

Programmanr. 314
 8/02/2025

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. | RYNN, Cormac | | 05 | IRL | NC Limerick | | 3:59.21 | 778 | |
| | 50m: | 26.82 26.82 | 150m: | 1:26.22 29.85 | 250m: | 2:26.96 30.16 | 350m: | 3:28.91 30.97 | |
| | 100m: | 56.37 29.55 | 200m: | 1:56.80 30.58 | 300m: | 2:57.94 30.98 | 400m: | 3:59.21 30.30 | |
| 2. | MARSMAN, Koen | | 05 | NED | Team NL 200502763 | | 4:01.22 | 759 | |
| | 50m: | 26.30 26.30 | 150m: | 1:26.40 30.70 | 250m: | 2:28.76 31.16 | 350m: | 3:31.88 31.50 | |
| | 100m: | 55.70 29.40 | 200m: | 1:57.60 31.20 | 300m: | 3:00.38 31.62 | 400m: | 4:01.22 29.34 | |
| 3. | SPADEA, Tommaso | | 08 | BEL | LAQUA LAQUA/11260/08 | | 4:02.38 | 748 | |
| | 50m: | 27.86 27.86 | 150m: | 1:28.31 30.59 | 250m: | 2:29.82 30.92 | 350m: | 3:31.87 31.00 | |
| | 100m: | 57.72 29.86 | 200m: | 1:58.90 30.59 | 300m: | 3:00.87 31.05 | 400m: | 4:02.38 30.51 | |
| 4. | CLAERHOUT, Bas | | 08 | BEL | Tzt TZT/11127/08 | | 4:03.23 | 740 | |
| | 50m: | 27.39 27.39 | 150m: | 1:27.64 30.55 | 250m: | 2:29.75 31.01 | 350m: | 3:33.12 31.55 | |
| | 100m: | 57.09 29.70 | 200m: | 1:58.74 31.10 | 300m: | 3:01.57 31.82 | 400m: | 4:03.23 30.11 | |
| 5. | LOOTS, Bram | | 07 | NED | KZC 200700197 | | 4:03.78 | 735 | |
| | 50m: | 27.18 27.18 | 150m: | 1:28.54 31.28 | 250m: | 2:31.06 30.83 | 350m: | 3:33.64 31.34 | |
| | 100m: | 57.26 30.08 | 200m: | 2:00.23 31.69 | 300m: | 3:02.30 31.24 | 400m: | 4:03.78 30.14 | |
| 6. | MARTENS, Noah | | 00 | BEL | BRABO BRABO/11222/00 | | 4:04.56 | 728 | |
| | 50m: | 26.57 26.57 | 150m: | 1:27.32 31.38 | 250m: | 2:30.71 31.88 | 350m: | 3:34.45 31.98 | |
| | 100m: | 55.94 29.37 | 200m: | 1:58.83 31.51 | 300m: | 3:02.47 31.76 | 400m: | 4:04.56 30.11 | |
| 7. | SAIVE, Antoine | | 04 | BEL | LGN LGN/012277/04 | | 4:06.86 | 708 | |
| | 50m: | 27.47 27.47 | 150m: | 1:27.72 30.43 | 250m: | 2:30.17 31.32 | 350m: | 3:34.32 32.50 | |
| | 100m: | 57.29 29.82 | 200m: | 1:58.85 31.13 | 300m: | 3:01.82 31.65 | 400m: | 4:06.86 32.54 | |
| 8. | KINDT, Levi | | 07 | BEL | Tzt TZT/11048/07 | | 4:08.86 | 691 | |
| | 50m: | 27.09 27.09 | 150m: | 1:29.47 31.69 | 250m: | 2:33.46 32.06 | 350m: | 3:37.75 32.20 | |
| | 100m: | 57.78 30.69 | 200m: | 2:01.40 31.93 | 300m: | 3:05.55 32.09 | 400m: | 4:08.86 31.11 | |