

Uitslag 400m 2025

Tot volgende wedstrijd ShaRK

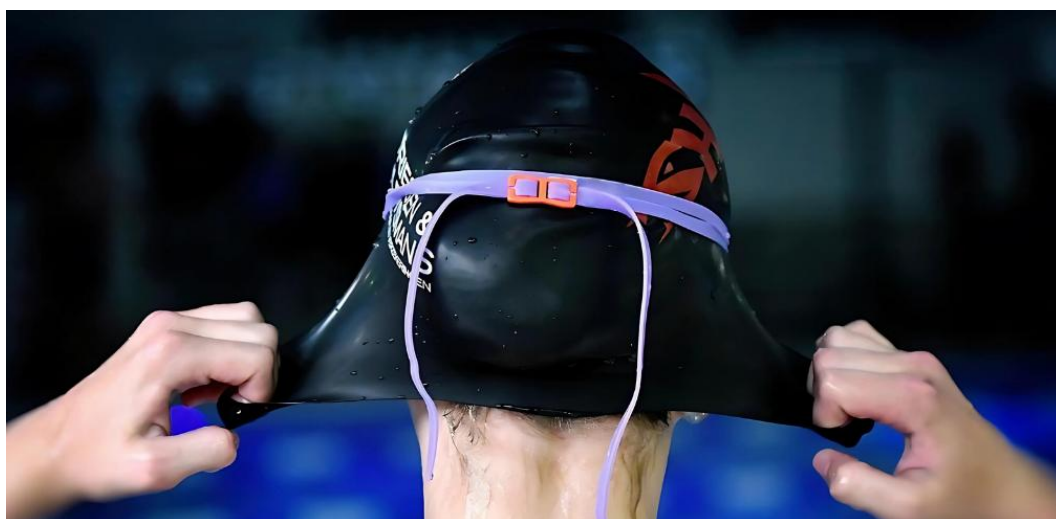
Proficiat en bedankt zwemmers, vrijwilligers en sponsors voor de leuke sfeer en de mooie prestaties !

400m ShaRK wedstrijd te **Herentals**

Datum: zaterdag 4 oktober 2025

Volgende ShaRK wedstrijden in 2026:

19 april (PACO zwemfeest), 9 mei (15^e MFB) en 10 oktober (400m).



ABITARE
MOOI WONEN

inbo

SKATETOWN.BE
BIKE SPORTS FUN

NNS
NOT NORMAL SWIMWEAR



SPORT.
VLAANDEREN
#SPORTERSBELEVENMEER
Beleef het, deel het!

NetePark
IN HARTJE KEMPEN

TROOPER
www.trooper.be/ShARK



1 - zaterdag 4 oktober 2025

4/10/2025 - 13:30

Programmanr. 1
4/10/2025 - 13:30

Dames, 400m wisselslag

11 jaar en ouder
Resultaten

Punten: FINA 2023

Rang	Geb.	Tijd	Pnt	100m	200m	300m	400m
11 - 12 jaar							
1. LEMBRECHTS Sien	13 KAZS NT	6:38.66	274	1:39.67			1:29.66
2. WILLEN Luna	13 KAZS NT	7:13.07	213	1:54.37	1:43.98	2:03.57	1:31.15

13 - 14 jaar

1. MERTENS Femke	11 SHARK	5:29.17	5:22.63	516	1:14.29	1:19.96	1:34.34	1:14.04
2. BELLENS Lore	11 SHARK	5:40.20	5:27.17	495	1:12.94	1:23.58	1:34.40	1:16.25
3. ASSCHERICKX Chloé	11 KAZS	5:46.29	5:43.50	428	1:18.56	1:23.76	1:44.54	1:16.64
4. LEMMENS Febe	11 WST NT		5:53.25	393	1:19.50	1:29.29	1:42.09	1:22.37
5. LAMBRECHTS Loes	11 AZV NT		6:01.83	366	1:26.42	1:35.05	1:40.93	1:19.43
6. SILVERANS Mila	11 KAZS	6:03.22	6:01.86	366	1:22.09	1:32.41	1:44.27	1:23.09
7. LAZEROMS Sien	12 AZK	6:27.56	6:09.07	345	1:23.30	1:37.66	1:44.65	1:23.46
8. BROUWERS Mischa	12 AZK	6:47.82	6:09.53	344	1:22.22	1:37.69	1:46.10	1:23.52
9. GERARD Carys	11 KAZS NT		6:16.19	326	1:30.38	1:34.34	1:50.12	1:21.35
10. FAES Elyne	12 HZA	6:24.10	6:18.19	320	1:26.10	1:32.62	1:52.48	1:26.99
FF VERRET Julie	12 ZS NT							
FF VANSINA Elle	12 KAZS	6:18.02						

15 - 16 jaar

1. MEYER Thyri	09 KAZS	5:25.91	5:17.86	540	1:14.33	1:19.51	1:32.64	1:11.38
2. JANSSENS Elisabeth	10 SHARK	5:39.18	5:42.27	433	1:26.12	1:22.99	1:36.01	1:17.15
3. LAUREYS Xante	10 WST	6:15.37	6:10.32	341	1:32.76	1:27.70	1:50.97	1:18.89
4. VAN MECHELEN Zoë	10 KST NT		6:19.26	318	1:30.88	1:32.48	1:51.32	1:24.58
5. DE CAT Do	10 KAZS	6:24.09	6:19.76	317	1:31.59	1:31.90	1:50.62	1:25.65

17 jaar en ouder

1. LAUWERS Lotte	08 KST	5:59.18	5:55.31	387	1:19.64	1:30.44	1:46.70	1:18.53
2. KENNIS Nathalie	02 AZV	5:47.27	5:59.13	374	1:16.90	1:32.84	1:44.19	1:25.20

Programmanr. 2
4/10/2025 - 13:58

Heren, 400m wisselslag

11 jaar en ouder
Resultaten

Punten: FINA 2023

Rang	Geb.			Tijd	Pnt	100m	200m	300m	400m	
11 - 12 jaar										
1.	VERDONCK Stan	13	ZN	6:21.65	5:32.67	351	1:16.18	1:25.49	1:33.24	1:17.76
2.	LEYSEN Jeroen	13	KST	6:16.87	6:03.54	269	1:27.62	1:28.88	1:45.52	1:21.52
3.	VAN HOVE Victor	13	MOZKA	NT	6:15.51	244	1:31.32	1:35.39	1:45.82	1:22.98
4.	VAN HOVE Nand	14	MOZKA	NT	6:23.83	228	1:29.21	1:38.04	1:51.20	1:25.38
dis	THIJSBAERT Nio	13	ZN	NT						

SW 6.4.c - Keerpunt niet dadelijk ingezet na borstligging en/of armtrek beweging





ShaRK 400m 2025 v4
Herentals, 4/10/2025

Programmanr. 2, Heren, 400m wisselslag

13 - 14 jaar

1. VAN DOOREN Warre	11	ZN	NT	5:10.87	430	1:11.80	1:16.16	1:34.17	1:08.74
2. DE RIDDER Arne	12	ZS	NT	5:17.08	406	1:10.93	1:14.91	1:39.05	1:12.19
3. GYULNAZARYAN Max	11	WST	NT	5:18.96	398	1:09.95	1:22.11	1:35.60	1:11.30
4. STABEL Jasper	11	KST	5:37.97	5:27.77	367	1:17.54	1:24.30	1:30.75	1:15.18
5. SLUYTS Tibe	11	WST	NT	5:29.71	361	1:21.42	1:19.55	1:38.86	1:09.88
6. ASSCHERICKX Sebastiaa	11	KAZS	NT	5:35.20	343	1:14.49	1:23.59	1:41.96	1:15.16
7. VANHELMONT Dante	11	KAZS	NT	5:38.53	333	1:12.77	1:27.95	1:41.84	1:15.97
8. BREBELS Niels	11	WST	NT	5:54.28	291	1:17.95	2:20.94		

15 - 16 jaar

1. VANGROOTLOON Jef	10	HZS	5:15.02	4:56.25	497	1:05.76	1:15.43	1:26.39	1:08.67
2. KEISERS Tibo	09	AZV	5:12.47	5:10.70	431	1:10.30	1:19.84	1:30.27	1:10.29
3. SLUYTS Jenne	09	WST	6:16.93	5:18.27	401	1:12.06	1:21.54	1:35.88	1:08.79
4. WILLEM Arthur	09	KAZS	NT	5:23.72	381	1:15.91	1:20.78	1:34.57	1:12.46
5. DEBONDT Mats	09	KST	NT	5:26.55	371	1:10.75	1:18.14	1:41.93	1:15.73
6. LEMMENS Noah	10	AZV	5:52.63	5:34.53	345	1:21.83	1:28.37	1:30.77	1:13.56
7. WILLEMS Ruben	10	AZV	NT	5:34.66	345	1:13.17	1:23.82	1:40.23	1:17.44
8. FEYEN Aeden	10	SHARK	NT	6:03.97	268	1:23.60	1:33.37	1:41.04	1:25.96

dis BETTENS Lucas 10 ZOLA 5:23.43

SW 10.2 - Niet de volledige afstand gezwommen

dis DE WITTE Leo 10 KAZS 5:13.78

SW 7.6 - Niet met 2 handen gelijktijdig muur geraakt en/of handen op elkaar gelegd bij KP of A

17 jaar en ouder

1. LAUREYSSSENS Lukas	08	ZS	NT	4:40.54	586	1:01.32	1:09.89	1:24.72	1:04.61
2. PROVOOST Matice	08	ROSC	NT	4:49.48	533	1:05.44	1:14.50	1:26.00	1:03.54
3. DE CUYPER Lens	03	HZA	NT	4:59.10	483	1:08.67	1:17.38	1:24.81	1:08.24
4. MATHIEU Jack	07	ZS	NT	5:00.01	479	1:06.38	1:18.12	1:28.47	1:07.04
FF HOROVYI Mykyta	07	ZOLA	4:58.41						

Programmanr. 3

4/10/2025 - 14:31

400m vrije slag

9 - 10 jaar

Resultaten

Punten: FINA 2023

Rang		Geb.			Tijd	Pnt	100m	200m	300m	400m
9 - 10 jaar, Meisjes										
1.	CANNIERE Erin	15	ROSC	6:38.29	5:46.76	296	1:20.17	1:29.90	1:30.49	1:26.20
2.	ANTIERENS Louise	15	ROSC	6:46.90	5:55.16	276	1:22.30	1:30.54	1:32.29	1:30.03
3.	VAN BREEDAM Lena	15	ZVL	NT	6:04.74	255	1:22.41	1:32.55	1:34.37	1:35.41
4.	CLAESSENS Marie	15	AZK	6:40.92	6:15.07	234	1:27.67	1:36.36	1:33.37	1:37.67
5.	VASQUEZ Anna	15	ZS	6:50.06	6:17.75	229	1:26.52	1:37.10	1:38.98	1:35.15
6.	ROZIERIS Lily	15	HZA	6:13.59	6:18.06	229	1:28.65	1:37.95	1:39.98	1:31.48
7.	LEMBRECHTS Kaat	15	KAZS	6:48.34	6:18.77	227	1:30.93	1:39.10	1:40.05	1:28.69
8.	DE CLOEDT DELGADO L	15	ROSC	NT	6:19.21	226	1:29.53	1:36.62	1:39.25	1:33.81
9.	VAN COTTHEM Nika	15	AZV	7:11.73	6:22.01	221	1:30.24	1:37.64	1:38.25	1:35.88
10.	PEETERS Lena	15	AZV	NT	6:43.41	188	1:33.77	1:43.47	1:44.16	1:42.01
11.	DE BIE Apolline	16	SHARK	NT	6:56.12	171	1:36.73	1:47.99	1:50.30	1:41.10
12.	WILLEN Lenthe	15	KAZS	6:59.78	7:00.12	166	1:36.57	1:46.49	1:50.63	1:46.43
13.	MATTHEEUSEN Olivia	16	AZK	NT	7:00.72	166	1:38.18	1:47.76	1:51.06	1:43.72
14.	DE VIJLDER Rikke	16	ZN	NT	7:06.02	160	1:39.47	1:49.72	1:50.97	1:45.86
15.	PUT Julie	15	KAZS	NT	7:24.49	140	1:40.62	1:55.19	1:57.66	1:51.02



ShaRK 400m 2025 v4
Herentals, 4/10/2025

Programmanr. 3, Meisjes, 400m vrije slag, 9 - 10 jaar

Rang	Geb.	Tijd	Pnt	100m	200m	300m	400m
16. VANDER WAEREN Linn	15 KAZS	8:09.67	7:26.89 138	1:43.34	1:54.55	1:57.45	1:51.55
17. RAES Kaya	16 MOZKA	NT	7:42.15 125	1:39.17	2:00.29	2:03.90	1:58.79
18. VAN GORP Féline	16 SHARK	NT	7:44.99 123	1:47.23	2:02.66	1:59.27	1:55.83
19. VAN VORST Marie	16 AZV	NT	8:24.30 96	1:55.34	2:09.32	2:15.33	2:04.31
FF VAN GROOTEL Rikke	16 ZN	NT					
FF KENIS Lola	15 SHARK	NT					

9 - 10 jaar, Jongens

1. DAUWE Lars	15 ROSC	5:39.08	5:08.88 324	1:12.47	1:20.97	1:19.34	1:16.10
2. LAFORCE Lander	15 ROSC	5:52.52	5:25.41 277	1:15.74	1:22.94	1:24.35	1:22.38
3. VAN OOSTERWYCK A.	15 ZS	6:51.71	6:02.64 200	1:29.61	1:30.80	1:31.13	1:31.10
4. WILLEMS Iwan	15 AZV	NT	6:05.20 196	1:25.01	1:35.20	1:34.69	1:30.30
5. FERKET Aidan	15 ROSC	7:18.23	6:07.27 193	1:28.56	1:36.66	1:32.38	1:29.67
6. MONTENY Kenzie	15 ROSC	6:58.03	6:15.53 180	1:25.57	1:36.49	1:39.71	1:33.76
7. GYSEN Rayes	16 ZS	NT	6:31.16 159	1:31.55	1:42.30	1:41.53	1:35.78
8. DE PUYDT Arthur	15 ZVL	7:01.14	6:42.88 146	1:35.81	1:43.72	1:43.33	1:40.02
9. DELVA Sam	16 AZK	NT	6:45.21 143	1:31.01	1:45.33	1:47.40	1:41.47
10. MEUNIER Emile	16 HZA	7:04.10	6:54.57 134	1:39.09	1:46.14	1:46.54	1:42.80
11. VERSTRAETEN Djurre	15 AZV	NT	7:06.72 123	1:34.86	1:44.90	1:49.86	1:57.10
12. COOLS Vince	16 MOZKA	NT	7:09.95 120	1:38.59	1:51.05	1:48.76	1:51.55
13. VERACHTEN Tijl	16 MOZKA	NT	7:34.14 102	1:40.29	1:54.91	1:58.38	2:00.56
14. WILMS Bram	15 SHARK	NT	7:35.88 100	1:44.73	1:57.70	2:00.32	1:53.13
15. DHOOGHE Tristan	15 KAZS	NT	7:51.29 91	1:43.14	2:04.62	2:03.16	2:00.37
16. PANKEN Mats	16 HZA	NT	7:55.73 88	1:54.88	2:00.01	2:05.97	1:54.87
17. VAN GORP Thijs	15 MOZKA	NT	8:50.60 64	2:00.21	2:12.72	2:18.89	2:18.78

Programmanr. 4
4/10/2025 - 15:21

Meisjes, 400m vrije slag

11 - 12 jaar
Resultaten

Punten: FINA 2023

Rang	Geb.	Tijd	Pnt	100m	200m	300m	400m
1. VOLDERS Ella	13 ZVL	5:26.66	5:07.63 425	1:12.57	1:18.33	1:19.76	1:16.97
2. VAN DE WOUWER Myrthe	13 HZA	5:14.59	5:07.65 424	1:12.67	1:19.19	1:19.75	1:16.04
3. DEVUYST Oona	13 ROSC	5:22.14	5:07.94 423	1:12.67	1:19.72	1:20.20	1:15.35
4. RYCKEMAN Ella	14 ROSC	5:30.96	5:09.07 419	1:14.39	1:20.05	1:19.65	1:14.98
5. MATTHEUSEN Ella	13 AZK	5:22.26	5:14.43 398	1:12.54	1:19.69	1:20.93	1:21.27
6. BROUWERS Phebe	13 AZK	5:34.56	5:19.08 380	1:14.82	1:21.67	1:21.13	1:21.46
7. ADRIAENSEN Lena	13 MOZKA	5:22.65	5:25.58 358	1:16.03	1:23.49	1:24.63	1:21.43
8. CLAESSENS Isa-Beau	14 HZS	5:37.89	5:32.49 336	1:19.64	1:24.44	1:25.78	1:22.63
9. LESSELIERS Emily	13 ZS	5:30.45	5:34.56 330	1:17.13	1:25.32	1:26.80	1:25.31
10. NEUVILLE Axelle	14 HZA	5:38.08	5:35.16 328	1:19.44	1:27.13	1:26.70	1:21.89
11. SARMI Sofia	13 ZVL	5:42.77	5:37.64 321	1:22.32	1:26.92	1:25.85	1:22.55
12. DIEUSAERT Roselien	14 ROSC	6:24.77	5:39.06 317	1:21.82	1:28.23	1:26.92	1:22.09
13. SEGAERT Hanne	13 ROSC	6:05.25	5:43.14 306	1:20.08	1:28.38	1:29.96	1:24.72
14. VAN LOMMEL Anthe	13 SHARK	6:06.83	5:43.79 304	1:15.67	1:28.90	1:30.17	1:29.05
15. LEMBRECHTS Sien	13 KAZS	5:58.49	5:44.56 302	1:18.27	1:29.97	1:30.21	1:26.11
16. VERSLEGERS Roxan	13 HZA	5:51.45	5:44.81 301	1:17.99	1:30.03	1:30.42	1:26.37
17. WYNANTS Fré	14 ZN	6:23.37	5:44.86 301	1:21.11	1:28.68	1:28.09	1:26.98
18. DIRICKX Finne	13 ZN	5:53.56	5:46.42 297	1:20.07	1:30.25	1:30.08	1:26.02
19. DIERCKX Astrid	14 KST	5:44.71	5:48.21 293	1:24.74	1:27.69	1:29.97	1:25.81
20. THEUNISSEN Jolien	13 ZS	6:17.96	5:51.85 284	1:23.38	1:30.84	1:30.11	1:27.52
21. CROONEN Lize	13 ZN	6:57.59	5:52.36 282	1:21.39	1:31.01	1:30.87	1:29.09
22. NEUVILLE Alizée	14 HZA	6:02.27	5:55.41 275	1:20.84	1:31.63	1:32.76	1:30.18
23. DESAIR Anna-Louise	13 HZS	6:13.78	5:57.38 271	1:22.93	1:30.87	1:31.60	1:31.98



ShaRK 400m 2025 v4
Herentals, 4/10/2025

Programmanr. 4, Meisjes, 400m vrije slag, 11 - 12 jaar

Rang		Geb.			Tijd	Pnt	100m	200m	300m	400m
24.	VAN CAUWENBERGE N.	13	ZN	7:00.11	6:03.11	258	1:23.10	1:34.21	1:36.30	1:29.50
25.	VANDER MEER Noor	13	HZS	6:09.23	6:03.20	258	1:21.23	1:29.41	1:35.47	1:37.09
26.	CUYPERS Leonie	13	WST	NT	6:05.62	253	1:29.10	1:36.41	1:35.22	1:24.89
27.	MAVRIQI Arrita	13	AZK	7:10.07	6:09.23	245	1:25.41	1:35.39	1:34.94	1:33.49
28.	DILLEN Lotte	14	ZN	7:25.11	6:09.31	245	1:28.02	1:34.71	1:32.73	1:33.85
29.	LYTVYNIUK-HUL Sofia	14	ZS	6:16.64	6:09.54	245	1:27.05	1:35.71	1:37.69	1:29.09
30.	JANSSENS Romy	14	HZA	6:18.25	6:12.87	238	1:29.09	1:37.68	1:36.72	1:29.38
31.	BEVERNAGE Trix	14	HZS	6:34.51	6:12.91	238	1:29.59	1:34.84	1:36.84	1:31.64
32.	WILLEN Luna	13	KAZS	6:51.92	6:14.47	235	1:31.17	1:35.50	1:35.81	1:31.99
33.	GORIS Arwen	14	HZA	6:12.70	6:17.90	229	1:29.68	1:40.00	1:38.23	1:29.99
34.	DILLEN Hanne	14	ZN	7:09.19	6:18.68	227	1:29.43	1:38.73	1:38.73	1:31.79
35.	VAN GUYSE Ada	13	HZS	6:27.20	6:19.57	226	1:25.86	1:37.20	1:39.51	1:37.00
36.	VAN GINKEL Kaat	14	ZN	8:10.00	6:29.35	209	1:30.98	1:41.26	1:39.35	1:37.76
37.	FEYAERTS Savannah	13	KAZS	7:03.62	6:30.32	208	1:26.83	1:40.36	1:44.78	1:38.35
38.	WOUTERS Fenna	14	MOZKA	7:19.42	6:30.52	207	1:32.84	1:42.62	1:43.12	1:31.94
39.	VANDER WAEREN Kato	14	KAZS	7:36.09	6:31.89	205	1:29.47	1:41.52	1:43.27	1:37.63
40.	DEXTERS Mila	14	KAZS	7:38.91	6:35.44	200	1:32.75	1:40.28	1:42.94	1:39.47
41.	PUT Tyana	14	HZS	6:49.52	6:37.62	196	1:31.40	1:41.29	1:42.44	1:42.49
42.	SMEKENS Ella	14	KAZS	7:32.87	6:38.27	195	1:32.82	1:44.02	1:42.86	1:38.57
43.	CLAES Sien	14	ZN	6:53.57	6:39.66	193	1:33.24	1:41.75	1:44.08	1:40.59
44.	VAN GINKEL Loes	14	ZN	7:50.59	6:40.54	192	1:32.92	1:42.70	1:43.31	1:41.61
45.	LAMBRECHTS Jade	14	SHARK	NT	6:46.61	184	1:30.66	1:44.36	1:48.68	1:42.91
46.	VAN MECHELEN Luna	13	KST	6:51.99	6:49.24	180	1:34.94	1:47.28	1:48.43	1:38.59
47.	STRIGENZ Elien	13	HZS	NT	7:02.27	164	1:30.85	1:48.92	1:52.63	1:49.87
48.	WILLEM Nore	14	KAZS	7:47.14	7:23.19	142	1:41.17	1:57.21	1:56.24	1:48.57
49.	FLEERACKERS Mira	14	KAZS	7:57.35	7:49.17	119	1:51.00	2:00.24	2:00.60	1:57.33
50.	VETTERS GLUZA Nina	14	HEST	8:18.15	7:53.74	116	1:47.34	2:03.65	2:04.12	1:58.63
51.	DEGREEF Emelie	14	KAZS	8:07.57	7:58.06	113	1:45.89	2:01.45	2:06.40	2:04.32
52.	VERHEYEN Charlotte	14	KAZS	8:07.48	8:02.99	109	1:48.96	2:02.72	2:04.70	2:06.61
dis	FLEERACKERS Laura	14	ZS	NT						
SW 4.4 - valse start										
FF	GEERTS Amélie	14	MOZKA	NT						
FF	LAUREYSENS Jutta	14	ZN	NT						

Programmanr. 5
4/10/2025 - 16:27

Jongens, 400m vrije slag

11 - 12 jaar
Resultaten

Punten: FINA 2023

Rang	Geb.			Tijd	Pnt	100m	200m	300m	400m	
1.	VERACHTEN Louis	13	MOZKA	4:46.97	4:42.61	423	1:08.96	1:11.36	1:12.14	1:10.15
2.	MERTENS Dieter	14	SHARK	5:05.09	5:05.83	334	1:12.38	1:18.29	1:18.68	1:16.48
3.	LEYSEN Benjamin	14	KST	5:14.51	5:09.40	322	1:11.59	1:18.86	1:21.70	1:17.25
4.	DE WEERDT Bent	13	ZVL	5:25.32	5:09.89	321	1:14.73	1:19.41	1:18.50	1:17.25
5.	VANDEVIJVERE Lars	13	ROSC	5:47.49	5:15.32	304	1:14.15	1:21.39	1:20.80	1:18.98
6.	STAELENS Tyler	14	ROSC	5:47.51	5:17.63	298	1:14.24	1:21.07	1:22.74	1:19.58
7.	CLAESSENS Vic	13	AZK	5:48.66	5:38.79	245	1:20.05	1:28.69	1:25.38	1:24.67
8.	SEYMUS Axel	13	HZA	5:37.31	5:39.23	244	1:17.72	1:29.54	1:29.69	1:22.28
9.	BELLENS Pieter	13	SHARK	5:59.89	5:40.71	241	1:21.84	1:28.64	1:28.23	1:22.00
10.	STABEL Jonathan	13	KST	5:48.03	5:40.91	241	1:21.28	1:27.92	1:28.43	1:23.28
11.	CAMBRÉ Arthur	14	ZN	6:48.74	5:44.74	233	1:20.55	1:29.17	1:26.88	1:28.14
12.	JOOSSEN Cis	14	AZK	6:40.38	5:50.12	222	1:28.31	1:30.19	1:27.99	1:23.63
13.	DE MESSEMAEKER Zydris	13	MOZKA	7:30.66	5:53.76	215	1:23.97	1:31.99	1:32.12	1:25.68
14.	VANHAESBROECK L.	14	ZN	6:39.69	5:59.11	206	1:25.93	1:31.84	1:28.13	1:33.21
15.	TILLEUIL Nathan	14	ZN	6:43.64	6:04.27	197	1:28.53	1:35.56	1:32.54	1:27.64



ShaRK 400m 2025 v4
Herentals, 4/10/2025

Programmanr. 5, Jongens, 400m vrije slag, 11 - 12 jaar

Rang		Geb.			Tijd	Pnt	100m	200m	300m	400m
16.	JANSSENS Alexander	14	SHARK	6:54.56	6:06.86	193	1:21.98	1:34.69	1:37.23	1:32.96
17.	VLEEMING Biagio	14	ZS	6:12.08	6:06.87	193	1:24.12	1:33.76	1:35.48	1:33.51
18.	REYMEN Rhune	13	KST	6:40.68	6:13.53	183	1:27.69	1:37.08	1:36.94	1:31.82
19.	CELEN Lars	13	SHARK	6:45.81	6:18.79	175	1:28.90	1:36.38	1:40.10	1:33.41
20.	LENAERTS Ruben	14	ZN	NT	6:25.87	166	1:31.44	1:39.60	1:41.55	1:33.28
21.	VAN STEENBERGEN Aror	13	SHARK	7:09.41	6:27.68	164	1:28.52	1:42.70	1:42.66	1:33.80
22.	MEEKERS Carsten	13	MOZKA	NT	6:32.73	157	1:25.95	1:41.54	1:44.05	1:41.19
23.	PANKEN Lex	13	HZA	6:40.97	6:38.25	151	1:36.27	1:42.24	1:42.96	1:36.78
24.	VAN ROOY Ilyano	13	SHARK	NT	6:38.31	151	1:36.91	1:42.91	1:43.88	1:34.61
25.	VAN WAELDEREN Karel	14	WST	NT	6:38.66	150	1:32.52	1:44.27	1:44.72	1:37.15
26.	GILLIS Bas	13	ZVL	NT	6:57.74	131	1:35.53	1:45.36	1:51.85	1:45.00
27.	SAZONOV Victor	14	KST	7:02.01	7:00.10	128	1:40.37	1:49.82	1:48.84	1:41.07
28.	VAN DER HOEVEN Luca	14	ZVL	NT	7:19.69	112	1:39.23	1:55.13	1:56.07	1:49.26
29.	WINNEPENINCKX Felix	14	KAZS	7:18.96	7:38.27	99	1:45.35	2:00.49	2:01.07	1:51.36
dis	MEYVIS Jonas	13	AZV	8:11.40						
SW 4.4 - valse start										
dis	SERNEELS Roan	13	SHARK	6:25.44						
SW 4.4 - valse start										
FF	KOLACNY Tuur	13	KAZS	7:27.41						

2 - zaterdag 4 oktober 2025

4/10/2025 - 18:30

Programmanr. 6
4/10/2025 - 18:30

Dames, 400m vrije slag

13 jaar en ouder
Resultaten

Punten: FINA 2023

Rang	Geb.			Tijd	Pnt	100m	200m	300m	400m	
13 - 14 jaar										
1.	DEPAEPE Elize	11	ROSC	4:51.75	4:46.83	524	1:09.12	1:14.33	1:12.90	1:10.48
2.	MERTENS Femke	11	SHARK	4:53.97	4:48.91	513	1:08.00	1:13.39	1:15.78	1:11.74
3.	BIERINCKX Mie	12	SHARK	4:48.96	4:49.43	510	1:06.77	1:12.48	1:15.15	1:15.03
4.	BELLENS Lore	11	SHARK	5:08.56	4:52.19	496	1:07.77	1:13.26	1:16.13	1:15.03
5.	GEYPEN Wies	11	MOZKA	5:08.18	4:53.93	487	1:09.45	1:16.02	1:16.51	1:11.95
6.	VERDOOD Pip	11	ZVL	4:57.13	4:53.97	487	1:09.89	1:15.54	1:15.80	1:12.74
7.	ASSCHERICKX Chloé	11	KAZS	4:51.14	4:54.11	486	1:09.22	1:14.90	1:15.85	1:14.14
8.	SARGESJAN Nala	11	HZS	5:01.79	4:55.10	481	1:08.88	1:14.96	1:17.47	1:13.79
9.	DURT Reine	11	SHARK	5:08.00	4:58.52	465	1:09.96	1:15.44	1:17.45	1:15.67
10.	VERNIERS Nime	11	ZS	4:55.99	5:01.80	450	1:12.29	1:15.07	1:17.99	1:16.45
11.	CLAESSENS Ella-Louise	11	HZS	4:57.04	5:02.20	448	1:11.34	1:16.66	1:18.08	1:16.12
12.	VAN REETH Lieze	11	ZVL	5:02.50	5:03.44	442	1:11.53	1:16.68	1:18.60	1:16.63
13.	COPERMANS Sam	11	HZS	5:08.92	5:04.45	438	1:13.19	1:18.43	1:18.11	1:14.72
14.	BEUNCKENS Tess	11	HZS	5:08.46	5:05.69	433	1:10.80	1:16.68	1:19.48	1:18.73
15.	THEWISSEN Mirthe	11	HZS	5:04.10	5:05.83	432	1:13.16	1:17.67	1:17.50	1:17.50
16.	LEMMENS Febe	11	WST	5:06.53	5:06.37	430	1:11.26	1:17.67	1:19.01	1:18.43
17.	VERLEYSEN Noa	11	HZS	5:10.77	5:07.91	423	1:14.58	1:18.68	1:18.45	1:16.20
18.	BASSTANIE Liene	12	ZN	5:13.57	5:07.98	423	1:11.17	1:18.41	1:19.95	1:18.45
19.	KOREN Zara	11	HZS	5:11.23	5:10.04	415	1:13.03	1:19.65	1:19.52	1:17.84
20.	VAN AERSCHOT Nel	11	WST	5:15.91	5:13.27	402	1:11.22	1:19.78	1:21.59	1:20.68
21.	VANIERSCHOT Nora	11	HZS	5:24.94	5:17.60	386	1:17.51	1:22.89	1:21.46	1:15.74
22.	GERARD Carys	11	KAZS	5:16.57	5:17.95	384	1:15.61	1:21.47	1:22.19	1:18.68
23.	DE VOCHT Anne-Julie	11	ZS	5:09.64	5:18.94	381	1:14.86	1:21.39	1:23.03	1:19.66
24.	VERMAELEN Miya	12	ZN	5:15.50	5:19.35	379	1:13.31	1:21.03	1:23.06	1:21.95



ShaRK 400m 2025 v4
Herentals, 4/10/2025

Programmanr. 6, Meisjes, 400m vrije slag, 13 - 14 jaar

Rang	Geb.			Tijd	Pnt	100m	200m	300m	400m	
25.	CLAES Jade	12	ZN	5:40.03	5:21.76	371	1:14.45	1:23.73	1:23.84	1:19.74
26.	VAN ROOSBROECK Yuna	11	WST	5:42.12	5:22.58	368	1:15.93	1:24.68	1:21.32	1:20.65
27.	VAN RILLAER Yinthe	11	HZA	5:23.05	5:23.36	365	1:17.09	1:23.90	1:23.32	1:19.05
28.	VAN GINNEKEN Marit	11	AZK	5:25.86	5:24.65	361	1:14.10	1:22.34	1:25.51	1:22.70
29.	DALEMANS Nel	12	ZVL	5:24.73	5:25.70	358	1:16.60	1:23.30	1:24.31	1:21.49
30.	VAN LOOVEREN Aster	12	AZK	5:27.15	5:27.56	352	1:15.62	1:24.22	1:24.32	1:23.40
31.	VANDE SOMPELE Jits	11	ZOLA	5:37.59	5:29.32	346	1:17.23	1:24.84	1:24.83	1:22.42
32.	VANDER MEER Amber	11	HZS	5:29.75	5:30.33	343	1:18.46	1:24.97	1:24.27	1:22.63
33.	MEURRENS Lina	12	KAZS	5:35.77	5:39.46	316	1:20.82	1:26.73	1:27.24	1:24.67
34.	GERAEDTS Maria	12	ZVL	5:59.83	5:40.24	314	1:19.99	1:27.00	1:27.82	1:25.43
35.	CORTHOUT Mirte	11	HZA	NT	5:40.68	312	1:18.69	1:28.27	1:29.28	1:24.44
36.	GERETS Annelien	11	HZS	6:34.61	5:40.90	312	1:24.01	1:28.37	1:26.52	1:22.00
37.	NULENS Lili	11	ZOLA	NT	5:49.74	289	1:25.71	1:30.45	1:29.91	1:23.67
38.	EMBRECHTS Olivia	11	MOZKA	6:48.56	5:54.77	277	1:20.35	1:31.53	1:32.76	1:30.13
39.	KENIS Josephine	12	SHARK	6:39.31	5:58.18	269	1:23.26	1:32.46	1:33.92	1:28.54
40.	MEEKERS Rania	11	MOZKA	7:50.60	6:02.79	259	1:17.26	1:31.99	1:36.20	1:37.34
41.	FRANSSEN Lyna	12	HZS	5:52.95	6:03.22	258	1:28.95	1:33.56	1:32.82	1:27.89
42.	NAGHIU MATIS Izolda	12	ZOLA	6:28.29	6:18.32	228	1:29.93	1:34.91	1:37.62	1:35.86
43.	VAN NECK Lise	11	KAZS	6:29.28	6:19.06	227	1:24.37	1:36.05	1:40.92	1:37.72
44.	JORIS Linde	12	ZVL	NT	6:21.56	222	1:30.30	1:39.44	1:38.75	1:33.07
45.	HERREMANS Elien	12	ZVL	NT	6:34.59	201	1:30.66	1:42.47	1:42.26	1:39.20
46.	DIRIX Lily	12	MOZKA	NT	6:41.51	191	1:33.88	1:46.01	1:45.17	1:36.45
47.	VANGOIDSENHOVEN C.	12	KST	NT	6:46.98	183	1:32.85	1:47.16	1:45.57	1:41.40
48.	SAZAK Reyhan	12	MOZKA	NT	6:50.94	178	1:26.97	1:47.20	1:48.28	1:48.49
49.	VREYSEN Jana	12	MOZKA	7:12.84	6:52.61	176	1:37.09	1:45.69	1:47.12	1:42.71
50.	LIEVENS Nona	11	MOZKA	7:53.18	7:09.72	155	1:38.13	1:50.83	1:53.18	1:47.58
FF	VANDE SOMPELE Hasse	12	ZOLA	NT						
FF	GEELLEN Guusje	12	ZN	NT						
FF	VANSINA Elle	12	KAZS	NT						

15 - 16 jaar

1.	MERTENS Helena	09 SHARK	4:32.27	4:38.72	571	1:04.65	1:10.55	1:11.46	1:12.06
2.	MEYER Thyri	09 KAZS	4:40.02	4:40.24	562	1:07.39	1:12.15	1:11.87	1:08.83
3.	BOVEN Axelle	10 SHARK	4:47.19	4:42.82	547	1:05.66	1:11.44	1:12.58	1:13.14
4.	CLAEYS Ditte	10 ROSC	4:35.55	4:43.91	540	1:07.78	1:12.07	1:12.19	1:11.87
5.	VINGERHOETS Madelief	09 ZN	4:37.54	4:44.47	537	1:07.85	1:12.96	1:12.94	1:10.72
6.	SCHELLEMANS Charlotte	10 ZVL	4:57.88	4:50.63	504	1:10.63	1:13.49	1:14.10	1:12.41
7.	JACOBS Lotte	09 ZVL	4:51.79	4:52.93	492	1:10.57	1:14.56	1:14.29	1:13.51
8.	VAN BAELEN Yenthe	09 MOZKA	4:55.17	4:56.32	475	1:10.38	1:15.32	1:15.29	1:15.33
9.	VANIER SCHOT Ella	10 HZS	5:03.20	4:56.50	474	1:12.45	1:16.07	1:16.26	1:11.72
10.	LUTS Emilia	10 HZS	5:03.08	4:56.93	472	1:12.06	1:15.61	1:15.83	1:13.43
11.	WOUTERS Stien	10 KAZS	5:04.33	5:00.84	454	1:13.21	1:16.45	1:16.98	1:14.20
12.	VANHAESBROECK M.	09 ZN	5:04.73	5:05.56	433	1:10.80	1:18.51	1:17.75	1:18.50
13.	VAN DEN BERGH Anna	10 ZS	5:13.94	5:08.93	419	1:12.48	1:19.02	1:19.49	1:17.94
14.	VAN WAELDEREN Hanne	09 WST	5:06.35	5:10.80	412	1:15.69	1:17.75	1:18.78	1:18.58
15.	SELS Sofie	10 ZN	NT	5:12.73	404	1:12.29	1:19.62	1:20.86	1:19.96
16.	CAMPFORTS Fien	09 KST	5:20.22	5:14.57	397	1:11.06	1:20.41	1:22.59	1:20.51
17.	LAUREYS Xante	10 WST	5:18.43	5:16.93	388	1:15.67	1:21.99	1:21.54	1:17.73
18.	DE CAT Do	10 KAZS	5:15.94	5:22.70	368	1:14.78	1:21.22	1:23.60	1:23.10
19.	DE SCHEPPER Lara	10 ZOLA	6:03.07	5:23.35	366	1:17.69	1:24.62	1:24.16	1:16.88
20.	DE BOCK Marie	09 HZA	5:25.16	5:25.10	360	1:17.05	1:23.20	1:24.47	1:20.38
21.	DIERCKX Femke	09 SHARK	5:29.01	5:29.55	345	1:13.67	1:22.50	1:26.17	1:27.21
22.	HACHED Lina	09 MOZKA	5:32.15	5:33.21	334	1:18.94	1:24.83	1:26.17	1:23.27
23.	VAN MECHELEN Zoë	10 KST	5:35.78	5:41.02	312	1:19.01	1:29.03	1:27.08	1:25.90
24.	CORNEZ Maylie	10 ZOLA	5:48.40	5:42.47	308	1:21.11	1:27.54	1:28.55	1:25.27



ShaRK 400m 2025 v4

Herentals, 4/10/2025

Programmanr. 6, Meisjes, 400m vrije slag, 15 - 16 jaar

Rang	Geb.			Tijd	Pnt	100m	200m	300m	400m
25. FIQI Alexia	10	WST	5:30.98	5:44.38	302	1:14.62	1:24.73	1:30.15	1:34.88
26. VAN DEN BOSSCHE Lia	10	ZOLA	6:09.75	5:47.98	293	1:23.42	1:28.45	1:31.51	1:24.60
27. BORREMANS Liz	10	ZVL	6:00.41	5:52.31	282	1:22.22	1:29.33	1:31.23	1:29.53
FF VAN GESTEL Fran	10	KST	NT						
FF VAN BUGGENHOUT I.	10	ZN	NT						
FF BAYGUNES Defne	09	MOZKA	NT						

17 jaar en ouder

1. SPRANGERS Kato	08	MOZKA	4:43.30	4:39.38	567	1:07.10	1:09.64	1:10.90	1:11.74
2. VRANKEN Dagmar	08	ZN	4:34.95	4:43.01	545	1:07.61	1:13.19	1:12.75	1:09.46
3. WOUTERS Briana	06	KAZS	4:45.43	4:43.60	542	1:06.26	1:11.66	1:13.18	1:12.50
4. VAN OSTA Nomi	05	ZS	4:42.87	4:44.71	536	1:05.26	1:12.00	1:14.88	1:12.57
5. DE RIDDER Sterre	08	ZS	4:49.79	4:48.50	515	1:10.99	1:13.53	1:12.68	1:11.30
6. VAN LOOY Anke	06	HZA	4:51.69	4:54.88	482	1:10.14	1:15.91	1:15.70	1:13.13
7. MICHIELSEN Jinthe	08	AZK	NT	4:59.26	461	1:09.70	1:16.18	1:17.19	1:16.19
8. DE BECKER Loren	07	ZS	4:42.90	5:02.26	448	1:10.33	1:15.43	1:17.97	1:18.53
9. ERTVELDT Klaartje	08	SHARK	5:14.74	5:02.31	447	1:08.41	1:17.04	1:19.30	1:17.56
10. LAUWERS Lotte	08	KST	5:08.90	5:08.00	423	1:09.89	1:17.56	1:20.51	1:20.04
11. VAN HOOF Sara	08	ZS	5:13.92	5:09.83	416	1:14.08	1:18.42	1:18.97	1:18.36
12. PEETERS Kaat	08	SHARK	NT	5:47.42	295	1:13.50	1:30.34	1:32.05	1:31.53
13. VERVOORT Mila	08	ZOLA	9:18.93	9:37.72	64	2:19.50	2:27.90	2:28.91	2:21.41
FF BRUGMAN Serena	08	KAZS	NT						
FF JOPPE Shanna	06	ZOLA	NT						

Programmanr. 7 4/10/2025 - 20:07

Heren, 400m vrije slag

13 jaar en ouder Resultaten

Punten: FINA 2023

Rang	Geb.			Tijd	Pnt	100m	200m	300m	400m	
13 - 14 jaar										
1.	VETS Wannes	11	KAZS	4:24.43	4:31.78	476	1:02.68	1:08.59	1:09.78	1:10.73
2.	QUARTIER Matisse	11	ROSC	4:59.00	4:36.00	454	1:06.93	1:11.33	1:10.31	1:07.43
3.	SLUYTS Tibe	11	WST	4:59.32	4:40.86	431	1:06.48	1:11.73	1:11.72	1:10.93
4.	GYULNAZARYAN Max	11	WST	4:56.62	4:46.42	406	1:08.11	1:13.73	1:14.14	1:10.44
5.	DEVOS Mathis	12	ROSC	4:52.62	4:48.68	397	1:10.34	1:13.05	1:13.84	1:11.45
6.	VAN CRAEYNEST Bas	12	ROSC	5:01.20	4:50.24	391	1:12.75	1:14.92	1:12.53	1:10.04
7.	MERTENS Gerben	11	ZVL	4:53.53	4:50.92	388	1:11.16	1:14.30	1:14.00	1:11.46
8.	STABEL Jasper	11	KST	4:49.38	4:51.08	387	1:07.60	1:14.63	1:15.28	1:13.57
9.	ASSCHERICKX Sebastiaa	11	KAZS	4:52.33	4:52.98	380	1:09.96	1:17.41	1:15.27	1:10.34
10.	VANHELMONT Dante	11	KAZS	5:08.10	4:57.86	361	1:11.03	1:16.14	1:17.32	1:13.37
11.	GORIS Finn	11	HZA	5:28.25	5:02.77	344	1:10.56	1:16.65	1:19.30	1:16.26
12.	VAN GORP Tuur	12	SHARK	5:36.94	5:02.87	344	1:11.63	1:17.77	1:18.72	1:14.75
13.	HOUSEN Ilya	11	HZS	NT	5:09.49	322	1:12.68	1:19.23	1:19.94	1:17.64
14.	VERHEYEN Stephen	11	KAZS	4:55.23	5:14.54	307	1:13.12	1:19.74	1:20.17	1:21.51
15.	BETTENS Stan	12	ZOLA	5:30.90	5:14.79	306	1:13.85	1:20.51	1:22.31	1:18.12
16.	VERBEEK Matts	12	HZA	5:24.66	5:18.37	296	1:14.39	1:23.40	1:22.36	1:18.22
17.	VERSTRAETE Pepijn	12	ZVL	5:40.92	5:30.70	264	1:20.48	1:25.34	1:25.83	1:19.05
18.	HOOYBERGHS Mil	12	MOZKA	5:50.80	5:30.95	263	1:18.60	1:26.91	1:24.20	1:21.24
19.	BROUNS Pryam	12	SHARK	6:04.96	5:31.99	261	1:16.47	1:24.85	1:25.55	1:25.12
20.	GEUDENS Thor	11	MOZKA	NT	5:32.81	259	1:18.37	1:25.18	1:26.05	1:23.21
21.	GISCA Daniil	11	ZN	6:24.53	5:34.68	255	1:18.02	1:26.92	1:26.76	1:22.98
22.	PIETERS Kobe	12	HZA	5:25.08	5:36.04	251	1:17.15	1:25.87	1:27.81	1:25.21
23.	KEMPS Vince	11	MOZKA	6:50.12	5:36.30	251	1:16.73	1:25.66	1:27.22	1:26.69



Programmanr. 7, Jongens, 400m vrije slag, 13 - 14 jaar

Rang	Geb.			Tijd	Pnt	100m	200m	300m	400m
24.	CUYPERS Arthur	12	WST NT	5:39.56	244	1:21.51	1:28.33	1:27.95	1:21.77
25.	CEUPPENS Vince	12	WST NT	5:39.61	244	1:20.47	1:28.30	1:27.31	1:23.53
26.	MARIN Alexandru	12	ZVL NT	5:42.32	238	1:16.95	1:26.43	1:30.19	1:28.75
27.	MERTENS Gijs	12	WST 6:49.09	6:05.46	195	1:24.94	1:34.81	1:33.38	1:32.33
28.	KENIS Axl	11	KST 6:54.59	6:18.34	176	1:21.02	1:38.15	1:40.12	1:39.05
dis	COGURCU Arda	11	ZOLA NT						
	SW 4.4 - valse start								
FF	PEETERS Samuel	12	ZS 5:37.25						

15 - 16 jaar

1.	VANGROOTLOON Jef	10	HZS	4:20.76	4:12.53	593	59.61	1:03.53	1:04.43	1:04.96
2.	DE WITTE Leo	10	KAZS	4:20.21	4:23.83	520	1:01.49	1:06.81	1:07.85	1:07.68
3.	DEVOS Rhune	09	ROSC	4:36.09	4:29.43	488	1:05.56	1:08.59	1:08.28	1:07.00
4.	SLUYTS Jenne	09	WST	4:40.13	4:35.48	457	1:05.27	1:09.03	1:11.17	1:10.01
5.	BETTENS Lucas	10	ZOLA	4:36.92	4:36.47	452	1:04.91	1:10.53	1:10.80	1:10.23
6.	VAN LOON Wies	09	AZK	4:35.64	4:36.65	451	1:03.88	1:11.00	1:11.22	1:10.55
7.	DEBONDT Mats	09	KST	5:00.87	4:38.84	441	1:05.65	1:11.29	1:12.80	1:09.10
8.	BROWN Quinten	09	HZA	NT	4:39.68	437	1:04.46	1:12.12	1:13.30	1:09.80
9.	DOOMEN Marnix	09	ZVL	4:37.90	4:39.71	436	1:05.03	1:11.18	1:12.88	1:10.62
	JANSENS Tijs	10	ZVL	4:31.78	4:39.71	436	1:06.54	1:12.29	1:12.11	1:08.77
11.	JORISSEN Quinten	09	AZK	4:47.06	4:40.05	435	1:04.98	1:11.61	1:12.73	1:10.73
12.	LAEREMANS Sebastiaan	09	SHARK	4:48.44	4:40.71	432	1:06.21	1:12.63	1:12.22	1:09.65
13.	KEKEC Samir	09	ZN	4:43.20	4:40.82	431	1:04.96	1:11.07	1:13.46	1:11.33
14.	NAEGELS Reza	10	ZOLA	4:40.66	4:41.81	427	1:05.09	1:11.88	1:12.94	1:11.90
15.	WIJSGEER Viktor	10	ZVL	5:04.52	4:43.18	421	1:07.47	1:13.20	1:12.95	1:09.56
16.	JANSENS Talle	10	WST	4:55.14	4:43.85	418	1:07.48	1:13.10	1:13.65	1:09.62
17.	ARIJS Kyan	09	HZA	NT	4:45.47	411	1:06.53	1:13.84	1:13.71	1:11.39
18.	VAN EGDOM Sieb	10	ZN	5:00.39	4:45.97	408	1:05.75	1:14.24	1:14.42	1:11.56
19.	WYNANTS Ward	10	ZN	NT	4:48.69	397	1:07.02	1:13.04	1:13.84	1:14.79
20.	BERTELS Quillan	09	SHARK	5:09.32	4:54.40	374	1:05.83	1:15.46	1:17.19	1:15.92
21.	JACOB Qingkun	10	ZVL	5:04.01	4:54.78	373	1:07.20	1:14.16	1:16.53	1:16.89
22.	HAUBEN Thomas	09	HZS	NT	4:56.22	367	1:07.59	1:16.79	1:17.73	1:14.11
23.	SLAETS Caz	09	ZVL	5:06.54	4:57.81	362	1:11.02	1:16.68	1:16.96	1:13.15
24.	VERCAMMEN Daan	09	ZVL	5:08.26	4:59.68	355	1:11.79	1:17.16	1:17.00	1:13.73
25.	LAUREYS Milan	10	WST	5:11.84	5:06.27	332	1:13.17	1:19.21	1:18.42	1:15.47
26.	NAGHIU Patrik	09	ZOLA	5:20.46	5:06.35	332	1:11.22	1:18.13	1:19.71	1:17.29
27.	OTTEVAERE Benjamin	10	AZK	5:05.72	5:12.07	314	1:11.90	1:19.11	1:21.02	1:20.04
28.	CEUPPENS Mats	10	WST	5:39.73	5:16.66	301	1:12.49	1:20.17	1:23.85	1:20.15
29.	LADEWIG Seth	09	ZOLA	5:22.94	5:23.26	283	1:12.78	1:22.69	1:25.46	1:22.33
30.	FEYEN Aeden	10	SHARK	5:53.12	5:29.61	267	1:16.78	1:25.23	1:25.33	1:22.27
31.	VERHEYEN Mats	10	KAZS	7:02.49	5:31.63	262	1:16.29	1:24.71	1:25.79	1:24.84
32.	NIJS Lennert	10	MOZKA	5:44.86	5:32.91	259	1:19.69	1:27.48	1:25.91	1:19.83
33.	DRISSI EL MESKINI Tamiz	10	ZVL	6:26.55	5:39.96	243	1:18.76	1:26.46	1:28.85	1:25.89
34.	DE CLIPPELE Léon	10	KST	5:40.74	5:43.63	235	1:18.15	1:27.52	1:29.86	1:28.10
35.	VERMEIREN Stan	10	ZVL	6:20.91	6:07.68	192	1:22.53	1:34.56	1:36.83	1:33.76

17 jaar en ouder

1.	VAN EGDOM Wout	08	ZN	4:00.64	4:04.96	650	57.03	1:02.64	1:01.77	1:03.52
2.	VAN DEN HOORN Jelle	04	HZS	4:07.49	4:10.45	608	57.95	1:03.51	1:04.31	1:04.68
3.	PROVOOST Dajo	08	ROSC	4:27.66	4:24.08	519	1:03.84	1:07.68	1:07.60	1:04.96
4.	VETS Siebe	08	KAZS	4:25.29	4:24.48	516	1:03.99	1:07.57	1:07.51	1:05.41
5.	VAN WAELDEREN Thomaz	05	WST	4:25.01	4:25.05	513	1:03.62	1:07.29	1:07.55	1:06.59
6.	HUYGENS Arne	03	MOZKA	4:26.70	4:28.99	491	1:07.19	1:07.35	1:07.30	1:07.15
7.	CLAEYS Mauro	08	ROSC	4:33.95	4:37.23	448	1:05.51	1:11.02	1:09.86	1:10.84



Programmanr. 7, Heren, 400m vrije slag, 17 jaar en ouder

Rang	Geb.			Tijd		Pnt	100m	200m	300m	400m	
8.	WOUTERS	Hannes	08	KAZS	4:44.80	4:44.62	414	1:06.74	1:12.31	1:12.86	1:12.71
9.	VERDONCK	Marius	08	ZOLA	5:00.59	4:50.23	391	1:05.04	1:13.41	1:15.56	1:16.22
10.	CANNAERTS	Jens	93	HZA	5:06.21	4:58.58	359	1:10.35	1:16.52	1:17.31	1:14.40
FF	HOROVYI	Mykyta	07	ZOLA	4:22.24						