

Programmanr. 214  
 8/02/2025 - 17:20

Heren, 400m vrije slag

 open leeftijdsgroep  
 Resultaten

Flemish Record	3:50.66	HENDRICKX, Lander	BEST	Antwerpen	24/01/2015
Belgian Record	3:44.61	HENVEAUX, Lucas	BEL	Doha (QAT)	22/04/2023

EJK 2025 14 - 17: 2:58.88; 18: 3:56.51 / EYOF 2025 14 - 15: 4:06.60 / WK 2025 : 3:48.15

Punten: AQUA 2024

Rang	Geb.					Tijd				Pnt		
1.	VAN REMOORTERE, Jas	09r	BEL	Stw		STW/11172/09				<b>4:09.21</b>	688	
	50m:	28.34	28.34	150m:	1:30.95	31.85	250m:	2:34.82	31.57	350m:	3:38.46	31.98
	100m:	59.10	30.76	200m:	2:03.25	32.30	300m:	3:06.48	31.66	400m:	4:09.21	30.75
2.	VAN EGDOM, Wout	08	BEL	ZN		ZN/11076/08				<b>4:11.40</b>	670	
	50m:	27.94	27.94	150m:	1:30.76	32.10	250m:	2:35.81	32.49	350m:	3:40.99	32.68
	100m:	58.66	30.72	200m:	2:03.32	32.56	300m:	3:08.31	32.50	400m:	4:11.40	30.41
3.	RAES, Senne	06	BEL	BRABO		BRABO/11170/06				<b>4:11.48</b>	670	
	50m:	28.81	28.81	150m:	1:32.22	31.99	250m:	2:36.32	32.22	350m:	3:41.12	32.43
	100m:	1:00.23	31.42	200m:	2:04.10	31.88	300m:	3:08.69	32.37	400m:	4:11.48	30.36
4.	DESMET, Leendert	06	BEL	Tzt		Tzt/31033/06				<b>4:12.88</b>	659	
	50m:	28.87	28.87	150m:	1:32.57	31.98	250m:	2:36.93	31.99	350m:	3:41.48	32.08
	100m:	1:00.59	31.72	200m:	2:04.94	32.37	300m:	3:09.40	32.47	400m:	4:12.88	31.40
5.	VANGAMPELAERE, Mila	05	BEL	MEGA		MEGA/11083/05				<b>4:15.77</b>	636	
	50m:	28.65	28.65	150m:	1:33.51	32.75	250m:	2:39.05	32.55	350m:	3:44.56	32.76
	100m:	1:00.76	32.11	200m:	2:06.50	32.99	300m:	3:11.80	32.75	400m:	4:15.77	31.21
6.	CLAASSEN, Ilario	07	BEL	AZV		AZV/11045/07				<b>4:17.99</b>	620	
	50m:	27.61	27.61	150m:	1:31.01	32.09	250m:	2:37.31	32.79	350m:	3:44.15	33.67
	100m:	58.92	31.31	200m:	2:04.52	33.51	300m:	3:10.48	33.17	400m:	4:17.99	33.84
7.	METZEMAKERS, Noa	06	BEL	BRABO		BRABO/11483/06				<b>4:18.59</b>	616	
	50m:	28.57	28.57	150m:	1:34.18	33.40	250m:	2:40.85	33.28	350m:	3:47.38	33.15
	100m:	1:00.78	32.21	200m:	2:07.57	33.39	300m:	3:14.23	33.38	400m:	4:18.59	31.21
8.	VAN DEN HOORN, Jelle	04	BEL	Hzs		Hzs/11342/04				<b>4:24.30</b>	577	
	50m:	29.61	29.61	150m:	1:34.94	33.18	250m:	2:42.42	34.18	350m:	3:50.97	34.22
	100m:	1:01.76	32.15	200m:	2:08.24	33.30	300m:	3:16.75	34.33	400m:	4:24.30	33.33