

Programmanr. 315
 8/02/2025

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.	BRINK, Djanilla		06	NED	Team NL	200600988		4:59.85	697		
	50m:	32.42 32.42	150m:	1:51.53	41.34	250m:	3:10.71	38.65	350m:	4:25.99	35.46
	100m:	1:10.19 37.77	200m:	2:32.06	40.53	300m:	3:50.53	39.82	400m:	4:59.85	33.86
2.	VAN DEN OUDEN, Nikita		99	NED	Psv	199900622		5:00.11	695		
	50m:	30.36 30.36	150m:	1:45.79	40.41	250m:	3:08.06	42.99	350m:	4:27.15	35.50
	100m:	1:05.38 35.02	200m:	2:25.07	39.28	300m:	3:51.65	43.59	400m:	5:00.11	32.96
3.	VAN SPEYBROECK, Bo		04	BEL	ZORO	ZORO/21124/04		5:00.49	692		
	50m:	31.22 31.22	150m:	1:47.68	39.67	250m:	3:08.83	42.55	350m:	4:27.08	34.41
	100m:	1:08.01 36.79	200m:	2:26.28	38.60	300m:	3:52.67	43.84	400m:	5:00.49	33.41
4.	DE BONT, Sam		08	BEL	TSZ	TSZ/21105/08		5:04.02	668		
	50m:	32.10 32.10	150m:	1:50.36	40.83	250m:	3:13.23	42.19	350m:	4:30.49	33.26
	100m:	1:09.53 37.43	200m:	2:31.04	40.68	300m:	3:57.23	44.00	400m:	5:04.02	33.53
5.	VERTESSEN, Fran		09	BEL	DBT	DBT/21114/09		5:09.82	631		
	50m:	31.53 31.53	150m:	1:50.40	41.77	250m:	3:15.49	43.54	350m:	4:35.69	35.81
	100m:	1:08.63 37.10	200m:	2:31.95	41.55	300m:	3:59.88	44.39	400m:	5:09.82	34.13
6.	VAN DE CLOOT, Elina		10	BEL	HoZT	HOZT/21043/10		5:14.35	605		
	50m:	31.72 31.72	150m:	1:48.21	39.21	250m:	3:15.64	48.12	350m:	4:39.06	35.97
	100m:	1:09.00 37.28	200m:	2:27.52	39.31	300m:	4:03.09	47.45	400m:	5:14.35	35.29
7.	JANSEN VAN GALEN, Kim		02	NED	Psv	200201594		5:18.69	580		
	50m:	31.61 31.61	150m:	1:52.30	43.77	250m:	3:19.96	44.63	350m:	4:42.54	37.87
	100m:	1:08.53 36.92	200m:	2:35.33	43.03	300m:	4:04.67	44.71	400m:	5:18.69	36.15
8.	WILLAERT, Ayla		09	BEL	HoZT	HOZT/21038/09		5:22.17	562		
	50m:	34.27 34.27	150m:	1:55.81	40.97	250m:	3:23.57	47.87	350m:	4:46.11	36.33
	100m:	1:14.84 40.57	200m:	2:35.70	39.89	300m:	4:09.78	46.21	400m:	5:22.17	36.06