

Programmanr. 7 Heren, 400m vrije slag 15 jaar en ouder
19/01/2024 - 9:30 Resultaten

Flemish Record 3:50.66 Hendrickx Lander BEST Antwerpen 24/01/2015
Belgian Record 3:46.58 Henveaux Lucas BEL Antwerpen 22/04/2023

EJK 2024 14 - 17: 3:59.37; 18: 3:57.00 / EK 2024 - 19: 3:56.10; 20: 3:51.51; open: 3:49.22 / OS 2024 open: 3:46.78

Punten: FINA 2024

Rang	Geb.	Tijd	Pnt
15 - 16 jaar			
1. Claerhout Bas	08 Tzt	TZT/11127/08	4:06.93 707
50m: 27.29	150m: 1:29.37	250m: 2:32.07	350m: 3:35.74
100m: 58.32	200m: 2:01.01	300m: 3:04.20	400m: 4:06.93
2. Waerniers Bere	08 Tzt	TZT/11117/08	4:11.49 670
50m: 29.22	150m: 1:32.41	250m: 2:36.94	350m: 3:40.97
100m: 1:00.45	200m: 2:05.06	300m: 3:09.18	400m: 4:11.49
3. Spadea Tommaso	08 LAQUA	LAQUA/11260/08	4:12.21 664
50m: 29.02	150m: 1:32.44	250m: 2:36.59	350m: 3:41.06
100m: 1:00.34	200m: 2:04.55	300m: 3:08.77	400m: 4:12.21
4. Van Remoortere Jasper	09 Stw	STW/11172/09	4:16.11 634
50m: 27.97	150m: 1:31.05	250m: 2:36.89	350m: 3:43.13
100m: 58.94	200m: 2:03.79	300m: 3:09.81	400m: 4:16.11
5. Laviolette Simon	08 Scr	SCR/009141/08	4:17.00 627
50m: 28.81	150m: 1:32.36	250m: 2:37.60	350m: 3:44.45
100m: 1:00.60	200m: 2:05.01	300m: 3:10.91	400m: 4:17.00
6. Van Heirweghe Maxime	08 Aquabla	AQUABLA/011040/08	4:17.79 622
50m: 28.58	150m: 1:33.12	250m: 2:39.17	350m: 3:45.54
100m: 1:00.13	200m: 2:06.04	300m: 3:12.19	400m: 4:17.79
7. Van Hoey Billiet Alexander	09 Stw	STW/11158/09	4:18.78 615
50m: 27.40	150m: 1:31.87	250m: 2:39.37	350m: 3:46.52
100m: 58.95	200m: 2:05.44	300m: 3:12.76	400m: 4:18.78
8. Buttarelli Claudio	09 LAQUA	LAQUA/11590/09	4:19.25 611
50m: 29.19	150m: 1:34.56	250m: 2:41.82	350m: 3:47.52
100m: 1:01.31	200m: 2:08.40	300m: 3:15.18	400m: 4:19.25
9. Provoost Matice	08 Rosc	ROSC/11125/08	4:21.28 597
50m: 29.56	150m: 1:36.09	250m: 2:43.31	350m: 3:49.73
100m: 1:02.36	200m: 2:10.16	300m: 3:16.87	400m: 4:21.28
10. De Swerdt Mathias	08 Trust	TRUST/11081/08	4:25.06 572
50m: 29.40	150m: 1:35.91	250m: 2:43.04	350m: 3:51.58
100m: 1:02.54	200m: 2:09.61	300m: 3:17.42	400m: 4:25.06
11. Nowak Adrien	08 NCH	NCH/006205/08	4:25.39 570
50m: 30.03	150m: 1:36.62	250m: 2:43.97	350m: 3:52.11
100m: 1:02.87	200m: 2:10.87	300m: 3:18.21	400m: 4:25.39
12. Van Brussel Dylano	09 BRABO	BRABO/11313/09	4:27.04 559
50m: 29.62	150m: 1:36.63	250m: 2:44.81	350m: 3:53.92
100m: 1:02.86	200m: 2:10.77	300m: 3:19.77	400m: 4:27.04
13. Struyvelt Arne	08 MEGA	MEGA/11256/08	4:27.44 557
50m: 30.11	150m: 1:37.93	250m: 2:46.72	350m: 3:54.62
100m: 1:03.98	200m: 2:12.60	300m: 3:20.74	400m: 4:27.44

Programmanr. 7, Jongens, 400m vrije slag, 15 - 16 jaar

Rang		Geb.			Tijd	Pnt
14.	Volckaert Matthias	08	ZIOS	ZIOS/11067/08	4:30.99	535
	50m: 29.11	150m: 1:36.49	250m: 2:46.18	350m: 3:56.61		
	100m: 1:02.14	200m: 2:11.48	300m: 3:21.69	400m: 4:30.99		
15.	Verroken Gerben	08	DDAT	DDAT/11072/08	4:31.74	531
	50m: 29.76	150m: 1:38.02	250m: 2:48.23	350m: 3:58.09		
	100m: 1:03.31	200m: 2:13.00	300m: 3:23.61	400m: 4:31.74		
16.	Michoel Quinten	09	ZGEEL	ZGEEL/11112/09	4:31.80	530
	50m: 29.31	150m: 1:35.97	250m: 2:47.24	350m: 3:58.60		
	100m: 1:01.72	200m: 2:11.61	300m: 3:23.52	400m: 4:31.80		
17.	Pirlet Wout	08	Tzt	TZT/11082/08	4:32.08	529
	50m: 29.69	150m: 1:37.01	250m: 2:47.67	350m: 3:58.19		
	100m: 1:02.71	200m: 2:12.14	300m: 3:23.13	400m: 4:32.08		
18.	Vanbesien Lowie	09	MEGA	MEGA/11251/09	4:32.32	527
	50m: 30.96	150m: 1:39.27	250m: 2:48.97	350m: 3:59.29		
	100m: 1:04.75	200m: 2:13.79	300m: 3:23.86	400m: 4:32.32		
19.	Vanwers Etan	08	NCH	NCH/006191/08	4:32.45	527
	50m: 29.56	150m: 1:37.34	250m: 2:47.84	350m: 3:59.05		
	100m: 1:02.67	200m: 2:11.91	300m: 3:23.30	400m: 4:32.45		
20.	Goethals Vince	09	Stw	STW/11168/09	4:32.68	525
	50m: 29.69	150m: 1:38.07	250m: 2:48.05	350m: 3:58.51		
	100m: 1:03.63	200m: 2:13.03	300m: 3:23.81	400m: 4:32.68		
21.	Housen Korneel	09	Tzt	TZT/11091/09	4:32.69	525
	50m: 31.13	150m: 1:40.14	250m: 2:49.98	350m: 3:59.02		
	100m: 1:05.85	200m: 2:15.36	300m: 3:24.93	400m: 4:32.69		
22.	Vets Siebe	08	KAZS	KAZS/11065/08	4:34.07	517
	50m: 30.61	150m: 1:38.70	250m: 2:48.91	350m: 4:00.53		
	100m: 1:03.96	200m: 2:13.60	300m: 3:24.40	400m: 4:34.07		
23.	Waelput Thomas	09	TSZ	TSZ/11076/09	4:34.46	515
	50m: 31.50	150m: 1:39.64	250m: 2:49.94	350m: 4:00.40		
	100m: 1:05.07	200m: 2:14.47	300m: 3:25.16	400m: 4:34.46		
24.	Bertuzzi Gabriel	09	NCH	NCH/012750/09	4:35.50	509
	50m: 30.50	150m: 1:39.69	250m: 2:50.94	350m: 4:01.44		
	100m: 1:04.22	200m: 2:14.81	300m: 3:26.27	400m: 4:35.50		
25.	Cleymans Torben	08	STZ	STZ/11081/08	4:35.84	507
	50m: 30.04	150m: 1:38.77	250m: 2:50.13	350m: 4:01.57		
	100m: 1:04.50	200m: 2:14.77	300m: 3:26.16	400m: 4:35.84		
26.	Bollu Luca	08	KVZP	KVZP/11050/08	4:37.13	500
	50m: 30.73	150m: 1:40.60	250m: 2:52.21	350m: 4:03.33		
	100m: 1:05.25	200m: 2:16.34	300m: 3:28.12	400m: 4:37.13		
27.	D'espallier Daan	09	BRABO	BRABO/11287/09	4:37.19	500
	50m: 31.14	150m: 1:42.12	250m: 2:53.06	350m: 4:03.81		
	100m: 1:06.25	200m: 2:17.74	300m: 3:28.59	400m: 4:37.19		
28.	Baeye Leon	08	MEGA	MEGA/11281/08	4:37.84	496
	50m: 31.03	150m: 1:42.86	250m: 2:56.34	350m: 4:06.54		
	100m: 1:06.77	200m: 2:19.76	300m: 3:32.24	400m: 4:37.84		

Programmanr. 7, Jongens, 400m vrije slag, 15 - 16 jaar

Rang	Geb.		Tijd				Pnt
29.	Moulaert Tiemo	09	DDAT	DDAT/11130/09	4:38.11	495	
	50m: 31.52	150m: 1:42.52	250m: 2:53.40	350m: 4:04.08			
	100m: 1:06.84	200m: 2:18.14	300m: 3:28.67	400m: 4:38.11			
30.	Stox Bram	08	Hzs	HZS/11090/08	4:38.87	491	
	50m: 30.17	150m: 1:39.49	250m: 2:51.19	350m: 4:03.97			
	100m: 1:04.49	200m: 2:15.16	300m: 3:27.90	400m: 4:38.87			
31.	Van Deursen Siebe	09	MEGA	MEGA/11333/09	4:39.07	490	
	50m: 31.17	150m: 1:41.56	250m: 2:53.02	350m: 4:05.11			
	100m: 1:05.50	200m: 2:17.57	300m: 3:29.04	400m: 4:39.07			
32.	Van der Borgh Floris	08	ZCT	ZCT/11072/08	4:39.79	486	
	50m: 32.47	150m: 1:43.90	250m: 2:55.35	350m: 4:04.89			
	100m: 1:08.07	200m: 2:19.93	300m: 3:30.16	400m: 4:39.79			
33.	Verschuren Linus	08	KAZS	KAZS/11110/08	4:39.92	485	
	50m: 31.92	150m: 1:42.81	250m: 2:53.65	350m: 4:05.21			
	100m: 1:07.12	200m: 2:18.68	300m: 3:29.46	400m: 4:39.92			
34.	Verheyden Vinz	09	FIRST	FIRST/11242/09	4:40.55	482	
	50m: 30.68	150m: 1:41.86	250m: 2:54.96	350m: 4:07.04			
	100m: 1:05.70	200m: 2:18.42	300m: 3:31.02	400m: 4:40.55			
35.	Van Belle Simon	09	MEGA	MEGA/11259/09	4:40.58	482	
	50m: 31.15	150m: 1:42.61	250m: 2:54.16	350m: 4:06.52			
	100m: 1:06.43	200m: 2:18.80	300m: 3:30.23	400m: 4:40.58			
36.	Caris Emiel	09	TiMe	TiMe/11038/09	4:40.77	481	
	50m: 30.99	150m: 1:41.22	250m: 2:52.63	350m: 4:05.55			
	100m: 1:05.45	200m: 2:16.66	300m: 3:28.95	400m: 4:40.77			
37.	Bogaerts Thijs	09	MEGA	MEGA/11337/09	4:41.09	479	
	50m: 31.35	150m: 1:42.65	250m: 2:55.05	350m: 4:07.09			
	100m: 1:06.38	200m: 2:18.57	300m: 3:30.82	400m: 4:41.09			
38.	Vandorpe Dante	08	Fast	FAST/11040/08	4:44.22	464	
	50m: 31.07	150m: 1:41.31	250m: 2:53.52	350m: 4:07.55			
	100m: 1:05.54	200m: 2:17.41	300m: 3:30.31	400m: 4:44.22			
39.	De Smaele Keyon	08	FIRST	FIRST/11159/08	4:45.21	459	
	50m: 30.59	150m: 1:41.88	250m: 2:55.82	350m: 4:09.28			
	100m: 1:05.41	200m: 2:18.49	300m: 3:32.17	400m: 4:45.21			
40.	Bahloula Nael	09	BRABO	BRABO/110161/09	4:45.71	456	
	50m: 31.46	150m: 1:43.67	250m: 2:57.34	350m: 4:09.36			
	100m: 1:07.34	200m: 2:20.80	300m: 3:33.39	400m: 4:45.71			
41.	Makboulian Tyrone	08	Stw	STW/11182/08	4:45.78	456	
	50m: 30.79	150m: 1:42.39	250m: 2:55.42	350m: 4:10.11			
	100m: 1:06.14	200m: 2:18.88	300m: 3:32.75	400m: 4:45.78			
42.	Keisers Tibo	09	AZV	AZV/11060/09	4:45.99	455	
	50m: 30.92	150m: 1:42.49	250m: 2:56.02	350m: 4:09.94			
	100m: 1:06.41	200m: 2:19.23	300m: 3:33.46	400m: 4:45.99			
43.	Provoost Dajo	08	Rosc	ROSC/11243/08	4:46.18	454	
	50m: 31.52	150m: 1:43.21	250m: 2:57.28	350m: 4:10.63			
	100m: 1:06.70	200m: 2:19.83	300m: 3:33.84	400m: 4:46.18			

Programmanr. 7, Jongens, 400m vrije slag, 15 - 16 jaar

Rang	Geb.		Tijd	Pnt
44.	Van Daele Daan	09 Fast	FAST/11047/09	4:46.57 452
	50m: 31.39	150m: 1:43.23	250m: 2:56.53	350m: 4:10.82
	100m: 1:06.91	200m: 2:19.69	300m: 3:33.59	400m: 4:46.57
45.	Nollet Seppe	09 BRABO	BRABO/11248/09	4:49.21 440
	50m: 32.19	150m: 1:44.66	250m: 2:59.25	350m: 4:13.18
	100m: 1:08.01	200m: 2:21.95	300m: 3:36.32	400m: 4:49.21
46.	Ottevaere Alexander	08 BRABO	BRABO/11215/08	4:57.09 406
	50m: 30.40	150m: 1:41.84	250m: 2:57.79	350m: 4:16.88
	100m: 1:05.31	200m: 2:19.54	300m: 3:36.75	400m: 4:57.09
47.	Theunissen Toon	09 DBT	DBT/11120/09	4:57.88 403
	50m: 31.76	150m: 1:44.70	250m: 2:59.98	350m: 4:18.93
	100m: 1:07.56	200m: 2:22.60	300m: 3:39.16	400m: 4:57.88
FF	Ravelingien Tibe	08 BRABO	BRABO/11274/08	

17 - 18 jaar

1.	Loots Bram	07 KZC	200700197	4:04.75 726
	50m: 27.97	150m: 1:29.49	250m: 2:32.75	350m: 3:35.59
	100m: 58.11	200m: 2:01.05	300m: 3:04.47	400m: 4:04.75
2.	Gomes Tiago Fonseca	07 PSV	200703587	4:08.20 697
	50m: 28.21	150m: 1:30.59	250m: 2:34.35	350m: 3:37.69
	100m: 59.14	200m: 2:02.76	300m: 3:05.95	400m: 4:08.20
3.	Courtois Maxime	06 LGN	LGN/004360/06	4:10.14 680
	50m: 27.89	150m: 1:29.63	250m: 2:33.37	350m: 3:38.11
	100m: 58.47	200m: 2:01.39	300m: 3:05.90	400m: 4:10.14
4.	Lammens Seppe	07 Uz kz	UZKZ/11026/07	4:12.84 659
	50m: 27.85	150m: 1:30.45	250m: 2:36.29	350m: 3:41.88
	100m: 58.53	200m: 2:03.24	300m: 3:09.17	400m: 4:12.84
5.	Borges Rodrigo Costa	07 Portugal	133190	4:13.15 656
	50m: 28.48	150m: 1:32.23	250m: 2:37.29	350m: 3:42.55
	100m: 59.69	200m: 2:04.85	300m: 3:09.96	400m: 4:13.15
6.	Verheye Miel	06 MZK	MZK/11142/06	4:13.84 651
	50m: 28.42	150m: 1:32.11	250m: 2:37.11	350m: 3:42.79
	100m: 59.74	200m: 2:04.47	300m: 3:09.98	400m: 4:13.84
7.	Desmet Leendert	06 Tzt	TZT/31033/06	4:14.96 643
	50m: 28.83	150m: 1:32.94	250m: 2:38.15	350m: 3:43.24
	100m: 1:00.61	200m: 2:05.30	300m: 3:10.51	400m: 4:14.96
8.	Goethals Matthis	06 Sta	STA/11034/06	4:15.33 640
	50m: 27.76	150m: 1:30.71	250m: 2:36.04	350m: 3:42.84
	100m: 58.71	200m: 2:03.43	300m: 3:09.39	400m: 4:15.33
9.	Raes Senne	06 BRABO	BRABO/11170/06	4:16.82 629
	50m: 29.41	150m: 1:34.33	250m: 2:39.96	350m: 3:45.33
	100m: 1:01.44	200m: 2:07.31	300m: 3:12.53	400m: 4:16.82
10.	Rooij van Lucas	06 PSV	200603943	4:17.69 622
	50m: 28.45	150m: 1:32.42	250m: 2:39.64	350m: 3:45.92
	100m: 59.65	200m: 2:06.19	300m: 3:13.12	400m: 4:17.69

Programmanr. 7, Jongens, 400m vrije slag, 17 - 18 jaar

Rang			Geb.						Tijd	Pnt
11.	Kopriva Ilio		06	DBT				DBT/11016/06	4:19.08	612
	50m:	28.12	150m:	1:32.20	250m:	2:39.26	350m:	3:46.97		
	100m:	59.51	200m:	2:05.73	300m:	3:13.22	400m:	4:19.08		
12.	Kindt Levi		07	Tzt				TZT/11048/07	4:19.26	611
	50m:	28.39	150m:	1:32.25	250m:	2:38.60	350m:	3:46.41		
	100m:	59.76	200m:	2:05.07	300m:	3:12.06	400m:	4:19.26		
13.	Kockx Henri		06	MEGA				MEGA/11104/06	4:20.92	600
	50m:	29.35	150m:	1:35.23	250m:	2:41.39	350m:	3:48.22		
	100m:	1:02.03	200m:	2:08.45	300m:	3:14.76	400m:	4:20.92		
14.	Azevedo Goncalo Carlos		07	Portugal				209939	4:21.01	599
	50m:	28.46	150m:	1:32.58	250m:	2:37.56	350m:	3:47.81		
	100m:	1:00.06	200m:	2:05.28	300m:	3:11.85	400m:	4:21.01		
15.	Christiaens Stijn		06	Tzt				TZT/11060/06	4:21.08	598
	50m:	30.09	150m:	1:36.29	250m:	2:43.10	350m:	3:49.88		
	100m:	1:02.88	200m:	2:09.66	300m:	3:16.31	400m:	4:21.08		
16.	Mathieu Jack		07	ZS				ZS/11069/07	4:25.56	569
	50m:	29.75	150m:	1:36.64	250m:	2:45.35	350m:	3:53.71		
	100m:	1:02.60	200m:	2:11.30	300m:	3:19.53	400m:	4:25.56		
17.	Claassen Ilario		07	AZV				AZV/11045/07	4:25.57	569
	50m:	28.89	150m:	1:34.57	250m:	2:42.76	350m:	3:51.49		
	100m:	1:01.30	200m:	2:08.79	300m:	3:16.95	400m:	4:25.57		
18.	Van Belle Ruben		07	MEGA				MEGA/11154/07	4:25.99	566
	50m:	29.85	150m:	1:37.01	250m:	2:45.58	350m:	3:54.45		
	100m:	1:02.70	200m:	2:11.27	300m:	3:19.92	400m:	4:25.99		
19.	Dries Klaas		07	ZGEEL				ZGEEL/11071/07	4:27.92	554
	50m:	29.97	150m:	1:37.55	250m:	2:46.69	350m:	3:55.43		
	100m:	1:03.72	200m:	2:12.34	300m:	3:21.50	400m:	4:27.92		
20.	Metzemakers Noa		06	BRABO				BRABO/11483/06	4:29.26	545
	50m:	29.45	150m:	1:37.27	250m:	2:47.52	350m:	3:57.61		
	100m:	1:03.09	200m:	2:12.18	300m:	3:22.47	400m:	4:29.26		
21.	De Backer Bjorn		07	ZIOS				ZIOS/11045/07	4:29.42	544
	50m:	30.30	150m:	1:38.16	250m:	2:47.51	350m:	3:56.07		
	100m:	1:04.13	200m:	2:12.65	300m:	3:22.03	400m:	4:29.42		
22.	Lampo Olivier		06	BRABO				BRABO/11148/06	4:29.74	543
	50m:	30.90	150m:	1:38.11	250m:	2:47.14	350m:	3:56.67		
	100m:	1:04.11	200m:	2:12.69	300m:	3:21.93	400m:	4:29.74		
23.	Catry Arne		06	ZCT				ZCT/11047/06	4:30.64	537
	50m:	30.61	150m:	1:38.91	250m:	2:49.17	350m:	3:57.52		
	100m:	1:04.44	200m:	2:13.99	300m:	3:23.49	400m:	4:30.64		
24.	Horovyi Mykyta		07	Zola				ZOLA/11136/07	4:30.85	536
	50m:	28.83	150m:	1:34.92	250m:	2:44.15	350m:	3:55.52		
	100m:	1:01.64	200m:	2:09.19	300m:	3:19.96	400m:	4:30.85		
25.	Claeskens Milan		06	DBT				DBT/11091/06	4:31.06	535
	50m:	29.45	150m:	1:37.00	250m:	2:47.89	350m:	3:59.04		
	100m:	1:02.83	200m:	2:12.47	300m:	3:23.64	400m:	4:31.06		

Programmanr. 7, Jongens, 400m vrije slag, 17 - 18 jaar

Rang	Geb.		Tijd				Pnt
26.	Salomez Haakon	06 Zb	ZB/11033/06				4:31.89 530
	50m: 31.43	150m: 1:40.67	250m: 2:51.26	350m: 3:59.31	400m: 4:31.89		
	100m: 1:06.61	200m: 2:15.22	300m: 3:24.84				
27.	Ficher Augustin	07 NCH	NCH/006193/07				4:31.90 530
	50m: 29.33	150m: 1:36.69	250m: 2:45.44	350m: 3:57.08	400m: 4:31.90		
	100m: 1:02.71	200m: 2:10.68	300m: 3:20.66				
28.	Rombouts Leonard	07 SCZ-Zaventem	SCZ/11092/07				4:34.01 518
	50m: 29.36	150m: 1:36.91	250m: 2:47.87	350m: 4:00.13	400m: 4:34.01		
	100m: 1:02.01	200m: 2:11.70	300m: 3:23.83				
29.	Maes Briek	07 Tzt	TZT/11049/07				4:34.26 516
	50m: 30.79	150m: 1:39.24	250m: 2:50.04	350m: 4:01.12	400m: 4:34.26		
	100m: 1:04.39	200m: 2:14.39	300m: 3:25.59				
30.	Bogaert Briek	07 FIRST	FIRST/11145/07				4:34.27 516
	50m: 29.76	150m: 1:38.82	250m: 2:49.87	350m: 3:59.93	400m: 4:34.27		
	100m: 1:03.69	200m: 2:13.92	300m: 3:25.22				
31.	Roobaert Jurre	06 KVZP	KVZP/11024/06				4:34.40 515
	50m: 30.55	150m: 1:38.45	250m: 2:48.68	350m: 4:00.32	400m: 4:34.40		
	100m: 1:03.92	200m: 2:13.75	300m: 3:24.92				
32.	Ost Ryan	06 HOZT	HOZT/11012/06				4:35.55 509
	50m: 29.49	150m: 1:36.42	250m: 2:47.34	350m: 3:59.52	400m: 4:35.55		
	100m: 1:02.10	200m: 2:11.28	300m: 3:22.86				
33.	Verdonck Brecht	07 ZGEEL	ZGEEL/11061/07				4:36.48 504
	50m: 29.42	150m: 1:37.19	250m: 2:48.50	350m: 4:01.52	400m: 4:36.48		
	100m: 1:03.01	200m: 2:12.54	300m: 3:25.17				
34.	Vanwynsberghe Loïc	07 Fast	FAST/11090/07				4:38.09 495
	50m: 29.98	150m: 1:38.29	250m: 2:50.42	350m: 4:03.66	400m: 4:38.09		
	100m: 1:03.90	200m: 2:14.08	300m: 3:27.00				
35.	Decupere Cedric	07 Kzk	KZK/11086/07				4:38.31 494
	50m: 31.17	150m: 1:41.53	250m: 2:52.51	350m: 4:04.25	400m: 4:38.31		
	100m: 1:06.00	200m: 2:17.05	300m: 3:28.70				
36.	Delrue Remi	06 Kzk	KZK/31134/06				5:07.49 366
	50m: 32.51	150m: 1:48.04	250m: 3:07.38	350m: 4:28.91	400m: 5:07.49		
	100m: 1:09.54	200m: 2:27.46	300m: 3:48.15				
37.	Commeene Jasper	07 Zb	ZB/11038/07				5:07.64 366
	50m: 33.08	150m: 1:50.71	250m: 3:10.68	350m: 4:29.93	400m: 5:07.64		
	100m: 1:11.38	200m: 2:30.49	300m: 3:50.36				
FF	Van der Bruggen Nathan	07 Fast	FAST/11049/07				

19 jaar en ouder

1.	Bagshaw Jeremy	00 National Centre (Limerick)					4:01.84 753
	50m: 27.90	150m: 1:28.44	250m: 2:30.14	350m: 3:31.25	400m: 4:01.84		
	100m: 58.18	200m: 1:59.25	300m: 3:00.98				
2.	Bäschnitt Jarno	05 SGR	347752				4:02.63 746
	50m: 26.89	150m: 1:26.79	250m: 2:29.29	350m: 3:32.84	400m: 4:02.63		
	100m: 56.26	200m: 1:57.99	300m: 3:01.26				

Programmanr. 7, Heren, 400m vrije slag, 19 jaar en ouder

Rang	Geb.		Tijd				Pnt
3.	Bird Kieran	99 BPC				4:03.27	740
	50m: 26.96	150m: 1:26.76	250m: 2:26.29	350m: 3:29.66			
	100m: 56.76	200m: 1:57.26	300m: 2:55.74	400m: 4:03.27			
4.	Martens Noah	00 BRABO			BRABO/11222/00	4:04.80	726
	50m: 27.64	150m: 1:30.03	250m: 2:33.08	350m: 3:35.63			
	100m: 58.43	200m: 2:01.31	300m: 3:04.47	400m: 4:04.80			
5.	Weijland Yanieck	05 TEAMNL			200500329	4:13.71	652
	50m: 28.29	150m: 1:32.04	250m: 2:36.78	350m: 3:41.87			
	100m: 59.61	200m: 2:04.62	300m: 3:09.31	400m: 4:13.71			
6.	Belmon Merlin	04 TEAMNL			200403191	4:13.73	652
	50m: 28.45	150m: 1:32.36	250m: 2:36.09	350m: 3:41.77			
	100m: 59.97	200m: 2:04.52	300m: 3:08.66	400m: 4:13.73			
7.	Vangampelaere Milan	05 MEGA			MEGA/11083/05	4:16.95	628
	50m: 29.24	150m: 1:33.03	250m: 2:38.38	350m: 3:45.02			
	100m: 1:00.79	200m: 2:05.54	300m: 3:11.62	400m: 4:16.95			
8.	De Schryver Noah	01 ZNA			ZNA/10577/01	4:19.47	610
	50m: 28.81	150m: 1:32.86	250m: 2:39.36	350m: 3:47.06			
	100m: 1:00.04	200m: 2:05.88	300m: 3:12.88	400m: 4:19.47			
9.	Bracke Erno	05 BRABO			BRABO/11311/05	4:19.99	606
	50m: 28.69	150m: 1:32.72	250m: 2:38.19	350m: 3:46.07			
	100m: 1:00.69	200m: 2:05.07	300m: 3:11.60	400m: 4:19.99			
10.	Van Humbeeck Sean	05 BZK			BZK/11310/05	4:20.64	601
	50m: 28.81	150m: 1:34.51	250m: 2:41.92	350m: 3:48.77			
	100m: 1:00.90	200m: 2:08.15	300m: 3:15.55	400m: 4:20.64			
11.	De Visser Sam	03 ZGEEL			ZGEEL/31162/03	4:26.22	564
	50m: 30.41	150m: 1:36.85	250m: 2:44.88	350m: 3:53.59			
	100m: 1:02.89	200m: 2:10.50	300m: 3:19.06	400m: 4:26.22			
12.	Schram Thor	05 MEGA			MEGA/11071/05	4:26.85	560
	50m: 28.93	150m: 1:34.25	250m: 2:41.93	350m: 3:52.46			
	100m: 1:01.74	200m: 2:08.21	300m: 3:16.95	400m: 4:26.85			
FF	Morgan Danny	04 National Centre (Dublin)					