

Provinciaal kampioenschap Antwerpen  
Mol, 14 - 15/10/2023

Programmanr. 17  
14/10/2023 - 16:35

Dames, 400m vrije slag

11 jaar en ouder  
Resultaten

Punten: FINA 2023

Rang			Geb.					Tijd	Pnt	
<b>11 jaar</b>										
1.	BIERINCKX, Mie		12	Zwemclub Nijlen				<b>5:20.25</b>	376	
	50m:	36.59 36.59	150m:	1:57.72	40.91	250m:	3:20.42	41.69	350m:	4:42.18 41.13
	100m:	1:16.81 40.22	200m:	2:38.73	41.01	300m:	4:01.05	40.63	400m:	5:20.25 38.07
2.	MELIS, Vlinder		12	Kempisch Swimming Team				<b>5:37.51</b>	321	
	50m:	35.84 35.84	150m:	2:00.39	43.16	250m:	3:26.82	43.61	350m:	4:55.52 44.33
	100m:	1:17.23 41.39	200m:	2:43.21	42.82	300m:	4:11.19	44.37	400m:	5:37.51 41.99
3.	GORIS, Zita		12	Brabo Zwemclub Antwerpen				<b>6:01.78</b>	261	
	50m:	39.42 39.42	150m:	2:10.88	47.24	250m:	3:44.51	46.84	350m:	5:17.64 46.52
	100m:	1:23.64 44.22	200m:	2:57.67	46.79	300m:	4:31.12	46.61	400m:	6:01.78 44.14
4.	BRAEKEN, Charlotte		12	Zwemclub Geel				<b>6:16.77</b>	231	
	50m:	40.82 40.82	150m:	2:16.94	50.07	250m:	3:56.32	50.10	350m:	5:32.80 48.07
	100m:	1:26.87 46.05	200m:	3:06.22	49.28	300m:	4:44.73	48.41	400m:	6:16.77 43.97
5.	OOMS, Bregje		12	Hoogstratens Zwem Team				<b>6:24.44</b>	217	
	50m:	41.54 41.54	150m:	2:20.44	49.26	250m:	3:59.87	49.96	350m:	5:38.32 47.51
	100m:	1:31.18 49.64	200m:	3:09.91	49.47	300m:	4:50.81	50.94	400m:	6:24.44 46.12
6.	WOUTERS, Dora		12	Zwemclub Geel				<b>7:36.77</b>	129	
	50m:	48.52 48.52	150m:	2:44.16	58.50	250m:	4:42.68	1:00.41	350m:	6:42.85 59.56
	100m:	1:45.66 57.14	200m:	3:42.27	58.11	300m:	5:43.29	1:00.61	400m:	7:36.77 53.92
<b>12 jaar</b>										
1.	MERTENS, Femke		11	ShaRK				<b>5:11.27</b>	410	
	50m:	34.74 34.74	150m:	1:51.24	38.84	250m:	3:11.56	40.30	350m:	4:33.30 40.52
	100m:	1:12.40 37.66	200m:	2:31.26	40.02	300m:	3:52.78	41.22	400m:	5:11.27 37.97
2.	GEYPEN, Wies		11	Molse Zwemclub "Mozka"				<b>5:20.32</b>	376	
	50m:	36.69 36.69	150m:	1:59.72	42.22	250m:	3:22.62	41.92	350m:	4:41.09 38.24
	100m:	1:17.50 40.81	200m:	2:40.70	40.98	300m:	4:02.85	40.23	400m:	5:20.32 39.23
3.	LEMMENS, Febe		11	Westerlo Swimming Team				<b>5:22.90</b>	367	
	50m:	35.45 35.45	150m:	1:58.34	41.88	250m:	3:22.61	41.47	350m:	4:45.67 41.97
	100m:	1:16.46 41.01	200m:	2:41.14	42.80	300m:	4:03.70	41.09	400m:	5:22.90 37.23
4.	VAN RILLAER, Yinthe		11	Heitse Zwemclub Arduas				<b>5:27.35</b>	352	
	50m:	36.36 36.36	150m:	1:58.80	41.80	250m:	3:24.09	42.85	350m:	4:48.42 41.43
	100m:	1:17.00 40.64	200m:	2:41.24	42.44	300m:	4:06.99	42.90	400m:	5:27.35 38.93
5.	KEMPS, Elize		11	Molse Zwemclub "Mozka"				<b>5:33.62</b>	333	
	50m:	37.05 37.05	150m:	2:01.23	42.89	250m:	3:27.62	43.51	350m:	4:54.32 43.36
	100m:	1:18.34 41.29	200m:	2:44.11	42.88	300m:	4:10.96	43.34	400m:	5:33.62 39.30
6.	LAMBRECHTS, Loes		11	Arendonkse Zwemvereniging				<b>5:38.94</b>	317	
	50m:	39.10 39.10	150m:	2:07.75	44.60	250m:	3:35.73	43.38	350m:	4:59.75 42.83
	100m:	1:23.15 44.05	200m:	2:52.35	44.60	300m:	4:16.92	41.19	400m:	5:38.94 39.19
7.	VAN BOCKSTAL, Yoanna		11	Hoogstratens Zwem Team				<b>5:42.31</b>	308	
	50m:	36.82 36.82	150m:	2:02.51	43.14	250m:	3:30.03	43.15	350m:	4:59.03 44.23
	100m:	1:19.37 42.55	200m:	2:46.88	44.37	300m:	4:14.80	44.77	400m:	5:42.31 43.28
8.	VAN DE MOSSELAER, Emma		11	Brabo Zwemclub Antwerpen				<b>5:54.16</b>	278	
	50m:	41.33 41.33	150m:	2:11.85	45.21	250m:	3:41.73	44.11	350m:	5:12.00 43.98
	100m:	1:26.64 45.31	200m:	2:57.62	45.77	300m:	4:28.02	46.29	400m:	5:54.16 42.16
9.	VANLOMMELE, Luisa Valentina		11	Zwemclub Geel				<b>6:05.14</b>	254	
	50m:	38.82 38.82	150m:	2:09.49	46.65	250m:	3:43.70	47.83	350m:	5:18.36 47.44
	100m:	1:22.84 44.02	200m:	2:55.87	46.38	300m:	4:30.92	47.22	400m:	6:05.14 46.78
10.	VAN REETH, Lisse		11	Brabo Zwemclub Antwerpen				<b>6:23.38</b>	219	
	50m:	41.46 41.46	150m:	2:18.06	48.09	250m:	3:57.53	49.88	350m:	5:36.17 48.76
	100m:	1:29.97 48.51	200m:	3:07.65	49.59	300m:	4:47.41	49.88	400m:	6:23.38 47.21

Provinciaal kampioenschap Antwerpen  
Mol, 14 - 15/10/2023

Programmanr. 17, Dames, 400m vrije slag

13 jaar

1.	TEMMERMAN, Elynne	10	Brabo Zwemclub Antwerpen	<b>4:53.73</b>	488
	50m: 32.58 32.58	150m: 1:47.86	38.03	250m: 3:03.06	37.64
	100m: 1:09.83 37.25	200m: 2:25.42	37.56	300m: 3:41.32	38.26
				350m: 4:17.78	36.46
				400m: 4:53.73	35.95
2.	GENBRUGGE, Éléa	10	Brabo Zwemclub Antwerpen	<b>5:05.51</b>	433
	50m: 34.33 34.33	150m: 1:53.46	39.86	250m: 3:11.60	39.10
	100m: 1:13.60 39.27	200m: 2:32.50	39.04	300m: 3:50.38	38.78
				350m: 4:29.40	39.02
				400m: 5:05.51	36.11
3.	KELDERMAN, Fran	10	Brabo Zwemclub Antwerpen	<b>5:08.12</b>	423
	50m: 34.90 34.90	150m: 1:52.88	39.43	250m: 3:12.00	38.88
	100m: 1:13.45 38.55	200m: 2:33.12	40.24	300m: 3:51.38	39.38
				350m: 4:30.77	39.39
				400m: 5:08.12	37.35
4.	BORGHS, Lore	10	Zwemclub Geel	<b>5:13.01</b>	403
	50m: 33.90 33.90	150m: 1:53.03	40.15	250m: 3:13.95	40.31
	100m: 1:12.88 38.98	200m: 2:33.64	40.61	300m: 3:54.84	40.89
				350m: 4:35.17	40.33
				400m: 5:13.01	37.84
5.	MAES, Julie	10	Zwemclub Geel	<b>5:20.47</b>	375
	50m: 35.70 35.70	150m: 1:55.66	39.96	250m: 3:18.02	41.24
	100m: 1:15.70 40.00	200m: 2:36.78	41.12	300m: 3:59.65	41.63
				350m: 4:40.55	40.90
				400m: 5:20.47	39.92
6.	MOONEN, Karlijn	10	Brabo Zwemclub Antwerpen	<b>5:36.06</b>	326
	50m: 37.88 37.88	150m: 2:01.72	41.69	250m: 3:26.68	42.56
	100m: 1:20.03 42.15	200m: 2:44.12	42.40	300m: 4:10.22	43.54
				350m: 4:53.09	42.87
				400m: 5:36.06	42.97
7.	ROOSENBOECK, Hayley	10	Zwemclub Geel	<b>5:40.12</b>	314
	50m: 38.04 38.04	150m: 2:05.81	44.47	250m: 3:34.61	43.64
	100m: 1:21.34 43.30	200m: 2:50.97	45.16	300m: 4:17.48	42.87
				350m: 5:00.75	43.27
				400m: 5:40.12	39.37
8.	BOECKX, Paulien	10	Zwemclub Geel	<b>5:54.92</b>	276
	50m: 39.48 39.48	150m: 2:10.01	46.15	250m: 3:42.50	45.51
	100m: 1:23.86 44.38	200m: 2:56.99	46.98	300m: 4:28.30	45.80
				350m: 5:12.87	44.57
				400m: 5:54.92	42.05
9.	DE SCHEPPER, Lara	10	Zola	<b>6:03.07</b>	258
	50m: 40.27 40.27	150m: 2:12.79	47.39	250m: 3:46.66	46.46
	100m: 1:25.40 45.13	200m: 3:00.20	47.41	300m: 4:33.77	47.11
				350m: 5:19.79	46.02
				400m: 6:03.07	43.28
10.	VAN DEN BOSSCHE, Lia	10	Zola	<b>6:09.75</b>	244
	50m: 39.15 39.15	150m: 2:10.86	46.46	250m: 3:45.47	47.21
	100m: 1:24.40 45.25	200m: 2:58.26	47.40	300m: 4:32.47	47.00
				350m: 5:16.64	44.17
				400m: 6:09.75	53.11
11.	VAN BUGGENHOUT, Ishana	10	Zwemclub Nijlen	<b>6:14.17</b>	236
	50m: 42.10 42.10	150m: 2:17.59	48.00	250m: 3:54.52	48.16
	100m: 1:29.59 47.49	200m: 3:06.36	48.77	300m: 4:43.41	48.89
				350m: 5:30.90	47.49
				400m: 6:14.17	43.27
12.	VAN TENDELOO, Marie	10	Brabo Zwemclub Antwerpen	<b>6:22.07</b>	221
	50m: 41.16 41.16	150m: 2:16.53	48.97	250m: 3:56.51	50.47
	100m: 1:27.56 46.40	200m: 3:06.04	49.51	300m: 4:47.54	51.03
				350m: 5:37.82	50.28
				400m: 6:22.07	44.25
13.	VALKENBORGHS, Yanne	10	Zwemclub Geel	<b>6:22.77</b>	220
	50m: 42.30 42.30	150m: 2:18.16	48.42	250m: 3:57.82	49.48
	100m: 1:29.74 47.44	200m: 3:08.34	50.18	300m: 4:47.85	50.03
				350m: 5:37.50	49.65
				400m: 6:22.77	45.27
14.	VAN MECHELEN, Zoë	10	Kempisch Swimming Team	<b>6:23.96</b>	218
	50m: 41.62 41.62	150m: 2:20.82	50.52	250m: 4:00.81	49.48
	100m: 1:30.30 48.68	200m: 3:11.33	50.51	300m: 4:51.23	50.42
				350m: 5:40.09	48.86
				400m: 6:23.96	43.87
15.	WOUTERS, Mit	10	Zwemclub Geel	<b>6:28.94</b>	210
	50m: 42.25 42.25	150m: 2:20.65	49.87	250m: 4:02.02	51.18
	100m: 1:30.78 48.53	200m: 3:10.84	50.19	300m: 4:53.08	51.06
				350m: 5:43.39	50.31
				400m: 6:28.94	45.55

14 jaar

1.	METZEMAKERS, Lea	09	Brabo Zwemclub Antwerpen	<b>4:25.21</b>	663
	50m: 30.32 30.32	150m: 1:38.25	34.41	250m: 2:46.58	33.76
	100m: 1:03.84 33.52	200m: 2:12.82	34.57	300m: 3:20.39	33.81
				350m: 3:52.95	32.56
				400m: 4:25.21	32.26
2.	MERTENS, Helena	09	ShaRK	<b>4:42.71</b>	547
	50m: 31.49 31.49	150m: 1:42.54	36.03	250m: 2:55.56	36.37
	100m: 1:06.51 35.02	200m: 2:19.19	36.65	300m: 3:32.15	36.59
				350m: 4:08.47	36.32
				400m: 4:42.71	34.24

Provinciaal kampioenschap Antwerpen  
Mol, 14 - 15/10/2023

Programmanr. 17, Meisjes, 400m vrije slag, 14 jaar

Rang					Geb.					Tijd	Pnt	
3.	WILLAERT, Ayla				09	Hoogstratens Zwem Team				<b>4:44.25</b>	538	
	50m:	32.27	32.27	150m:	1:43.21	35.74	250m:	2:55.76	36.22	350m:	4:08.22	36.34
	100m:	1:07.47	35.20	200m:	2:19.54	36.33	300m:	3:31.88	36.12	400m:	4:44.25	36.03
4.	TALBOOM, Lies				09	Brabo Zwemclub Antwerpen				<b>4:44.48</b>	537	
	50m:	31.83	31.83	150m:	1:43.32	36.31	250m:	2:56.00	36.28	350m:	4:09.53	37.14
	100m:	1:07.01	35.18	200m:	2:19.72	36.40	300m:	3:32.39	36.39	400m:	4:44.48	34.95
5.	VERSCHUEREN, Louise				09	Hoogstratens Zwem Team				<b>4:59.50</b>	460	
	50m:	34.62	34.62	150m:	1:51.51	38.42	250m:	3:06.71	37.14	350m:	4:23.44	38.12
	100m:	1:13.09	38.47	200m:	2:29.57	38.06	300m:	3:45.32	38.61	400m:	4:59.50	36.06
6.	AERTS, Louise				09	Hoogstratens Zwem Team				<b>5:16.51</b>	390	
	50m:	35.33	35.33	150m:	1:53.28	39.56	250m:	3:14.30	40.59	350m:	4:36.37	41.28
	100m:	1:13.72	38.39	200m:	2:33.71	40.43	300m:	3:55.09	40.79	400m:	5:16.51	40.14
7.	VAN WAELDEREN, Hanne				09	Westerlo Swimming Team				<b>5:16.85</b>	389	
	50m:	35.63	35.63	150m:	1:56.28	40.72	250m:	3:16.99	40.88	350m:	4:38.62	41.04
	100m:	1:15.56	39.93	200m:	2:36.11	39.83	300m:	3:57.58	40.59	400m:	5:16.85	38.23
8.	HANNES, Amber				09	Arendonkse Zwemvereniging				<b>5:37.43</b>	322	
	50m:	38.64	38.64	150m:	2:03.90	43.03	250m:	3:29.84	42.88	350m:	4:56.00	43.29
	100m:	1:20.87	42.23	200m:	2:46.96	43.06	300m:	4:12.71	42.87	400m:	5:37.43	41.43
9.	BOEYKENS, Emma				09	Kempisch Swimming Team				<b>5:37.77</b>	321	
	50m:	38.56	38.56	150m:	2:03.89	42.99	250m:	3:31.10	43.93	350m:	4:58.00	43.04
	100m:	1:20.90	42.34	200m:	2:47.17	43.28	300m:	4:14.96	43.86	400m:	5:37.77	39.77

15 - 16 jaar

1.	CORNELISSEN, Anais				07	Brabo Zwemclub Antwerpen				<b>4:28.37</b>	640	
	50m:	29.93	29.93	150m:	1:38.31	34.59	250m:	2:47.06	34.32	350m:	3:55.80	34.24
	100m:	1:03.72	33.79	200m:	2:12.74	34.43	300m:	3:21.56	34.50	400m:	4:28.37	32.57
2.	VANHOOF, Marieke				07	Rscm				<b>4:33.26</b>	606	
	50m:	30.19	30.19	150m:	1:38.88	34.85	250m:	2:49.42	35.19	350m:	3:59.50	34.83
	100m:	1:04.03	33.84	200m:	2:14.23	35.35	300m:	3:24.67	35.25	400m:	4:33.26	33.76
3.	NIJZIEL, Nova				08	Zwemclub Geel				<b>4:33.85</b>	602	
	50m:	30.71	30.71	150m:	1:39.89	34.84	250m:	2:50.36	35.30	350m:	4:00.32	34.80
	100m:	1:05.05	34.34	200m:	2:15.06	35.17	300m:	3:25.52	35.16	400m:	4:33.85	33.53
4.	DE MAERSCHALCK, Ella				07	Rscm				<b>4:46.39</b>	526	
	50m:	32.53	32.53	150m:	1:44.69	36.65	250m:	2:57.82	36.39	350m:	4:11.19	36.92
	100m:	1:08.04	35.51	200m:	2:21.43	36.74	300m:	3:34.27	36.45	400m:	4:46.39	35.20
5.	KUZNETCOVA, Svetlana				07	Brabo Zwemclub Antwerpen				<b>4:49.17</b>	511	
	50m:	31.75	31.75	150m:	1:43.03	36.22	250m:	2:58.07	37.79	350m:	4:12.53	37.40
	100m:	1:06.81	35.06	200m:	2:20.28	37.25	300m:	3:35.13	37.06	400m:	4:49.17	36.64
6.	OOMS, Sari				07	Zwemclub Geel				<b>4:50.50</b>	504	
	50m:	31.68	31.68	150m:	1:44.21	36.92	250m:	2:58.79	37.00	350m:	4:14.37	38.17
	100m:	1:07.29	35.61	200m:	2:21.79	37.58	300m:	3:36.20	37.41	400m:	4:50.50	36.13
7.	VAN LAARHOVEN, Alessia				08	Brabo Zwemclub Antwerpen				<b>4:53.59</b>	488	
	50m:	32.44	32.44	150m:	1:45.05	36.97	250m:	2:59.72	37.43	350m:	4:16.27	38.42
	100m:	1:08.08	35.64	200m:	2:22.29	37.24	300m:	3:37.85	38.13	400m:	4:53.59	37.32
8.	GEENS, Wenke				07	Azk				<b>5:08.74</b>	420	
	50m:	34.41	34.41	150m:	1:52.27	39.27	250m:	3:11.80	39.65	350m:	4:30.60	38.96
	100m:	1:13.00	38.59	200m:	2:32.15	39.88	300m:	3:51.64	39.84	400m:	5:08.74	38.14
9.	COESEMANS, Amilia				08	Arendonkse Zwemvereniging				<b>5:09.25</b>	418	
	50m:	34.28	34.28	150m:	1:52.39	39.73	250m:	3:12.14	39.69	350m:	4:32.66	40.27
	100m:	1:12.66	38.38	200m:	2:32.45	40.06	300m:	3:52.39	40.25	400m:	5:09.25	36.59
10.	AERNOOTS, Roos				08	Azk				<b>5:10.77</b>	412	
	50m:	33.54	33.54	150m:	1:50.79	39.48	250m:	3:10.95	40.24	350m:	4:31.82	40.56
	100m:	1:11.31	37.77	200m:	2:30.71	39.92	300m:	3:51.26	40.31	400m:	5:10.77	38.95

Provinciaal kampioenschap Antwerpen  
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Programmanr. 17, Meisjes, 400m vrije slag, 15 - 16 jaar

Rang				Geb.					Tijd	Pnt		
11.	BEGUE, Mélissa			08	Zwemclub Geel				<b>5:34.16</b>	331		
	50m:	36.50	36.50	150m:	1:57.92	41.40	250m:	3:23.33	43.13	350m:	4:51.24	44.23
	100m:	1:16.52	40.02	200m:	2:40.20	42.28	300m:	4:07.01	43.68	400m:	5:34.16	42.92
17 - 18 jaar												
1.	GRAHAM, Jil			06	Hoogstratens Zwem Team				<b>4:36.79</b>	583		
	50m:	31.00	31.00	150m:	1:39.64	34.94	250m:	2:50.50	35.21	350m:	4:02.10	35.65
	100m:	1:04.70	33.70	200m:	2:15.29	35.65	300m:	3:26.45	35.95	400m:	4:36.79	34.69
2.	VAN DEN BORRE, Elin			06	Brabo Zwemclub Antwerpen				<b>4:43.76</b>	541		
	50m:	32.58	32.58	150m:	1:44.21	35.89	250m:	2:56.38	35.90	350m:	4:08.33	35.95
	100m:	1:08.32	35.74	200m:	2:20.48	36.27	300m:	3:32.38	36.00	400m:	4:43.76	35.43
3.	RYMENANTS, Sterre			06	Brabo Zwemclub Antwerpen				<b>4:54.00</b>	486		
	50m:	33.18	33.18	150m:	1:46.05	36.26	250m:	3:00.13	37.39	350m:	4:16.32	38.21
	100m:	1:09.79	36.61	200m:	2:22.74	36.69	300m:	3:38.11	37.98	400m:	4:54.00	37.68
4.	MOREELS, Nina			06	Brabo Zwemclub Antwerpen				<b>4:56.56</b>	474		
	50m:	32.98	32.98	150m:	1:46.53	37.44	250m:	3:02.48	38.37	350m:	4:19.57	38.60
	100m:	1:09.09	36.11	200m:	2:24.11	37.58	300m:	3:40.97	38.49	400m:	4:56.56	36.99
5.	JOPPE, Shanna			06	Zola				<b>4:57.27</b>	471		
	50m:	32.60	32.60	150m:	1:46.53	37.45	250m:	3:02.81	38.40	350m:	4:19.82	38.48
	100m:	1:09.08	36.48	200m:	2:24.41	37.88	300m:	3:41.34	38.53	400m:	4:57.27	37.45
6.	VAN LOON, Tess			06	Azk				<b>4:57.88</b>	468		
	50m:	33.21	33.21	150m:	1:46.62	37.23	250m:	3:02.90	38.28	350m:	4:20.23	38.75
	100m:	1:09.39	36.18	200m:	2:24.62	38.00	300m:	3:41.48	38.58	400m:	4:57.88	37.65
7.	NIJZIEL, Maxine			06	Zwemclub Geel				<b>5:09.20</b>	418		
	50m:	33.78	33.78	150m:	1:53.23	40.03	250m:	3:12.87	40.05	350m:	4:31.04	38.11
	100m:	1:13.20	39.42	200m:	2:32.82	39.59	300m:	3:52.93	40.06	400m:	5:09.20	38.16
8.	BEGUE, Miya			06	Zwemclub Geel				<b>5:33.11</b>	334		
	50m:	36.88	36.88	150m:	1:59.59	41.93	250m:	3:25.23	43.18	350m:	4:51.57	43.29
	100m:	1:17.66	40.78	200m:	2:42.05	42.46	300m:	4:08.28	43.05	400m:	5:33.11	41.54

19 jaar en ouder

1.	KENNIS, Nathalie			02	Arendonkse Zwemvereniging				<b>4:56.33</b>	475		
	50m:	31.12	31.12	150m:	1:43.26	36.51	250m:	3:00.61	38.69	350m:	4:19.53	39.49
	100m:	1:06.75	35.63	200m:	2:21.92	38.66	300m:	3:40.04	39.43	400m:	4:56.33	36.80