

Flanders Swimming Cup 2026
Antwerpen, 20 - 22/3/2026

Event 21
21/03/2026 - 11:22

Men, 400m Medley

Open
Results Prelim

Points: AQUA 2025

Rank					Inschr.	Time	Pts					
1.	Laviolette Simon				SCR/148808/08	4:22.81	4:25.69	760				
	50m:	27.59	27.59	150m:	1:34.34	34.67	250m:	2:46.15	37.26	350m:	3:56.00	32.16
	100m:	59.67	32.08	200m:	2:08.89	34.55	300m:	3:23.84	37.69	400m:	4:25.69	29.69
2.	Vlahogiannakos Panagiotis				GREECE	4:22.99	4:25.96	758				
	50m:	28.20	28.20	150m:	1:36.22	35.71	250m:	2:47.41	36.51	350m:	3:55.26	31.24
	100m:	1:00.51	32.31	200m:	2:10.90	34.68	300m:	3:24.02	36.61	400m:	4:25.96	30.70
3.	Sofikitis Vasileios				GREECE	4:18.81	4:26.49	753				
	50m:	28.01	28.01	150m:	1:35.73	34.81	250m:	2:47.05	36.80	350m:	3:55.61	31.82
	100m:	1:00.92	32.91	200m:	2:10.25	34.52	300m:	3:23.79	36.74	400m:	4:26.49	30.88
4.	Buttarelli Claudio				SCR/014592/09	4:28.10	4:32.50	704				
	50m:	28.28	28.28	150m:	1:37.13	35.75	250m:	2:50.48	38.51	350m:	4:01.88	32.02
	100m:	1:01.38	33.10	200m:	2:11.97	34.84	300m:	3:29.86	39.38	400m:	4:32.50	30.62
5.	Magold Carl Morris				SSGS	4:22.55	4:33.72	695				
	50m:	28.09	28.09	150m:	1:36.22	35.77	250m:	2:49.95	37.98	350m:	4:01.74	33.19
	100m:	1:00.45	32.36	200m:	2:11.97	35.75	300m:	3:28.55	38.60	400m:	4:33.72	31.98
6.	Lecocq Justin				LGN/014070/08	4:36.71	4:37.57	666				
	50m:	28.20	28.20	150m:	1:35.97	34.71	250m:	2:50.25	40.17	350m:	4:05.01	33.45
	100m:	1:01.26	33.06	200m:	2:10.08	34.11	300m:	3:31.56	41.31	400m:	4:37.57	32.56
7.	Ortfeld Levin				SSGS	4:32.43	4:39.92	650				
	50m:	28.46	28.46	150m:	1:40.32	38.02	250m:	2:56.47	39.60	350m:	4:08.95	32.10
	100m:	1:02.30	33.84	200m:	2:16.87	36.55	300m:	3:36.85	40.38	400m:	4:39.92	30.97
8.	D'espallier Daan				BRABO/11287/09	4:41.50	4:40.97	642				
	50m:	29.69	29.69	150m:	1:42.33	37.44	250m:	2:57.40	38.61	350m:	4:08.92	32.74
	100m:	1:04.89	35.20	200m:	2:18.79	36.46	300m:	3:36.18	38.78	400m:	4:40.97	32.05
9.	Delie Vico				ISWIM/11089/11	4:49.97	4:42.67	631				
	50m:	29.17	29.17	150m:	1:42.35	39.12	250m:	3:00.04	40.08	350m:	4:12.19	31.74
	100m:	1:03.23	34.06	200m:	2:19.96	37.61	300m:	3:40.45	40.41	400m:	4:42.67	30.48
10.	Vermaut Arthur				LAQUA/11595/06	4:42.02	4:44.49	619				
	50m:	27.97	27.97	150m:	1:37.09	35.54	250m:	2:55.50	40.51	350m:	4:10.59	33.73
	100m:	1:01.55	33.58	200m:	2:14.99	37.90	300m:	3:36.86	41.36	400m:	4:44.49	33.90
11.	Metzemakers Noa				BRABO/11483/06	4:42.20	4:44.50	619				
	50m:	28.97	28.97	150m:	1:42.76	39.37	250m:	2:59.16	38.84	350m:	4:12.22	33.35
	100m:	1:03.39	34.42	200m:	2:20.32	37.56	300m:	3:38.87	39.71	400m:	4:44.50	32.28
12.	Wiersma Tieme				DZ&PC	4:40.35	4:45.65	611				
	50m:	29.48	29.48	150m:	1:42.31	37.97	250m:	3:00.44	42.17	350m:	4:14.22	32.73
	100m:	1:04.34	34.86	200m:	2:18.27	35.96	300m:	3:41.49	41.05	400m:	4:45.65	31.43
13.	Vos Sem				SCR/015166/10	4:49.17	4:47.25	601				
	50m:	30.22	30.22	150m:	1:44.27	39.18	250m:	3:01.45	39.42	350m:	4:15.33	34.25
	100m:	1:05.09	34.87	200m:	2:22.03	37.76	300m:	3:41.08	39.63	400m:	4:47.25	31.92
14.	De Meyer Niels				BRABO/10982/02	4:42.00	4:47.47	600				
	50m:	28.60	28.60	150m:	1:41.01	38.39	250m:	2:59.57	40.97	350m:	4:14.98	34.03
	100m:	1:02.62	34.02	200m:	2:18.60	37.59	300m:	3:40.95	41.38	400m:	4:47.47	32.49
15.	Klink Sven				SWOL	4:32.38	4:49.40	588				
	50m:	30.04	30.04	150m:	1:42.36	37.78	250m:	3:00.42	41.21	350m:	4:17.47	34.37
	100m:	1:04.58	34.54	200m:	2:19.21	36.85	300m:	3:43.10	42.68	400m:	4:49.40	31.93
16.	Holland Matthew				WLVM	4:44.73	4:49.84	585				
	50m:	28.17	28.17	150m:	1:39.90	37.72	250m:	2:59.64	42.79	350m:	4:16.94	34.22
	100m:	1:02.18	34.01	200m:	2:16.85	36.95	300m:	3:42.72	43.08	400m:	4:49.84	32.90
17.	Baumann Leo Ilias				SSGS	4:42.15	4:50.01	584				
	50m:	29.47	29.47	150m:	1:43.36	39.41	250m:	3:03.55	42.02	350m:	4:19.47	33.46
	100m:	1:03.95	34.48	200m:	2:21.53	38.17	300m:	3:46.01	42.46	400m:	4:50.01	30.54

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Event 21, Men, 400m Medley, Prelim, Open

Rank					Inschr.	Time		Pts				
18.	Van Daele Daan				RSC/11100/09	4:50.10		4:54.92	555			
	50m:	31.32	31.32	150m:	1:45.27	37.77	250m:	3:05.30	41.92	350m:	4:22.82	34.39
	100m:	1:07.50	36.18	200m:	2:23.38	38.11	300m:	3:48.43	43.13	400m:	4:54.92	32.10
19.	Van den Hoorn Jelle				HZS/11342/04	4:46.30		4:55.74	551			
	50m:	29.78	29.78	150m:	1:44.90	39.77	250m:	3:06.85	42.69	350m:	4:25.08	34.74
	100m:	1:05.13	35.35	200m:	2:24.16	39.26	300m:	3:50.34	43.49	400m:	4:55.74	30.66
20.	Francois Wout				TZT/11047/07	4:51.90		5:00.84	523			
	50m:	30.11	30.11	150m:	1:45.18	39.94	250m:	3:06.64	42.91	350m:	4:26.44	36.37
	100m:	1:05.24	35.13	200m:	2:23.73	38.55	300m:	3:50.07	43.43	400m:	5:00.84	34.40
21.	Tolsma Storm				DZ&PC	4:53.17		5:03.53	509			
	50m:	31.61	31.61	150m:	1:50.31	40.55	250m:	3:11.34	41.44	350m:	4:29.09	35.28
	100m:	1:09.76	38.15	200m:	2:29.90	39.59	300m:	3:53.81	42.47	400m:	5:03.53	34.44
22.	Hauben Sander				HZS/11153/07	4:59.34		5:11.39	472			
	50m:	31.03	31.03	150m:	1:46.02	38.08	250m:	3:11.48	47.32	350m:	4:35.41	36.44
	100m:	1:07.94	36.91	200m:	2:24.16	38.14	300m:	3:58.97	47.49	400m:	5:11.39	35.98
DSQ	Zemansky Noah				D S AUSTRIA	4:18.76						
	<i>6.4 - Did not start executing the turn immediately after turning onto the breast</i>											