

Programmanr. 201
 7/02/2025 - 17:20

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	Hodzemovasarhely (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
1.	VERVLOET, Zoé	10 BEL	Gzvn	GZVN/21228/10	4:34.91 627
	50m: 30.97 30.97	150m: 1:40.93 35.43	250m: 2:51.45 35.29	350m: 4:01.33 34.69	
	100m: 1:06.50 34.53	200m: 2:16.16 35.23	300m: 3:26.64 35.19	400m: 4:34.91 33.58	
2.	VINCK, Tine	08 BEL	MEGA	MEGA/41315/08	4:36.81 614
	50m: 31.70 31.70	150m: 1:41.29 35.00	250m: 2:52.64 35.67	350m: 4:03.16 34.84	
	100m: 1:06.29 34.59	200m: 2:16.97 35.68	300m: 3:28.32 35.68	400m: 4:36.81 33.65	
3.	D'HAESELEER, Fran	10 BEL	DMI	DMI/21063/10	4:39.24 598
	50m: 31.34 31.34	150m: 1:42.74 36.32	250m: 2:54.39 35.92	350m: 4:06.01 36.17	
	100m: 1:06.42 35.08	200m: 2:18.47 35.73	300m: 3:29.84 35.45	400m: 4:39.24 33.23	
4.	D'HOOGHE, Elina	08 BEL	MEGA	MEGA/21338/08	4:39.69 596
	50m: 31.59 31.59	150m: 1:40.75 35.26	250m: 2:52.32 36.31	350m: 4:05.13 36.61	
	100m: 1:05.49 33.90	200m: 2:16.01 35.26	300m: 3:28.52 36.20	400m: 4:39.69 34.56	
5.	KONINGS, Ylva	07 BEL	Hzs	HZS/21325/07	4:40.06 593
	50m: 31.86 31.86	150m: 1:42.26 35.41	250m: 2:53.88 35.89	350m: 4:05.44 35.44	
	100m: 1:06.85 34.99	200m: 2:17.99 35.73	300m: 3:30.00 36.12	400m: 4:40.06 34.62	
6.	DESPEGHEL, Laurann	07 BEL	BZK	BZK/21144/07	4:40.25 592
	50m: 30.39 30.39	150m: 1:41.21 35.64	250m: 2:53.05 36.12	350m: 4:05.25 36.12	
	100m: 1:05.57 35.18	200m: 2:16.93 35.72	300m: 3:29.13 36.08	400m: 4:40.25 35.00	
7.	MERTENS, Helena	09 BEL	SHARK	SHARK/21146/09	4:40.39 591
	50m: 31.07 31.07	150m: 1:40.30 35.18	250m: 2:52.06 35.95	350m: 4:04.94 36.47	
	100m: 1:05.12 34.05	200m: 2:16.11 35.81	300m: 3:28.47 36.41	400m: 4:40.39 35.45	
8.	LAMMENS, Louise	08 BEL	Tzt	TZT/21069/08	4:43.00 575
	50m: 31.96 31.96	150m: 1:42.70 35.65	250m: 2:55.14 36.35	350m: 4:08.26 36.44	
	100m: 1:07.05 35.09	200m: 2:18.79 36.09	300m: 3:31.82 36.68	400m: 4:43.00 34.74	