

Programmanr. 33 Dames, 400m vrije slag 15 jaar en ouder  
21/01/2024 - 10:08 Resultaten

Belgian Record 4:06.27 Dumont Valentine BEL Rome (ITA) 25/06/2023  
Flemish Record 4:13.57 Goris Lotte BRABO Hodzemosvarhely (HUN) 07/07/2016

EJK 2024 14 - 17: 4:21.78; 18: 4:19.19 / EK 2024 - 19: 4:17.14; 20: 4:15.20; open: 4:14.23 / OS 2024 open: 4:07.90

Punten: FINA 2024

Rang	Geb.	Tijd	Pnt
<b>15 - 16 jaar</b>			
1.	Vanderlinden Siri 09 LAQUA	LAQUA/21540/09	<b>4:21.02</b> 733
	50m: 29.71 150m: 1:35.22 250m: 2:41.74 350m: 3:49.16		
	100m: 1:01.80 200m: 2:08.59 300m: 3:15.66 400m: 4:21.02		
2.	Michiels Nore 08 TSZ	TSZ/21026/08	<b>4:30.33</b> 660
	50m: 29.96 150m: 1:37.36 250m: 2:47.06 350m: 3:56.94		
	100m: 1:03.41 200m: 2:12.39 300m: 3:22.23 400m: 4:30.33		
3.	Van Heugten Hanne 09 ZN	ZN/21006/09	<b>4:34.15</b> 632
	50m: 30.53 150m: 1:38.64 250m: 2:49.17 350m: 4:00.90		
	100m: 1:04.28 200m: 2:13.84 300m: 3:24.96 400m: 4:34.15		
4.	Vinck Tine 08 MEGA	MEGA/41315/08	<b>4:38.08</b> 606
	50m: 31.81 150m: 1:41.63 250m: 2:52.72 350m: 4:03.83		
	100m: 1:06.20 200m: 2:16.93 300m: 3:28.12 400m: 4:38.08		
5.	Vansteenkiste Lona 08 MZK	MZK/21082/08	<b>4:38.21</b> 605
	50m: 31.05 150m: 1:41.83 250m: 2:52.95 350m: 4:03.98		
	100m: 1:06.44 200m: 2:17.34 300m: 3:28.87 400m: 4:38.21		
6.	D'Hooghe Elina 08 MEGA	MEGA/21338/08	<b>4:40.25</b> 592
	50m: 32.07 150m: 1:43.04 250m: 2:55.44 350m: 4:06.88		
	100m: 1:07.22 200m: 2:19.31 300m: 3:31.12 400m: 4:40.25		
7.	Debecker Charlotte 08 DMI	DMI/21010/08	<b>4:41.03</b> 587
	50m: 30.62 150m: 1:41.98 250m: 2:54.05 350m: 4:07.24		
	100m: 1:06.04 200m: 2:17.93 300m: 3:30.93 400m: 4:41.03		
8.	Van Avondt Lina 09 Sta	STA/21039/09	<b>4:42.50</b> 578
	50m: 31.43 150m: 1:42.02 250m: 2:55.75 350m: 4:07.77		
	100m: 1:05.85 200m: 2:18.36 300m: 3:31.83 400m: 4:42.50		
9.	Zangari Aurora 09 Gzvn	GZVN/21195/09	<b>4:44.70</b> 565
	50m: 31.68 150m: 1:42.67 250m: 2:55.51 350m: 4:08.62		
	100m: 1:06.44 200m: 2:19.08 300m: 3:32.04 400m: 4:44.70		
10.	David Ryana 08 PERRON	PERRON/007973/08	<b>4:44.73</b> 564
	50m: 31.49 150m: 1:41.87 250m: 2:55.01 350m: 4:08.57		
	100m: 1:06.32 200m: 2:18.05 300m: 3:31.68 400m: 4:44.73		
11.	Dekkers Bregje 09 PSV	200900746	<b>4:45.24</b> 561
	50m: 32.18 150m: 1:43.58 250m: 2:55.85 350m: 4:09.42		
	100m: 1:07.23 200m: 2:19.56 300m: 3:32.09 400m: 4:45.24		
12.	Lammens Louise 08 Tzt	TZT/21069/08	<b>4:45.35</b> 561
	50m: 32.25 150m: 1:43.39 250m: 2:56.92 350m: 4:10.52		
	100m: 1:07.32 200m: 2:19.99 300m: 3:33.70 400m: 4:45.35		
13.	Reyniers Lise 09 Stw	STW/21171/09	<b>4:48.87</b> 541
	50m: 32.46 150m: 1:45.53 250m: 2:59.72 350m: 4:13.81		
	100m: 1:08.25 200m: 2:22.39 300m: 3:36.90 400m: 4:48.87		

## Programmanr. 33, Meisjes, 400m vrije slag, 15 - 16 jaar

Rang	Geb.		Tijd	Pnt
14.	Mertens Helena	09 SHARK	SHARK/21146/09	<b>4:48.93</b> 540
	50m: 32.44	150m: 1:44.96	250m: 2:59.24	350m: 4:13.15
	100m: 1:08.07	200m: 2:21.91	300m: 3:36.38	400m: 4:48.93
15.	Talboom Lies	09 BRABO	BRABO/21298/09	<b>4:50.31</b> 532
	50m: 32.36	150m: 1:45.38	250m: 2:59.19	350m: 4:14.02
	100m: 1:08.69	200m: 2:22.44	300m: 3:36.37	400m: 4:50.31
16.	Ceulemans Hanne	08 AZK	AZK/21038/08	<b>4:50.63</b> 531
	50m: 32.76	150m: 1:45.68	250m: 3:00.56	350m: 4:14.91
	100m: 1:08.81	200m: 2:23.20	300m: 3:38.20	400m: 4:50.63
17.	Huens Noor	09 MEGA	MEGA/21252/09	<b>4:50.70</b> 530
	50m: 32.94	150m: 1:46.23	250m: 3:01.17	350m: 4:15.44
	100m: 1:09.09	200m: 2:23.54	300m: 3:38.58	400m: 4:50.70
18.	Lambrechts Noa	09 DBT	DBT/21136/09	<b>4:51.20</b> 528
	50m: 33.47	150m: 1:47.65	250m: 3:02.38	350m: 4:16.40
	100m: 1:10.53	200m: 2:25.27	300m: 3:39.91	400m: 4:51.20
19.	Renders Charlotte	09 TSZ	TSZ/21051/09	<b>4:52.21</b> 522
	50m: 32.09	150m: 1:45.69	250m: 3:00.67	350m: 4:15.56
	100m: 1:08.62	200m: 2:23.20	300m: 3:38.17	400m: 4:52.21
20.	Bierinckx Lienne	09 ZN	ZN/21015/09	<b>4:53.52</b> 515
	50m: 33.26	150m: 1:47.78	250m: 3:03.54	350m: 4:18.27
	100m: 1:09.57	200m: 2:25.63	300m: 3:41.33	400m: 4:53.52
21.	Van Gysel Maite	08 MEGA	MEGA/21373/08	<b>4:54.01</b> 513
	50m: 31.90	150m: 1:44.43	250m: 3:00.33	350m: 4:16.88
	100m: 1:07.46	200m: 2:22.05	300m: 3:38.79	400m: 4:54.01
22.	Desmet Fien	08 Tzt	TZT/21062/08	<b>4:54.69</b> 509
	50m: 32.98	150m: 1:46.61	250m: 3:02.40	350m: 4:17.88
	100m: 1:09.07	200m: 2:24.76	300m: 3:40.51	400m: 4:54.69
23.	Danhieux Liena	08 ZORO	ZORO/21125/08	<b>4:54.88</b> 508
	50m: 32.65	150m: 1:47.08	250m: 3:03.39	350m: 4:19.43
	100m: 1:09.40	200m: 2:25.20	300m: 3:41.74	400m: 4:54.88
24.	De Backer Birgit	09 ZIOS	ZIOS/21066/09	<b>4:54.89</b> 508
	50m: 33.06	150m: 1:47.08	250m: 3:02.44	350m: 4:19.54
	100m: 1:09.84	200m: 2:25.12	300m: 3:40.87	400m: 4:54.89
25.	Chichkova Lili	08 Fast	FAST/21011/08	<b>4:55.32</b> 506
	50m: 32.38	150m: 1:45.61	250m: 3:00.61	350m: 4:17.19
	100m: 1:08.71	200m: 2:23.25	300m: 3:38.85	400m: 4:55.32
26.	Van Laecke Lene	08 MEGA	MEGA/21242/08	<b>4:58.07</b> 492
	50m: 33.79	150m: 1:47.15	250m: 3:03.53	350m: 4:21.58
	100m: 1:10.42	200m: 2:25.60	300m: 3:42.69	400m: 4:58.07
27.	Vanhees Ella	09 DBT	DBT/21090/09	<b>4:58.20</b> 491
	50m: 32.83	150m: 1:46.43	250m: 3:04.21	350m: 4:21.69
	100m: 1:09.01	200m: 2:25.07	300m: 3:43.16	400m: 4:58.20
28.	Vlamijnck Lore	09 Sta	STA/21024/09	<b>4:59.32</b> 486
	50m: 33.21	150m: 1:48.39	250m: 3:06.24	350m: 4:23.14
	100m: 1:09.99	200m: 2:27.23	300m: 3:45.33	400m: 4:59.32

## Programmanr. 33, Meisjes, 400m vrije slag, 15 - 16 jaar

Rang		Geb.			Tijd	Pnt
29.	Weytjens Amber	08	DMB	DMB/21071/08	<b>4:59.51</b>	485
	50m: 32.83	150m: 1:48.07	250m: 3:04.89	350m: 4:22.27		
	100m: 1:09.42	200m: 2:26.39	300m: 3:43.63	400m: 4:59.51		
30.	Gillet Maëlle	09	Mosan	MOSAN/013019/09	<b>5:00.38</b>	481
	50m: 33.25	150m: 1:47.86	250m: 3:05.09	350m: 4:23.06		
	100m: 1:10.30	200m: 2:26.56	300m: 3:44.54	400m: 5:00.38		
31.	Van Laecke Liese	08	MEGA	MEGA/21243/08	<b>5:00.45</b>	480
	50m: 32.92	150m: 1:47.10	250m: 3:03.97	350m: 4:22.95		
	100m: 1:09.40	200m: 2:25.10	300m: 3:43.02	400m: 5:00.45		
32.	Maes Kaat	09	Tzt	TZT/21064/09	<b>5:00.48</b>	480
	50m: 33.34	150m: 1:47.95	250m: 3:04.63	350m: 4:22.16		
	100m: 1:09.88	200m: 2:26.79	300m: 3:43.64	400m: 5:00.48		
33.	Quartier Philine	09	Iswim	ISWIM/21094/09	<b>5:00.97</b>	478
	50m: 33.89	150m: 1:49.38	250m: 3:06.69	350m: 4:23.87		
	100m: 1:11.07	200m: 2:27.88	300m: 3:45.64	400m: 5:00.97		
34.	Pairoux Eloise	08	PERRON	PERRON/008998/08	<b>5:02.49</b>	471
	50m: 35.87	150m: 1:52.68	250m: 3:09.52	350m: 4:25.59		
	100m: 1:13.82	200m: 2:31.35	300m: 3:47.54	400m: 5:02.49		
35.	Vingerhoets Madelief	09	ZN	ZN/21059/09	<b>5:03.08</b>	468
	50m: 32.83	150m: 1:49.82	250m: 3:08.10	350m: 4:25.74		
	100m: 1:10.43	200m: 2:28.96	300m: 3:46.84	400m: 5:03.08		
36.	De Baerdemaeker Paulien	08	LAQUA	LAQUA/21299/08	<b>5:03.28</b>	467
	50m: 34.46	150m: 1:49.79	250m: 3:07.41	350m: 4:25.58		
	100m: 1:11.48	200m: 2:28.06	300m: 3:46.73	400m: 5:03.28		
37.	Depondt-Velter Tille	09	Rosc	ROSC/21212/09	<b>5:03.60</b>	466
	50m: 35.56	150m: 1:52.92	250m: 3:10.31	350m: 4:27.18		
	100m: 1:14.07	200m: 2:32.18	300m: 3:48.48	400m: 5:03.60		
38.	Deconynck Sterre	09	Trust	TRUST/21166/09	<b>5:05.42</b>	457
	50m: 33.68	150m: 1:49.00	250m: 3:07.77	350m: 4:27.68		
	100m: 1:10.94	200m: 2:28.34	300m: 3:48.44	400m: 5:05.42		
	De Wolf Tine	09	AST	AST/21058/09	<b>5:05.42</b>	457
	50m: 34.52	150m: 1:51.50	250m: 3:09.85	350m: 4:27.97		
	100m: 1:12.44	200m: 2:30.85	300m: 3:49.07	400m: 5:05.42		
40.	Veldhuis Victoria	09	ZCT	ZCT/21096/09	<b>5:09.46</b>	440
	50m: 34.07	150m: 1:51.32	250m: 3:10.48	350m: 4:30.12		
	100m: 1:12.09	200m: 2:30.91	300m: 3:50.21	400m: 5:09.46		
41.	Caus Floor	09	Kzk	KZK/21127/09	<b>5:09.52</b>	439
	50m: 33.54	150m: 1:49.12	250m: 3:08.50	350m: 4:28.81		
	100m: 1:10.30	200m: 2:28.81	300m: 3:47.91	400m: 5:09.52		
FF	Metzemakers Léa	09	BRABO	BRABO/21484/09		
FF	Tordeur Lucie	09	Gzvn	GZVN/21194/09		

## Programmanr. 33, Dames, 400m vrije slag

## 17 - 18 jaar

1.	Henveaux Camille	06	LGN		LGN/003458/06	<b>4:17.59</b>	762
	50m: 29.33	150m: 1:32.65	250m: 2:38.23	350m: 3:44.76			
	100m: 1:00.65	200m: 2:05.57	300m: 3:11.60	400m: 4:17.59			
2.	Dumont Sarah	07	NOC		NOC/005827/07	<b>4:21.92</b>	725
	50m: 29.57	150m: 1:34.59	250m: 2:41.84	350m: 3:48.79			
	100m: 1:01.79	200m: 2:08.18	300m: 3:15.56	400m: 4:21.92			
3.	Franco Catarina Andrade	07	Portugal		203865	<b>4:32.16</b>	646
	50m: 31.32	150m: 1:40.23	250m: 2:48.78	350m: 3:57.93			
	100m: 1:05.78	200m: 2:14.91	300m: 3:23.26	400m: 4:32.16			
4.	Makri Georgia	06	CNSW		CNSW/011377/06	<b>4:32.19</b>	646
	50m: 31.29	150m: 1:39.57	250m: 2:48.65	350m: 3:58.00			
	100m: 1:05.41	200m: 2:14.22	300m: 3:23.50	400m: 4:32.19			
5.	Van den Eede Lisa	06	AZL		AZL/21050/06	<b>4:39.52</b>	597
	50m: 30.70	150m: 1:41.87	250m: 2:54.83	350m: 4:07.08			
	100m: 1:05.60	200m: 2:18.24	300m: 3:30.94	400m: 4:39.52			
6.	Graham Jil	06	HOZT		HOZT/21023/06	<b>4:40.67</b>	589
	50m: 31.94	150m: 1:41.15	250m: 2:53.39	350m: 4:05.25			
	100m: 1:06.01	200m: 2:17.42	300m: 3:29.71	400m: 4:40.67			
7.	Despeghel Laurann	07	BZK		BZK/21144/07	<b>4:40.92</b>	588
	50m: 32.15	150m: 1:41.98	250m: 2:53.87	350m: 4:06.28			
	100m: 1:07.21	200m: 2:17.74	300m: 3:30.36	400m: 4:40.92			
8.	Theuwis Nelle	06	DMB		DMB/21173/06	<b>4:47.03</b>	551
	50m: 31.23	150m: 1:42.76	250m: 2:57.06	350m: 4:11.94			
	100m: 1:06.32	200m: 2:19.81	300m: 3:35.24	400m: 4:47.03			
9.	Fiers Ena	07	MEGA		MEGA/21425/07	<b>4:50.12</b>	534
	50m: 31.71	150m: 1:42.54	250m: 2:57.47	350m: 4:13.57			
	100m: 1:06.30	200m: 2:19.75	300m: 3:35.63	400m: 4:50.12			
10.	Dries Sien	07	ZGEEL		ZGEEL/21072/07	<b>4:50.21</b>	533
	50m: 32.43	150m: 1:46.20	250m: 3:00.61	350m: 4:15.13			
	100m: 1:08.98	200m: 2:23.28	300m: 3:37.80	400m: 4:50.21			
11.	Amorim Ines Santos	06	Portugal		200626	<b>4:50.55</b>	531
	50m: 31.64	150m: 1:42.01	250m: 2:55.60	350m: 4:12.68			
	100m: 1:06.23	200m: 2:18.53	300m: 3:34.10	400m: 4:50.55			
12.	Vanderbruggen Luca	07	KLSVZ		KLSVZ/21039/07	<b>4:51.26</b>	527
	50m: 32.41	150m: 1:45.07	250m: 2:59.68	350m: 4:14.76			
	100m: 1:08.52	200m: 2:22.43	300m: 3:37.64	400m: 4:51.26			
13.	Maes Kato	07	Kzk		KZK/21080/07	<b>4:51.59</b>	526
	50m: 32.10	150m: 1:44.57	250m: 2:59.40	350m: 4:14.94			
	100m: 1:08.25	200m: 2:22.07	300m: 3:37.24	400m: 4:51.59			
14.	Vandepoorte Pauline	06	Fast		FAST/21050/06	<b>4:53.22</b>	517
	50m: 32.40	150m: 1:46.13	250m: 3:01.70	350m: 4:16.74			
	100m: 1:08.50	200m: 2:23.71	300m: 3:39.32	400m: 4:53.22			
15.	Verroken Mirte	06	DDAT		DDAT/21023/06	<b>4:53.62</b>	515
	50m: 32.47	150m: 1:46.22	250m: 3:01.20	350m: 4:16.95			
	100m: 1:08.34	200m: 2:23.49	300m: 3:38.84	400m: 4:53.62			

## Programmanr. 33, Meisjes, 400m vrije slag, 17 - 18 jaar

Rang	Rang		Geb.		Tijd		Pnt
16.	Pavel Anna	07	LAQUA	LAQUA/21525/07	<b>4:54.26</b>	511	
	50m: 33.01	150m: 1:46.56	250m: 3:01.76	350m: 4:17.71			
	100m: 1:09.18	200m: 2:23.68	300m: 3:39.42	400m: 4:54.26			
17.	Op de Beeck Elly	07	BRABO	BRABO/21209/07	<b>4:54.99</b>	508	
	50m: 33.22	150m: 1:47.38	250m: 3:03.05	350m: 4:18.78			
	100m: 1:10.23	200m: 2:25.55	300m: 3:41.55	400m: 4:54.99			
FF	Hollebosch Noa	07	MEGA	MEGA/21148/07			
FF	Deweerd Anaëlle	06	Rosc	ROSC/21107/06			
FF	Konings Ylva	07	Gzvn	GZVN/21243/07			
FF	Greenhalf Grace	07	Co Norwich Swimming Club	1215962			

## 19 jaar en ouder

1.	Pisane Alisée	03	Enw	ENW/010649/03	<b>4:18.65</b>	753
	50m: 30.04	150m: 1:35.86	250m: 2:41.32	350m: 3:46.79		
	100m: 1:02.96	200m: 2:08.80	300m: 3:13.87	400m: 4:18.65		
2.	Hibbott Holly	99	BPC		<b>4:22.32</b>	722
	50m: 31.07	150m: 1:38.30	250m: 2:44.28	350m: 3:50.34		
	100m: 1:04.48	200m: 2:11.08	300m: 3:17.37	400m: 4:22.32		
3.	Catterson Victoria	01	Swim Ireland		<b>4:24.94</b>	701
	50m: 30.27	150m: 1:36.87	250m: 2:44.59	350m: 3:51.93		
	100m: 1:03.40	200m: 2:11.08	300m: 3:18.59	400m: 4:24.94		
4.	Franquinet Ambre	04	LGN	LGN/011027/04	<b>4:25.56</b>	696
	50m: 29.75	150m: 1:36.20	250m: 2:43.87	350m: 3:52.08		
	100m: 1:02.59	200m: 2:10.07	300m: 3:17.94	400m: 4:25.56		
5.	Ravelingien Lana	03	BRABO	BRABO/20066/03	<b>4:25.99</b>	692
	50m: 30.31	150m: 1:37.46	250m: 2:45.48	350m: 3:53.33		
	100m: 1:03.46	200m: 2:11.48	300m: 3:19.38	400m: 4:25.99		
6.	Kalmthout van Yara	02	TEAMNL	200200984	<b>4:27.05</b>	684
	50m: 30.40	150m: 1:37.34	250m: 2:44.96	350m: 3:53.23		
	100m: 1:03.52	200m: 2:11.41	300m: 3:18.99	400m: 4:27.05		
7.	Vermeylen Jolien	94	KAZS	KAZS/21113/94	<b>4:34.35</b>	631
	50m: 31.55	150m: 1:40.23	250m: 2:49.62	350m: 4:00.25		
	100m: 1:05.46	200m: 2:14.70	300m: 3:25.04	400m: 4:34.35		
8.	Ouden van den Nikita	99	PSV	199900622	<b>4:36.74</b>	615
	50m: 30.27	150m: 1:39.66	250m: 2:51.15	350m: 4:02.10		
	100m: 1:04.38	200m: 2:15.55	300m: 3:26.84	400m: 4:36.74		
9.	Bechtel Theresa	01	BOCHUM	292144	<b>4:39.31</b>	598
	50m: 31.77	150m: 1:41.88	250m: 2:52.99	350m: 4:05.28		
	100m: 1:06.47	200m: 2:17.34	300m: 3:29.25	400m: 4:39.31		
10.	Loones Thuline	00	MEGA	MEGA/21050/00	<b>4:41.81</b>	582
	50m: 32.15	150m: 1:42.66	250m: 2:54.79	350m: 4:07.36		
	100m: 1:06.84	200m: 2:18.48	300m: 3:30.93	400m: 4:41.81		
11.	Cavadini Caroline	90	CNBA	CNBA/000127/90	<b>4:42.14</b>	580
	50m: 31.99	150m: 1:41.77	250m: 2:54.19	350m: 4:06.97		
	100m: 1:06.54	200m: 2:17.71	300m: 3:30.53	400m: 4:42.14		

Programmanr. 33, Dames, 400m vrije slag, 19 jaar en ouder

Rang	Geb.						Tijd	Pnt
12.	Applegate Jessica-Jane	96	Co Norwich Swimming Club	413408			<b>4:45.24</b>	561
	50m: 31.40	150m: 1:42.32	250m: 2:55.28	350m: 4:09.96				
	100m: 1:06.36	200m: 2:18.81	300m: 3:32.74	400m: 4:45.24				
13.	Broux Elise	05	Gzvn	GZVN/21015/05			<b>4:47.51</b>	548
	50m: 30.70	150m: 1:41.65	250m: 2:54.96	350m: 4:10.04				
	100m: 1:05.52	200m: 2:18.41	300m: 3:32.63	400m: 4:47.51				
14.	Theuwis Rune	02	DMB	DMB/21174/02			<b>4:50.43</b>	532
	50m: 32.10	150m: 1:44.12	250m: 2:59.09	350m: 4:14.04				
	100m: 1:07.47	200m: 2:21.76	300m: 3:36.67	400m: 4:50.43				
dis	Goovaerts Ellen	05	Stw	STW/21165/05				
	<i>SW 4.4 - valse start</i>							
FF	Jansen van Galen Kim	02	PSV	200201594				