

PK 2023
Leuven, 14 - 15/10/2023

Programmanr. 16
14/10/2023 - 16:25

Dames, 400m vrije slag

11 jaar en ouder
Resultaten

Punten: FINA 2022

Rang			Inschr.			Tijd	Pnt		
11 jaar									
1.	Buggenhoudt Lena		DDAT/21125/12			5:11.08	5:32.86	347	
	50m:	37.57	37.57	150m:	2:00.47	42.43	250m:	3:27.35	43.56
	100m:	1:18.04	40.47	200m:	2:43.79	43.32	300m:	4:10.64	43.29
							350m:	4:53.88	43.24
							400m:	5:32.86	38.98
2.	Touquet Eline		SCWR/21061/12			5:41.77	5:34.71	341	
	50m:	40.67	40.67	150m:	2:06.73	43.09	250m:	3:32.34	41.92
	100m:	1:23.64	42.97	200m:	2:50.42	43.69	300m:	4:14.59	42.25
							350m:	4:57.04	42.45
							400m:	5:34.71	37.67
3.	De Vocht Linne		ZCT/21144/12			5:42.82	5:40.82	323	
	50m:	38.81	38.81	150m:	2:05.11	43.76	250m:	3:31.53	43.80
	100m:	1:21.35	42.54	200m:	2:47.73	42.62	300m:	4:15.31	43.78
							350m:	4:58.86	43.55
							400m:	5:40.82	41.96
4.	Ginkels Febe		LAQUA/21494/126:06.43				5:47.13	306	
	50m:	39.06	39.06	150m:	2:07.90	44.64	250m:	3:36.45	43.97
	100m:	1:23.26	44.20	200m:	2:52.48	44.58	300m:	4:21.53	45.08
							350m:	5:05.30	43.77
							400m:	5:47.13	41.83
5.	Uytterhoeven Fiebe		ZCT/21143/12			6:08.31	5:59.69	275	
	50m:	41.99	41.99	150m:	2:14.25	46.53	250m:	3:48.07	46.97
	100m:	1:27.72	45.73	200m:	3:01.10	46.85	300m:	4:34.68	46.61
							350m:	5:20.11	45.43
							400m:	5:59.69	39.58
6.	De Weerdt Renée		ZCT/21141/12			6:01.56	6:00.56	273	
	50m:	42.43	42.43	150m:	2:16.10	47.21	250m:	3:47.42	44.93
	100m:	1:28.89	46.46	200m:	3:02.49	46.39	300m:	4:33.86	46.44
							350m:	5:18.03	44.17
							400m:	6:00.56	42.53
7.	Piscaer Stanse		ZCT/21152/12			6:12.07	6:17.96	237	
	50m:	41.65	41.65	150m:	2:16.38	46.52	250m:	3:53.22	48.99
	100m:	1:29.86	48.21	200m:	3:04.23	47.85	300m:	4:42.11	48.89
							350m:	5:30.57	48.46
							400m:	6:17.96	47.39

12 jaar

1.	Thys Lena		KAZS/21098/11			5:11.41	5:09.64	431	
	50m:	35.24	35.24	150m:	1:53.75	39.65	250m:	3:13.12	39.32
	100m:	1:14.10	38.86	200m:	2:33.80	40.05	300m:	3:52.88	39.76
							350m:	4:31.96	39.08
							400m:	5:09.64	37.68
2.	Kerckhofs Nienke		BEST/21116/11			5:38.67	5:26.02	369	
	50m:	37.78	37.78	150m:	2:01.86	42.21	250m:	3:26.03	41.98
	100m:	1:19.65	41.87	200m:	2:44.05	42.19	300m:	4:07.97	41.94
							350m:	4:48.91	40.94
							400m:	5:26.02	37.11
3.	Decaluwé Helena		ZCT/21130/11			5:25.41	5:29.79	356	
	50m:	36.20	36.20	150m:	1:40.03	23.16	250m:	3:24.31	49.92
	100m:	1:16.87	40.67	200m:	2:34.39	54.36	300m:	4:06.95	42.64
							350m:	4:49.50	42.55
							400m:	5:29.79	40.29
4.	Bogaerts Xena		SCZ/21084/11			5:32.34	5:34.76	341	
	50m:	37.30	37.30	150m:	2:01.30	42.21	250m:	3:27.28	43.32
	100m:	1:19.09	41.79	200m:	2:43.96	42.66	300m:	4:10.05	42.77
							350m:	4:54.20	44.15
							400m:	5:34.76	40.56
5.	Nsubuga Sofia		ALZV/21133/11			5:34.37	5:41.96	320	
	50m:	38.49	38.49	150m:	2:06.21	44.14	250m:	3:35.00	44.22
	100m:	1:22.07	43.58	200m:	2:50.78	44.57	300m:	4:20.01	45.01
							350m:	5:04.60	44.59
							400m:	5:41.96	37.36
6.	Volders Jesse		KAZS/21106/11			5:44.07	5:52.76	291	
	50m:	39.12	39.12	150m:	2:07.94	45.06	250m:	3:38.76	45.74
	100m:	1:22.88	43.76	200m:	2:53.02	45.08	300m:	4:24.65	45.89
							350m:	5:09.30	44.65
							400m:	5:52.76	43.46

13 jaar

1.	Adelmann Clara Cenxi		LAQUA/21382/104:52.04				4:52.55	511	
	50m:	33.33	33.33	150m:	1:47.23	37.23	250m:	3:02.70	37.99
	100m:	1:10.00	36.67	200m:	2:24.71	37.48	300m:	3:39.82	37.12
							350m:	4:16.86	37.04
							400m:	4:52.55	35.69
2.	Bohmer Janne		ZCT/21108/10			5:01.50	5:00.33	472	
	50m:	35.51	35.51	150m:	1:51.83	38.14	250m:	3:08.57	38.41
	100m:	1:13.69	38.18	200m:	2:30.16	38.33	300m:	3:46.78	38.21
							350m:	4:24.35	37.57
							400m:	5:00.33	35.98

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Programmanr. 16, Meisjes, 400m vrije slag, 13 jaar

Rang			Inscr.				Tijd	Pnt		
3.	Barragan Nena		DDAT/21123/10 5:07.23				5:06.08	446		
	50m:	36.01 36.01	150m:	1:54.25 38.99	250m:	3:11.61 39.05	350m:	4:29.01 38.84		
	100m:	1:15.26 39.25	200m:	2:32.56 38.31	300m:	3:50.17 38.56	400m:	5:06.08 37.07		
4.	Van Der Meeren Lotte		DDAT/21118/10 5:15.70				5:12.81	418		
	50m:	35.36 35.36	150m:	1:54.44 40.13	250m:	3:14.54 40.42	350m:	4:33.82 39.46		
	100m:	1:14.31 38.95	200m:	2:34.12 39.68	300m:	3:54.36 39.82	400m:	5:12.81 38.99		
5.	Laenen Febe		KLSVZ/21078/10 5:08.70				5:12.96	417		
	50m:	33.84 33.84	150m:	1:51.74 39.55	250m:	3:12.85 40.53	350m:	4:34.15 40.38		
	100m:	1:12.19 38.35	200m:	2:32.32 40.58	300m:	3:53.77 40.92	400m:	5:12.96 38.81		
6.	Thijs Maaike		ZCT/21132/10 5:07.36				5:18.11	397		
	50m:	36.46 36.46	150m:	1:56.59 40.62	250m:	3:19.38 42.01	350m:	4:40.19 39.82		
	100m:	1:15.97 39.51	200m:	2:37.37 40.78	300m:	4:00.37 40.99	400m:	5:18.11 37.92		

14 jaar

1.	Vanderlinden Siri		LAQUA/21540/094:23.50				4:20.93	720		
	50m:	29.29 29.29	150m:	1:34.34 33.06	250m:	2:40.91 33.17	350m:	3:48.36 33.58		
	100m:	1:01.28 31.99	200m:	2:07.74 33.40	300m:	3:14.78 33.87	400m:	4:20.93 32.57		
2.	De Backer Birgit		ZIOS/21066/09 4:49.05				4:44.18	557		
	50m:	31.83 31.83	150m:	1:42.39 35.91	250m:	2:55.00 36.45	350m:	4:09.07 37.04		
	100m:	1:06.48 34.65	200m:	2:18.55 36.16	300m:	3:32.03 37.03	400m:	4:44.18 35.11		
3.	Veldhuis Victoria		ZCT/21096/09 4:54.61				4:51.62	516		
	50m:	31.60 31.60	150m:	1:44.45 37.25	250m:	3:00.03 38.13	350m:	4:15.61 37.90		
	100m:	1:07.20 35.60	200m:	2:21.90 37.45	300m:	3:37.71 37.68	400m:	4:51.62 36.01		
4.	Verspecht Lizanne		ZCK/22096/09 4:57.12				4:55.87	494		
	50m:	32.99 32.99	150m:	1:46.63 37.33	250m:	3:02.47 38.02	350m:	4:18.76 38.39		
	100m:	1:09.30 36.31	200m:	2:24.45 37.82	300m:	3:40.37 37.90	400m:	4:55.87 37.11		
5.	Ciobanu Anastasia		DDAT/21112/09 5:04.65				5:03.00	460		
	50m:	33.74 33.74	150m:	1:49.91 38.59	250m:	3:08.58 39.46	350m:	4:25.80 38.31		
	100m:	1:11.32 37.58	200m:	2:29.12 39.21	300m:	3:47.49 38.91	400m:	5:03.00 37.20		
6.	Kint Ruhne		ALZV/21119/09 5:06.57				5:03.59	457		
	50m:	35.36 35.36	150m:	1:53.05 38.85	250m:	3:10.37 38.59	350m:	4:27.20 38.18		
	100m:	1:14.20 38.84	200m:	2:31.78 38.73	300m:	3:49.02 38.65	400m:	5:03.59 36.39		

15 - 16 jaar

1.	Vedernikova Marina		SCWR/21044/08 4:43.21				4:38.93	589		
	50m:	31.87 31.87	150m:	1:42.43 35.64	250m:	2:54.08 35.51	350m:	4:04.73 35.50		
	100m:	1:06.79 34.92	200m:	2:18.57 36.14	300m:	3:29.23 35.15	400m:	4:38.93 34.20		
2.	Danhieux Liena		ZORO/21125/08 4:49.31				4:44.48	555		
	50m:	31.47 31.47	150m:	1:43.06 36.50	250m:	2:57.37 37.35	350m:	4:10.62 36.22		
	100m:	1:06.56 35.09	200m:	2:20.02 36.96	300m:	3:34.40 37.03	400m:	4:44.48 33.86		
3.	Vanderbruggen Luca		KLSVZ/21039/07 4:43.28				4:45.13	552		
	50m:	33.00 33.00	150m:	1:44.84 36.10	250m:	2:57.68 36.60	350m:	4:10.45 36.30		
	100m:	1:08.74 35.74	200m:	2:21.08 36.24	300m:	3:34.15 36.47	400m:	4:45.13 34.68		
4.	Pavel Anna		LAQUA/21525/074:42.83				4:47.40	539		
	50m:	33.81 33.81	150m:	1:47.09 36.91	250m:	2:59.82 36.25	350m:	4:11.69 36.05		
	100m:	1:10.18 36.37	200m:	2:23.57 36.48	300m:	3:35.64 35.82	400m:	4:47.40 35.71		
5.	De Weerd Amélie		ZCT/21054/07 4:50.92				4:49.03	530		
	50m:	32.85 32.85	150m:	1:46.32 36.89	250m:	3:00.04 36.85	350m:	4:14.29 36.89		
	100m:	1:09.43 36.58	200m:	2:23.19 36.87	300m:	3:37.40 37.36	400m:	4:49.03 34.74		
6.	Budnak Carolina		SCWR/21042/08 5:02.87				4:49.55	527		
	50m:	33.11 33.11	150m:	1:45.20 36.45	250m:	2:59.12 37.21	350m:	4:13.38 36.80		
	100m:	1:08.75 35.64	200m:	2:21.91 36.71	300m:	3:36.58 37.46	400m:	4:49.55 36.17		

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

Rang					Inschr.		Tijd	Pnt		
7.	Put Amélie				KAZS/21128/07	4:53.57	4:52.67	510		
	50m:	33.05	33.05	150m:	1:46.88	37.23	250m:	3:01.48	37.48	350m: 4:16.52 37.51
	100m:	1:09.65	36.60	200m:	2:24.00	37.12	300m:	3:39.01	37.53	400m: 4:52.67 36.15
8.	Simons Xante				KLSVZ/21060/08	4:58.13	4:54.12	503		
	50m:	33.28	33.28	150m:	1:47.85	37.37	250m:	3:03.35	37.69	350m: 4:18.21 37.33
	100m:	1:10.48	37.20	200m:	2:25.66	37.81	300m:	3:40.88	37.53	400m: 4:54.12 35.91
9.	Deldicque Aiko				ZORO/21098/08	4:58.59	4:57.15	487		
	50m:	33.65	33.65	150m:	1:48.69	38.08	250m:	3:04.72	37.76	350m: 4:20.76 38.08
	100m:	1:10.61	36.96	200m:	2:26.96	38.27	300m:	3:42.68	37.96	400m: 4:57.15 36.39
10.	De Baerdemaeker Paulien				LAQUA/21299/084	4:48.54	4:57.61	485		
	50m:	33.31	33.31	150m:	1:46.93	37.44	250m:	3:03.14	38.09	350m: 4:20.17 38.70
	100m:	1:09.49	36.18	200m:	2:25.05	38.12	300m:	3:41.47	38.33	400m: 4:57.61 37.44
11.	Vandervelpen Merel				TRUST/21082/08	5:02.94	4:59.82	474		
	50m:	33.80	33.80	150m:	1:48.76	38.03	250m:	3:05.36	38.45	350m: 4:22.10 37.92
	100m:	1:10.73	36.93	200m:	2:26.91	38.15	300m:	3:44.18	38.82	400m: 4:59.82 37.72
12.	Roosen Anouk				KLSVZ/21075/08	5:06.33	5:00.98	469		
	50m:	32.84	32.84	150m:	1:46.47	36.93	250m:	3:03.50	38.67	350m: 4:23.18 39.84
	100m:	1:09.54	36.70	200m:	2:24.83	38.36	300m:	3:43.34	39.84	400m: 5:00.98 37.80
13.	Vanlaere Lena				KLSVZ/21053/08	5:02.57	5:12.04	421		
	50m:	34.60	34.60	150m:	1:52.67	39.67	250m:	3:13.28	39.57	350m: 4:33.34 40.08
	100m:	1:13.00	38.40	200m:	2:33.71	41.04	300m:	3:53.26	39.98	400m: 5:12.04 38.70

17 jaar en ouder

1.	Verroken Mirte				DDAT/21023/06	4:35.12	4:39.60	585		
	50m:	31.60	31.60	150m:	1:41.95	35.40	250m:	2:53.87	35.71	350m: 4:05.09 35.53
	100m:	1:06.55	34.95	200m:	2:18.16	36.21	300m:	3:29.56	35.69	400m: 4:39.60 34.51
2.	Van Droogenbroeck Frauke				ZIOS/21044/06	4:47.88	4:49.16	529		
	50m:	32.70	32.70	150m:	1:44.84	35.98	250m:	2:58.54	36.69	350m: 4:12.85 37.43
	100m:	1:08.86	36.16	200m:	2:21.85	37.01	300m:	3:35.42	36.88	400m: 4:49.16 36.31
3.	Van Looy Jelske				ZCT/21035/05	4:43.05	4:51.20	518		
	50m:	32.85	32.85	150m:	1:44.78	36.17	250m:	2:58.65	37.13	350m: 4:13.71 38.29
	100m:	1:08.61	35.76	200m:	2:21.52	36.74	300m:	3:35.42	36.77	400m: 4:51.20 37.49