

Programmanr. 4
 7/02/2025 - 10:15

Heren, 400m wisselslag

open leeftijdsgroep

Resultaten

Belgian Record	4:16.71	BAUWENS, Ward	BEL	Londen (GBR)	28/07/2012
Flemish Record	4:16.71	BAUWENS, Ward	BRABO	Londen (GBR)	28/07/2012

EJK 2025 14 - 17: 4:28.30; 18: 4:25.64 / EYOF 2025 14 - 15: 4:39.97 / WK 2025 : 4:17.48

Punten: AQUA 2024

Rang	Geb.				Tijd		Pnt	
15 - 16 jaar								
1.	BUTTARELLI, Claudio	09 BEL	Scr	SCR/014592/09	4:35.35	683		
	50m: 29.11	29.11	150m: 1:40.07	37.22	250m: 2:54.73	38.62	350m: 4:05.31	31.05
	100m: 1:02.85	33.74	200m: 2:16.11	36.04	300m: 3:34.26	39.53	400m: 4:35.35	30.04
2.	BHIJA, Tariq	10 BEL	KWZC	KWZC/11080/10	4:52.18	571		
	50m: 29.18	29.18	150m: 1:42.28	39.26	250m: 3:03.57	43.55	350m: 4:20.62	32.03
	100m: 1:03.02	33.84	200m: 2:20.02	37.74	300m: 3:48.59	45.02	400m: 4:52.18	31.56
3.	D'ESPALLIER, Daan	09 BEL	BRABO	BRABO/11287/09	4:52.58	569		
	50m: 31.05	31.05	150m: 1:46.01	39.28	250m: 3:02.84	40.07	350m: 4:18.62	35.04
	100m: 1:06.73	35.68	200m: 2:22.77	36.76	300m: 3:43.58	40.74	400m: 4:52.58	33.96
4.	DOLNE, Noah	10 BEL	VN	VN/00872710	4:53.03	566		
	50m: 29.96	29.96	150m: 1:42.77	38.28	250m: 3:02.89	42.32	350m: 4:19.61	33.52
	100m: 1:04.49	34.53	200m: 2:20.57	37.80	300m: 3:46.09	43.20	400m: 4:53.03	33.42
5.	VOS, Sem	10 BEL	Gzvn	GZVN/11257/10	4:54.20	560		
	50m: 31.44	31.44	150m: 1:47.11	39.19	250m: 3:04.95	39.29	350m: 4:20.86	35.44
	100m: 1:07.92	36.48	200m: 2:25.66	38.55	300m: 3:45.42	40.47	400m: 4:54.20	33.34
6.	PATTYN, Lowie	10 BEL	TiMe	TiMe/11027/10	4:59.45	531		
	50m: 31.19	31.19	150m: 1:46.95	39.35	250m: 3:10.11	44.31	350m: 4:28.54	34.75
	100m: 1:07.60	36.41	200m: 2:25.80	38.85	300m: 3:53.79	43.68	400m: 4:59.45	30.91
7.	LISSENS, Tuur	10 BEL	LAQUA	LAQUA/11393/10	5:04.17	506		
	50m: 29.89	29.89	150m: 1:45.98	41.27	250m: 3:11.02	45.49	350m: 4:30.95	33.60
	100m: 1:04.71	34.82	200m: 2:25.53	39.55	300m: 3:57.35	46.33	400m: 5:04.17	33.22
8.	SAZONOV, Fedor	09 NED	KST	KST/11047/09	5:04.40	505		
	50m: 31.58	31.58	150m: 1:49.45	40.89	250m: 3:10.84	41.05	350m: 4:30.46	37.24
	100m: 1:08.56	36.98	200m: 2:29.79	40.34	300m: 3:53.22	42.38	400m: 5:04.40	33.94
9.	VANDEKERCKHOVE, J.	10 BEL	Tzt	TZT/11115/10	5:05.80	498		
	50m: 32.17	32.17	150m: 1:51.31	40.66	250m: 3:12.05	42.31	350m: 4:33.17	36.29
	100m: 1:10.65	38.48	200m: 2:29.74	38.43	300m: 3:56.88	44.83	400m: 5:05.80	32.63
10.	VAN DAELE, Daan	09 BEL	Fast	FAST/11047/09	5:05.84	498		
	50m: 29.11	29.11	150m: 1:44.25	39.12	250m: 3:07.55	44.34	350m: 4:30.57	37.24
	100m: 1:05.13	36.02	200m: 2:23.21	38.96	300m: 3:53.33	45.78	400m: 5:05.84	35.27
11.	BERLAMONT, Daan	10 BEL	LAQUA	LAQUA/11535/10	5:07.74	489		
	50m: 31.70	31.70	150m: 1:49.30	40.04	250m: 3:13.52	44.61	350m: 4:34.78	36.25
	100m: 1:09.26	37.56	200m: 2:28.91	39.61	300m: 3:58.53	45.01	400m: 5:07.74	32.96
12.	ROOSEN, Lukas	10 BEL	Pzc	PZC/11077/10	5:13.05	464		
	50m: 33.12	33.12	150m: 1:52.80	40.94	250m: 3:18.83	45.54	350m: 4:40.01	34.81
	100m: 1:11.86	38.74	200m: 2:33.29	40.49	300m: 4:05.20	46.37	400m: 5:13.05	33.04
13.	METTEN, Vince	10 BEL	DMB	DMB/11103/10	5:14.45	458		
	50m: 32.43	32.43	150m: 1:53.66	42.15	250m: 3:18.54	42.67	350m: 4:39.09	38.04
	100m: 1:11.51	39.08	200m: 2:35.87	42.21	300m: 4:01.05	42.51	400m: 5:14.45	35.36
14.	VANDEPOEL, Quinten	10 BEL	STZC	STZC/11007/10	5:15.53	453		
	50m: 33.11	33.11	150m: 1:52.56	40.64	250m: 3:18.81	47.20	350m: 4:41.56	36.07
	100m: 1:11.92	38.81	200m: 2:31.61	39.05	300m: 4:05.49	46.68	400m: 5:15.53	33.97
15.	VAN HOOFF, Cobe	10 BEL	BEST	BEST/11118/10	5:19.81	435		
	50m: 32.25	32.25	150m: 1:53.27	41.73	250m: 3:18.73	44.63	350m: 4:43.36	38.63
	100m: 1:11.54	39.29	200m: 2:34.10	40.83	300m: 4:04.73	46.00	400m: 5:19.81	36.45

Programmanr. 4, Jongens, 400m wisselslag, 15 - 16 jaar

Rang	Geb.		Pzc				PZC/11086/10				Tijd	Pnt		
16.	VAN DEN BERG, Jasper		10	NED	Pzc				PZC/11086/10				5:25.97	411
	50m:	35.61	35.61	150m:	2:02.47	42.57	250m:	3:27.43	44.27	350m:	4:50.00	35.94		
	100m:	1:19.90	44.29	200m:	2:43.16	40.69	300m:	4:14.06	46.63	400m:	5:25.97	35.97		

17 - 18 jaar

1.	CLAERHOUT, Bas		08	BEL	Tzt				TZT/11127/08				4:39.37	654
	50m:	27.74	27.74	150m:	1:38.19	37.64	250m:	2:54.80	40.63	350m:	4:07.84	32.24		
	100m:	1:00.55	32.81	200m:	2:14.17	35.98	300m:	3:35.60	40.80	400m:	4:39.37	31.53		
2.	GROENER, Tiede		07	NED	Psv				200700155				4:40.45	646
	50m:	28.71	28.71	150m:	1:39.77	37.59	250m:	2:55.60	39.80	350m:	4:10.19	33.67		
	100m:	1:02.18	33.47	200m:	2:15.80	36.03	300m:	3:36.52	40.92	400m:	4:40.45	30.26		
3.	LECOQC, Justin		08	BEL	LGN				LGN/014070/08				4:43.13	628
	50m:	29.00	29.00	150m:	1:39.06	35.85	250m:	2:54.28	40.67	350m:	4:10.23	33.70		
	100m:	1:03.21	34.21	200m:	2:13.61	34.55	300m:	3:36.53	42.25	400m:	4:43.13	32.90		
4.	KINDT, Levi		07	BEL	Tzt				TZT/11048/07				4:54.51	558
	50m:	28.54	28.54	150m:	1:40.51	37.26	250m:	3:00.40	42.88	350m:	4:20.08	34.65		
	100m:	1:03.25	34.71	200m:	2:17.52	37.01	300m:	3:45.43	45.03	400m:	4:54.51	34.43		
5.	FRANÇOIS, Wout		07	BEL	Tzt				TZT/11047/07				4:56.42	547
	50m:	30.43	30.43	150m:	1:45.98	39.86	250m:	3:05.46	41.23	350m:	4:23.18	36.05		
	100m:	1:06.12	35.69	200m:	2:24.23	38.25	300m:	3:47.13	41.67	400m:	4:56.42	33.24		
6.	CLAASSEN, Ilario		07	BEL	AZV				AZV/11045/07				4:57.64	540
	50m:	28.56	28.56	150m:	1:43.21	40.23	250m:	3:04.28	42.75	350m:	4:23.33	34.66		
	100m:	1:02.98	34.42	200m:	2:21.53	38.32	300m:	3:48.67	44.39	400m:	4:57.64	34.31		
7.	FRANSEN, Thibaut		08	BEL	TSZ				TSZ/11027/08				5:06.26	496
	50m:	31.68	31.68	150m:	1:50.24	40.04	250m:	3:12.33	42.67	350m:	4:31.32	35.82		
	100m:	1:10.20	38.52	200m:	2:29.66	39.42	300m:	3:55.50	43.17	400m:	5:06.26	34.94		
8.	JORISSEN, Rube		08	BEL	Gzvn				GZVN/11137/08				5:07.29	491
	50m:	32.31	32.31	150m:	1:51.43	40.90	250m:	3:13.83	42.03	350m:	4:33.82	35.97		
	100m:	1:10.53	38.22	200m:	2:31.80	40.37	300m:	3:57.85	44.02	400m:	5:07.29	33.47		
9.	DE BACKER, Bjorn		07	BEL	ZIOS				ZIOS/11045/07				5:09.10	482
	50m:	31.72	31.72	150m:	1:49.30	40.43	250m:	3:12.52	43.74	350m:	4:34.28	36.65		
	100m:	1:08.87	37.15	200m:	2:28.78	39.48	300m:	3:57.63	45.11	400m:	5:09.10	34.82		
10.	DEVRIESE, Jonathan		08	BEL	BZK				BZK/11226/08				5:13.38	463
	50m:	31.75	31.75	150m:	1:52.10	41.93	250m:	3:17.43	45.46	350m:	4:37.86	35.01		
	100m:	1:10.17	38.42	200m:	2:31.97	39.87	300m:	4:02.85	45.42	400m:	5:13.38	35.52		
11.	DE SMAELE, Keyon		08	BEL	FIRST				FIRST/11159/08				5:14.50	458
	50m:	30.88	30.88	150m:	1:53.83	44.74	250m:	3:14.61	38.08	350m:	4:38.40	42.89		
	100m:	1:09.09	38.21	200m:	2:36.53	42.70	300m:	3:55.51	40.90	400m:	5:14.50	36.10		
12.	PERSOONS, Emiel		08	BEL	ZIOS				ZIOS/11078/08				5:16.07	451
	50m:	32.03	32.03	150m:	1:52.41	41.58	250m:	3:18.32	45.18	350m:	4:41.40	37.69		
	100m:	1:10.83	38.80	200m:	2:33.14	40.73	300m:	4:03.71	45.39	400m:	5:16.07	34.67		
13.	BOLLU, Luca		08	BEL	KVZP				KVZP/11050/08				5:20.75	432
	50m:	30.88	30.88	150m:	1:52.25	43.08	250m:	3:20.78	46.96	350m:	4:45.43	37.26		
	100m:	1:09.17	38.29	200m:	2:33.82	41.57	300m:	4:08.17	47.39	400m:	5:20.75	35.32		
14.	VANDORPE, Dante		08	BEL	Fast				FAST/11040/08				5:23.63	420
	50m:	32.98	32.98	150m:	1:53.52	42.18	250m:	3:21.26	45.57	350m:	4:46.30	38.59		
	100m:	1:11.34	38.36	200m:	2:35.69	42.17	300m:	4:07.71	46.45	400m:	5:23.63	37.33		

Programmanr. 4, Heren, 400m wisselslag

19 jaar en ouder

1.	MARTENS, Noah	00	BEL	BRABO	BRABO/11222/00	4:40.34	647	
	50m: 28.22	28.22	150m: 1:40.44	38.56	250m: 2:57.54	40.62	350m: 4:09.76	32.22
	100m: 1:01.88	33.66	200m: 2:16.92	36.48	300m: 3:37.54	40.00	400m: 4:40.34	30.58
2.	VANHECKE, Raphaël	06	BEL	LGN	LGN/013252/06	4:45.10	615	
	50m: 27.51	27.51	150m: 1:38.88	37.10	250m: 2:56.23	40.25	350m: 4:12.40	34.21
	100m: 1:01.78	34.27	200m: 2:15.98	37.10	300m: 3:38.19	41.96	400m: 4:45.10	32.70
3.	DE MEYER, Niels	02	BEL	BRABO	BRABO/10982/02	4:45.13	615	
	50m: 28.60	28.60	150m: 1:40.10	38.00	250m: 2:57.30	40.33	350m: 4:12.40	33.80
	100m: 1:02.10	33.50	200m: 2:16.97	36.87	300m: 3:38.60	41.30	400m: 4:45.13	32.73
4.	DESMET, Leendert	06	BEL	Tzt	TZT/31033/06	4:50.41	582	
	50m: 30.42	30.42	150m: 1:45.23	38.12	250m: 3:03.77	41.82	350m: 4:18.52	32.15
	100m: 1:07.11	36.69	200m: 2:21.95	36.72	300m: 3:46.37	42.60	400m: 4:50.41	31.89
5.	VAN HUMBEECK, Sean	05	BEL	BZK	BZK/11310/05	4:51.38	576	
	50m: 29.85	29.85	150m: 1:46.16	40.67	250m: 3:05.65	39.42	350m: 4:18.52	33.22
	100m: 1:05.49	35.64	200m: 2:26.23	40.07	300m: 3:45.30	39.65	400m: 4:51.38	32.86
6.	VAN DEN HOORN, Jelle	04	BEL	Hzs	HZS/11342/04	4:52.35	570	
	50m: 29.64	29.64	150m: 1:44.59	39.15	250m: 3:03.61	40.21	350m: 4:19.43	34.63
	100m: 1:05.44	35.80	200m: 2:23.40	38.81	300m: 3:44.80	41.19	400m: 4:52.35	32.92
7.	METZEMAKERS, Noa	06	BEL	BRABO	BRABO/11483/06	4:53.61	563	
	50m: 29.26	29.26	150m: 1:46.60	41.16	250m: 3:05.66	39.80	350m: 4:21.47	33.55
	100m: 1:05.44	36.18	200m: 2:25.86	39.26	300m: 3:47.92	42.26	400m: 4:53.61	32.14
8.	CHRISTIAENS, Stijn	06	BEL	Tzt	TZT/11060/06	5:06.83	493	
	50m: 31.70	31.70	150m: 1:49.98	41.08	250m: 3:13.30	43.36	350m: 4:33.13	36.02
	100m: 1:08.90	37.20	200m: 2:29.94	39.96	300m: 3:57.11	43.81	400m: 5:06.83	33.70
9.	GOETHALS, Matthis	06	BEL	Sta	STA/11034/06	5:10.24	477	
	50m: 30.90	30.90	150m: 1:51.50	42.51	250m: 3:16.39	44.40	350m: 4:36.07	34.66
	100m: 1:08.99	38.09	200m: 2:31.99	40.49	300m: 4:01.41	45.02	400m: 5:10.24	34.17

open leeftijdsgroep

1.	BUTTARELLI, Claudio	09	BEL	Scr	SCR/014592/09	4:35.35	683	
	50m: 29.11	29.11	150m: 1:40.07	37.22	250m: 2:54.73	38.62	350m: 4:05.31	31.05
	100m: 1:02.85	33.74	200m: 2:16.11	36.04	300m: 3:34.26	39.53	400m: 4:35.35	30.04
2.	CLAERHOUT, Bas	08	BEL	Tzt	TZT/11127/08	4:39.37	654	
	50m: 27.74	27.74	150m: 1:38.19	37.64	250m: 2:54.80	40.63	350m: 4:07.84	32.24
	100m: 1:00.55	32.81	200m: 2:14.17	35.98	300m: 3:35.60	40.80	400m: 4:39.37	31.53
3.	MARTENS, Noah	00	BEL	BRABO	BRABO/11222/00	4:40.34	647	
	50m: 28.22	28.22	150m: 1:40.44	38.56	250m: 2:57.54	40.62	350m: 4:09.76	32.22
	100m: 1:01.88	33.66	200m: 2:16.92	36.48	300m: 3:37.54	40.00	400m: 4:40.34	30.58
4.	GROENER, Tiede	07	NED	Psv	200700155	4:40.45	646	
	50m: 28.71	28.71	150m: 1:39.77	37.59	250m: 2:55.60	39.80	350m: 4:10.19	33.67
	100m: 1:02.18	33.47	200m: 2:15.80	36.03	300m: 3:36.52	40.92	400m: 4:40.45	30.26
5.	LECOCQ, Justin	08	BEL	LGN	LGN/014070/08	4:43.13	628	
	50m: 29.00	29.00	150m: 1:39.06	35.85	250m: 2:54.28	40.67	350m: 4:10.23	33.70
	100m: 1:03.21	34.21	200m: 2:13.61	34.55	300m: 3:36.53	42.25	400m: 4:43.13	32.90
6.	VANHECKE, Raphaël	06	BEL	LGN	LGN/013252/06	4:45.10	615	
	50m: 27.51	27.51	150m: 1:38.88	37.10	250m: 2:56.23	40.25	350m: 4:12.40	34.21
	100m: 1:01.78	34.27	200m: 2:15.98	37.10	300m: 3:38.19	41.96	400m: 4:45.10	32.70
7.	DE MEYER, Niels	02	BEL	BRABO	BRABO/10982/02	4:45.13	615	
	50m: 28.60	28.60	150m: 1:40.10	38.00	250m: 2:57.30	40.33	350m: 4:12.40	33.80
	100m: 1:02.10	33.50	200m: 2:16.97	36.87	300m: 3:38.60	41.30	400m: 4:45.13	32.73

Programmanr. 4, Heren, 400m wisselslag, open leeftijdsgroep

Rang	Geb.				Tijd				Pnt	
8.	DESMET, Leendert	06	BEL	Tzt	TZT/31033/06				4:50.41	582
	50m: 30.42	30.42	150m: 1:45.23	38.12	250m: 3:03.77	41.82	350m: 4:18.52	32.15		
	100m: 1:07.11	36.69	200m: 2:21.95	36.72	300m: 3:46.37	42.60	400m: 4:50.41	31.89		
9.	VAN HUMBEECK, Sean	05	BEL	BZK	BZK/11310/05				4:51.38	576
	50m: 29.85	29.85	150m: 1:46.16	40.67	250m: 3:05.65	39.42	350m: 4:18.52	33.22		
	100m: 1:05.49	35.64	200m: 2:26.23	40.07	300m: 3:45.30	39.65	400m: 4:51.38	32.86		
10.	BHIJA, Tariq	10	BEL	KWZC	KWZC/11080/10				4:52.18	571
	50m: 29.18	29.18	150m: 1:42.28	39.26	250m: 3:03.57	43.55	350m: 4:20.62	32.03		
	100m: 1:03.02	33.84	200m: 2:20.02	37.74	300m: 3:48.59	45.02	400m: 4:52.18	31.56		
11.	VAN DEN HOORN, Jelle	04	BEL	Hzs	HZS/11342/04				4:52.35	570
	50m: 29.64	29.64	150m: 1:44.59	39.15	250m: 3:03.61	40.21	350m: 4:19.43	34.63		
	100m: 1:05.44	35.80	200m: 2:23.40	38.81	300m: 3:44.80	41.19	400m: 4:52.35	32.92		
12.	D'ESPALLIER, Daan	09	BEL	BRABO	BRABO/11287/09				4:52.58	569
	50m: 31.05	31.05	150m: 1:46.01	39.28	250m: 3:02.84	40.07	350m: 4:18.62	35.04		
	100m: 1:06.73	35.68	200m: 2:22.77	36.76	300m: 3:43.58	40.74	400m: 4:52.58	33.96		
13.	DOLNE, Noah	10	BEL	VN	VN/00872710				4:53.03	566
	50m: 29.96	29.96	150m: 1:42.77	38.28	250m: 3:02.89	42.32	350m: 4:19.61	33.52		
	100m: 1:04.49	34.53	200m: 2:20.57	37.80	300m: 3:46.09	43.20	400m: 4:53.03	33.42		
14.	METZEMAKERS, Noa	06	BEL	BRABO	BRABO/11483/06				4:53.61	563
	50m: 29.26	29.26	150m: 1:46.60	41.16	250m: 3:05.66	39.80	350m: 4:21.47	33.55		
	100m: 1:05.44	36.18	200m: 2:25.86	39.26	300m: 3:47.92	42.26	400m: 4:53.61	32.14		
15.	VOS, Sem	10	BEL	Gzvn	GZVN/11257/10				4:54.20	560
	50m: 31.44	31.44	150m: 1:47.11	39.19	250m: 3:04.95	39.29	350m: 4:20.86	35.44		
	100m: 1:07.92	36.48	200m: 2:25.66	38.55	300m: 3:45.42	40.47	400m: 4:54.20	33.34		
16.	KINDT, Levi	07	BEL	Tzt	TZT/11048/07				4:54.51	558
	50m: 28.54	28.54	150m: 1:40.51	37.26	250m: 3:00.40	42.88	350m: 4:20.08	34.65		
	100m: 1:03.25	34.71	200m: 2:17.52	37.01	300m: 3:45.43	45.03	400m: 4:54.51	34.43		
17.	FRANÇOIS, Wout	07	BEL	Tzt	TZT/11047/07				4:56.42	547
	50m: 30.43	30.43	150m: 1:45.98	39.86	250m: 3:05.46	41.23	350m: 4:23.18	36.05		
	100m: 1:06.12	35.69	200m: 2:24.23	38.25	300m: 3:47.13	41.67	400m: 4:56.42	33.24		
18.	CLAASSEN, Ilario	07	BEL	AZV	AZV/11045/07				4:57.64	540
	50m: 28.56	28.56	150m: 1:43.21	40.23	250m: 3:04.28	42.75	350m: 4:23.33	34.66		
	100m: 1:02.98	34.42	200m: 2:21.53	38.32	300m: 3:48.67	44.39	400m: 4:57.64	34.31		
19.	PATTYN, Lowie	10	BEL	TiMe	TiMe/11027/10				4:59.45	531
	50m: 31.19	31.19	150m: 1:46.95	39.35	250m: 3:10.11	44.31	350m: 4:28.54	34.75		
	100m: 1:07.60	36.41	200m: 2:25.80	38.85	300m: 3:53.79	43.68	400m: 4:59.45	30.91		
20.	LISSENS, Tuur	10	BEL	LAQUA	LAQUA/11393/10				5:04.17	506
	50m: 29.89	29.89	150m: 1:45.98	41.27	250m: 3:11.02	45.49	350m: 4:30.95	33.60		
	100m: 1:04.71	34.82	200m: 2:25.53	39.55	300m: 3:57.35	46.33	400m: 5:04.17	33.22		
21.	SAZONOV, Fedor	09	NED	KST	KST/11047/09				5:04.40	505
	50m: 31.58	31.58	150m: 1:49.45	40.89	250m: 3:10.84	41.05	350m: 4:30.46	37.24		
	100m: 1:08.56	36.98	200m: 2:29.79	40.34	300m: 3:53.22	42.38	400m: 5:04.40	33.94		
22.	VANDEKERCKHOVE, J.	10	BEL	Tzt	TZT/11115/10				5:05.80	498
	50m: 32.17	32.17	150m: 1:51.31	40.66	250m: 3:12.05	42.31	350m: 4:33.17	36.29		
	100m: 1:10.65	38.48	200m: 2:29.74	38.43	300m: 3:56.88	44.83	400m: 5:05.80	32.63		
23.	VAN DAELE, Daan	09	BEL	Fast	FAST/11047/09				5:05.84	498
	50m: 29.11	29.11	150m: 1:44.25	39.12	250m: 3:07.55	44.34	350m: 4:30.57	37.24		
	100m: 1:05.13	36.02	200m: 2:23.21	38.96	300m: 3:53.33	45.78	400m: 5:05.84	35.27		
24.	FRANSEN, Thibaud	08	BEL	TSZ	TSZ/11027/08				5:06.26	496
	50m: 31.68	31.68	150m: 1:50.24	40.04	250m: 3:12.33	42.67	350m: 4:31.32	35.82		
	100m: 1:10.20	38.52	200m: 2:29.66	39.42	300m: 3:55.50	43.17	400m: 5:06.26	34.94		

Programmanr. 4, Heren, 400m wisselslag, open leeftijdsgroep

Rang	Geb.				Tijd				Pnt	
25.	CHRISTIAENS, Stijn	06	BEL	Tzt	TZT/11060/06				5:06.83	493
	50m: 31.70	31.70	150m: 1:49.98	41.08	250m: 3:13.30	43.36	350m: 4:33.13	36.02		
	100m: 1:08.90	37.20	200m: 2:29.94	39.96	300m: 3:57.11	43.81	400m: 5:06.83	33.70		
26.	JORISSEN, Rube	08	BEL	Gzvn	GZVN/11137/08				5:07.29	491
	50m: 32.31	32.31	150m: 1:51.43	40.90	250m: 3:13.83	42.03	350m: 4:33.82	35.97		
	100m: 1:10.53	38.22	200m: 2:31.80	40.37	300m: 3:57.85	44.02	400m: 5:07.29	33.47		
27.	BERLAMONT, Daan	10	BEL	LAQUA	LAQUA/11535/10				5:07.74	489
	50m: 31.70	31.70	150m: 1:49.30	40.04	250m: 3:13.52	44.61	350m: 4:34.78	36.25		
	100m: 1:09.26	37.56	200m: 2:28.91	39.61	300m: 3:58.53	45.01	400m: 5:07.74	32.96		
28.	DE BACKER, Bjorn	07	BEL	ZIOS	ZIOS/11045/07				5:09.10	482
	50m: 31.72	31.72	150m: 1:49.30	40.43	250m: 3:12.52	43.74	350m: 4:34.28	36.65		
	100m: 1:08.87	37.15	200m: 2:28.78	39.48	300m: 3:57.63	45.11	400m: 5:09.10	34.82		
29.	GOETHALS, Matthis	06	BEL	Sta	STA/11034/06				5:10.24	477
	50m: 30.90	30.90	150m: 1:51.50	42.51	250m: 3:16.39	44.40	350m: 4:36.07	34.66		
	100m: 1:08.99	38.09	200m: 2:31.99	40.49	300m: 4:01.41	45.02	400m: 5:10.24	34.17		
30.	ROOSEN, Lukas	10	BEL	Pzc	PZC/11077/10				5:13.05	464
	50m: 33.12	33.12	150m: 1:52.80	40.94	250m: 3:18.83	45.54	350m: 4:40.01	34.81		
	100m: 1:11.86	38.74	200m: 2:33.29	40.49	300m: 4:05.20	46.37	400m: 5:13.05	33.04		
31.	DEVRIESE, Jonathan	08	BEL	BZK	BZK/11226/08				5:13.38	463
	50m: 31.75	31.75	150m: 1:52.10	41.93	250m: 3:17.43	45.46	350m: 4:37.86	35.01		
	100m: 1:10.17	38.42	200m: 2:31.97	39.87	300m: 4:02.85	45.42	400m: 5:13.38	35.52		
32.	METTEN, Vince	10	BEL	DMB	DMB/11103/10				5:14.45	458
	50m: 32.43	32.43	150m: 1:53.66	42.15	250m: 3:18.54	42.67	350m: 4:39.09	38.04		
	100m: 1:11.51	39.08	200m: 2:35.87	42.21	300m: 4:01.05	42.51	400m: 5:14.45	35.36		
33.	DE SMAELE, Keyon	08	BEL	FIRST	FIRST/11159/08				5:14.50	458
	50m: 30.88	30.88	150m: 1:53.83	44.74	250m: 3:14.61	38.08	350m: 4:38.40	42.89		
	100m: 1:09.09	38.21	200m: 2:36.53	40.70	300m: 3:55.51	40.90	400m: 5:14.50	36.10		
34.	VANDEPOEL, Quinten	10	BEL	STZC	STZC/11007/10				5:15.53	453
	50m: 33.11	33.11	150m: 1:52.56	40.64	250m: 3:18.81	47.20	350m: 4:41.56	36.07		
	100m: 1:11.92	38.81	200m: 2:31.61	39.05	300m: 4:05.49	46.68	400m: 5:15.53	33.97		
35.	PERSOONS, Emiel	08	BEL	ZIOS	ZIOS/11078/08				5:16.07	451
	50m: 32.03	32.03	150m: 1:52.41	41.58	250m: 3:18.32	45.18	350m: 4:41.40	37.69		
	100m: 1:10.83	38.80	200m: 2:33.14	40.73	300m: 4:03.71	45.39	400m: 5:16.07	34.67		
36.	VAN HOOFF, Cobe	10	BEL	BEST	BEST/11118/10				5:19.81	435
	50m: 32.25	32.25	150m: 1:53.27	41.73	250m: 3:18.73	44.63	350m: 4:43.36	38.63		
	100m: 1:11.54	39.29	200m: 2:34.10	40.83	300m: 4:04.73	46.00	400m: 5:19.81	36.45		
37.	BOLLU, Luca	08	BEL	KVZP	KVZP/11050/08				5:20.75	432
	50m: 30.88	30.88	150m: 1:52.25	43.08	250m: 3:20.78	46.96	350m: 4:45.43	37.26		
	100m: 1:09.17	38.29	200m: 2:33.82	41.57	300m: 4:08.17	47.39	400m: 5:20.75	35.32		
38.	VANDORPE, Dante	08	BEL	Fast	FAST/11040/08				5:23.63	420
	50m: 32.98	32.98	150m: 1:53.52	42.18	250m: 3:21.26	45.57	350m: 4:46.30	38.59		
	100m: 1:11.34	38.36	200m: 2:35.69	42.17	300m: 4:07.71	46.45	400m: 5:23.63	37.33		
39.	VAN DEN BERG, Jasper	10	NED	Pzc	PZC/11086/10				5:25.97	411
	50m: 35.61	35.61	150m: 2:02.47	42.57	250m: 3:27.43	44.27	350m: 4:50.00	35.94		
	100m: 1:19.90	44.29	200m: 2:43.16	40.69	300m: 4:14.06	46.63	400m: 5:25.97	35.97		