57</b>	247	1:23.18	1:32.65	1:32.35	1:22.39
	50m: 37.69	37.69	150m: 2:09.81	46.63	250m: 3:42.35	46.52	350m: 5:12.67	44.49	
	100m: 1:23.18	45.49	200m: 2:55.83	46.02	300m: 4:28.18	45.83	400m: 5:50.57	37.90	
25.	Marius Mattis	13	AST/11070/13	<b>5:53.77</b>	240	1:22.52	1:31.73	1:32.46	1:27.06
	50m: 37.94	37.94	150m: 2:08.26	45.74	250m: 3:41.02	46.77	350m: 5:11.44	44.73	
	100m: 1:22.52	44.58	200m: 2:54.25	45.99	300m: 4:26.71	45.69	400m: 5:53.77	42.33	
26.	Osselaer Elano	11	ZNA/11371/11	<b>5:54.36</b>	239	1:23.83	1:32.02	1:31.92	1:26.59
	50m: 38.89	38.89	150m: 2:10.14	46.31	250m: 3:41.16	45.31	350m: 5:14.27	46.50	
	100m: 1:23.83	44.94	200m: 2:55.85	45.71	300m: 4:27.77	46.61	400m: 5:54.36	40.09	
27.	Boel Elias	13	AZL/11116/13	<b>5:56.83</b>	234	1:23.99	1:30.78	1:32.07	1:29.99
	50m: 38.90	38.90	150m: 2:09.11	45.12	250m: 3:41.07	46.30	350m: 5:11.78	44.94	
	100m: 1:23.99	45.09	200m: 2:54.77	45.66	300m: 4:26.84	45.77	400m: 5:56.83	45.05	
28.	Van den Eede Elias	12	AZL/11105/12	<b>6:02.54</b>	223	1:21.48	1:31.51	1:34.46	1:35.09
	50m: 37.53	37.53	150m: 2:07.08	45.60	250m: 3:40.16	47.17	350m: 5:14.98	47.53	
	100m: 1:21.48	43.95	200m: 2:52.99	45.91	300m: 4:27.45	47.29	400m: 6:02.54	47.56	
29.	Hoeymans Cedric	13	FAST/11125/13	<b>6:03.92</b>	221	1:21.13	1:34.94	1:36.94	1:30.91
	50m: 36.27	36.27	150m: 2:08.97	47.84	250m: 3:44.21	48.14	350m: 5:21.24	48.23	
	100m: 1:21.13	44.86	200m: 2:56.07	47.10	300m: 4:33.01	48.80	400m: 6:03.92	42.68	
30.	Seeuws Doron	08	ZDKK/11001/08	<b>6:04.61</b>	219	1:16.77	1:32.66	1:39.17	1:36.01
	50m: 35.18	35.18	150m: 2:01.68	44.91	250m: 3:38.45	49.02	350m: 5:17.26	48.66	
	100m: 1:16.77	41.59	200m: 2:49.43	47.75	300m: 4:28.60	50.15	400m: 6:04.61	47.35	
31.	De Ridder Leon	12	ZNA/11410/12	<b>6:18.15</b>	197	1:27.92	1:36.38	1:38.26	1:35.59
	50m: 41.07	41.07	150m: 2:15.71	47.79	250m: 3:52.62	48.32	350m: 5:31.32	48.76	
	100m: 1:27.92	46.85	200m: 3:04.30	48.59	300m: 4:42.56	49.94	400m: 6:18.15	46.83	
32.	De Donder Thor	12	ZNA/11376/12	<b>6:21.06</b>	192	1:30.11	1:39.14	1:39.40	1:32.41
	50m: 42.12	42.12	150m: 2:19.84	49.73	250m: 3:59.04	49.79	350m: 5:37.80	49.15	
	100m: 1:30.11	47.99	200m: 3:09.25	49.41	300m: 4:48.65	49.61	400m: 6:21.06	43.26	