

Programmanr. 15
 8/02/2025 - 9:55

Dames, 400m wisselslag

open leeftijdsgroep

Resultaten

Belgian Record	4:42.44	DUMONT, Sarah	BEL	Vilnius (LTU)	2/07/2024
Flemish Record	4:51.21	BECUE, Brigitte	BZK	Rome (ITA)	2/06/1995

EJK 2025 14 - 17: 4:56.86; 18: 4:53.92 / EYOF 2025 14 - 15: 4:17.74 / WK 2025 : 4:43.06

Punten: AQUA 2024

Rang	Geb.						Tijd	Pnt
15 - 16 jaar								
1.	VERTESSEN, Fran	09	BEL	DBT	DBT/21114/09		5:13.43	610
	50m: 31.71	31.71	150m: 1:52.18	43.10	250m: 3:17.12	43.81	350m: 4:39.57	37.25
	100m: 1:09.08	37.37	200m: 2:33.31	41.13	300m: 4:02.32	45.20	400m: 5:13.43	33.86
2.	WILLAERT, Ayla	09	BEL	HoZT	HOZT/21038/09		5:16.73	591
	50m: 33.29	33.29	150m: 1:53.85	40.17	250m: 3:21.79	47.74	350m: 4:42.14	34.53
	100m: 1:13.68	40.39	200m: 2:34.05	40.20	300m: 4:07.61	45.82	400m: 5:16.73	34.59
3.	ADELMANN, Clara Cenxi	10	BEL	LAQUA	LAQUA/21382/10		5:16.96	590
	50m: 33.64	33.64	150m: 1:55.01	41.54	250m: 3:20.53	45.36	350m: 4:41.96	35.90
	100m: 1:13.47	39.83	200m: 2:35.17	40.16	300m: 4:06.06	45.53	400m: 5:16.96	35.00
4.	VAN DE CLOOT, Elina	10	BEL	HoZT	HOZT/21043/10		5:17.46	587
	50m: 31.81	31.81	150m: 1:49.98	39.17	250m: 3:18.75	48.52	350m: 4:42.28	33.86
	100m: 1:10.81	39.00	200m: 2:30.23	40.25	300m: 4:08.42	49.67	400m: 5:17.46	35.18
5.	EVENS, Noor	09	BEL	Hzs	HZS/21321/09		5:22.64	559
	50m: 32.69	32.69	150m: 1:53.87	42.06	250m: 3:20.87	44.89	350m: 4:45.08	37.56
	100m: 1:11.81	39.12	200m: 2:35.98	42.11	300m: 4:07.52	46.65	400m: 5:22.64	37.56
6.	DECOUTERE, Imani	10	BEL	Kzk	KZK/21111/10		5:23.79	553
	50m: 33.55	33.55	150m: 1:53.73	41.37	250m: 3:22.08	49.12	350m: 4:47.74	37.01
	100m: 1:12.36	38.81	200m: 2:32.96	39.23	300m: 4:10.73	48.65	400m: 5:23.79	36.05
7.	CIOBANU, Anastasia	09	BEL	DDAT	DDAT/21112/09		5:27.02	537
	50m: 34.82	34.82	150m: 1:59.56	43.08	250m: 3:27.51	46.09	350m: 4:50.78	36.87
	100m: 1:16.48	41.66	200m: 2:41.42	41.86	300m: 4:13.91	46.40	400m: 5:27.02	36.24
8.	GIELENS, Luus	09	NED	Psv	200900138		5:29.22	526
	50m: 35.18	35.18	150m: 1:58.31	42.72	250m: 3:28.75	49.20	350m: 4:53.87	37.34
	100m: 1:15.59	40.41	200m: 2:39.55	41.24	300m: 4:16.53	47.78	400m: 5:29.22	35.35
9.	DEVOLDER, Yelena	09	BEL	TiMe	TiMe/21086/09		5:30.21	521
	50m: 33.63	33.63	150m: 1:57.49	43.58	250m: 3:27.73	48.23	350m: 4:54.74	38.35
	100m: 1:13.91	40.28	200m: 2:39.50	42.01	300m: 4:16.39	48.66	400m: 5:30.21	35.47
10.	ZANGARI, Aurora	09	BEL	Gzvn	GZVN/21195/09		5:34.03	504
	50m: 33.15	33.15	150m: 1:56.76	45.02	250m: 3:30.22	48.88	350m: 4:57.74	38.58
	100m: 1:11.74	38.59	200m: 2:41.34	44.58	300m: 4:19.16	48.94	400m: 5:34.03	36.29
11.	VAN BUNDER, Amy	10	BEL	TSZ	TSZ/21092/10		5:35.35	498
	50m: 34.11	34.11	150m: 1:59.44	44.72	250m: 3:29.81	47.26	350m: 4:57.16	39.64
	100m: 1:14.72	40.61	200m: 2:42.55	43.11	300m: 4:17.52	47.71	400m: 5:35.35	38.19
12.	MEYER, Thyvi	09	BEL	KAZS	KAZS/21181/09		5:35.38	498
	50m: 35.60	35.60	150m: 1:57.48	41.70	250m: 3:28.01	49.26	350m: 4:58.62	38.83
	100m: 1:15.78	40.18	200m: 2:38.75	41.27	300m: 4:19.79	51.78	400m: 5:35.38	36.76
13.	VAN DEN BREMT, Sarah	10	BEL	AZL	AZL/21085/10		5:35.43	497
	50m: 33.77	33.77	150m: 1:56.85	42.44	250m: 3:28.84	49.60	350m: 4:59.36	40.61
	100m: 1:14.41	40.64	200m: 2:39.24	42.39	300m: 4:18.75	49.91	400m: 5:35.43	36.07
14.	TEMMERMAN, Elynne	10	BEL	BRABO	BRABO/21394/10		5:38.31	485
	50m: 34.32	34.32	150m: 2:00.52	42.51	250m: 3:32.11	49.37	350m: 5:00.96	38.49
	100m: 1:18.01	43.69	200m: 2:42.74	42.22	300m: 4:22.47	50.36	400m: 5:38.31	37.35
15.	DE LETTER, Sofie	10	NED	HoZT	HOZT/21061/10		5:42.62	467
	50m: 37.82	37.82	150m: 2:04.62	41.92	250m: 3:35.13	47.94	350m: 5:04.78	39.88
	100m: 1:22.70	44.88	200m: 2:47.19	42.57	300m: 4:24.90	49.77	400m: 5:42.62	37.84

Programmanr. 15, Meisjes, 400m wisselslag, 15 - 16 jaar

Rang	Geb.				Tijd				Pnt	
16.	GUISSET, Jelle	10	BEL	AST	AST/21057/10				5:43.86	462
	50m: 34.49	34.49	150m: 2:03.30	45.31	250m: 3:37.71	51.34	350m: 5:07.43	38.46		
	100m: 1:17.99	43.50	200m: 2:46.37	43.07	300m: 4:28.97	51.26	400m: 5:43.86	36.43		
17.	JANSSENS, Elisabeth	10	BEL	SHARK	SHARK/21193/10				5:45.34	456
	50m: 37.10	37.10	150m: 2:08.28	43.78	250m: 3:40.04	48.89	350m: 5:08.12	39.68		
	100m: 1:24.50	47.40	200m: 2:51.15	42.87	300m: 4:28.44	48.40	400m: 5:45.34	37.22		
18.	WAELEPUT, Elodie	10	BEL	TSZ	TSZ/21075/10				5:49.56	439
	50m: 34.60	34.60	150m: 2:01.47	44.80	250m: 3:35.30	49.20	350m: 5:08.39	41.46		
	100m: 1:16.67	42.07	200m: 2:46.10	44.63	300m: 4:26.93	51.63	400m: 5:49.56	41.17		
19.	VERSPECHT, Lizzanne	09	BEL	ZCK	ZCK/22096/09				5:50.08	438
	50m: 35.78	35.78	150m: 2:08.85	47.45	250m: 3:44.54	48.85	350m: 5:12.98	39.82		
	100m: 1:21.40	45.62	200m: 2:55.69	46.84	300m: 4:33.16	48.62	400m: 5:50.08	37.10		
20.	STOKMANS, Emma	10	NED	LWB	LWB/21068/10				5:50.11	437
	50m: 34.92	34.92	150m: 2:06.86	48.76	250m: 3:41.27	48.20	350m: 5:11.50	41.03		
	100m: 1:18.10	43.18	200m: 2:53.07	46.21	300m: 4:30.47	49.20	400m: 5:50.11	38.61		
21.	RUYSSINCK, Diede	10	BEL	ZNA	ZNA/21271/10				5:50.22	437
	50m: 37.05	37.05	150m: 2:09.36	47.47	250m: 3:40.44	45.95	350m: 5:09.88	41.66		
	100m: 1:21.89	44.84	200m: 2:54.49	45.13	300m: 4:28.22	47.78	400m: 5:50.22	40.34		
22.	VAN DER MEEREN, Lott	10	BEL	DDAT	DDAT/21118/10				5:50.23	437
	50m: 35.73	35.73	150m: 2:05.90	46.44	250m: 3:40.39	48.87	350m: 5:10.34	41.67		
	100m: 1:19.46	43.73	200m: 2:51.52	45.62	300m: 4:28.67	48.28	400m: 5:50.23	39.89		

17 - 18 jaar

1.	DE BONT, Sam	08	BEL	TSZ	TSZ/21105/08				5:07.12	648
	50m: 32.25	32.25	150m: 1:51.34	40.74	250m: 3:14.32	42.48	350m: 4:33.17	33.81		
	100m: 1:10.60	38.35	200m: 2:31.84	40.50	300m: 3:59.36	45.04	400m: 5:07.12	33.95		
2.	KONINGS, Ylva	07	BEL	Hzs	HZZ/21325/07				5:17.61	586
	50m: 33.34	33.34	150m: 1:52.41	41.12	250m: 3:19.01	46.75	350m: 4:41.92	36.69		
	100m: 1:11.29	37.95	200m: 2:32.26	39.85	300m: 4:05.23	46.22	400m: 5:17.61	35.69		
3.	VEKEMANS, Rena	07	BEL	Dzo	DZO/21050/07				5:21.51	565
	50m: 31.51	31.51	150m: 1:52.73	42.07	250m: 3:20.93	46.09	350m: 4:44.70	37.28		
	100m: 1:10.66	39.15	200m: 2:34.84	42.11	300m: 4:07.42	46.49	400m: 5:21.51	36.81		
4.	VINCK, Tine	08	BEL	MEGA	MEGA/41315/08				5:23.08	557
	50m: 35.53	35.53	150m: 1:59.01	42.24	250m: 3:26.88	46.93	350m: 4:49.44	36.00		
	100m: 1:16.77	41.24	200m: 2:39.95	40.94	300m: 4:13.44	46.56	400m: 5:23.08	33.64		
5.	COLINET, Manon	07	BEL	CNSW	CNSW/012926/07				5:23.47	555
	50m: 35.54	35.54	150m: 2:02.82	43.71	250m: 3:26.36	42.32	350m: 4:47.11	37.58		
	100m: 1:19.11	43.57	200m: 2:44.04	41.22	300m: 4:09.53	43.17	400m: 5:23.47	36.36		
6.	DOVIC, Nieke	07	NED	Psv	200700238				5:31.18	517
	50m: 34.03	34.03	150m: 2:03.63	47.90	250m: 3:30.92	42.03	350m: 4:54.33	40.13		
	100m: 1:15.73	41.70	200m: 2:48.89	45.26	300m: 4:14.20	43.28	400m: 5:31.18	36.85		
7.	LAMMENS, Louise	08	BEL	Tzt	TZZ/21069/08				5:33.19	508
	50m: 33.06	33.06	150m: 1:56.16	45.09	250m: 3:28.89	48.01	350m: 4:57.03	38.31		
	100m: 1:11.07	38.01	200m: 2:40.88	44.72	300m: 4:18.72	49.83	400m: 5:33.19	36.16		
8.	DESMET, Fien	08	BEL	Tzt	TZZ/21062/08				5:40.38	476
	50m: 35.73	35.73	150m: 2:05.70	46.66	250m: 3:37.92	47.03	350m: 5:03.75	37.71		
	100m: 1:19.04	43.31	200m: 2:50.89	45.19	300m: 4:26.04	48.12	400m: 5:40.38	36.63		
9.	OP DE BEECK, Elly	07	BEL	BRABO	BRABO/21209/07				5:42.12	469
	50m: 34.98	34.98	150m: 2:00.91	45.94	250m: 3:34.80	48.61	350m: 5:05.24	39.40		
	100m: 1:14.97	39.99	200m: 2:46.19	45.28	300m: 4:25.84	51.04	400m: 5:42.12	36.88		

Programmanr. 15, Meisjes, 400m wisselslag, 17 - 18 jaar

Rang	Geb.				Tijd				Pnt			
10.	LANDUYT, Anna-Lucia	08	BEL	Time	Time/21022/08				5:42.23	468		
	50m:	36.56	36.56	150m:	2:03.05	41.61	250m:	3:31.26	47.09	350m:	5:02.41	40.00
	100m:	1:21.44	44.88	200m:	2:44.17	41.12	300m:	4:22.41	51.15	400m:	5:42.23	39.82

19 jaar en ouder

1.	VAN DEN OUDEN, Nikita99	NED	Psv	199900622				5:02.50	678			
	50m:	30.59	30.59	150m:	1:45.91	40.21	250m:	3:08.14	43.50	350m:	4:27.93	35.77
	100m:	1:05.70	35.11	200m:	2:24.64	38.73	300m:	3:52.16	44.02	400m:	5:02.50	34.57
2.	BRINK, Djanilla	06	NED	Team NL	200600988				5:04.66	664		
	50m:	32.05	32.05	150m:	1:51.31	41.48	250m:	3:11.28	38.89	350m:	4:29.39	36.72
	100m:	1:09.83	37.78	200m:	2:32.39	41.08	300m:	3:52.67	41.39	400m:	5:04.66	35.27
3.	VAN SPEYBROECK, Bo 04	BEL	ZORO	ZORO/21124/04				5:05.75	657			
	50m:	31.52	31.52	150m:	1:49.62	40.96	250m:	3:12.39	43.56	350m:	4:31.85	36.00
	100m:	1:08.66	37.14	200m:	2:28.83	39.21	300m:	3:55.85	43.46	400m:	5:05.75	33.90
4.	JANSEN VAN GALEN, Ki02	NED	Psv	200201594				5:15.82	596			
	50m:	31.53	31.53	150m:	1:50.99	43.02	250m:	3:17.15	43.90	350m:	4:40.20	37.69
	100m:	1:07.97	36.44	200m:	2:33.25	42.26	300m:	4:02.51	45.36	400m:	5:15.82	35.62

open leeftijdsgroep

1.	VAN DEN OUDEN, Nikita99	NED	Psv	199900622				5:02.50	678			
	50m:	30.59	30.59	150m:	1:45.91	40.21	250m:	3:08.14	43.50	350m:	4:27.93	35.77
	100m:	1:05.70	35.11	200m:	2:24.64	38.73	300m:	3:52.16	44.02	400m:	5:02.50	34.57
2.	BRINK, Djanilla	06	NED	Team NL	200600988				5:04.66	664		
	50m:	32.05	32.05	150m:	1:51.31	41.48	250m:	3:11.28	38.89	350m:	4:29.39	36.72
	100m:	1:09.83	37.78	200m:	2:32.39	41.08	300m:	3:52.67	41.39	400m:	5:04.66	35.27
3.	VAN SPEYBROECK, Bo 04	BEL	ZORO	ZORO/21124/04				5:05.75	657			
	50m:	31.52	31.52	150m:	1:49.62	40.96	250m:	3:12.39	43.56	350m:	4:31.85	36.00
	100m:	1:08.66	37.14	200m:	2:28.83	39.21	300m:	3:55.85	43.46	400m:	5:05.75	33.90
4.	DE BONT, Sam	08	BEL	TSZ	TSZ/21105/08				5:07.12	648		
	50m:	32.25	32.25	150m:	1:51.34	40.74	250m:	3:14.32	42.48	350m:	4:33.17	33.81
	100m:	1:10.60	38.35	200m:	2:31.84	40.50	300m:	3:59.36	45.04	400m:	5:07.12	33.95
5.	VERTESSEN, Fran	09	BEL	DBT	DBT/21114/09				5:13.43	610		
	50m:	31.71	31.71	150m:	1:52.18	43.10	250m:	3:17.12	43.81	350m:	4:39.57	37.25
	100m:	1:09.08	37.37	200m:	2:33.31	41.13	300m:	4:02.32	45.20	400m:	5:13.43	33.86
6.	JANSEN VAN GALEN, Ki02	NED	Psv	200201594				5:15.82	596			
	50m:	31.53	31.53	150m:	1:50.99	43.02	250m:	3:17.15	43.90	350m:	4:40.20	37.69
	100m:	1:07.97	36.44	200m:	2:33.25	42.26	300m:	4:02.51	45.36	400m:	5:15.82	35.62
7.	WILLAERT, Ayla	09	BEL	HoZT	HOZT/21038/09				5:16.73	591		
	50m:	33.29	33.29	150m:	1:53.85	40.17	250m:	3:21.79	47.74	350m:	4:42.14	34.53
	100m:	1:13.68	40.39	200m:	2:34.05	40.20	300m:	4:07.61	45.82	400m:	5:16.73	34.59
8.	ADELMANN, Clara Cenxi 10	BEL	LAQUA	LAQUA/21382/10				5:16.96	590			
	50m:	33.64	33.64	150m:	1:55.01	41.54	250m:	3:20.53	45.36	350m:	4:41.96	35.90
	100m:	1:13.47	39.83	200m:	2:35.17	40.16	300m:	4:06.06	45.53	400m:	5:16.96	35.00
9.	VAN DE CLOOT, Elina	10	BEL	HoZT	HOZT/21043/10				5:17.46	587		
	50m:	31.81	31.81	150m:	1:49.98	39.17	250m:	3:18.75	48.52	350m:	4:42.28	33.86
	100m:	1:10.81	39.00	200m:	2:30.23	40.25	300m:	4:08.42	49.67	400m:	5:17.46	35.18
10.	KONINGS, Ylva	07	BEL	Hzs	HZS/21325/07				5:17.61	586		
	50m:	33.34	33.34	150m:	1:52.41	41.12	250m:	3:19.01	46.75	350m:	4:41.92	36.69
	100m:	1:11.29	37.95	200m:	2:32.26	39.85	300m:	4:05.23	46.22	400m:	5:17.61	35.69

Programmanr. 15, Dames, 400m wisselslag, open leeftijdsgroep

Rang	Geb.				Tijd				Pnt			
11.	VEKEMANS, Rena	07	BEL	Dzo	DZO/21050/07				5:21.51	565		
	50m:	31.51	31.51	150m:	1:52.73	42.07	250m:	3:20.93	46.09	350m:	4:44.70	37.28
	100m:	1:10.66	39.15	200m:	2:34.84	42.11	300m:	4:07.42	46.49	400m:	5:21.51	36.81
12.	EVENS, Noor	09	BEL	Hzs	HZZ/21321/09				5:22.64	559		
	50m:	32.69	32.69	150m:	1:53.87	42.06	250m:	3:20.87	44.89	350m:	4:45.08	37.56
	100m:	1:11.81	39.12	200m:	2:35.98	42.11	300m:	4:07.52	46.65	400m:	5:22.64	37.56
13.	VINCK, Tine	08	BEL	MEGA	MEGA/41315/08				5:23.08	557		
	50m:	35.53	35.53	150m:	1:59.01	42.24	250m:	3:26.88	46.93	350m:	4:49.44	36.00
	100m:	1:16.77	41.24	200m:	2:39.95	40.94	300m:	4:13.44	46.56	400m:	5:23.08	33.64
14.	COLINET, Manon	07	BEL	CNSW	CNSW/012926/07				5:23.47	555		
	50m:	35.54	35.54	150m:	2:02.82	43.71	250m:	3:26.36	42.32	350m:	4:47.11	37.58
	100m:	1:19.11	43.57	200m:	2:44.04	41.22	300m:	4:09.53	43.17	400m:	5:23.47	36.36
15.	DECOUTERE, Imani	10	BEL	Kzk	KZK/21111/10				5:23.79	553		
	50m:	33.55	33.55	150m:	1:53.73	41.37	250m:	3:22.08	49.12	350m:	4:47.74	37.01
	100m:	1:12.36	38.81	200m:	2:32.96	39.23	300m:	4:10.73	48.65	400m:	5:23.79	36.05
16.	CIOBANU, Anastasia	09	BEL	DDAT	DDAT/21112/09				5:27.02	537		
	50m:	34.82	34.82	150m:	1:59.56	43.08	250m:	3:27.51	46.09	350m:	4:50.78	36.87
	100m:	1:16.48	41.66	200m:	2:41.42	41.86	300m:	4:13.91	46.40	400m:	5:27.02	36.24
17.	GIELENS, Luus	09	NED	Psv	200900138				5:29.22	526		
	50m:	35.18	35.18	150m:	1:58.31	42.72	250m:	3:28.75	49.20	350m:	4:53.87	37.34
	100m:	1:15.59	40.41	200m:	2:39.55	41.24	300m:	4:16.53	47.78	400m:	5:29.22	35.35
18.	DEVOLDER, Yelena	09	BEL	TiMe	TiMe/21086/09				5:30.21	521		
	50m:	33.63	33.63	150m:	1:57.49	43.58	250m:	3:27.73	48.23	350m:	4:54.74	38.35
	100m:	1:13.91	40.28	200m:	2:39.50	42.01	300m:	4:16.39	48.66	400m:	5:30.21	35.47
19.	DOVIC, Nieke	07	NED	Psv	200700238				5:31.18	517		
	50m:	34.03	34.03	150m:	2:03.63	47.90	250m:	3:30.92	42.03	350m:	4:54.33	40.13
	100m:	1:15.73	41.70	200m:	2:48.89	45.26	300m:	4:14.20	43.28	400m:	5:31.18	36.85
20.	LAMMENS, Louise	08	BEL	Tzt	TZZ/21069/08				5:33.19	508		
	50m:	33.06	33.06	150m:	1:56.16	45.09	250m:	3:28.89	48.01	350m:	4:57.03	38.31
	100m:	1:11.07	38.01	200m:	2:40.88	44.72	300m:	4:18.72	49.83	400m:	5:33.19	36.16
21.	ZANGARI, Aurora	09	BEL	Gzvn	GZZV/21195/09				5:34.03	504		
	50m:	33.15	33.15	150m:	1:56.76	45.02	250m:	3:30.22	48.88	350m:	4:57.74	38.58
	100m:	1:11.74	38.59	200m:	2:41.34	44.58	300m:	4:19.16	48.94	400m:	5:34.03	36.29
22.	VAN BUNDER, Amy	10	BEL	TSZ	TSZ/21092/10				5:35.35	498		
	50m:	34.11	34.11	150m:	1:59.44	44.72	250m:	3:29.81	47.26	350m:	4:57.16	39.64
	100m:	1:14.72	40.61	200m:	2:42.55	43.11	300m:	4:17.52	47.71	400m:	5:35.35	38.19
23.	MEYER, Thyvi	09	BEL	KAZS	KAZS/21181/09				5:35.38	498		
	50m:	35.60	35.60	150m:	1:57.48	41.70	250m:	3:28.01	49.26	350m:	4:58.62	38.83
	100m:	1:15.78	40.18	200m:	2:38.75	41.27	300m:	4:19.79	51.78	400m:	5:35.38	36.76
24.	VAN DEN BREMT, Sarah	10	BEL	AZL	AZL/21085/10				5:35.43	497		
	50m:	33.77	33.77	150m:	1:56.85	42.44	250m:	3:28.84	49.60	350m:	4:59.36	40.61
	100m:	1:14.41	40.64	200m:	2:39.24	42.39	300m:	4:18.75	49.91	400m:	5:35.43	36.07
25.	TEMMERMAN, Elynne	10	BEL	BRABO	BRABO/21394/10				5:38.31	485		
	50m:	34.32	34.32	150m:	2:00.52	42.51	250m:	3:32.11	49.37	350m:	5:00.96	38.49
	100m:	1:18.01	43.69	200m:	2:42.74	42.22	300m:	4:22.47	50.36	400m:	5:38.31	37.35
26.	DESMET, Fien	08	BEL	Tzt	TZZ/21062/08				5:40.38	476		
	50m:	35.73	35.73	150m:	2:05.70	46.66	250m:	3:37.92	47.03	350m:	5:03.75	37.71
	100m:	1:19.04	43.31	200m:	2:50.89	45.19	300m:	4:26.04	48.12	400m:	5:40.38	36.63
27.	OP DE BEECK, Elly	07	BEL	BRABO	BRABO/21209/07				5:42.12	469		
	50m:	34.98	34.98	150m:	2:00.91	45.94	250m:	3:34.80	48.61	350m:	5:05.24	39.40
	100m:	1:14.97	39.99	200m:	2:46.19	45.28	300m:	4:25.84	51.04	400m:	5:42.12	36.88

Programmanr. 15, Dames, 400m wisselslag, open leeftijdsgroep

Rang	Geb.				Tijd				Pnt	
28.	LANDUYT, Anna-Lucia	08	BEL	Time	Time/21022/08				5:42.23	468
	50m: 36.56	36.56	150m: 2:03.05	41.61	250m: 3:31.26	47.09	350m: 5:02.41	40.00		
	100m: 1:21.44	44.88	200m: 2:44.17	41.12	300m: 4:22.41	51.15	400m: 5:42.23	39.82		
29.	DE LETTER, Sofie	10	NED	HoZT	HOZT/21061/10				5:42.62	467
	50m: 37.82	37.82	150m: 2:04.62	41.92	250m: 3:35.13	47.94	350m: 5:04.78	39.88		
	100m: 1:22.70	44.88	200m: 2:47.19	42.57	300m: 4:24.90	49.77	400m: 5:42.62	37.84		
30.	GUISSET, Jelle	10	BEL	AST	AST/21057/10				5:43.86	462
	50m: 34.49	34.49	150m: 2:03.30	45.31	250m: 3:37.71	51.34	350m: 5:07.43	38.46		
	100m: 1:17.99	43.50	200m: 2:46.37	43.07	300m: 4:28.97	51.26	400m: 5:43.86	36.43		
31.	JANSSENS, Elisabeth	10	BEL	SHARK	SHARK/21193/10				5:45.34	456
	50m: 37.10	37.10	150m: 2:08.28	43.78	250m: 3:40.04	48.89	350m: 5:08.12	39.68		
	100m: 1:24.50	47.40	200m: 2:51.15	42.87	300m: 4:28.44	48.40	400m: 5:45.34	37.22		
32.	WAELPUT, Elodie	10	BEL	TSZ	TSZ/21075/10				5:49.56	439
	50m: 34.60	34.60	150m: 2:01.47	44.80	250m: 3:35.30	49.20	350m: 5:08.39	41.46		
	100m: 1:16.67	42.07	200m: 2:46.10	44.63	300m: 4:26.93	51.63	400m: 5:49.56	41.17		
33.	VERSPECHT, Lizanne	09	BEL	ZCK	ZCK/22096/09				5:50.08	438
	50m: 35.78	35.78	150m: 2:08.85	47.45	250m: 3:44.54	48.85	350m: 5:12.98	39.82		
	100m: 1:21.40	45.62	200m: 2:55.69	46.84	300m: 4:33.16	48.62	400m: 5:50.08	37.10		
34.	STOKMANS, Emma	10	NED	LWB	LWB/21068/10				5:50.11	437
	50m: 34.92	34.92	150m: 2:06.86	48.76	250m: 3:41.27	48.20	350m: 5:11.50	41.03		
	100m: 1:18.10	43.18	200m: 2:53.07	46.21	300m: 4:30.47	49.20	400m: 5:50.11	38.61		
35.	RUYSSINCK, Diede	10	BEL	ZNA	ZNA/21271/10				5:50.22	437
	50m: 37.05	37.05	150m: 2:09.36	47.47	250m: 3:40.44	45.95	350m: 5:09.88	41.66		
	100m: 1:21.89	44.84	200m: 2:54.49	45.13	300m: 4:28.22	47.78	400m: 5:50.22	40.34		
36.	VAN DER MEEREN, Lott	10	BEL	DDAT	DDAT/21118/10				5:50.23	437
	50m: 35.73	35.73	150m: 2:05.90	46.44	250m: 3:40.39	48.87	350m: 5:10.34	41.67		
	100m: 1:19.46	43.73	200m: 2:51.52	45.62	300m: 4:28.67	48.28	400m: 5:50.23	39.89		