

zwemfed masterwedstrijd zomer 2023  
Antwerpen, 15/7/2023

Programmanr. 1  
15/07/2023 - 19:00

400m vrije slag

20 jaar en ouder  
Resultaten

Punten: FINA 2023

Rang							Tijd	Pnt				
<b>25 - 29 jaar, Dames</b>												
1.	Polleunis Daphné		STZC/21033/96				<b>5:11.01</b>	439				
	50m:	34.42	34.42	150m:	1:51.01	39.06	250m:	3:11.01	40.18	350m:	4:31.85	40.35
	100m:	1:11.95	37.53	200m:	2:30.83	39.82	300m:	3:51.50	40.49	400m:	5:11.01	39.16
2.	Vancauwenbergh Charis		BEST/21001/98				<b>5:39.47</b>	337				
	50m:	37.31	37.31	150m:	2:02.72	43.85	250m:	3:30.26	44.39	350m:	4:58.48	44.57
	100m:	1:18.87	41.56	200m:	2:45.87	43.15	300m:	4:13.91	43.65	400m:	5:39.47	40.99
<b>30 - 34 jaar, Heren</b>												
1.	Dionisi Marco						<b>4:49.48</b>	439				
	50m:	33.41	33.41	150m:	1:48.70	38.04	250m:	3:03.31	36.89	350m:	4:15.71	36.03
	100m:	1:10.66	37.25	200m:	2:26.42	37.72	300m:	3:39.68	36.37	400m:	4:49.48	33.77
<b>40 - 44 jaar, Heren</b>												
1.	Roels David		AC/10043/79				<b>4:54.35</b>	417				
	50m:	34.48	34.48	150m:	1:49.32	37.38	250m:	3:03.57	36.62	350m:	4:17.14	36.96
	100m:	1:11.94	37.46	200m:	2:26.95	37.63	300m:	3:40.18	36.61	400m:	4:54.35	37.21
2.	Liekens Bart		ShaRK/10374/79				<b>5:21.91</b>	319				
	50m:	35.36	35.36	150m:	1:56.05	40.93	250m:	3:18.03	40.86	350m:	4:41.29	41.21
	100m:	1:15.12	39.76	200m:	2:37.17	41.12	300m:	4:00.08	42.05	400m:	5:21.91	40.62
3.	Vrancken Kurt		STZC/11025/82				<b>5:55.46</b>	237				
	50m:	37.55	37.55	150m:	2:03.97	44.10	250m:	3:36.08	46.25	350m:	5:09.26	46.22
	100m:	1:19.87	42.32	200m:	2:49.83	45.86	300m:	4:23.04	46.96	400m:	5:55.46	46.20
4.	Verboven Peter		ZIK/11010/79				<b>6:37.84</b>	169				
	50m:	41.36	41.36	150m:	2:18.87	50.26	250m:	4:03.17	52.05	350m:	5:47.60	52.03
	100m:	1:28.61	47.25	200m:	3:11.12	52.25	300m:	4:55.57	52.40	400m:	6:37.84	50.24
<b>50 - 54 jaar, Dames</b>												
1.	Van Lindt Kathy		CNSW/007949/71				<b>6:22.07</b>	236				
	50m:	44.69	44.69	150m:	2:24.88	51.15	250m:	4:01.37	47.83	350m:	5:37.15	47.78
	100m:	1:33.73	49.04	200m:	3:13.54	48.66	300m:	4:49.37	48.00	400m:	6:22.07	44.92
2.	Van Hoof Natacha		SHARK/20260/73				<b>6:42.79</b>	202				
	50m:	44.68	44.68	150m:	2:24.80	50.81	250m:	4:08.69	52.01	350m:	5:53.19	52.02
	100m:	1:33.99	49.31	200m:	3:16.68	51.88	300m:	5:01.17	52.48	400m:	6:42.79	49.60
3.	Van de Moortel Kristien		ShaRK/20315/69				<b>6:57.29</b>	181				
	50m:	46.89	46.89	150m:	2:32.51	53.14	250m:	4:18.02	53.06	350m:	6:06.22	54.53
	100m:	1:39.37	52.48	200m:	3:24.96	52.45	300m:	5:11.69	53.67	400m:	6:57.29	51.07
<b>55 - 59 jaar, Heren</b>												
1.	Sanchioni Daniele		BGS/11009/66				<b>6:31.61</b>	177				
	50m:	42.07	42.07	150m:	2:23.26	51.98	250m:	4:06.55	50.78	350m:	5:46.22	48.57
	100m:	1:31.28	49.21	200m:	3:15.77	52.51	300m:	4:57.65	51.10	400m:	6:31.61	45.39
<b>60 - 64 jaar, Heren</b>												
1.	Witteboon David		MZVA/10331/63				<b>5:04.82</b>	376				
	50m:	34.14	34.14	150m:	1:48.60	37.89	250m:	3:05.70	38.58	350m:	4:25.19	39.89
	100m:	1:10.71	36.57	200m:	2:27.12	38.52	300m:	3:45.30	39.60	400m:	5:04.82	39.63

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60 - 64 jaar, Dames

1. Michel Pierrette					CNSW/000835/62	<b>5:33.75</b>	355					
50m:	37.04	37.04	150m:	2:00.78	42.41	250m:	3:25.92	42.70	350m:	4:52.07	43.14	
100m:	1:18.37	41.33	200m:	2:43.22	42.44	300m:	4:08.93	43.01	400m:	5:33.75	41.68	

70 - 74 jaar, Heren

1. Hohenbichler Michaël					CNSW/000229/53	<b>9:52.25</b>	51					
50m:	1:05.45	1:05.45	150m:	3:35.26	1:16.50	250m:	6:07.08	1:16.48	350m:	8:37.94	1:15.31	
100m:	2:18.76	1:13.31	200m:	4:50.60	1:15.34	300m:	7:22.63	1:15.55	400m:	9:52.25	1:14.31	