

Provinciaal kampioenschap Antwerpen  
Mol, 14 - 15/10/2023

Programmanr. 36  
15/10/2023 - 16:30

Heren, 400m vrije slag

11 jaar en ouder  
Resultaten

Punten: FINA 2023

Rang	Geb.				Tijd	Pnt
<b>11 jaar</b>						
1.	COUVREUR, Fred	12	Hoogstratens Zwem Team	<b>5:09.00</b>	324	
	50m: 34.84 34.84	150m: 1:53.25 40.16	250m: 3:13.28 40.17	350m: 4:32.08 39.32		
	100m: 1:13.09 38.25	200m: 2:33.11 39.86	300m: 3:52.76 39.48	400m: 5:09.00 36.92		
2.	DILLEN, Finn	12	Zwemclub Geel	<b>5:11.34</b>	316	
	50m: 33.94 33.94	150m: 1:52.42 40.14	250m: 3:13.20 40.12	350m: 4:32.46 39.04		
	100m: 1:12.28 38.34	200m: 2:33.08 40.66	300m: 3:53.42 40.22	400m: 5:11.34 38.88		
3.	CLERCKX, Thomas	12	Arendonkse Zwemvereniging	<b>5:39.17</b>	245	
	50m: 38.23 38.23	150m: 2:06.48 44.64	250m: 3:34.72 44.04	350m: 5:00.99 42.68		
	100m: 1:21.84 43.61	200m: 2:50.68 44.20	300m: 4:18.31 43.59	400m: 5:39.17 38.18		
4.	DE MAERSCHALCK, Pol	12	Rscm	<b>6:01.65</b>	202	
	50m: 39.32 39.32	150m: 2:10.73 46.14	250m: 3:45.00 47.56	350m: 5:18.65 47.08		
	100m: 1:24.59 45.27	200m: 2:57.44 46.71	300m: 4:31.57 46.57	400m: 6:01.65 43.00		
5.	AGTEN VALERIO, Álvaro	12	Zwemclub Geel	<b>6:12.13</b>	185	
	50m: 39.02 39.02	150m: 2:14.66 47.97	250m: 3:51.67 50.54	350m: 5:28.46 47.34		
	100m: 1:26.69 47.67	200m: 3:01.13 46.47	300m: 4:41.12 49.45	400m: 6:12.13 43.67		
6.	BETTENS, Stan	12	Zola	<b>6:22.62</b>	170	
	50m: 41.45 41.45	150m: 2:17.94 48.96	250m: 3:55.55 48.39	350m: 5:36.85 50.89		
	100m: 1:28.98 47.53	200m: 3:07.16 49.22	300m: 4:45.96 50.41	400m: 6:22.62 45.77		
7.	VAN SEVEREN, Merlijn	12	Brabo Zwemclub Antwerpen	<b>6:23.53</b>	169	
	50m: 41.39 41.39	150m: 2:18.87 49.08	250m: 3:54.82 46.73	350m: 5:30.38 47.12		
	100m: 1:29.79 48.40	200m: 3:08.09 49.22	300m: 4:43.26 48.44	400m: 6:23.53 53.15		
<b>12 jaar</b>						
1.	HUFKENS, Ilian	11	ShaRK	<b>4:58.41</b>	359	
	50m: 33.43 33.43	150m: 1:50.15 38.61	250m: 3:06.84 38.33	350m: 4:22.86 37.65		
	100m: 1:11.54 38.11	200m: 2:28.51 38.36	300m: 3:45.21 38.37	400m: 4:58.41 35.55		
2.	KEUSTERMANS, Lard	11	Hoogstratens Zwem Team	<b>5:02.53</b>	345	
	50m: 35.00 35.00	150m: 1:52.43 38.39	250m: 3:09.72 39.00	350m: 4:26.17 38.16		
	100m: 1:14.04 39.04	200m: 2:30.72 38.29	300m: 3:48.01 38.29	400m: 5:02.53 36.36		
3.	SLUYTS, Tibe	11	Westerlo Swimming Team	<b>5:16.17</b>	302	
	50m: 36.13 36.13	150m: 1:56.61 40.81	250m: 3:17.27 40.17	350m: 4:37.87 40.18		
	100m: 1:15.80 39.67	200m: 2:37.10 40.49	300m: 3:57.69 40.42	400m: 5:16.17 38.30		
4.	GYULNAZARYAN, Max	11	Westerlo Swimming Team	<b>5:18.20</b>	296	
	50m: 36.14 36.14	150m: 1:57.79 41.39	250m: 3:19.83 41.27	350m: 4:40.66 39.64		
	100m: 1:16.40 40.26	200m: 2:38.56 40.77	300m: 4:01.02 41.19	400m: 5:18.20 37.54		
5.	BEGUE, Milann	11	Zwemclub Geel	<b>5:30.96</b>	263	
	50m: 37.72 37.72	150m: 2:01.45 42.49	250m: 3:26.27 41.91	350m: 4:50.42 41.53		
	100m: 1:18.96 41.24	200m: 2:44.36 42.91	300m: 4:08.89 42.62	400m: 5:30.96 40.54		
6.	STABEL, Jasper	11	Kempisch Swimming Team	<b>5:36.58</b>	250	
	50m: 35.68 35.68	150m: 1:59.04 43.16	250m: 3:26.32 43.69	350m: 4:54.10 43.77		
	100m: 1:15.88 40.20	200m: 2:42.63 43.59	300m: 4:10.33 44.01	400m: 5:36.58 42.48		
<b>13 jaar</b>						
1.	VAN CAMPFORT, Nicolas	10	Brabo Zwemclub Antwerpen	<b>4:53.81</b>	377	
	50m: 32.75 32.75	150m: 1:46.94 37.00	250m: 3:02.82 38.09	350m: 4:17.83 36.97		
	100m: 1:09.94 37.19	200m: 2:24.73 37.79	300m: 3:40.86 38.04	400m: 4:53.81 35.98		
2.	ESTUR, Hielke	10	Brabo Zwemclub Antwerpen	<b>4:55.50</b>	370	
	50m: 32.32 32.32	150m: 1:46.58 37.51	250m: 3:02.22 37.82	350m: 4:18.25 38.01		
	100m: 1:09.07 36.75	200m: 2:24.40 37.82	300m: 3:40.24 38.02	400m: 4:55.50 37.25		

Provinciaal kampioenschap Antwerpen  
Mol, 14 - 15/10/2023

Programmanr. 36, Jongens, 400m vrije slag, 13 jaar

Rang			Geb.				Tijd				Pnt
3.	BETTENS, Lucas		10 Zola				<b>4:56.76</b>				365
	50m:	32.84 32.84	150m:	1:47.06 37.71	250m:	3:04.33 38.15	350m:	4:20.78 38.37			
	100m:	1:09.35 36.51	200m:	2:26.18 39.12	300m:	3:42.41 38.08	400m:	4:56.76 35.98			
4.	LEMMENS, Noah		10 Arendonkse Zwemvereniging				<b>5:20.69</b>				289
	50m:	36.83 36.83	150m:	1:58.30 41.27	250m:	3:20.69 40.81	350m:	4:42.97 41.25			
	100m:	1:17.03 40.20	200m:	2:39.88 41.58	300m:	4:01.72 41.03	400m:	5:20.69 37.72			
5.	WILLEMS, Ruben		10 Arendonkse Zwemvereniging				<b>5:33.93</b>				256
	50m:	36.70 36.70	150m:	2:03.50 43.77	250m:	3:29.09 42.78	350m:	4:54.92 42.12			
	100m:	1:19.73 43.03	200m:	2:46.31 42.81	300m:	4:12.80 43.71	400m:	5:33.93 39.01			
6.	OTTEVAERE, Benjamin		10 Azk				<b>5:34.67</b>				255
	50m:	36.44 36.44	150m:	2:00.84 42.53	250m:	3:27.68 43.78	350m:	4:53.30 42.50			
	100m:	1:18.31 41.87	200m:	2:43.90 43.06	300m:	4:10.80 43.12	400m:	5:34.67 41.37			
7.	ZRIRAK, Wael		10 Zwemclub Geel				<b>5:36.97</b>				249
	50m:	35.96 35.96	150m:	2:02.43 43.21	250m:	3:28.33 41.42	350m:	4:56.71 43.97			
	100m:	1:19.22 43.26	200m:	2:46.91 44.48	300m:	4:12.74 44.41	400m:	5:36.97 40.26			
8.	LENAERTS, Damian		10 Molve Zwemclub "Mozka"				<b>5:54.79</b>				214
	50m:	41.01 41.01	150m:	2:13.85 47.23	250m:	3:44.55 45.23	350m:	5:14.02 45.00			
	100m:	1:26.62 45.61	200m:	2:59.32 45.47	300m:	4:29.02 44.47	400m:	5:54.79 40.77			

14 jaar

1.	KEISERS, Tibo		09 Arendonkse Zwemvereniging				<b>4:31.80</b>				476
	50m:	30.00 30.00	150m:	1:38.83 34.64	250m:	2:48.73 34.43	350m:	3:58.24 34.40			
	100m:	1:04.19 34.19	200m:	2:14.30 35.47	300m:	3:23.84 35.11	400m:	4:31.80 33.56			
2.	D'ESPALLIER, Daan		09 Brabo Zwemclub Antwerpen				<b>4:36.91</b>				450
	50m:	30.90 30.90	150m:	1:40.85 35.26	250m:	2:51.51 35.59	350m:	4:02.16 35.44			
	100m:	1:05.59 34.69	200m:	2:15.92 35.07	300m:	3:26.72 35.21	400m:	4:36.91 34.75			
3.	ESHUIS, Thom		09 Brabo Zwemclub Antwerpen				<b>4:42.73</b>				423
	50m:	31.50 31.50	150m:	1:43.41 36.55	250m:	2:56.11 36.26	350m:	4:08.36 35.93			
	100m:	1:06.86 35.36	200m:	2:19.85 36.44	300m:	3:32.43 36.32	400m:	4:42.73 34.37			
4.	NOLLET, Seppe		09 Brabo Zwemclub Antwerpen				<b>4:44.26</b>				416
	50m:	32.46 32.46	150m:	1:44.25 36.27	250m:	2:56.47 36.34	350m:	4:09.40 35.97			
	100m:	1:07.98 35.52	200m:	2:20.13 35.88	300m:	3:33.43 36.96	400m:	4:44.26 34.86			
5.	VAN LOON, Wies		09 Azk				<b>4:48.20</b>				399
	50m:	32.16 32.16	150m:	1:44.82 37.17	250m:	2:59.56 37.69	350m:	4:14.66 37.43			
	100m:	1:07.65 35.49	200m:	2:21.87 37.05	300m:	3:37.23 37.67	400m:	4:48.20 33.54			
6.	DE MAERSCHALCK, Bill		09 Rscm				<b>4:51.31</b>				386
	50m:	31.05 31.05	150m:	1:44.06 37.33	250m:	2:59.79 37.96	350m:	4:15.50 37.20			
	100m:	1:06.73 35.68	200m:	2:21.83 37.77	300m:	3:38.30 38.51	400m:	4:51.31 35.81			
7.	OPDENBERGH, Merlijn		09 Brabo Zwemclub Antwerpen				<b>4:53.05</b>				379
	50m:	30.86 30.86	150m:	1:40.89 35.67	250m:	2:57.52 38.91	350m:	4:14.73 38.42			
	100m:	1:05.22 34.36	200m:	2:18.61 37.72	300m:	3:36.31 38.79	400m:	4:53.05 38.32			
8.	CLOCKAERTS, Mathis		09 Brabo Zwemclub Antwerpen				<b>4:54.63</b>				373
	50m:	32.57 32.57	150m:	1:46.95 37.56	250m:	3:02.32 37.85	350m:	4:17.98 37.19			
	100m:	1:09.39 36.82	200m:	2:24.47 37.52	300m:	3:40.79 38.47	400m:	4:54.63 36.65			
9.	SLUYTS, Jenne		09 Westerlo Swimming Team				<b>4:58.89</b>				358
	50m:	33.90 33.90	150m:	1:48.55 37.80	250m:	3:05.64 38.86	350m:	4:22.58 37.98			
	100m:	1:10.75 36.85	200m:	2:26.78 38.23	300m:	3:44.60 38.96	400m:	4:58.89 36.31			
10.	ARIJS, Kyan		09 Heitse Zwemclub Arduas				<b>5:12.47</b>				313
	50m:	32.26 32.26	150m:	1:50.25 40.15	250m:	3:12.66 41.81	350m:	4:34.34 40.42			
	100m:	1:10.10 37.84	200m:	2:30.85 40.60	300m:	3:53.92 41.26	400m:	5:12.47 38.13			
11.	GEENS, Warre		09 Azk				<b>5:13.32</b>				310
	50m:	33.37 33.37	150m:	1:51.87 39.99	250m:	3:12.67 40.08	350m:	4:33.88 40.26			
	100m:	1:11.88 38.51	200m:	2:32.59 40.72	300m:	3:53.62 40.95	400m:	5:13.32 39.44			

Provinciaal kampioenschap Antwerpen  
Mol, 14 - 15/10/2023

Programmanr. 36, Jongens, 400m vrije slag, 14 jaar

Rang			Geb.						Tijd	Pnt
12.	NAGHIU, Patrick		09	Zola					<b>5:23.93</b>	281
	50m:	34.89 34.89	150m:	1:56.69 41.36	250m:	3:19.95 41.57	350m:	4:43.15 41.56		
	100m:	1:15.33 40.44	200m:	2:38.38 41.69	300m:	4:01.59 41.64	400m:	5:23.93 40.78		
13.	KHOMENKO, Ignat		09	Zola					<b>5:54.18</b>	215
	50m:	37.30 37.30	150m:	2:06.38 45.89	250m:	3:38.76 46.10	350m:	5:10.41 45.63		
	100m:	1:20.49 43.19	200m:	2:52.66 46.28	300m:	4:24.78 46.02	400m:	5:54.18 43.77		
14.	AIT ALAMA, Reda		09	Zola					<b>6:01.90</b>	201
	50m:	38.13 38.13	150m:	2:08.25 45.91	250m:	3:42.48 47.76	350m:	5:18.02 47.35		
	100m:	1:22.34 44.21	200m:	2:54.72 46.47	300m:	4:30.67 48.19	400m:	6:01.90 43.88		

15 - 16 jaar

1.	CLAASSEN, Ilario		07	Arendonkse Zwemvereniging					<b>4:08.48</b>	623
	50m:	27.46 27.46	150m:	1:29.90 31.38	250m:	2:33.34 31.22	350m:	3:36.61 31.64		
	100m:	58.52 31.06	200m:	2:02.12 32.22	300m:	3:04.97 31.63	400m:	4:08.48 31.87		
2.	HOROVYI, Mykyta		07	Zola					<b>4:14.95</b>	577
	50m:	28.16 28.16	150m:	1:30.13 31.56	250m:	2:35.65 32.82	350m:	3:41.76 32.94		
	100m:	58.57 30.41	200m:	2:02.83 32.70	300m:	3:08.82 33.17	400m:	4:14.95 33.19		
3.	HAESEN, Adriaan		07	Rscm					<b>4:20.40</b>	541
	50m:	28.80 28.80	150m:	1:35.29 33.62	250m:	2:42.25 33.18	350m:	3:48.62 32.83		
	100m:	1:01.67 32.87	200m:	2:09.07 33.78	300m:	3:15.79 33.54	400m:	4:20.40 31.78		
4.	DRIES, Klaas		07	Zwemclub Geel					<b>4:22.99</b>	525
	50m:	29.36 29.36	150m:	1:36.48 33.92	250m:	2:43.37 33.23	350m:	3:50.48 33.27		
	100m:	1:02.56 33.20	200m:	2:10.14 33.66	300m:	3:17.21 33.84	400m:	4:22.99 32.51		
5.	VERDONCK, Brecht		07	Zwemclub Geel					<b>4:24.54</b>	516
	50m:	29.82 29.82	150m:	1:36.94 33.48	250m:	2:43.39 32.69	350m:	3:51.09 33.34		
	100m:	1:03.46 33.64	200m:	2:10.70 33.76	300m:	3:17.75 34.36	400m:	4:24.54 33.45		
6.	RAVELINGIEN, Tibe		08	Brabo Zwemclub Antwerpen					<b>4:26.25</b>	506
	50m:	29.78 29.78	150m:	1:37.45 33.97	250m:	2:46.13 34.28	350m:	3:53.82 33.57		
	100m:	1:03.48 33.70	200m:	2:11.85 34.40	300m:	3:20.25 34.12	400m:	4:26.25 32.43		
7.	DE KONING, Ruben		07	Brabo Zwemclub Antwerpen					<b>4:36.46</b>	452
	50m:	30.94 30.94	150m:	1:41.42 35.49	250m:	2:51.99 35.06	350m:	4:02.42 35.01		
	100m:	1:05.93 34.99	200m:	2:16.93 35.51	300m:	3:27.41 35.42	400m:	4:36.46 34.04		
8.	MENNEN, Ruben		07	Brabo Zwemclub Antwerpen					<b>4:54.10</b>	375
	50m:	30.23 30.23	150m:	1:46.65 39.25	250m:	3:03.32 37.64	350m:	4:18.76 38.05		
	100m:	1:07.40 37.17	200m:	2:25.68 39.03	300m:	3:40.71 37.39	400m:	4:54.10 35.34		
9.	VAN CAMPFORT, Dries		07	Zwemclub Geel					<b>4:58.59</b>	359
	50m:	33.41 33.41	150m:	1:48.39 37.94	250m:	3:05.89 38.86	350m:	4:21.64 38.15		
	100m:	1:10.45 37.04	200m:	2:27.03 38.64	300m:	3:43.49 37.60	400m:	4:58.59 36.95		
10.	HANNES, Quinten		07	Arendonkse Zwemvereniging					<b>5:00.02</b>	354
	50m:	33.10 33.10	150m:	1:47.71 37.78	250m:	3:04.52 38.53	350m:	4:22.74 39.18		
	100m:	1:09.93 36.83	200m:	2:25.99 38.28	300m:	3:43.56 39.04	400m:	5:00.02 37.28		

17 - 18 jaar

1.	RAES, Senne		06	Brabo Zwemclub Antwerpen					<b>4:17.56</b>	559
	50m:	28.50 28.50	150m:	1:34.18 33.19	250m:	2:40.01 32.43	350m:	3:46.01 33.08		
	100m:	1:00.99 32.49	200m:	2:07.58 33.40	300m:	3:12.93 32.92	400m:	4:17.56 31.55		
2.	OST, Ryan		06	Hoogstratens Zwem Team					<b>4:18.68</b>	552
	50m:	29.65 29.65	150m:	1:35.50 32.96	250m:	2:41.28 32.68	350m:	3:47.47 32.83		
	100m:	1:02.54 32.89	200m:	2:08.60 33.10	300m:	3:14.64 33.36	400m:	4:18.68 31.21		
3.	BRACKE, Erno		05	Brabo Zwemclub Antwerpen					<b>4:19.73</b>	545
	50m:	28.54 28.54	150m:	1:33.95 33.26	250m:	2:41.27 33.81	350m:	3:47.82 33.15		
	100m:	1:00.69 32.15	200m:	2:07.46 33.51	300m:	3:14.67 33.40	400m:	4:19.73 31.91		

Provinciaal kampioenschap Antwerpen  
Mol, 14 - 15/10/2023

Programmanr. 36, Jongens, 400m vrije slag, 17 - 18 jaar

Rang			Geb.						Tijd	Pnt
4.	VAN HISSENHOVEN, Korneel		06	Rscm					<b>4:23.60</b>	522
	50m:	29.06 29.06	150m:	1:34.27 33.11	250m:	2:41.77 33.91	350m:	3:50.11 34.28		
	100m:	1:01.16 32.10	200m:	2:07.86 33.59	300m:	3:15.83 34.06	400m:	4:23.60 33.49		
5.	LAMPO, Olivier		06	Brabo Zwemclub Antwerpen					<b>4:24.08</b>	519
	50m:	29.25 29.25	150m:	1:35.80 33.40	250m:	2:43.06 33.69	350m:	3:50.87 33.91		
	100m:	1:02.40 33.15	200m:	2:09.37 33.57	300m:	3:16.96 33.90	400m:	4:24.08 33.21		
6.	VAN GORP, Lowie		06	Rscm					<b>4:33.73</b>	466
	50m:	29.97 29.97	150m:	1:39.66 35.06	250m:	2:50.26 35.31	350m:	3:59.91 35.01		
	100m:	1:04.60 34.63	200m:	2:14.95 35.29	300m:	3:24.90 34.64	400m:	4:33.73 33.82		
7.	SELS, Seth		06	Zwemclub Geel					<b>5:26.24</b>	275
	50m:	35.05 35.05	150m:	1:54.73 40.69	250m:	3:19.59 43.07	350m:	4:44.92 42.63		
	100m:	1:14.04 38.99	200m:	2:36.52 41.79	300m:	4:02.29 42.70	400m:	5:26.24 41.32		

19 jaar en ouder

1.	DE CUYPER, Lens		03	Heistse Zwemclub Arduas					<b>4:23.99</b>	519
	50m:	28.50 28.50	150m:	1:35.30 34.06	250m:	2:43.15 34.02	350m:	3:51.43 33.78		
	100m:	1:01.24 32.74	200m:	2:09.13 33.83	300m:	3:17.65 34.50	400m:	4:23.99 32.56		