

Programmanr. 7
31/01/2026 - 14:52

Dames, 400m vrije slag

13 jaar en ouder
Resultaten

Punten: AQUA 2025

Rang	Geb.	Tijd	Pnt	100m	200m	300m	400m
jeugd 2							
1. Berkein Alessia	12 STA	4:59.95	483	1:11.26	1:17.80		
50m:	150m:	250m:			350m:		
100m: 1:11.26	200m: 2:29.06	300m:			400m: 4:59.95		
2. Buyle Geike	13 STA	5:01.44	476	1:10.80	1:18.67		
50m:	150m:	250m:			350m:		
100m: 1:10.80	200m: 2:29.47	300m:			400m: 5:01.44		
3. Loncke Jutta	13 STA	5:06.20	454	1:11.13	1:19.98		
50m:	150m:	250m:			350m:		
100m: 1:11.13	200m: 2:31.11	300m:			400m: 5:06.20		
4. Beulens Lotte	13 FIRST	5:07.67	447	1:13.02	1:19.63		
50m:	150m:	250m:			350m:		
100m: 1:13.02	200m: 2:32.65	300m:			400m: 5:07.67		
5. Bayens Nina	12 ZNA	5:08.59	443	1:10.40	1:18.49		
50m:	150m:	250m:			350m:		
100m: 1:10.40	200m: 2:28.89	300m:			400m: 5:08.59		
6. Osselaer Geike	12 ZNA	5:14.58	418	1:14.25	1:21.17		
50m:	150m:	250m:			350m:		
100m: 1:14.25	200m: 2:35.42	300m:			400m: 5:14.58		
7. Vander Mijnsbrugge Lore	12 AZL	5:16.03	413	1:14.55	1:21.83		
50m:	150m:	250m:			350m:		
100m: 1:14.55	200m: 2:36.38	300m:			400m: 5:16.03		
8. Storme Ieme	12 FIRST	5:17.16	408	1:14.61	1:20.68		
50m:	150m:	250m:			350m:		
100m: 1:14.61	200m: 2:35.29	300m:			400m: 5:17.16		
9. De Wulf Alexine	12 STA	5:22.35	389	1:15.83	1:23.80		
50m:	150m:	250m:			350m:		
100m: 1:15.83	200m: 2:39.63	300m:			400m: 5:22.35		
10. De Backer Sophie	12 FIRST	5:25.38	378	1:17.25	1:24.47		
50m:	150m:	250m:			350m:		
100m: 1:17.25	200m: 2:41.72	300m:			400m: 5:25.38		
11. Verhulst Noor	12 STW	5:42.00	326	1:19.99	1:27.34		
50m:	150m:	250m:			350m:		
100m: 1:19.99	200m: 2:47.33	300m:			400m: 5:42.00		
12. Fouquet Moyha	12 RSC	5:46.42	313	1:22.32	4:30.18		
50m:	150m:	250m:			350m:		
100m: 1:22.32	200m: 5:52.50	300m:			400m: 5:46.42		
13. Heylen Roos	12 AZL	5:46.48	313	1:23.67	1:30.39		
50m:	150m:	250m:			350m:		
100m: 1:23.67	200m: 2:54.06	300m:			400m: 5:46.48		
14. Badidi Chahd	12 ZNA	5:46.52	313	1:21.95	1:29.23		
50m:	150m:	250m:			350m:		
100m: 1:21.95	200m: 2:51.18	300m:			400m: 5:46.52		
15. Jacob Emma	13 ZNA	5:50.40	303	1:22.54	1:30.98		
50m:	150m:	250m:			350m:		
100m: 1:22.54	200m: 2:53.52	300m:			400m: 5:50.40		
16. D'hooghe Feliz	12 RSC	6:02.09	274	1:26.11	1:31.25		
50m:	150m:	250m:			350m:		
100m: 1:26.11	200m: 2:57.36	300m:			400m: 6:02.09		
17. Vandenhoucke Alaïs	13 RSC	6:02.79	273	1:25.30	1:27.33		
50m:	150m:	250m:			350m:		
100m: 1:25.30	200m: 2:52.63	300m:			400m: 6:02.79		

Programmanr. 7, Dames, 400m vrije slag

jeugd 3

1. Van Den Brecht Sarah	10	AZL	4:48.90 540	1:07.82 1:13.75
50m:		150m:	250m:	350m:
100m: 1:07.82		200m: 2:21.57	300m:	400m: 4:48.90
2. Guisset Jelle	10	AST	4:49.47 537	1:09.30 1:14.17
50m:		150m:	250m:	350m:
100m: 1:09.30		200m: 2:23.47	300m:	400m: 4:49.47
3. Malfait Lizanna (Lizi)	11	RSC	4:50.54 531	1:07.79 1:14.29
50m:		150m:	250m:	350m:
100m: 1:07.79		200m: 2:22.08	300m:	400m: 4:50.54
4. Van Daele Josefiën	11	STW	5:02.07 473	1:10.72 1:18.56
50m:		150m:	250m:	350m:
100m: 1:10.72		200m: 2:29.28	300m:	400m: 5:02.07
5. Van Ooteghem Kyana	11	RSC	5:13.77 422	1:15.40 1:19.19
50m:		150m:	250m:	350m:
100m: 1:15.40		200m: 2:34.59	300m:	400m: 5:13.77
6. Buyle Laure	11	STA	5:16.59 410	1:15.70 1:21.47
50m:		150m:	250m:	350m:
100m: 1:15.70		200m: 2:37.17	300m:	400m: 5:16.59
7. Cardon Qietta	10	RSC	5:17.71 406	1:14.65 1:21.50
50m:		150m:	250m:	350m:
100m: 1:14.65		200m: 2:36.15	300m:	400m: 5:17.71
8. Wullaert Fien	11	STW	5:18.77 402	1:13.21 1:21.08
50m:		150m:	250m:	350m:
100m: 1:13.21		200m: 2:34.29	300m:	400m: 5:18.77
9. Colpaert Julie	11	SWEM	5:19.81 398	1:16.50 1:21.93
50m:		150m:	250m:	350m:
100m: 1:16.50		200m: 2:38.43	300m:	400m: 5:19.81
10. Hoebeeck Tinne	10	ZNA	5:24.04 383	1:15.92 1:24.02
50m:		150m:	250m:	350m:
100m: 1:15.92		200m: 2:39.94	300m:	400m: 5:24.04
11. Punzo Michelle	11	STW	5:26.31 375	1:15.50 1:23.61
50m:		150m:	250m:	350m:
100m: 1:15.50		200m: 2:39.11	300m:	400m: 5:26.31
12. Cantré Emilie	10	FIRST	5:31.84 356	1:17.60 1:24.99
50m:		150m:	250m:	350m:
100m: 1:17.60		200m: 2:42.59	300m:	400m: 5:31.84
13. Van Hul Emma	11	STW	5:42.54 324	1:22.04 1:30.23
50m:		150m:	250m:	350m:
100m: 1:22.04		200m: 2:52.27	300m:	400m: 5:42.54
14. Van De Walle Nora	11	OZKA	5:45.56 316	1:22.14 1:28.99
50m:		150m:	250m:	350m:
100m: 1:22.14		200m: 2:51.13	300m:	400m: 5:45.56
15. Verhelst Lola	11	RSC	6:44.27 197	1:33.38 1:44.57
50m:		150m:	250m:	350m:
100m: 1:33.38		200m: 3:17.95	300m:	400m: 6:44.27

juniores

1. Vinck Tine	08	MEGA	4:36.08 619	1:06.16 1:09.66
50m:		150m:	250m:	350m:
100m: 1:06.16		200m: 2:15.82	300m:	400m: 4:36.08
2. Vanderbeke Hasse	08	AST	4:44.31 567	1:07.55 1:12.36
50m:		150m:	250m:	350m:
100m: 1:07.55		200m: 2:19.91	300m:	400m: 4:44.31
3. D'Hooghe Elina	08	MEGA	4:46.01 557	1:07.41 1:12.65
50m:		150m:	250m:	350m:
100m: 1:07.41		200m: 2:20.06	300m:	400m: 4:46.01

Programmanr. 7, Meisjes, 400m vrije slag, junioren

Rang	Geb.	Tijd	Pnt	100m	200m	300m	400m
4. Delporte Lotte	09 STW	4:46.16	556	1:07.66	1:12.79		
50m:	150m:	250m:		350m:			
100m: 1:07.66	200m: 2:20.45	300m:		400m: 4:46.16			
5. De Wolf Tine	09 AST	5:03.25	467	1:11.85	1:17.65		
50m:	150m:	250m:		350m:			
100m: 1:11.85	200m: 2:29.50	300m:		400m: 5:03.25			
6. De Smul Pauline	09 STA	5:07.02	450	1:12.46	1:18.99		
50m:	150m:	250m:		350m:			
100m: 1:12.46	200m: 2:31.45	300m:		400m: 5:07.02			
7. Martelé Lore	09 MEGA	5:13.31	424	1:13.96	1:20.77		
50m:	150m:	250m:		350m:			
100m: 1:13.96	200m: 2:34.73	300m:		400m: 5:13.31			
8. Verhulst Jente	08 STW	5:16.19	412	1:14.97	1:21.58		
50m:	150m:	250m:		350m:			
100m: 1:14.97	200m: 2:36.55	300m:		400m: 5:16.19			