

AST Midzomertest 2024  
Aalst, 22/6/2024

Programmanr. 12  
22/06/2024 - 16:38

Heren, 400m vrije slag

alg. leeftijdsgroep  
Resultaten

Punten: FINA 2023

| Rang |                      |         |                             | Geb.           |         |       |       | Tijd    | Pnt     |         |         |         | 100m | 200m | 300m | 400m |
|------|----------------------|---------|-----------------------------|----------------|---------|-------|-------|---------|---------|---------|---------|---------|------|------|------|------|
| 1.   | Eugene Felix         | 07      | ZORO Zwemteam               | <b>4:51.93</b> | 428     |       |       |         | 1:10.28 | 1:15.55 | 1:14.39 | 1:11.71 |      |      |      |      |
|      | 50m:                 | 32.72   | 32.72                       | 150m:          | 1:48.13 | 37.85 | 250m: | 3:03.14 | 37.31   | 350m:   | 4:18.02 | 37.80   |      |      |      |      |
|      | 100m:                | 1:10.28 | 37.56                       | 200m:          | 2:25.83 | 37.70 | 300m: | 3:40.22 | 37.08   | 400m:   | 4:51.93 | 33.91   |      |      |      |      |
| 2.   | Caudron Xibe         | 08      | Koninklijke Zwemclub Nept4  | <b>5:54.06</b> | 419     |       |       |         | 1:09.77 | 1:15.82 | 1:16.36 | 1:12.11 |      |      |      |      |
|      | 50m:                 | 32.85   | 32.85                       | 150m:          | 1:47.25 | 37.48 | 250m: | 3:03.22 | 37.63   | 350m:   | 4:18.46 | 36.51   |      |      |      |      |
|      | 100m:                | 1:09.77 | 36.92                       | 200m:          | 2:25.59 | 38.34 | 300m: | 3:41.95 | 38.73   | 400m:   | 4:54.06 | 35.60   |      |      |      |      |
| 3.   | Hallet Brent         | 11      | Swimming Team Zennevall4    | <b>5:54.46</b> | 417     |       |       |         | 1:09.90 | 1:15.67 | 1:16.77 | 1:12.12 |      |      |      |      |
|      | 50m:                 | 33.18   | 33.18                       | 150m:          | 1:47.33 | 37.43 | 250m: | 3:03.95 | 38.38   | 350m:   | 4:19.40 | 37.06   |      |      |      |      |
|      | 100m:                | 1:09.90 | 36.72                       | 200m:          | 2:25.57 | 38.24 | 300m: | 3:42.34 | 38.39   | 400m:   | 4:54.46 | 35.06   |      |      |      |      |
| 4.   | Vanderniepen Louis   | 08      | Zwemclub De Kikkertjes Nii5 | <b>5:06.38</b> | 370     |       |       |         | 1:11.47 | 1:18.90 | 1:19.59 | 1:16.42 |      |      |      |      |
|      | 50m:                 | 33.50   | 33.50                       | 150m:          | 1:50.85 | 39.38 | 250m: | 3:10.00 | 39.63   | 350m:   | 4:28.89 | 38.93   |      |      |      |      |
|      | 100m:                | 1:11.47 | 37.97                       | 200m:          | 2:30.37 | 39.52 | 300m: | 3:49.96 | 39.96   | 400m:   | 5:06.38 | 37.49   |      |      |      |      |
| 5.   | Maes Jordy           | 03      | Aquarius Zwemclub Lebbel5   | <b>5:22.51</b> | 317     |       |       |         | 1:17.46 | 1:24.07 | 1:23.85 | 1:17.13 |      |      |      |      |
|      | 50m:                 | 36.59   | 36.59                       | 150m:          | 1:59.35 | 41.89 | 250m: | 3:24.11 | 42.58   | 350m:   | 4:44.72 | 39.34   |      |      |      |      |
|      | 100m:                | 1:17.46 | 40.87                       | 200m:          | 2:41.53 | 42.18 | 300m: | 4:05.38 | 41.27   | 400m:   | 5:22.51 | 37.79   |      |      |      |      |
| 6.   | Aerens Jef           | 12      | Temse Schelde Zwemmers5     | <b>5:23.49</b> | 314     |       |       |         | 1:18.77 | 1:22.72 | 1:22.42 | 1:19.58 |      |      |      |      |
|      | 50m:                 | 36.98   | 36.98                       | 150m:          | 2:00.39 | 41.62 | 250m: | 3:23.18 | 41.69   | 350m:   | 4:44.36 | 40.45   |      |      |      |      |
|      | 100m:                | 1:18.77 | 41.79                       | 200m:          | 2:41.49 | 41.10 | 300m: | 4:03.91 | 40.73   | 400m:   | 5:23.49 | 39.13   |      |      |      |      |
| 7.   | Vanhavere Daan       | 11      | Swimming Team Waasland5     | <b>5:27.28</b> | 304     |       |       |         | 1:19.30 | 1:24.31 | 1:22.68 | 1:20.99 |      |      |      |      |
|      | 50m:                 | 37.06   | 37.06                       | 150m:          | 2:00.82 | 41.52 | 250m: | 3:24.82 | 41.21   | 350m:   | 4:47.81 | 41.52   |      |      |      |      |
|      | 100m:                | 1:19.30 | 42.24                       | 200m:          | 2:43.61 | 42.79 | 300m: | 4:06.29 | 41.47   | 400m:   | 5:27.28 | 39.47   |      |      |      |      |
| 8.   | Hoefman Hannes       | 12      | Swimming Team Waasland5     | <b>5:35.71</b> | 281     |       |       |         | 1:18.53 | 1:25.53 | 1:26.61 | 1:25.04 |      |      |      |      |
|      | 50m:                 | 36.75   | 36.75                       | 150m:          | 2:01.42 | 42.89 | 250m: | 3:28.01 | 43.95   | 350m:   | 4:55.10 | 44.43   |      |      |      |      |
|      | 100m:                | 1:18.53 | 41.78                       | 200m:          | 2:44.06 | 42.64 | 300m: | 4:10.67 | 42.66   | 400m:   | 5:35.71 | 40.61   |      |      |      |      |
| 9.   | Poppe Warre          | 11      | Aquarius Zwemclub Lebbel5   | <b>5:37.84</b> | 276     |       |       |         | 1:21.29 | 1:28.18 | 1:28.31 | 1:20.06 |      |      |      |      |
|      | 50m:                 | 38.11   | 38.11                       | 150m:          | 2:05.52 | 44.23 | 250m: | 3:33.76 | 44.29   | 350m:   | 5:00.08 | 42.30   |      |      |      |      |
|      | 100m:                | 1:21.29 | 43.18                       | 200m:          | 2:49.47 | 43.95 | 300m: | 4:17.78 | 44.02   | 400m:   | 5:37.84 | 37.76   |      |      |      |      |
| 10.  | Moeyersons Maxim     | 10      | Aquarius Zwemclub Lebbel5   | <b>5:51.16</b> | 246     |       |       |         | 1:26.62 | 1:29.51 | 1:29.86 | 1:25.17 |      |      |      |      |
|      | 50m:                 | 42.04   | 42.04                       | 150m:          | 2:11.16 | 44.54 | 250m: | 3:41.55 | 45.42   | 350m:   | 5:10.67 | 44.68   |      |      |      |      |
|      | 100m:                | 1:26.62 | 44.58                       | 200m:          | 2:56.13 | 44.97 | 300m: | 4:25.99 | 44.44   | 400m:   | 5:51.16 | 40.49   |      |      |      |      |
| 11.  | Sorgeloos Vincent    | 13      | Aalsters Swimming Team      | <b>6:03.24</b> | 222     |       |       |         | 1:31.55 | 1:35.43 | 1:30.93 | 1:25.33 |      |      |      |      |
|      | 50m:                 | 42.61   | 42.61                       | 150m:          | 2:19.75 | 48.20 | 250m: | 3:52.62 | 45.64   | 350m:   | 5:21.47 | 43.56   |      |      |      |      |
|      | 100m:                | 1:31.55 | 48.94                       | 200m:          | 3:06.98 | 47.23 | 300m: | 4:37.91 | 45.29   | 400m:   | 6:03.24 | 41.77   |      |      |      |      |
| 12.  | Boel Elias           | 13      | Aquarius Zwemclub Lebbel6   | <b>6:12.16</b> | 206     |       |       |         | 1:30.52 | 1:35.56 | 1:36.63 | 1:29.45 |      |      |      |      |
|      | 50m:                 | 42.39   | 42.39                       | 150m:          | 2:16.87 | 46.35 | 250m: | 3:53.90 | 47.82   | 350m:   | 5:29.29 | 46.58   |      |      |      |      |
|      | 100m:                | 1:30.52 | 48.13                       | 200m:          | 3:06.08 | 49.21 | 300m: | 4:42.71 | 48.81   | 400m:   | 6:12.16 | 42.87   |      |      |      |      |
| 13.  | Schepers Ruben       | 12      | Aquarius Zwemclub Lebbel6   | <b>6:12.33</b> | 206     |       |       |         | 1:30.83 | 1:36.85 | 1:36.67 | 1:27.98 |      |      |      |      |
|      | 50m:                 | 42.88   | 42.88                       | 150m:          | 2:20.08 | 49.25 | 250m: | 3:55.92 | 48.24   | 350m:   | 5:30.92 | 46.57   |      |      |      |      |
|      | 100m:                | 1:30.83 | 47.95                       | 200m:          | 3:07.68 | 47.60 | 300m: | 4:44.35 | 48.43   | 400m:   | 6:12.33 | 41.41   |      |      |      |      |
| 14.  | Vernaillen Seppe     | 12      | Zwemclub De Kikkertjes Nii6 | <b>6:16.35</b> | 199     |       |       |         | 1:29.52 | 1:36.77 | 1:38.24 | 1:31.82 |      |      |      |      |
|      | 50m:                 | 41.85   | 41.85                       | 150m:          | 2:18.09 | 48.57 | 250m: | 3:55.92 | 49.63   | 350m:   | 5:31.74 | 47.21   |      |      |      |      |
|      | 100m:                | 1:29.52 | 47.67                       | 200m:          | 3:06.29 | 48.20 | 300m: | 4:44.53 | 48.61   | 400m:   | 6:16.35 | 44.61   |      |      |      |      |
| 15.  | Marius Mattis        | 13      | Aalsters Swimming Team      | <b>6:18.09</b> | 197     |       |       |         | 1:30.65 | 1:37.84 | 1:36.90 | 1:32.70 |      |      |      |      |
|      | 50m:                 | 41.88   | 41.88                       | 150m:          | 2:20.13 | 49.48 | 250m: | 3:57.35 | 48.86   | 350m:   | 5:32.64 | 47.25   |      |      |      |      |
|      | 100m:                | 1:30.65 | 48.77                       | 200m:          | 3:08.49 | 48.36 | 300m: | 4:45.39 | 48.04   | 400m:   | 6:18.09 | 45.45   |      |      |      |      |
| 16.  | Haecck Rune          | 11      | Swem Vrienden               | <b>6:31.92</b> | 177     |       |       |         | 1:30.29 | 1:38.89 | 1:43.87 | 1:38.87 |      |      |      |      |
|      | 50m:                 | 42.01   | 42.01                       | 150m:          | 2:20.05 | 49.76 | 250m: | 4:00.52 | 51.34   | 350m:   | 5:44.38 | 51.33   |      |      |      |      |
|      | 100m:                | 1:30.29 | 48.28                       | 200m:          | 3:09.18 | 49.13 | 300m: | 4:53.05 | 52.53   | 400m:   | 6:31.92 | 47.54   |      |      |      |      |
| 17.  | Chkikar Imrane       | 12      | Zwemclub De Kikkertjes Nii6 | <b>6:48.57</b> | 156     |       |       |         | 1:25.70 | 1:41.99 | 1:52.05 | 1:48.83 |      |      |      |      |
|      | 50m:                 | 39.23   | 39.23                       | 150m:          | 2:17.22 | 51.52 | 250m: | 4:01.96 | 54.27   | 350m:   | 5:57.23 | 57.49   |      |      |      |      |
|      | 100m:                | 1:25.70 | 46.47                       | 200m:          | 3:07.69 | 50.47 | 300m: | 4:59.74 | 57.78   | 400m:   | 6:48.57 | 51.34   |      |      |      |      |
| DIS  | Rogiers Louis        | 13      | Lokerse Zwemvereniging      | <b>5:50.73</b> |         |       |       |         | 1:23.61 | 1:29.67 | 1:30.81 | 1:26.64 |      |      |      |      |
|      | SW 4.4 - valse start |         |                             |                |         |       |       |         |         |         |         |         |      |      |      |      |
|      | 50m:                 | 39.33   | 39.33                       | 150m:          | 2:08.34 | 44.73 | 250m: | 3:38.89 | 45.61   | 350m:   | 5:08.79 | 44.70   |      |      |      |      |
|      | 100m:                | 1:23.61 | 44.28                       | 200m:          | 2:53.28 | 44.94 | 300m: | 4:24.09 | 45.20   | 400m:   | 5:50.73 | 41.94   |      |      |      |      |