

Programmanr. 215  
 8/02/2025 - 17:33

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		
1.	COLINET, Manon			07	BEL	CNSW	CNSW/012926/07		<b>5:17.82</b>	585		
	50m:	34.34	34.34	150m:	1:58.84	43.71	250m:	3:23.54	42.61	350m:	4:42.86	36.40
	100m:	1:15.13	40.79	200m:	2:40.93	42.09	300m:	4:06.46	42.92	400m:	5:17.82	34.96
2.	DECOUTERE, Imani			10	BEL	Kzk	KZK/21111/10		<b>5:19.23</b>	577		
	50m:	32.49	32.49	150m:	1:51.91	41.01	250m:	3:20.02	47.90	350m:	4:44.32	36.36
	100m:	1:10.90	38.41	200m:	2:32.12	40.21	300m:	4:07.96	47.94	400m:	5:19.23	34.91
3.	KONINGS, Ylva			07	BEL	Hzs	HZS/21325/07		<b>5:19.74</b>	574		
	50m:	32.59	32.59	150m:	1:52.28	41.12	250m:	3:20.69	47.44	350m:	4:44.78	36.43
	100m:	1:11.16	38.57	200m:	2:33.25	40.97	300m:	4:08.35	47.66	400m:	5:19.74	34.96
4.	VEKEMANS, Rena			07	BEL	Dzo	DZO/21050/07		<b>5:21.88</b>	563		
	50m:	32.42	32.42	150m:	1:52.39	41.45	250m:	3:20.93	47.18	350m:	4:44.82	37.61
	100m:	1:10.94	38.52	200m:	2:33.75	41.36	300m:	4:07.21	46.28	400m:	5:21.88	37.06
5.	VINCK, Tine			08	BEL	MEGA	MEGA/41315/08		<b>5:24.83</b>	548		
	50m:	35.20	35.20	150m:	1:59.18	42.67	250m:	3:27.15	46.45	350m:	4:50.51	36.07
	100m:	1:16.51	41.31	200m:	2:40.70	41.52	300m:	4:14.44	47.29	400m:	5:24.83	34.32
6.	DEVOLDER, Yelena			09	BEL	TiMe	TiMe/21086/09		<b>5:29.51</b>	525		
	50m:	34.61	34.61	150m:	1:58.61	43.61	250m:	3:29.40	48.79	350m:	4:55.32	37.52
	100m:	1:15.00	40.39	200m:	2:40.61	42.00	300m:	4:17.80	48.40	400m:	5:29.51	34.19
7.	VAN BUNDER, Amy			10	BEL	TSZ	TSZ/21092/10		<b>5:31.37</b>	516		
	50m:	34.46	34.46	150m:	1:59.56	44.47	250m:	3:29.01	47.09	350m:	4:55.02	38.88
	100m:	1:15.09	40.63	200m:	2:41.92	42.36	300m:	4:16.14	47.13	400m:	5:31.37	36.35
8.	LAMMENS, Louise			08	BEL	Tzt	TZT/21069/08		<b>5:31.85</b>	514		
	50m:	33.37	33.37	150m:	1:57.38	45.86	250m:	3:28.98	47.18	350m:	4:56.23	38.27
	100m:	1:11.52	38.15	200m:	2:41.80	44.42	300m:	4:17.96	48.98	400m:	5:31.85	35.62