

OOST-VLAAMSE KAMPIOENSCHAPPEN ZWEMMEN 2023  
Ronse, 14 - 15/10/2023

Programmanr. 17  
14/10/2023 - 15:50

Dames, 400m vrije slag

11 jaar en ouder  
Resultaten

Punten: FINA 2023

Rang							Inschr.	Tijd	Pnt	
<b>11 jaar</b>										
1.	VERLUYTEN Niene						TSZ/41093/12	6:00.64	<b>5:22.29</b>	369
	50m:	38.20	150m:	2:02.98	250m:	3:24.35	350m:	4:43.57		
	100m:	1:21.01	200m:	2:43.81	300m:	4:03.98	400m:	5:22.29		
2.	DEBRABANDERE Leonie						TSZ/21071/12	6:10.97	<b>5:36.69</b>	324
	50m:	38.37	150m:	2:07.55	250m:	3:32.91	350m:	4:57.30		
	100m:	1:22.74	200m:	2:50.01	300m:	4:15.46	400m:	5:36.69		
3.	BAYENS Nina						ZDKK/21014/12	5:21.97	<b>5:43.42</b>	305
	50m:	37.86	150m:	2:03.11	250m:	3:31.36	350m:	4:58.36		
	100m:	1:19.91	200m:	2:47.13	300m:	4:15.76	400m:	5:43.42		
4.	BOTERBERGH Lieke						AST/21065/12	6:11.87	<b>5:45.44</b>	300
	50m:	37.60	150m:	2:03.18	250m:	3:31.40	350m:	5:01.79		
	100m:	1:20.02	200m:	2:47.96	300m:	4:16.47	400m:	5:45.44		
5.	VAN DE WINKEL Lola						AZL/21106/12	6:09.49	<b>5:51.92</b>	283
	50m:	39.88	150m:	2:08.71	250m:	3:39.80	350m:	5:10.56		
	100m:	1:24.14	200m:	2:54.28	300m:	4:25.27	400m:	5:51.92		
6.	STORME Ieme						FIRST/21270/12	6:16.76	<b>6:18.77</b>	227
	50m:	40.75	150m:	2:17.82	250m:	3:56.62	350m:	5:33.75		
	100m:	1:28.65	200m:	3:07.25	300m:	4:45.73	400m:	6:18.77		
<b>12 jaar</b>										
1.	STESSENS Emma-Louise						TSZ/21065/11	5:24.56	<b>5:10.72</b>	412
	50m:	34.81	150m:	1:53.01	250m:	3:13.08	350m:	4:32.14		
	100m:	1:13.21	200m:	2:33.03	300m:	3:52.80	400m:	5:10.72		
2.	MALFAIT Lizanna (Lizi)						FAST/21024/11	5:23.10	<b>5:22.66</b>	368
	50m:	35.39	150m:	1:58.15	250m:	3:21.20	350m:	4:42.93		
	100m:	1:15.69	200m:	2:39.61	300m:	4:01.99	400m:	5:22.66		
3.	DE CUYPER Mayl�e						FAST/21034/11	5:16.98	<b>5:31.17</b>	340
	50m:	36.81	150m:	2:00.21	250m:	3:25.21	350m:	4:49.65		
	100m:	1:17.98	200m:	2:42.51	300m:	4:07.42	400m:	5:31.17		
4.	MEGANCK Lio						AST/21063/11	5:49.64	<b>5:45.24</b>	300
	50m:	39.91	150m:	2:08.32	250m:	3:36.05	350m:	5:03.82		
	100m:	1:23.42	200m:	2:53.56	300m:	4:20.04	400m:	5:45.24		
5.	PRIV� In�s						FAST/21097/11	5:54.79	<b>5:58.97</b>	267
	50m:	39.06	150m:	2:08.29	250m:	3:42.09	350m:	5:14.42		
	100m:	1:23.22	200m:	2:54.61	300m:	4:28.82	400m:	5:58.97		
<b>13 jaar</b>										
1.	GUISSET Jelle						AST/21057/10	4:50.23	<b>4:46.01</b>	528
	50m:	32.08	150m:	1:45.34	250m:	2:58.89	350m:	4:11.23		
	100m:	1:08.26	200m:	2:22.72	300m:	3:34.94	400m:	4:46.01		
2.	VERLUYTEN Leni						TSZ/21094/10	4:56.71	<b>4:57.59</b>	469
	50m:	33.78	150m:	1:48.18	250m:	3:04.87	350m:	4:20.45		
	100m:	1:10.85	200m:	2:27.01	300m:	3:42.46	400m:	4:57.59		
3.	WACHTELAER Charlot						AST/21051/10	5:11.72	<b>5:01.17</b>	452
	50m:	33.28	150m:	1:48.83	250m:	3:05.92	350m:	4:24.30		
	100m:	1:10.55	200m:	2:27.64	300m:	3:45.00	400m:	5:01.17		
4.	VAN DEN BREMT Sarah						AZL/21085/10	5:02.53	<b>5:01.47</b>	451
	50m:	33.53	150m:	1:50.70	250m:	3:07.96	350m:	4:25.56		
	100m:	1:12.36	200m:	2:29.04	300m:	3:46.84	400m:	5:01.47		

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Programmanr. 17, Meisjes, 400m vrije slag, 13 jaar

Rang							Inscr.	Tijd	Pnt	
5.	DE TROYER Elise						AST/21053/10	5:09.18	<b>5:03.63</b>	442
	50m:	34.42	150m:	1:52.44	250m:	3:08.95	350m:	4:25.91		
	100m:	1:13.25	200m:	2:31.58	300m:	3:47.36	400m:	5:03.63		
6.	MURAT Irem						TSZ/21050/10	5:20.73	<b>5:05.58</b>	433
	50m:	34.00	150m:	1:49.07	250m:	3:07.17	350m:	4:26.10		
	100m:	1:11.14	200m:	2:27.86	300m:	3:46.58	400m:	5:05.58		
7.	VAN BUNDER Amy						TSZ/21092/10	5:31.32	<b>5:18.84</b>	381
	50m:	35.33	150m:	1:54.78	250m:	3:15.72	350m:	4:38.11		
	100m:	1:14.64	200m:	2:35.24	300m:	3:57.20	400m:	5:18.84		
FF	WALPUT Elodie						FFTSZ/21075/10	5:28.98		

14 jaar, - PK

1.	REYNIERS Lise						STW/21171/09	4:41.26	<b>4:32.55</b>	611
	50m:	31.16	150m:	1:38.99	250m:	2:48.54	350m:	3:58.74		
	100m:	1:04.59	200m:	2:13.67	300m:	3:23.87	400m:	4:32.55		
2.	RENDERS Charlotte						TSZ/21051/09	5:02.38	<b>4:47.14</b>	522
	50m:	32.33	150m:	1:44.89	250m:	2:58.77	350m:	4:12.55		
	100m:	1:08.03	200m:	2:21.48	300m:	3:36.09	400m:	4:47.14		
3.	DELPORTE Lotte						STW/21156/09	4:58.61	<b>4:58.73</b>	464
	50m:	33.59	150m:	1:48.21	250m:	3:04.67	350m:	4:21.65		
	100m:	1:10.54	200m:	2:26.18	300m:	3:43.12	400m:	4:58.73		
4.	MARTELÉ Lore						MEGA/21280/09	5:07.86	<b>5:02.60</b>	446
	50m:	34.42	150m:	1:50.74	250m:	3:08.42	350m:	4:26.25		
	100m:	1:12.20	200m:	2:29.32	300m:	3:46.87	400m:	5:02.60		
5.	STERKEN Nila						FAST/21018/09	5:07.41	<b>5:06.65</b>	429
	50m:	34.52	150m:	1:51.44	250m:	3:09.52	350m:	4:27.86		
	100m:	1:12.93	200m:	2:31.01	300m:	3:48.80	400m:	5:06.65		
FF	MAES Marthe						FFAST/21055/09	5:15.67		

15 - 16 jaar, - PK

1.	MICHIELS Nore						TSZ/21026/08	4:23.64	<b>4:24.71</b>	667
	50m:	29.78	150m:	1:35.75	250m:	2:43.20	350m:	3:51.83		
	100m:	1:02.32	200m:	2:09.21	300m:	3:17.55	400m:	4:24.71		
2.	D'HOOGHE Elina						MEGA/21338/08	4:35.98	<b>4:33.01</b>	608
	50m:	32.10	150m:	1:41.32	250m:	2:51.22	350m:	4:00.12		
	100m:	1:06.58	200m:	2:16.61	300m:	3:25.81	400m:	4:33.01		
3.	VINCK Tine						MEGA/41315/08	4:35.79	<b>4:34.05</b>	601
	50m:	31.64	150m:	1:40.49	250m:	2:50.10	350m:	4:00.01		
	100m:	1:05.83	200m:	2:15.28	300m:	3:24.91	400m:	4:34.05		
4.	FIERS Ena						MEGA/21425/07	4:44.36	<b>4:43.97</b>	540
	50m:	32.05	150m:	1:43.53	250m:	2:55.57	350m:	4:08.74		
	100m:	1:07.66	200m:	2:19.61	300m:	3:32.00	400m:	4:43.97		
5.	DE BRABANDER Claire						STW/21154/07	4:42.81	<b>4:45.44</b>	532
	50m:	32.14	150m:	1:44.28	250m:	2:56.84	350m:	4:10.27		
	100m:	1:07.70	200m:	2:20.26	300m:	3:33.77	400m:	4:45.44		
6.	VAN LAECKE Liese						MEGA/21243/08	4:50.64	<b>4:53.01</b>	491
	50m:	33.02	150m:	1:46.11	250m:	3:01.09	350m:	4:16.87		
	100m:	1:08.90	200m:	2:23.36	300m:	3:38.43	400m:	4:53.01		
7.	VANDERBEKE Hasse						AST/21052/08	5:00.33	<b>4:53.19</b>	490
	50m:	32.47	150m:	1:46.40	250m:	3:02.37	350m:	4:17.84		
	100m:	1:08.89	200m:	2:24.50	300m:	3:40.01	400m:	4:53.19		

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Programmanr. 17, Meisjes, 400m vrije slag, 15 - 16 jaar, - PK

Rang						Inschr.	Tijd	Pnt
8.	CHICHKOVA Lili					FAST/21011/08	4:48.90	<b>4:53.22</b> 490
	50m: 33.09	150m: 1:46.31	250m: 3:00.90	350m: 4:16.73				
	100m: 1:09.27	200m: 2:23.61	300m: 3:38.47	400m: 4:53.22				
9.	EL BOUHDIDI Alae					STW/21167/07	4:42.83	<b>4:53.23</b> 490
	50m: 32.58	150m: 1:44.53	250m: 2:59.52	350m: 4:15.85				
	100m: 1:08.05	200m: 2:21.78	300m: 3:37.60	400m: 4:53.23				
10.	VAN DAELE Lore					FAST/21046/07	5:05.94	<b>4:54.09</b> 486
	50m: 34.24	150m: 1:49.96	250m: 3:05.00	350m: 4:19.37				
	100m: 1:12.25	200m: 2:27.68	300m: 3:42.45	400m: 4:54.09				
11.	MARTELÉ Sara					MEGA/21150/07	5:01.30	<b>5:00.90</b> 454
	50m: 33.69	150m: 1:49.52	250m: 3:06.08	350m: 4:22.90				
	100m: 1:11.23	200m: 2:27.66	300m: 3:44.62	400m: 5:00.90				
12.	LARMUSEAU Delphine					MEGA/21350/07	5:03.50	<b>5:02.08</b> 448
	50m: 34.84	150m: 1:51.14	250m: 3:08.36	350m: 4:24.89				
	100m: 1:12.60	200m: 2:29.74	300m: 3:46.78	400m: 5:02.08				
13.	BOEYKENS Anna					MEGA/21237/08	5:14.89	<b>5:18.66</b> 382
	50m: 37.63	150m: 1:58.31	250m: 3:19.73	350m: 4:40.27				
	100m: 1:17.56	200m: 2:38.88	300m: 4:00.44	400m: 5:18.66				

17 - 18 jaar, - PK

1.	VAN DEN EEDE Lisa					AZL/21050/06	4:35.66	<b>4:31.56</b> 617
	50m: 30.24	150m: 1:38.70	250m: 2:48.50	350m: 3:58.31				
	100m: 1:03.95	200m: 2:13.51	300m: 3:23.65	400m: 4:31.56				
2.	GOOVAERTS Ellen					STW/21165/05	4:35.75	<b>4:41.24</b> 556
	50m: 32.11	150m: 1:41.84	250m: 2:53.41	350m: 4:05.94				
	100m: 1:06.82	200m: 2:17.42	300m: 3:29.62	400m: 4:41.24				
3.	VANDEPOORTE Pauline					FAST/21050/06	4:38.70	<b>4:41.93</b> 552
	50m: 31.70	150m: 1:42.87	250m: 2:55.41	350m: 4:08.09				
	100m: 1:06.89	200m: 2:18.96	300m: 3:31.99	400m: 4:41.93				
4.	OLDE BIJVANK Femke					MEGA/21277/06	4:53.23	<b>4:47.38</b> 521
	50m: 33.00	150m: 1:47.94	250m: 3:01.42	350m: 4:12.92				
	100m: 1:10.37	200m: 2:25.18	300m: 3:37.47	400m: 4:47.38				
5.	VERSTRAETE Mona					MEGA/21191/06	4:47.40	<b>4:50.22</b> 506
	50m: 33.15	150m: 1:46.13	250m: 2:59.25	350m: 4:13.81				
	100m: 1:09.29	200m: 2:22.76	300m: 3:36.16	400m: 4:50.22				
6.	VIANE Perla					MEGA/21152/05	4:57.30	<b>4:56.29</b> 475
	50m: 32.64	150m: 1:47.32	250m: 3:01.91	350m: 4:18.18				
	100m: 1:09.78	200m: 2:24.79	300m: 3:39.69	400m: 4:56.29				
7.	VERHULST Lotte					STW/21123/06	4:48.35	<b>4:56.86</b> 473
	50m: 33.37	150m: 1:46.13	250m: 3:02.63	350m: 4:18.70				
	100m: 1:09.41	200m: 2:24.14	300m: 3:40.87	400m: 4:56.86				

19 jaar en ouder, - PK

1.	LOONES Thuline					MEGA/21050/00	4:36.90	<b>4:32.57</b> 611
	50m: 32.01	150m: 1:40.74	250m: 2:49.63	350m: 3:58.95				
	100m: 1:06.20	200m: 2:15.23	300m: 3:24.32	400m: 4:32.57				