

Midwintertest 2024  
Aalst, 21/12/2024

Programmanr. 16  
21/12/2024 - 17:14

Heren, 400m wisselslag

open leeftijdsgroep  
Resultaten

Punten: AQUA 2024

Rang	Geb.					Tijd Pnt		100m	200m	300m	400m
1. Herregidts Siebe	02	ZNA/11384/02				5:16.15	451	1:09.36	1:19.82	1:32.14	1:14.83
50m:	31.37	31.37	150m:	1:49.26	39.90	250m:	3:14.52	45.34	350m:	4:38.94	37.62
100m:	1:09.36	37.99	200m:	2:29.18	39.92	300m:	4:01.32	46.80	400m:	5:16.15	37.21
2. Caudron Xibe	08	ZNA/11331/08				5:23.51	421	1:11.68	1:25.33	1:32.56	1:13.94
50m:	32.55	32.55	150m:	1:54.67	42.99	250m:	3:22.98	45.97	350m:	4:46.52	36.95
100m:	1:11.68	39.13	200m:	2:37.01	42.34	300m:	4:09.57	46.59	400m:	5:23.51	36.99
3. Wachtelaer Celle	12	AST/11061/12				5:40.47	361	1:19.35	1:22.74	1:44.07	1:14.31
50m:	34.37	34.37	150m:	2:01.60	42.25	250m:	3:32.35	50.26	350m:	5:03.10	36.94
100m:	1:19.35	44.98	200m:	2:42.09	40.49	300m:	4:26.16	53.81	400m:	5:40.47	37.37
dis Van den Broeck Lukas	08	ZNA/11197/08				5:22.10		1:12.99	1:26.39	1:31.35	1:11.37
SW 4.4 - valse start											
50m:	32.87	32.87	150m:	1:56.66	43.67	250m:	3:24.86	45.48	350m:	4:47.68	36.95
100m:	1:12.99	40.12	200m:	2:39.38	42.72	300m:	4:10.73	45.87	400m:	5:22.10	34.42
dis Catry Gaetan	09	ZNA/11253/09				5:28.68		1:13.95	1:27.32	1:29.92	1:17.49
SW 4.4 - valse start											
50m:	33.33	33.33	150m:	1:58.61	44.66	250m:	3:25.37	44.10	350m:	4:51.06	39.87
100m:	1:13.95	40.62	200m:	2:41.27	42.66	300m:	4:11.19	45.82	400m:	5:28.68	37.62