

Programmanr. 1  
 7/02/2025 - 9:00

Dames, 400m vrije slag

 open leeftijdsgroep  
 Resultaten

Belgian Record	4:06.27	DUMONT, Valentine	BEL	Rome (ITA)	25/06/2023
Flemish Record	4:13.57	GORIS, Lotte	BRABO	Hodzemovasarahely (HUN)	7/07/2016

EJK 2025 14 - 17: 4:20.60; 18: 4:18.02 / EYOF 2025 14 - 15: 4:23.60 / WK 2025 : 4:10.23

Punten: AQUA 2024

Rang	Geb.		Tijd		Pnt
<b>15 - 16 jaar</b>					
1.	VANDERLINDEN, Siri	09 BEL LAQUA	LAQUA/21540/09	<b>4:18.86</b>	751
	50m: 30.11 30.11	150m: 1:36.45 33.27	250m: 2:42.10 32.31	350m: 3:47.72 32.63	
	100m: 1:03.18 33.07	200m: 2:09.79 33.34	300m: 3:15.09 32.99	400m: 4:18.86 31.14	
2.	ADELMANN, Clara Cenxi	10 BEL LAQUA	LAQUA/21382/10	<b>4:36.33</b>	618
	50m: 31.53 31.53	150m: 1:41.90 35.50	250m: 2:52.53 35.29	350m: 4:02.47 34.83	
	100m: 1:06.40 34.87	200m: 2:17.24 35.34	300m: 3:27.64 35.11	400m: 4:36.33 33.86	
3.	VERVLOET, Zoé	10 BEL Gzvn	GZVN/21228/10	<b>4:36.54</b>	616
	50m: 30.44 30.44	150m: 1:39.15 34.90	250m: 2:50.10 35.75	350m: 4:01.64 36.10	
	100m: 1:04.25 33.81	200m: 2:14.35 35.20	300m: 3:25.54 35.44	400m: 4:36.54 34.90	
4.	MERTENS, Helena	09 BEL SHARK	SHARK/21146/09	<b>4:38.58</b>	603
	50m: 31.60 31.60	150m: 1:40.80 35.45	250m: 2:52.66 36.11	350m: 4:04.37 35.93	
	100m: 1:05.35 33.75	200m: 2:16.55 35.75	300m: 3:28.44 35.78	400m: 4:38.58 34.21	
5.	D'HAESELEER, Fran	10 BEL DMI	DMI/21063/10	<b>4:39.22</b>	599
	50m: 30.97 30.97	150m: 1:41.24 35.74	250m: 2:53.22 36.06	350m: 4:05.45 36.03	
	100m: 1:05.50 34.53	200m: 2:17.16 35.92	300m: 3:29.42 36.20	400m: 4:39.22 33.77	
6.	CLAEYS, Ditte	10 BEL DMI	DMI/21071/10	<b>4:44.52</b>	566
	50m: 31.97 31.97	150m: 1:43.19 36.39	250m: 2:55.91 36.72	350m: 4:08.84 36.65	
	100m: 1:06.80 34.83	200m: 2:19.19 36.00	300m: 3:32.19 36.28	400m: 4:44.52 35.68	
7.	ZANGARI, Aurora	09 BEL Gzvn	GZVN/21195/09	<b>4:45.55</b>	560
	50m: 31.53 31.53	150m: 1:43.05 36.49	250m: 2:56.93 36.86	350m: 4:10.04 36.64	
	100m: 1:06.56 35.03	200m: 2:20.07 37.02	300m: 3:33.40 36.47	400m: 4:45.55 35.51	
8.	MACHALE, Julia	09 IRL CNSW	CNSW/010030/09	<b>4:45.83</b>	558
	50m: 31.93 31.93	150m: 1:42.47 35.88	250m: 2:56.36 36.85	350m: 4:10.19 36.84	
	100m: 1:06.59 34.66	200m: 2:19.51 37.04	300m: 3:33.35 36.99	400m: 4:45.83 35.64	
9.	DESMET, Lieze	10 BEL Tzt	TZT/21077/10	<b>4:46.86</b>	552
	50m: 32.84 32.84	150m: 1:43.74 35.92	250m: 2:56.61 36.82	350m: 4:10.75 37.24	
	100m: 1:07.82 34.98	200m: 2:19.79 36.05	300m: 3:33.51 36.90	400m: 4:46.86 36.11	
10.	GUISSET, Jelle	10 BEL AST	AST/21057/10	<b>4:47.50</b>	548
	50m: 32.16 32.16	150m: 1:45.99 37.13	250m: 2:59.89 36.91	350m: 4:12.45 35.51	
	100m: 1:08.86 36.70	200m: 2:22.98 36.99	300m: 3:36.94 37.05	400m: 4:47.50 35.05	
11.	DELPORTE, Lotte	09 BEL Stw	STW/21156/09	<b>4:49.02</b>	540
	50m: 33.81 33.81	150m: 1:46.76 36.52	250m: 3:00.90 37.15	350m: 4:14.39 36.84	
	100m: 1:10.24 36.43	200m: 2:23.75 36.99	300m: 3:37.55 36.65	400m: 4:49.02 34.63	
12.	MEYER, Thyrv	09 BEL KAZS	KAZS/21181/09	<b>4:49.05</b>	539
	50m: 33.39 33.39	150m: 1:47.97 37.54	250m: 3:02.07 36.60	350m: 4:14.40 35.23	
	100m: 1:10.43 37.04	200m: 2:25.47 37.50	300m: 3:39.17 37.10	400m: 4:49.05 34.65	
13.	LEONARD, Leni	10 LUX SHARKS	9965	<b>4:49.75</b>	536
	50m: 32.08 32.08	150m: 1:44.91 36.67	250m: 2:59.86 37.58	350m: 4:14.14 36.88	
	100m: 1:08.24 36.16	200m: 2:22.28 37.37	300m: 3:37.26 37.40	400m: 4:49.75 35.61	
14.	DE MULDER, Chloë	10 BEL Sta	STA/21049/10	<b>4:49.76</b>	536
	50m: 33.30 33.30	150m: 1:46.12 36.79	250m: 2:59.96 37.49	350m: 4:14.30 37.34	
	100m: 1:09.33 36.03	200m: 2:22.47 36.35	300m: 3:36.96 37.00	400m: 4:49.76 35.46	
15.	TEMMERMAN, Elynne	10 BEL BRABO	BRABO/21394/10	<b>4:50.04</b>	534
	50m: 31.16 31.16	150m: 1:42.87 36.66	250m: 2:57.56 37.16	350m: 4:13.46 37.67	
	100m: 1:06.21 35.05	200m: 2:20.40 37.53	300m: 3:35.79 38.23	400m: 4:50.04 36.58	

## Programmanr. 1, Meisjes, 400m vrije slag, 15 - 16 jaar

Rang	Geb.				Tijd				Pnt			
16.	VAN DEN BREMT, Sarah	10	BEL	AZL	AZL/21085/10				<b>4:50.23</b>	533		
	50m:	32.57	32.57	150m:	1:45.49	36.89	250m:	3:00.00	37.25	350m:	4:14.66	36.91
	100m:	1:08.60	36.03	200m:	2:22.75	37.26	300m:	3:37.75	37.75	400m:	4:50.23	35.57
17.	DE BACKER, Birgit	09	BEL	ZIOS	ZIOS/21066/09				<b>4:50.68</b>	530		
	50m:	32.75	32.75	150m:	1:45.56	36.59	250m:	3:00.69	37.42	350m:	4:15.56	37.25
	100m:	1:08.97	36.22	200m:	2:23.27	37.71	300m:	3:38.31	37.62	400m:	4:50.68	35.12
18.	DE DECKER, Febe	10	BEL	MEGA	MEGA/21363/10				<b>4:51.07</b>	528		
	50m:	31.49	31.49	150m:	1:42.28	35.96	250m:	2:56.98	37.51	350m:	4:13.12	38.02
	100m:	1:06.32	34.83	200m:	2:19.47	37.19	300m:	3:35.10	38.12	400m:	4:51.07	37.95
19.	BUUNK, Djelaysa	09	NED	OC-Eind	200900536				<b>4:51.70</b>	525		
	50m:	32.60	32.60	150m:	1:46.25	37.21	250m:	3:00.84	37.36	350m:	4:15.43	37.23
	100m:	1:09.04	36.44	200m:	2:23.48	37.23	300m:	3:38.20	37.36	400m:	4:51.70	36.27
20.	BOHMER, Janne	10	BEL	ZCT	ZCT/21108/10				<b>4:52.44</b>	521		
	50m:	33.74	33.74	150m:	1:47.48	37.13	250m:	3:02.56	37.65	350m:	4:16.51	36.92
	100m:	1:10.35	36.61	200m:	2:24.91	37.43	300m:	3:39.59	37.03	400m:	4:52.44	35.93
21.	LAMBRECHTS, Noa	09	BEL	DBT	DBT/21136/09				<b>4:52.91</b>	518		
	50m:	32.86	32.86	150m:	1:46.14	36.92	250m:	3:01.34	37.61	350m:	4:16.98	37.77
	100m:	1:09.22	36.36	200m:	2:23.73	37.59	300m:	3:39.21	37.87	400m:	4:52.91	35.93
22.	HANNOTEAU, Isalyne	09	BEL	CCM	CCM/012064/09				<b>4:53.42</b>	516		
	50m:	32.71	32.71	150m:	1:44.01	35.11	250m:	2:57.61	37.25	350m:	4:16.17	39.62
	100m:	1:08.90	36.19	200m:	2:20.36	36.35	300m:	3:36.55	38.94	400m:	4:53.42	37.25
23.	VANHEES, Ella	09	BEL	DBT	DBT/21090/09				<b>4:53.87</b>	513		
	50m:	32.86	32.86	150m:	1:46.32	37.17	250m:	3:02.15	38.16	350m:	4:17.46	37.55
	100m:	1:09.15	36.29	200m:	2:23.99	37.67	300m:	3:39.91	37.76	400m:	4:53.87	36.41
24.	BOVEN, Axelle	10	BEL	SHARK	SHARK/21179/10				<b>4:54.87</b>	508		
	50m:	33.37	33.37	150m:	1:47.53	37.62	250m:	3:04.11	38.37	350m:	4:19.77	37.01
	100m:	1:09.91	36.54	200m:	2:25.74	38.21	300m:	3:42.76	38.65	400m:	4:54.87	35.10
25.	TALBOOM, Lies	09	BEL	BRABO	BRABO/21298/09				<b>4:54.94</b>	508		
	50m:	31.89	31.89	150m:	1:44.14	36.92	250m:	3:00.07	38.30	350m:	4:17.41	38.85
	100m:	1:07.22	35.33	200m:	2:21.77	37.63	300m:	3:38.56	38.49	400m:	4:54.94	37.53
26.	JACOBS, Lotte	09	BEL	ZVL	ZVL/21061/09				<b>4:56.00</b>	502		
	50m:	34.36	34.36	150m:	1:51.11	38.64	250m:	3:06.33	37.83	350m:	4:21.23	36.79
	100m:	1:12.47	38.11	200m:	2:28.50	37.39	300m:	3:44.44	38.11	400m:	4:56.00	34.77
27.	DE RUIJTER, Elise	10	BEL	MEGA	MEGA/21415/10				<b>4:56.19</b>	501		
	50m:	32.84	32.84	150m:	1:48.39	38.09	250m:	3:04.83	38.18	350m:	4:19.88	37.08
	100m:	1:10.30	37.46	200m:	2:26.65	38.26	300m:	3:42.80	37.97	400m:	4:56.19	36.31
28.	VELDHUIS, Victoria	09	BEL	ZCT	ZCT/21096/09				<b>4:56.81</b>	498		
	50m:	33.16	33.16	150m:	1:47.75	37.62	250m:	3:03.58	37.52	350m:	4:20.04	38.16
	100m:	1:10.13	36.97	200m:	2:26.06	38.31	300m:	3:41.88	38.30	400m:	4:56.81	36.77
29.	QUARTIER, Philine	09	BEL	Iswim	ISWIM/21094/09				<b>4:57.69</b>	494		
	50m:	32.84	32.84	150m:	1:46.90	37.69	250m:	3:03.85	38.53	350m:	4:21.27	38.52
	100m:	1:09.21	36.37	200m:	2:25.32	38.42	300m:	3:42.75	38.90	400m:	4:57.69	36.42
30.	RENDERS, Charlotte	09	BEL	TSZ	TSZ/21051/09				<b>4:57.98</b>	492		
	50m:	32.11	32.11	150m:	1:45.99	37.31	250m:	3:02.10	38.37	350m:	4:19.44	39.15
	100m:	1:08.68	36.57	200m:	2:23.73	37.74	300m:	3:40.29	38.19	400m:	4:57.98	38.54
31.	DECONYNCK, Sterre	09	BEL	Trust	TRUST/21166/09				<b>4:58.28</b>	491		
	50m:	33.72	33.72	150m:	1:48.03	37.66	250m:	3:03.89	37.93	350m:	4:21.00	38.60
	100m:	1:10.37	36.65	200m:	2:25.96	37.93	300m:	3:42.40	38.51	400m:	4:58.28	37.28
32.	KLAYKENS, Chloé	10	BEL	Hzs	HZZ/21211/10				<b>4:58.59</b>	489		
	50m:	33.22	33.22	150m:	1:48.08	37.96	250m:	3:05.57	38.70	350m:	4:22.24	37.92
	100m:	1:10.12	36.90	200m:	2:26.87	38.79	300m:	3:44.32	38.75	400m:	4:58.59	36.35

## Programmanr. 1, Meisjes, 400m vrije slag, 15 - 16 jaar

Rang	Geb.				Tijd				Pnt	
33.	GENBRUGGE, Éléa	10	BEL	BRABO	BRABO/21297/10				<b>4:59.23</b>	486
	50m: 32.94	32.94	150m: 1:49.36	38.46	250m: 3:05.79	38.47	350m: 4:22.58	38.72		
	100m: 1:10.90	37.96	200m: 2:27.32	37.96	300m: 3:43.86	38.07	400m: 4:59.23	36.65		
34.	HUENS, Noor	09	BEL	MEGA	MEGA/21252/09				<b>4:59.38</b>	486
	50m: 33.08	33.08	150m: 1:47.06	37.82	250m: 3:03.94	38.74	350m: 4:21.45	39.28		
	100m: 1:09.24	36.16	200m: 2:25.20	38.14	300m: 3:42.17	38.23	400m: 4:59.38	37.93		
35.	DE WOLF, Tine	09	BEL	AST	AST/21058/09				<b>4:59.49</b>	485
	50m: 34.26	34.26	150m: 1:49.50	37.79	250m: 3:05.57	38.07	350m: 4:22.35	38.38		
	100m: 1:11.71	37.45	200m: 2:27.50	38.00	300m: 3:43.97	38.40	400m: 4:59.49	37.14		
36.	THEUWIS, Mira	09	BEL	DMB	DMB/21176/09				<b>5:00.06</b>	482
	50m: 33.91	33.91	150m: 1:51.85	39.52	250m: 3:09.22	38.15	350m: 4:25.52	37.76		
	100m: 1:12.33	38.42	200m: 2:31.07	39.22	300m: 3:47.76	38.54	400m: 5:00.06	34.54		
37.	JACOBS, Filippa	09	BEL	Gzvn	GZVN/21278/09				<b>5:00.81</b>	479
	50m: 33.21	33.21	150m: 1:45.91	37.07	250m: 3:02.74	38.74	350m: 4:21.72	39.78		
	100m: 1:08.84	35.63	200m: 2:24.00	38.09	300m: 3:41.94	39.20	400m: 5:00.81	39.09		
38.	SCHELLEMANS, Charlott	10	BEL	ZVL	ZVL/21082/10				<b>5:01.23</b>	477
	50m: 35.10	35.10	150m: 1:51.51	38.37	250m: 3:07.60	38.72	350m: 4:24.68	39.17		
	100m: 1:13.14	38.04	200m: 2:28.88	37.37	300m: 3:45.51	37.91	400m: 5:01.23	36.55		
39.	SCHELFAUT, Nell	10	BEL	TSZ	TSZ/21056/10				<b>5:03.01</b>	468
	50m: 34.06	34.06	150m: 1:51.34	39.12	250m: 3:08.95	38.27	350m: 4:26.10	38.11		
	100m: 1:12.22	38.16	200m: 2:30.68	39.34	300m: 3:47.99	39.04	400m: 5:03.01	36.91		
40.	ANDRIES, Febe	09	BEL	BZK	BZK/21384/09				<b>5:03.80</b>	465
	50m: 32.12	32.12	150m: 1:47.44	38.57	250m: 3:05.19	38.79	350m: 4:24.48	39.89		
	100m: 1:08.87	36.75	200m: 2:26.40	38.96	300m: 3:44.59	39.40	400m: 5:03.80	39.32		
41.	THIJS, Maaike	10	BEL	ZCT	ZCT/21132/10				<b>5:04.75</b>	460
	50m: 35.70	35.70	150m: 1:52.21	39.07	250m: 3:10.02	39.19	350m: 4:28.41	39.48		
	100m: 1:13.14	37.44	200m: 2:30.83	38.62	300m: 3:48.93	38.91	400m: 5:04.75	36.34		
42.	JANSSENS, Elisabeth	10	BEL	SHARK	SHARK/21193/10				<b>5:04.99</b>	459
	50m: 34.05	34.05	150m: 1:50.96	39.27	250m: 3:09.77	39.99	350m: 4:29.26	39.85		
	100m: 1:11.69	37.64	200m: 2:29.78	38.82	300m: 3:49.41	39.64	400m: 5:04.99	35.73		
43.	VERSPECHT, Lizanne	09	BEL	ZCK	ZCK/22096/09				<b>5:08.41</b>	444
	50m: 33.53	33.53	150m: 1:50.41	39.55	250m: 3:09.07	39.63	350m: 4:29.93	40.38		
	100m: 1:10.86	37.33	200m: 2:29.44	39.03	300m: 3:49.55	40.48	400m: 5:08.41	38.48		
44.	STOKMANS, Emma	10	NED	LWB	LWB/21068/10				<b>5:09.27</b>	440
	50m: 33.47	33.47	150m: 1:50.73	39.17	250m: 3:10.92	39.96	350m: 4:31.85	40.03		
	100m: 1:11.56	38.09	200m: 2:30.96	40.23	300m: 3:51.82	40.90	400m: 5:09.27	37.42		
45.	VAN CAUWENBERGE, C	10	BEL	Rosc	ROSC/21278/10				<b>5:11.48</b>	431
	50m: 33.78	33.78	150m: 1:49.74	38.70	250m: 3:08.12	39.36	350m: 4:31.16	41.58		
	100m: 1:11.04	37.26	200m: 2:28.76	39.02	300m: 3:49.58	41.46	400m: 5:11.48	40.32		
46.	MAES, Helene	10	BEL	Pzc	PZC/21074/10				<b>5:12.50</b>	427
	50m: 33.68	33.68	150m: 1:51.57	39.79	250m: 3:12.29	40.62	350m: 4:34.28	41.07		
	100m: 1:11.78	38.10	200m: 2:31.67	40.10	300m: 3:53.21	40.92	400m: 5:12.50	38.22		
47.	WAELOPT, Elodie	10	BEL	TSZ	TSZ/21075/10				<b>5:14.08</b>	420
	50m: 34.34	34.34	150m: 1:51.28	39.69	250m: 3:12.57	41.29	350m: 4:34.77	41.27		
	100m: 1:11.59	37.25	200m: 2:31.28	40.00	300m: 3:53.50	40.93	400m: 5:14.08	39.31		
48.	WACHTELAER, Charlot	10	BEL	AST	AST/21051/10				<b>5:16.53</b>	411
	50m: 33.06	33.06	150m: 1:51.04	40.34	250m: 3:12.44	41.03	350m: 4:36.77	42.46		
	100m: 1:10.70	37.64	200m: 2:31.41	40.37	300m: 3:54.31	41.87	400m: 5:16.53	39.76		

## Programmanr. 1, Dames, 400m vrije slag

17 - 18 jaar

1.	HOLLEBOSCH, Noa	07	BEL	MEGA	MEGA/21148/07	<b>4:27.43</b>	681	
	50m: 30.33	30.33	150m: 1:37.22	33.54	250m: 2:44.91	33.62	350m: 3:53.45	34.33
	100m: 1:03.68	33.35	200m: 2:11.29	34.07	300m: 3:19.12	34.21	400m: 4:27.43	33.98
2.	MICHIELS, Nore	08	BEL	TSZ	TSZ/21026/08	<b>4:34.26</b>	632	
	50m: 30.25	30.25	150m: 1:37.73	34.29	250m: 2:48.12	35.54	350m: 3:59.66	35.88
	100m: 1:03.44	33.19	200m: 2:12.58	34.85	300m: 3:23.78	35.66	400m: 4:34.26	34.60
3.	DESPEGHEL, Laurann	07	BEL	BZK	BZK/21144/07	<b>4:37.89</b>	607	
	50m: 31.63	31.63	150m: 1:41.83	35.49	250m: 2:52.16	35.33	350m: 4:03.79	35.91
	100m: 1:06.34	34.71	200m: 2:16.83	35.00	300m: 3:27.88	35.72	400m: 4:37.89	34.10
4.	VINCK, Tine	08	BEL	MEGA	MEGA/41315/08	<b>4:38.97</b>	600	
	50m: 32.04	32.04	150m: 1:42.28	35.44	250m: 2:53.26	35.65	350m: 4:04.96	35.95
	100m: 1:06.84	34.80	200m: 2:17.61	35.33	300m: 3:29.01	35.75	400m: 4:38.97	34.01
5.	D'HOOGHE, Elina	08	BEL	MEGA	MEGA/21338/08	<b>4:39.72</b>	595	
	50m: 31.20	31.20	150m: 1:40.71	35.19	250m: 2:52.16	35.74	350m: 4:04.81	36.28
	100m: 1:05.52	34.32	200m: 2:16.42	35.71	300m: 3:28.53	36.37	400m: 4:39.72	34.91
6.	LAMMENS, Louise	08	BEL	Tzt	TZT/21069/08	<b>4:41.00</b>	587	
	50m: 32.06	32.06	150m: 1:42.14	35.48	250m: 2:54.38	36.11	350m: 4:06.87	36.05
	100m: 1:06.66	34.60	200m: 2:18.27	36.13	300m: 3:30.82	36.44	400m: 4:41.00	34.13
7.	KONINGS, Ylva	07	BEL	Hzs	HZS/21325/07	<b>4:41.51</b>	584	
	50m: 32.67	32.67	150m: 1:44.46	36.03	250m: 2:56.30	35.72	350m: 4:07.78	35.70
	100m: 1:08.43	35.76	200m: 2:20.58	36.12	300m: 3:32.08	35.78	400m: 4:41.51	33.73
8.	CORNELISSEN, Anais	07	BEL	BRABO	BRABO/21165/07	<b>4:42.12</b>	580	
	50m: 30.54	30.54	150m: 1:39.34	35.27	250m: 2:52.18	36.77	350m: 4:05.81	36.67
	100m: 1:04.07	33.53	200m: 2:15.41	36.07	300m: 3:29.14	36.96	400m: 4:42.12	36.31
9.	VAN GYSEL, Maite	08	BEL	MEGA	MEGA/21373/08	<b>4:46.47</b>	554	
	50m: 31.26	31.26	150m: 1:41.85	35.88	250m: 2:55.45	36.87	350m: 4:10.26	37.24
	100m: 1:05.97	34.71	200m: 2:18.58	36.73	300m: 3:33.02	37.57	400m: 4:46.47	36.21
10.	DESMET, Fien	08	BEL	Tzt	TZT/21062/08	<b>4:49.42</b>	537	
	50m: 33.16	33.16	150m: 1:45.73	36.89	250m: 2:59.37	37.11	350m: 4:13.52	37.32
	100m: 1:08.84	35.68	200m: 2:22.26	36.53	300m: 3:36.20	36.83	400m: 4:49.42	35.90
11.	WEYTJENS, Amber	08	BEL	DMB	DMB/21071/08	<b>4:49.61</b>	536	
	50m: 32.00	32.00	150m: 1:44.68	37.21	250m: 2:59.97	38.10	350m: 4:14.35	36.84
	100m: 1:07.47	35.47	200m: 2:21.87	37.19	300m: 3:37.51	37.54	400m: 4:49.61	35.26
12.	OP DE BEECK, Elly	07	BEL	BRABO	BRABO/21209/07	<b>4:51.35</b>	527	
	50m: 31.69	31.69	150m: 1:43.00	36.56	250m: 2:56.78	37.21	350m: 4:13.60	38.18
	100m: 1:06.44	34.75	200m: 2:19.57	36.57	300m: 3:35.42	38.64	400m: 4:51.35	37.75
13.	MIGOM, Lobke	08	BEL	Zb	ZB/21075/08	<b>4:51.93</b>	524	
	50m: 32.35	32.35	150m: 1:45.92	37.65	250m: 3:01.13	37.55	350m: 4:15.85	37.16
	100m: 1:08.27	35.92	200m: 2:23.58	37.66	300m: 3:38.69	37.56	400m: 4:51.93	36.08
14.	VANDERBRUGGEN, Luc	07	BEL	KAZS	KAZS/21222/07	<b>4:53.11</b>	517	
	50m: 33.26	33.26	150m: 1:46.80	37.21	250m: 3:01.54	37.33	350m: 4:16.61	37.42
	100m: 1:09.59	36.33	200m: 2:24.21	37.41	300m: 3:39.19	37.65	400m: 4:53.11	36.50
15.	KLAYKENS, Amber	07	BEL	Hzs	HZS/21155/07	<b>4:55.06</b>	507	
	50m: 32.57	32.57	150m: 1:46.27	37.71	250m: 3:02.01	37.88	350m: 4:18.60	38.34
	100m: 1:08.56	35.99	200m: 2:24.13	37.86	300m: 3:40.26	38.25	400m: 4:55.06	36.46
16.	PAIROUX, Eloise	08	BEL	PERRON	PERRON/008998/08	<b>4:55.45</b>	505	
	50m: 34.43	34.43	150m: 1:49.58	37.82	250m: 3:04.78	37.45	350m: 4:19.46	36.89
	100m: 1:11.76	37.33	200m: 2:27.33	37.75	300m: 3:42.57	37.79	400m: 4:55.45	35.99
17.	CHICHKOVA, Lili	08	BEL	Fast	FAST/21011/08	<b>4:55.91</b>	503	
	50m: 32.70	32.70	150m: 1:45.30	37.20	250m: 3:01.26	37.93	350m: 4:17.84	38.49
	100m: 1:08.10	35.40	200m: 2:23.33	38.03	300m: 3:39.35	38.09	400m: 4:55.91	38.07

## Programmanr. 1, Meisjes, 400m vrije slag, 17 - 18 jaar

Rang	Geb.				Tijd				Pnt			
18.	VANDERBEKE, Hasse	08	BEL	AST	AST/21052/08				<b>4:55.94</b>	503		
	50m:	33.17	33.17	150m:	1:47.19	37.81	250m:	3:03.99	38.70	350m:	4:20.12	37.76
	100m:	1:09.38	36.21	200m:	2:25.29	38.10	300m:	3:42.36	38.37	400m:	4:55.94	35.82
19.	PAVEL, Anna	07	USA	LAQUA	LAQUA/21525/07				<b>4:57.64</b>	494		
	50m:	34.70	34.70	150m:	1:50.86	38.39	250m:	3:06.91	37.44	350m:	4:21.59	37.03
	100m:	1:12.47	37.77	200m:	2:29.47	38.61	300m:	3:44.56	37.65	400m:	4:57.64	36.05
20.	CEULEMANS, Hanne	08	BEL	AZK	AZK/21038/08				<b>4:59.51</b>	485		
	50m:	32.55	32.55	150m:	1:46.59	37.32	250m:	3:03.00	38.16	350m:	4:20.42	38.48
	100m:	1:09.27	36.72	200m:	2:24.84	38.25	300m:	3:41.94	38.94	400m:	4:59.51	39.09
21.	DE BECKER, Loren	07	BEL	ZS	ZS/21043/07				<b>5:01.40</b>	476		
	50m:	33.81	33.81	150m:	1:48.84	38.16	250m:	3:05.44	38.42	350m:	4:23.18	38.91
	100m:	1:10.68	36.87	200m:	2:27.02	38.18	300m:	3:44.27	38.83	400m:	5:01.40	38.22
22.	VAN HOOFF, Floor	08	BEL	LAQUA	LAQUA/21254/08				<b>5:02.72</b>	470		
	50m:	33.57	33.57	150m:	1:49.11	38.49	250m:	3:07.43	39.46	350m:	4:25.69	39.00
	100m:	1:10.62	37.05	200m:	2:27.97	38.86	300m:	3:46.69	39.26	400m:	5:02.72	37.03
23.	DE BAERDEMAEKER, P	08	BEL	LAQUA	LAQUA/21299/08				<b>5:10.44</b>	435		
	50m:	34.74	34.74	150m:	1:51.79	38.94	250m:	3:10.62	39.46	350m:	4:30.92	40.40
	100m:	1:12.85	38.11	200m:	2:31.16	39.37	300m:	3:50.52	39.90	400m:	5:10.44	39.52

## 19 jaar en ouder

1.	GODDEN, Maria	02	IRL	SWIM IRL					<b>4:24.34</b>	706		
	50m:	30.35	30.35	150m:	1:36.78	33.47	250m:	2:44.17	33.79	350m:	3:51.35	33.57
	100m:	1:03.31	32.96	200m:	2:10.38	33.60	300m:	3:17.78	33.61	400m:	4:24.34	32.99
2.	JOMINET, Lou	05	LUX	SHARKS	7206				<b>4:26.83</b>	686		
	50m:	30.63	30.63	150m:	1:37.66	33.96	250m:	2:45.76	34.15	350m:	3:54.10	33.96
	100m:	1:03.70	33.07	200m:	2:11.61	33.95	300m:	3:20.14	34.38	400m:	4:26.83	32.73
3.	RAVELINGIEN, Lana	03	BEL	BRABO	BRABO/20066/03				<b>4:28.25</b>	675		
	50m:	30.37	30.37	150m:	1:37.29	33.54	250m:	2:44.76	33.80	350m:	3:54.02	34.89
	100m:	1:03.75	33.38	200m:	2:10.96	33.67	300m:	3:19.13	34.37	400m:	4:28.25	34.23
4.	GRIES, Laure	04	BEL	CNSW	CNSW/008568/04				<b>4:34.64</b>	629		
	50m:	31.25	31.25	150m:	1:40.05	34.77	250m:	2:49.95	35.12	350m:	4:00.24	35.32
	100m:	1:05.28	34.03	200m:	2:14.83	34.78	300m:	3:24.92	34.97	400m:	4:34.64	34.40
5.	BROUX, Elise	05	BEL	Gzvn	GZVN/21015/05				<b>4:42.79</b>	576		
	50m:	32.13	32.13	150m:	1:43.49	36.01	250m:	2:55.56	35.90	350m:	4:07.88	36.06
	100m:	1:07.48	35.35	200m:	2:19.66	36.17	300m:	3:31.82	36.26	400m:	4:42.79	34.91
6.	THEUWIS, Rune	02	BEL	DMB	DMB/21174/02				<b>4:53.34</b>	516		
	50m:	32.57	32.57	150m:	1:45.98	37.26	250m:	3:01.19	37.63	350m:	4:16.78	37.60
	100m:	1:08.72	36.15	200m:	2:23.56	37.58	300m:	3:39.18	37.99	400m:	4:53.34	36.56

## open leeftijdsgroep

1.	VANDERLINDEN, Siri	09	BEL	LAQUA	LAQUA/21540/09				<b>4:18.86</b>	751		
	50m:	30.11	30.11	150m:	1:36.45	33.27	250m:	2:42.10	32.31	350m:	3:47.72	32.63
	100m:	1:03.18	33.07	200m:	2:09.79	33.34	300m:	3:15.09	32.99	400m:	4:18.86	31.14
2.	GODDEN, Maria	02	IRL	SWIM IRL					<b>4:24.34</b>	706		
	50m:	30.35	30.35	150m:	1:36.78	33.47	250m:	2:44.17	33.79	350m:	3:51.35	33.57
	100m:	1:03.31	32.96	200m:	2:10.38	33.60	300m:	3:17.78	33.61	400m:	4:24.34	32.99
3.	JOMINET, Lou	05	LUX	SHARKS	7206				<b>4:26.83</b>	686		
	50m:	30.63	30.63	150m:	1:37.66	33.96	250m:	2:45.76	34.15	350m:	3:54.10	33.96
	100m:	1:03.70	33.07	200m:	2:11.61	33.95	300m:	3:20.14	34.38	400m:	4:26.83	32.73

## Programmanr. 1, Dames, 400m vrije slag, open leeftijdsgroep

Rang	Geb.				Tijd				Pnt	
4.	HOLLEBOSCH, Noa	07	BEL	MEGA	MEGA/21148/07				<b>4:27.43</b>	681
	50m: 30.33	30.33	150m: 1:37.22	33.54	250m: 2:44.91	33.62	350m: 3:53.45	34.33		
	100m: 1:03.68	33.35	200m: 2:11.29	34.07	300m: 3:19.12	34.21	400m: 4:27.43	33.98		
5.	RAVELINGIEN, Lana	03	BEL	BRABO	BRABO/20066/03				<b>4:28.25</b>	675
	50m: 30.37	30.37	150m: 1:37.29	33.54	250m: 2:44.76	33.80	350m: 3:54.02	34.89		
	100m: 1:03.75	33.38	200m: 2:10.96	33.67	300m: 3:19.13	34.37	400m: 4:28.25	34.23		
6.	MICHIELS, Nore	08	BEL	TSZ	TSZ/21026/08				<b>4:34.26</b>	632
	50m: 30.25	30.25	150m: 1:37.73	34.29	250m: 2:48.12	35.54	350m: 3:59.66	35.88		
	100m: 1:03.44	33.19	200m: 2:12.58	34.85	300m: 3:23.78	35.66	400m: 4:34.26	34.60		
7.	GRIES, Laure	04	BEL	CNSW	CNSW/008568/04				<b>4:34.64</b>	629
	50m: 31.25	31.25	150m: 1:40.05	34.77	250m: 2:49.95	35.12	350m: 4:00.24	35.32		
	100m: 1:05.28	34.03	200m: 2:14.83	34.78	300m: 3:24.92	34.97	400m: 4:34.64	34.40		
8.	ADELMANN, Clara Cenxi	10	BEL	LAQUA	LAQUA/21382/10				<b>4:36.33</b>	618
	50m: 31.53	31.53	150m: 1:41.90	35.50	250m: 2:52.53	35.29	350m: 4:02.47	34.83		
	100m: 1:06.40	34.87	200m: 2:17.24	35.34	300m: 3:27.64	35.11	400m: 4:36.33	33.86		
9.	VERVLOET, Zoé	10	BEL	Gzvn	GZVN/21228/10				<b>4:36.54</b>	616
	50m: 30.44	30.44	150m: 1:39.15	34.90	250m: 2:50.10	35.75	350m: 4:01.64	36.10		
	100m: 1:04.25	33.81	200m: 2:14.35	35.20	300m: 3:25.54	35.44	400m: 4:36.54	34.90		
10.	DESPEGHEL, Laurann	07	BEL	BZK	BZK/21144/07				<b>4:37.89</b>	607
	50m: 31.63	31.63	150m: 1:41.83	35.49	250m: 2:52.16	35.33	350m: 4:03.79	35.91		
	100m: 1:06.34	34.71	200m: 2:16.83	35.00	300m: 3:27.88	35.72	400m: 4:37.89	34.10		
11.	MERTENS, Helena	09	BEL	SHARK	SHARK/21146/09				<b>4:38.58</b>	603
	50m: 31.60	31.60	150m: 1:40.80	35.45	250m: 2:52.66	36.11	350m: 4:04.37	35.93		
	100m: 1:05.35	33.75	200m: 2:16.55	35.75	300m: 3:28.44	35.78	400m: 4:38.58	34.21		
12.	VINCK, Tine	08	BEL	MEGA	MEGA/41315/08				<b>4:38.97</b>	600
	50m: 32.04	32.04	150m: 1:42.28	35.44	250m: 2:53.26	35.65	350m: 4:04.96	35.95		
	100m: 1:06.84	34.80	200m: 2:17.61	35.33	300m: 3:29.01	35.75	400m: 4:38.97	34.01		
13.	D'HAESELEER, Fran	10	BEL	DMI	DMI/21063/10				<b>4:39.22</b>	599
	50m: 30.97	30.97	150m: 1:41.24	35.74	250m: 2:53.22	36.06	350m: 4:05.45	36.03		
	100m: 1:05.50	34.53	200m: 2:17.16	35.92	300m: 3:29.42	36.20	400m: 4:39.22	33.77		
14.	D'HOOGHE, Elina	08	BEL	MEGA	MEGA/21338/08				<b>4:39.72</b>	595
	50m: 31.20	31.20	150m: 1:40.71	35.19	250m: 2:52.16	35.74	350m: 4:04.81	36.28		
	100m: 1:05.52	34.32	200m: 2:16.42	35.71	300m: 3:28.53	36.37	400m: 4:39.72	34.91		
15.	LAMMENS, Louise	08	BEL	Tzt	Tzt/21069/08				<b>4:41.00</b>	587
	50m: 32.06	32.06	150m: 1:42.14	35.48	250m: 2:54.38	36.11	350m: 4:06.87	36.05		
	100m: 1:06.66	34.60	200m: 2:18.27	36.13	300m: 3:30.82	36.44	400m: 4:41.00	34.13		
16.	KONINGS, Ylva	07	BEL	Hzs	Hzs/21325/07				<b>4:41.51</b>	584
	50m: 32.67	32.67	150m: 1:44.46	36.03	250m: 2:56.30	35.72	350m: 4:07.78	35.70		
	100m: 1:08.43	35.76	200m: 2:20.58	36.12	300m: 3:32.08	35.78	400m: 4:41.51	33.73		
17.	CORNELISSEN, Anais	07	BEL	BRABO	BRABO/21165/07				<b>4:42.12</b>	580
	50m: 30.54	30.54	150m: 1:39.34	35.27	250m: 2:52.18	36.77	350m: 4:05.81	36.67		
	100m: 1:04.07	33.53	200m: 2:15.41	36.07	300m: 3:29.14	36.96	400m: 4:42.12	36.31		
18.	BROUX, Elise	05	BEL	Gzvn	GZVN/21015/05				<b>4:42.79</b>	576
	50m: 32.13	32.13	150m: 1:43.49	36.01	250m: 2:55.56	35.90	350m: 4:07.88	36.06		
	100m: 1:07.48	35.35	200m: 2:19.66	36.17	300m: 3:31.82	36.26	400m: 4:42.79	34.91		
19.	CLAEYS, Ditte	10	BEL	DMI	DMI/21071/10				<b>4:44.52</b>	566
	50m: 31.97	31.97	150m: 1:43.19	36.39	250m: 2:55.91	36.72	350m: 4:08.84	36.65		
	100m: 1:06.80	34.83	200m: 2:19.19	36.00	300m: 3:32.19	36.28	400m: 4:44.52	35.68		
20.	ZANGARI, Aurora	09	BEL	Gzvn	GZVN/21195/09				<b>4:45.55</b>	560
	50m: 31.53	31.53	150m: 1:43.05	36.49	250m: 2:56.93	36.86	350m: 4:10.04	36.64		
	100m: 1:06.56	35.03	200m: 2:20.07	37.02	300m: 3:33.40	36.47	400m: 4:45.55	35.51		



## Programmanr. 1, Dames, 400m vrije slag, open leeftijdsgroep

Rang	Geb.				Tijd				Pnt	
21.	MACHALE, Julia	09	IRL	CNSW	CNSW/010030/09				<b>4:45.83</b>	558
	50m: 31.93	31.93	150m: 1:42.47	35.88	250m: 2:56.36	36.85	350m: 4:10.19	36.84		
	100m: 1:06.59	34.66	200m: 2:19.51	37.04	300m: 3:33.35	36.99	400m: 4:45.83	35.64		
22.	VAN GYSEL, Maite	08	BEL	MEGA	MEGA/21373/08				<b>4:46.47</b>	554
	50m: 31.26	31.26	150m: 1:41.85	35.88	250m: 2:55.45	36.87	350m: 4:10.26	37.24		
	100m: 1:05.97	34.71	200m: 2:18.58	36.73	300m: 3:33.02	37.57	400m: 4:46.47	36.21		
23.	DESMET, Lieve	10	BEL	Tzt	TZT/21077/10				<b>4:46.86</b>	552
	50m: 32.84	32.84	150m: 1:43.74	35.92	250m: 2:56.61	36.82	350m: 4:10.75	37.24		
	100m: 1:07.82	34.98	200m: 2:19.79	36.05	300m: 3:33.51	36.90	400m: 4:46.86	36.11		
24.	GUISSET, Jelle	10	BEL	AST	AST/21057/10				<b>4:47.50</b>	548
	50m: 32.16	32.16	150m: 1:45.99	37.13	250m: 2:59.89	36.91	350m: 4:12.45	35.51		
	100m: 1:08.86	36.70	200m: 2:22.98	36.99	300m: 3:36.94	37.05	400m: 4:47.50	35.05		
25.	DELPORTE, Lotte	09	BEL	Stw	STW/21156/09				<b>4:49.02</b>	540
	50m: 33.81	33.81	150m: 1:46.76	36.52	250m: 3:00.90	37.15	350m: 4:14.39	36.84		
	100m: 1:10.24	36.43	200m: 2:23.75	36.99	300m: 3:37.55	36.65	400m: 4:49.02	34.63		
26.	MEYER, Thyri	09	BEL	KAZS	KAZS/21181/09				<b>4:49.05</b>	539
	50m: 33.39	33.39	150m: 1:47.97	37.54	250m: 3:02.07	36.60	350m: 4:14.40	35.23		
	100m: 1:10.43	37.04	200m: 2:25.47	37.50	300m: 3:39.17	37.10	400m: 4:49.05	34.65		
27.	DESMET, Fien	08	BEL	Tzt	TZT/21062/08				<b>4:49.42</b>	537
	50m: 33.16	33.16	150m: 1:45.73	36.89	250m: 2:59.37	37.11	350m: 4:13.52	37.32		
	100m: 1:08.84	35.68	200m: 2:22.26	36.53	300m: 3:36.20	36.83	400m: 4:49.42	35.90		
28.	WEYTJENS, Amber	08	BEL	DMB	DMB/21071/08				<b>4:49.61</b>	536
	50m: 32.00	32.00	150m: 1:44.68	37.21	250m: 2:59.97	38.10	350m: 4:14.35	36.84		
	100m: 1:07.47	35.47	200m: 2:21.87	37.19	300m: 3:37.51	37.54	400m: 4:49.61	35.26		
29.	LEONARD, Leni	10	LUX	SHARKS	9965				<b>4:49.75</b>	536
	50m: 32.08	32.08	150m: 1:44.91	36.67	250m: 2:59.86	37.58	350m: 4:14.14	36.88		
	100m: 1:08.24	36.16	200m: 2:22.28	37.37	300m: 3:37.26	37.40	400m: 4:49.75	35.61		
30.	DE MULDER, Chloë	10	BEL	Sta	STA/21049/10				<b>4:49.76</b>	536
	50m: 33.30	33.30	150m: 1:46.12	36.79	250m: 2:59.96	37.49	350m: 4:14.30	37.34		
	100m: 1:09.33	36.03	200m: 2:22.47	36.35	300m: 3:36.96	37.00	400m: 4:49.76	35.46		
31.	TEMMERMAN, Elynne	10	BEL	BRABO	BRABO/21394/10				<b>4:50.04</b>	534
	50m: 31.16	31.16	150m: 1:42.87	36.66	250m: 2:57.56	37.16	350m: 4:13.46	37.67		
	100m: 1:06.21	35.05	200m: 2:20.40	37.53	300m: 3:35.79	38.23	400m: 4:50.04	36.58		
32.	VAN DEN BREMT, Sarah	10	BEL	AZL	AZL/21085/10				<b>4:50.23</b>	533
	50m: 32.57	32.57	150m: 1:45.49	36.89	250m: 3:00.00	37.25	350m: 4:14.66	36.91		
	100m: 1:08.60	36.03	200m: 2:22.75	37.26	300m: 3:37.75	37.75	400m: 4:50.23	35.57		
33.	DE BACKER, Birgit	09	BEL	ZIOS	ZIOS/21066/09				<b>4:50.68</b>	530
	50m: 32.75	32.75	150m: 1:45.56	36.59	250m: 3:00.69	37.42	350m: 4:15.56	37.25		
	100m: 1:08.97	36.22	200m: 2:23.27	37.71	300m: 3:38.31	37.62	400m: 4:50.68	35.12		
34.	DE DECKER, Febe	10	BEL	MEGA	MEGA/21363/10				<b>4:51.07</b>	528
	50m: 31.49	31.49	150m: 1:42.28	35.96	250m: 2:56.98	37.51	350m: 4:13.12	38.02		
	100m: 1:06.32	34.83	200m: 2:19.47	37.19	300m: 3:35.10	38.12	400m: 4:51.07	37.95		
35.	OP DE BEECK, Elly	07	BEL	BRABO	BRABO/21209/07				<b>4:51.35</b>	527
	50m: 31.69	31.69	150m: 1:43.00	36.56	250m: 2:56.78	37.21	350m: 4:13.60	38.18		
	100m: 1:06.44	34.75	200m: 2:19.57	36.57	300m: 3:35.42	38.64	400m: 4:51.35	37.75		
36.	BUUNK, Djelaysa	09	NED	OC-Eind	200900536				<b>4:51.70</b>	525
	50m: 32.60	32.60	150m: 1:46.25	37.21	250m: 3:00.84	37.36	350m: 4:15.43	37.23		
	100m: 1:09.04	36.44	200m: 2:23.48	37.23	300m: 3:38.20	37.36	400m: 4:51.70	36.27		
37.	MIGOM, Lobke	08	BEL	Zb	ZB/21075/08				<b>4:51.93</b>	524
	50m: 32.35	32.35	150m: 1:45.92	37.65	250m: 3:01.13	37.55	350m: 4:15.85	37.16		
	100m: 1:08.27	35.92	200m: 2:23.58	37.66	300m: 3:38.69	37.56	400m: 4:51.93	36.08		

## Programmanr. 1, Dames, 400m vrije slag, open leeftijdsgroep

Rang	Geb.				Tijd				Pnt	
38.	BOHMER, Janne	10	BEL	ZCT	ZCT/21108/10				<b>4:52.44</b>	521
	50m: 33.74	33.74	150m: 1:47.48	37.13	250m: 3:02.56	37.65	350m: 4:16.51	36.92		
	100m: 1:10.35	36.61	200m: 2:24.91	37.43	300m: 3:39.59	37.03	400m: 4:52.44	35.93		
39.	LAMBRECHTS, Noa	09	BEL	DBT	DBT/21136/09				<b>4:52.91</b>	518
	50m: 32.86	32.86	150m: 1:46.14	36.92	250m: 3:01.34	37.61	350m: 4:16.98	37.77		
	100m: 1:09.22	36.36	200m: 2:23.73	37.59	300m: 3:39.21	37.87	400m: 4:52.91	35.93		
40.	VANDERBRUGGEN, Luc	07	BEL	KAZS	KAZS/21222/07				<b>4:53.11</b>	517
	50m: 33.26	33.26	150m: 1:46.80	37.21	250m: 3:01.54	37.33	350m: 4:16.61	37.42		
	100m: 1:09.59	36.33	200m: 2:24.21	37.41	300m: 3:39.19	37.65	400m: 4:53.11	36.50		
41.	THEUWIS, Rune	02	BEL	DMB	DMB/21174/02				<b>4:53.34</b>	516
	50m: 32.57	32.57	150m: 1:45.98	37.26	250m: 3:01.19	37.63	350m: 4:16.78	37.60		
	100m: 1:08.72	36.15	200m: 2:23.56	37.58	300m: 3:39.18	37.99	400m: 4:53.34	36.56		
42.	HANNOTEAU, Isalyne	09	BEL	CCM	CCM/012064/09				<b>4:53.42</b>	516
	50m: 32.71	32.71	150m: 1:44.01	35.11	250m: 2:57.61	37.25	350m: 4:16.17	39.62		
	100m: 1:08.90	36.19	200m: 2:20.36	36.35	300m: 3:36.55	38.94	400m: 4:53.42	37.25		
43.	VANHEES, Ella	09	BEL	DBT	DBT/21090/09				<b>4:53.87</b>	513
	50m: 32.86	32.86	150m: 1:46.32	37.17	250m: 3:02.15	38.16	350m: 4:17.46	37.55		
	100m: 1:09.15	36.29	200m: 2:23.99	37.67	300m: 3:39.91	37.76	400m: 4:53.87	36.41		
44.	BOVEN, Axelle	10	BEL	SHARK	SHARK/21179/10				<b>4:54.87</b>	508
	50m: 33.37	33.37	150m: 1:47.53	37.62	250m: 3:04.11	38.37	350m: 4:19.77	37.01		
	100m: 1:09.91	36.54	200m: 2:25.74	38.21	300m: 3:42.76	38.65	400m: 4:54.87	35.10		
45.	TALBOOM, Lies	09	BEL	BRABO	BRABO/21298/09				<b>4:54.94</b>	508
	50m: 31.89	31.89	150m: 1:44.14	36.92	250m: 3:00.07	38.30	350m: 4:17.41	38.85		
	100m: 1:07.22	35.33	200m: 2:21.77	37.63	300m: 3:38.56	38.49	400m: 4:54.94	37.53		
46.	KLAYKENS, Amber	07	BEL	Hzs	HZZ/21155/07				<b>4:55.06</b>	507
	50m: 32.57	32.57	150m: 1:46.27	37.71	250m: 3:02.01	37.88	350m: 4:18.60	38.34		
	100m: 1:08.56	35.99	200m: 2:24.13	37.86	300m: 3:40.26	38.25	400m: 4:55.06	36.46		
47.	PAIROUX, Eloise	08	BEL	PERRON	PERRON/008998/08				<b>4:55.45</b>	505
	50m: 34.43	34.43	150m: 1:49.58	37.82	250m: 3:04.78	37.45	350m: 4:19.46	36.89		
	100m: 1:11.76	37.33	200m: 2:27.33	37.75	300m: 3:42.57	37.79	400m: 4:55.45	35.99		
48.	CHICHKOVA, Lili	08	BEL	Fast	FAST/21011/08				<b>4:55.91</b>	503
	50m: 32.70	32.70	150m: 1:45.30	37.20	250m: 3:01.26	37.93	350m: 4:17.84	38.49		
	100m: 1:08.10	35.40	200m: 2:23.33	38.03	300m: 3:39.35	38.09	400m: 4:55.91	38.07		
49.	VANDERBEKE, Hasse	08	BEL	AST	AST/21052/08				<b>4:55.94</b>	503
	50m: 33.17	33.17	150m: 1:47.19	37.81	250m: 3:03.99	38.70	350m: 4:20.12	37.76		
	100m: 1:09.38	36.21	200m: 2:25.29	38.10	300m: 3:42.36	38.37	400m: 4:55.94	35.82		
50.	JACOBS, Lotte	09	BEL	ZVL	ZVL/21061/09				<b>4:56.00</b>	502
	50m: 34.36	34.36	150m: 1:51.11	38.64	250m: 3:06.33	37.83	350m: 4:21.23	36.79		
	100m: 1:12.47	38.11	200m: 2:28.50	37.39	300m: 3:44.44	38.11	400m: 4:56.00	34.77		
51.	DE RUIJTER, Elise	10	BEL	MEGA	MEGA/21415/10				<b>4:56.19</b>	501
	50m: 32.84	32.84	150m: 1:48.39	38.09	250m: 3:04.83	38.18	350m: 4:19.88	37.08		
	100m: 1:10.30	37.46	200m: 2:26.65	38.26	300m: 3:42.80	37.97	400m: 4:56.19	36.31		
52.	VELDHUIS, Victoria	09	BEL	ZCT	ZCT/21096/09				<b>4:56.81</b>	498
	50m: 33.16	33.16	150m: 1:47.75	37.62	250m: 3:03.58	37.52	350m: 4:20.04	38.16		
	100m: 1:10.13	36.97	200m: 2:26.06	38.31	300m: 3:41.88	38.30	400m: 4:56.81	36.77		
53.	PAVEL, Anna	07	USA	LAQUA	LAQUA/21525/07				<b>4:57.64</b>	494
	50m: 34.70	34.70	150m: 1:50.86	38.39	250m: 3:06.91	37.44	350m: 4:21.59	37.03		
	100m: 1:12.47	37.77	200m: 2:29.47	38.61	300m: 3:44.56	37.65	400m: 4:57.64	36.05		
54.	QUARTIER, Philine	09	BEL	Iswim	ISWIM/21094/09				<b>4:57.69</b>	494
	50m: 32.84	32.84	150m: 1:46.90	37.69	250m: 3:03.85	38.53	350m: 4:21.27	38.52		
	100m: 1:09.21	36.37	200m: 2:25.32	38.42	300m: 3:42.75	38.90	400m: 4:57.69	36.42		



## Programmanr. 1, Dames, 400m vrije slag, open leeftijdsgroep

Rang	Geb.				Tijd				Pnt	
55.	RENDERS, Charlotte	09	BEL	TSZ	TSZ/21051/09				<b>4:57.98</b>	492
	50m: 32.11	32.11	150m: 1:45.99	37.31	250m: 3:02.10	38.37	350m: 4:19.44	39.15		
	100m: 1:08.68	36.57	200m: 2:23.73	37.74	300m: 3:40.29	38.19	400m: 4:57.98	38.54		
56.	DECONYNCK, Sterre	09	BEL	Trust	TRUST/21166/09				<b>4:58.28</b>	491
	50m: 33.72	33.72	150m: 1:48.03	37.66	250m: 3:03.89	37.93	350m: 4:21.00	38.60		
	100m: 1:10.37	36.65	200m: 2:25.96	37.93	300m: 3:42.40	38.51	400m: 4:58.28	37.28		
57.	KLAYKENS, Chloé	10	BEL	Hzs	HZZ/21211/10				<b>4:58.59</b>	489
	50m: 33.22	33.22	150m: 1:48.08	37.96	250m: 3:05.57	38.70	350m: 4:22.24	37.92		
	100m: 1:10.12	36.90	200m: 2:26.87	38.79	300m: 3:44.32	38.75	400m: 4:58.59	36.35		
58.	GENBRUGGE, Éléa	10	BEL	BRABO	BRABO/21297/10				<b>4:59.23</b>	486
	50m: 32.94	32.94	150m: 1:49.36	38.46	250m: 3:05.79	38.47	350m: 4:22.58	38.72		
	100m: 1:10.90	37.96	200m: 2:27.32	37.96	300m: 3:43.86	38.07	400m: 4:59.23	36.65		
59.	HUENS, Noor	09	BEL	MEGA	MEGA/21252/09				<b>4:59.38</b>	486
	50m: 33.08	33.08	150m: 1:47.06	37.82	250m: 3:03.94	38.74	350m: 4:21.45	39.28		
	100m: 1:09.24	36.16	200m: 2:25.20	38.14	300m: 3:42.17	38.23	400m: 4:59.38	37.93		
60.	DE WOLF, Tine	09	BEL	AST	AST/21058/09				<b>4:59.49</b>	485
	50m: 34.26	34.26	150m: 1:49.50	37.79	250m: 3:05.57	38.07	350m: 4:22.35	38.38		
	100m: 1:11.71	37.45	200m: 2:27.50	38.00	300m: 3:43.97	38.40	400m: 4:59.49	37.14		
61.	CEULEMANS, Hanne	08	BEL	AZK	AZK/21038/08				<b>4:59.51</b>	485
	50m: 32.55	32.55	150m: 1:46.59	37.32	250m: 3:03.00	38.16	350m: 4:20.42	38.48		
	100m: 1:09.27	36.72	200m: 2:24.84	38.25	300m: 3:41.94	38.94	400m: 4:59.51	39.09		
62.	THEUWIS, Mira	09	BEL	DMB	DMB/21176/09				<b>5:00.06</b>	482
	50m: 33.91	33.91	150m: 1:51.85	39.52	250m: 3:09.22	38.15	350m: 4:25.52	37.76		
	100m: 1:12.33	38.42	200m: 2:31.07	39.22	300m: 3:47.76	38.54	400m: 5:00.06	34.54		
63.	JACOBS, Filippa	09	BEL	Gzvn	GZVN/21278/09				<b>5:00.81</b>	479
	50m: 33.21	33.21	150m: 1:45.91	37.07	250m: 3:02.74	38.74	350m: 4:21.72	39.78		
	100m: 1:08.84	35.63	200m: 2:24.00	38.09	300m: 3:41.94	39.20	400m: 5:00.81	39.09		
64.	SCHELLEMANS, Charlott	10	BEL	ZVL	ZVL/21082/10				<b>5:01.23</b>	477
	50m: 35.10	35.10	150m: 1:51.51	38.37	250m: 3:07.60	38.72	350m: 4:24.68	39.17		
	100m: 1:13.14	38.04	200m: 2:28.88	37.37	300m: 3:45.51	37.91	400m: 5:01.23	36.55		
65.	DE BECKER, Loren	07	BEL	ZS	ZS/21043/07				<b>5:01.40</b>	476
	50m: 33.81	33.81	150m: 1:48.84	38.16	250m: 3:05.44	38.42	350m: 4:23.18	38.91		
	100m: 1:10.68	36.87	200m: 2:27.02	38.18	300m: 3:44.27	38.83	400m: 5:01.40	38.22		
66.	VAN HOOFF, Floor	08	BEL	LAQUA	LAQUA/21254/08				<b>5:02.72</b>	470
	50m: 33.57	33.57	150m: 1:49.11	38.49	250m: 3:07.43	39.46	350m: 4:25.69	39.00		
	100m: 1:10.62	37.05	200m: 2:27.97	38.86	300m: 3:46.69	39.26	400m: 5:02.72	37.03		
67.	SCHELFAUT, Nell	10	BEL	TSZ	TSZ/21056/10				<b>5:03.01</b>	468
	50m: 34.06	34.06	150m: 1:51.34	39.12	250m: 3:08.95	38.27	350m: 4:26.10	38.11		
	100m: 1:12.22	38.16	200m: 2:30.68	39.34	300m: 3:47.99	39.04	400m: 5:03.01	36.91		
68.	ANDRIES, Febe	09	BEL	BZK	BZK/21384/09				<b>5:03.80</b>	465
	50m: 32.12	32.12	150m: 1:47.44	38.57	250m: 3:05.19	38.79	350m: 4:24.48	39.89		
	100m: 1:08.87	36.75	200m: 2:26.40	38.96	300m: 3:44.59	39.40	400m: 5:03.80	39.32		
69.	THIJS, Maaïke	10	BEL	ZCT	ZCT/21132/10				<b>5:04.75</b>	460
	50m: 35.70	35.70	150m: 1:52.21	39.07	250m: 3:10.02	39.19	350m: 4:28.41	39.48		
	100m: 1:13.14	37.44	200m: 2:30.83	38.62	300m: 3:48.93	38.91	400m: 5:04.75	36.34		
70.	JANSSENS, Elisabeth	10	BEL	SHARK	SHARK/21193/10				<b>5:04.99</b>	459
	50m: 34.05	34.05	150m: 1:50.96	39.27	250m: 3:09.77	39.99	350m: 4:29.26	39.85		
	100m: 1:11.69	37.64	200m: 2:29.78	38.82	300m: 3:49.41	39.64	400m: 5:04.99	35.73		
71.	VERSPECHT, Lizanne	09	BEL	ZCK	ZCK/22096/09				<b>5:08.41</b>	444
	50m: 33.53	33.53	150m: 1:50.41	39.55	250m: 3:09.07	39.63	350m: 4:29.93	40.38		
	100m: 1:10.86	37.33	200m: 2:29.44	39.03	300m: 3:49.55	40.48	400m: 5:08.41	38.48		

## Programmanr. 1, Dames, 400m vrije slag, open leeftijdsgroep

Rang	Geb.								Tijd	Pnt		
72.	STOKMANS, Emma	10	NED	LWB	LWB/21068/10				<b>5:09.27</b>	440		
	50m:	33.47	33.47	150m:	1:50.73	39.17	250m:	3:10.92	39.96	350m:	4:31.85	40.03
	100m:	1:11.56	38.09	200m:	2:30.96	40.23	300m:	3:51.82	40.90	400m:	5:09.27	37.42
73.	DE BAERDEMAEKER, P08	BEL	LAQUA	LAQUA/21299/08				<b>5:10.44</b>	435			
	50m:	34.74	34.74	150m:	1:51.79	38.94	250m:	3:10.62	39.46	350m:	4:30.92	40.40
	100m:	1:12.85	38.11	200m:	2:31.16	39.37	300m:	3:50.52	39.90	400m:	5:10.44	39.52
74.	VAN CAUWENBERGE, C10	BEL	Rosc	ROSC/21278/10				<b>5:11.48</b>	431			
	50m:	33.78	33.78	150m:	1:49.74	38.70	250m:	3:08.12	39.36	350m:	4:31.16	41.58
	100m:	1:11.04	37.26	200m:	2:28.76	39.02	300m:	3:49.58	41.46	400m:	5:11.48	40.32
75.	MAES, Helene	10	BEL	Pzc	PZC/21074/10				<b>5:12.50</b>	427		
	50m:	33.68	33.68	150m:	1:51.57	39.79	250m:	3:12.29	40.62	350m:	4:34.28	41.07
	100m:	1:11.78	38.10	200m:	2:31.67	40.10	300m:	3:53.21	40.92	400m:	5:12.50	38.22
76.	WAEPUT, Elodie	10	BEL	TSZ	TSZ/21075/10				<b>5:14.08</b>	420		
	50m:	34.34	34.34	150m:	1:51.28	39.69	250m:	3:12.57	41.29	350m:	4:34.77	41.27
	100m:	1:11.59	37.25	200m:	2:31.28	40.00	300m:	3:53.50	40.93	400m:	5:14.08	39.31
77.	WACHTELAER, Charlot	10	BEL	AST	AST/21051/10				<b>5:16.53</b>	411		
	50m:	33.06	33.06	150m:	1:51.04	40.34	250m:	3:12.44	41.03	350m:	4:36.77	42.46
	100m:	1:10.70	37.64	200m:	2:31.41	40.37	300m:	3:54.31	41.87	400m:	5:16.53	39.76