

Provinciaal Kampioenschap 2023  
Diksmuide, 14 - 15/10/2023

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

Dames, 400m vrije slag

11 jaar en ouder  
Resultaten

|                     |             |         |                 |     |            |            |
|---------------------|-------------|---------|-----------------|-----|------------|------------|
| Provinciale Records | 25m 19 +    | 4:17.42 | MATENS, EDITH   | BEL | BONN (GER) | 24/11/2018 |
| Provinciale Records | 25m 17 - 18 | 4:16.96 | BOUDEN, CAMILLE | BEL | GENT       | 11/5/2018  |
| Provinciale Records | 25m 15 - 16 | 4:11.82 | BOUDEN, CAMILLE | BEL | BRUGGE     | 13/11/2016 |
| Provinciale Records | 25m 13 - 14 | 4:17.29 | BOUDEN, CAMILLE | BEL | GENT       | 15/11/2015 |
| Provinciale Records | 25m 11 - 12 | 4:36.42 | LAZOU, LENTE    | BEL | GENT       | 12/11/2017 |

Punten: FINA 2023

| Rang           | Naam                   | CV-N°               | I-Tijd        | S-Time         | Pnt                 |
|----------------|------------------------|---------------------|---------------|----------------|---------------------|
| <b>11 jaar</b> |                        |                     |               |                |                     |
| 1.             | VAN COMPERNOLLE, Marit | ZTZ/21060/12        | 5:50.37       | <b>5:46.89</b> | 296                 |
|                | 50m: 37.24 37.24       | 150m: 2:02.49 43.91 | 250m: 3:32.82 | 45.39          | 350m: 5:04.16 45.65 |
|                | 100m: 1:18.58 41.34    | 200m: 2:47.43 44.94 | 300m: 4:18.51 | 45.69          | 400m: 5:46.89 42.73 |
| 2.             | VERNIEUWE, Irene       | TZT/21110/12        | 6:10.60       | <b>5:48.78</b> | 291                 |
|                | 50m: 37.94 37.94       | 150m: 2:04.83 43.90 | 250m: 3:35.72 | 45.85          | 350m: 5:07.52 46.31 |
|                | 100m: 1:20.93 42.99    | 200m: 2:49.87 45.04 | 300m: 4:21.21 | 45.49          | 400m: 5:48.78 41.26 |

|                |                          |                     |               |                |                     |
|----------------|--------------------------|---------------------|---------------|----------------|---------------------|
| <b>12 jaar</b> |                          |                     |               |                |                     |
| 1.             | LAMMENS, Mary            | TZT/21095/11        | 4:51.39       | <b>4:40.38</b> | 561                 |
|                | 50m: 32.00 32.00         | 150m: 1:41.80 35.17 | 250m: 2:54.10 | 36.29          | 350m: 4:05.48 35.51 |
|                | 100m: 1:06.63 34.63      | 200m: 2:17.81 36.01 | 300m: 3:29.97 | 35.87          | 400m: 4:40.38 34.90 |
| 2.             | DE BRUYCKER, Chloë       | TZT/21096/11        | 4:56.68       | <b>4:53.76</b> | 488                 |
|                | 50m: 33.61 33.61         | 150m: 1:47.49 37.34 | 250m: 3:03.35 | 37.92          | 350m: 4:18.01 37.28 |
|                | 100m: 1:10.15 36.54      | 200m: 2:25.43 37.94 | 300m: 3:40.73 | 37.38          | 400m: 4:53.76 35.75 |
| 3.             | VANDEKERCKHOVE, Juliette | TZT/21114/11        | 4:56.52       | <b>4:56.02</b> | 477                 |
|                | 50m: 33.78 33.78         | 150m: 1:48.15 37.91 | 250m: 3:04.22 | 37.92          | 350m: 4:20.70 38.24 |
|                | 100m: 1:10.24 36.46      | 200m: 2:26.30 38.15 | 300m: 3:42.46 | 38.24          | 400m: 4:56.02 35.32 |
| 4.             | LINSKENS, Eloïse         | TZT/21098/11        | 4:59.08       | <b>5:00.79</b> | 454                 |
|                | 50m: 33.47 33.47         | 150m: 1:49.77 38.40 | 250m: 3:07.85 | 38.90          | 350m: 4:24.56 38.06 |
|                | 100m: 1:11.37 37.90      | 200m: 2:28.95 39.18 | 300m: 3:46.50 | 38.65          | 400m: 5:00.79 36.23 |
| 5.             | MEULEMEESTER, Nore       | TZT/21101/11        | 5:09.63       | <b>5:04.72</b> | 437                 |
|                | 50m: 35.09 35.09         | 150m: 1:52.92 38.96 | 250m: 3:11.28 | 38.65          | 350m: 4:27.91 38.13 |
|                | 100m: 1:13.96 38.87      | 200m: 2:32.63 39.71 | 300m: 3:49.78 | 38.50          | 400m: 5:04.72 36.81 |
| 6.             | DARRAS, Nina             | TZT/21097/11        | 5:09.63       | <b>5:05.21</b> | 435                 |
|                | 50m: 35.65 35.65         | 150m: 1:52.56 39.21 | 250m: 3:11.40 | 39.42          | 350m: 4:28.63 38.49 |
|                | 100m: 1:13.35 37.70      | 200m: 2:31.98 39.42 | 300m: 3:50.14 | 38.74          | 400m: 5:05.21 36.58 |
| 7.             | COOPMAN, Isolde          | TZT/21104/11        | 5:13.00       | <b>5:10.99</b> | 411                 |
|                | 50m: 35.14 35.14         | 150m: 1:53.56 39.66 | 250m: 3:14.08 | 40.40          | 350m: 4:32.69 39.34 |
|                | 100m: 1:13.90 38.76      | 200m: 2:33.68 40.12 | 300m: 3:53.35 | 39.27          | 400m: 5:10.99 38.30 |
| 8.             | VANLANCKER, Ynthe        | DMI/21073/11        | NT            | <b>5:19.19</b> | 380                 |
|                | 50m: 34.92 34.92         | 150m: 1:55.38 41.42 | 250m: 3:18.78 | 41.96          | 350m: 4:40.11 40.43 |
|                | 100m: 1:13.96 39.04      | 200m: 2:36.82 41.44 | 300m: 3:59.68 | 40.90          | 400m: 5:19.19 39.08 |
| 9.             | CLAEYS, Inna             | ISWIM/21085/11      | 5:39.33       | <b>5:27.19</b> | 353                 |
|                | 50m: 37.24 37.24         | 150m: 1:59.28 41.24 | 250m: 3:23.40 | 42.25          | 350m: 4:47.95 42.33 |
|                | 100m: 1:18.04 40.80      | 200m: 2:41.15 41.87 | 300m: 4:05.62 | 42.22          | 400m: 5:27.19 39.24 |
| 10.            | DRUWEL, Nora             | ZTB/21057/11        | 5:29.43       | <b>5:32.89</b> | 335                 |
|                | 50m: 37.56 37.56         | 150m: 2:01.75 42.17 | 250m: 3:27.24 | 42.88          | 350m: 4:52.13 42.18 |
|                | 100m: 1:19.58 42.02      | 200m: 2:44.36 42.61 | 300m: 4:09.95 | 42.71          | 400m: 5:32.89 40.76 |

Provinciaal Kampioenschap 2023  
Diksmuide, 14 - 15/10/2023

Programmanr. 17, Meisjes, 400m vrije slag, 12 jaar

| Rang | Naam                | CV-N°               | I-Tijd        | S-Time              | Pnt   |
|------|---------------------|---------------------|---------------|---------------------|-------|
| 11.  | CAENEPEEL, Aimée    | ISWIM/21111/11      | 6:22.31       | <b>5:34.57</b>      | 330   |
|      | 50m: 36.78 36.78    | 150m: 2:00.99 43.10 | 250m: 3:27.30 | 43.21 350m: 4:54.49 | 44.08 |
|      | 100m: 1:17.89 41.11 | 200m: 2:44.09 43.10 | 300m: 4:10.41 | 43.11 400m: 5:34.57 | 40.08 |
| 12.  | DECROIX, Britt      | ISWIM/21095/11      | 5:56.61       | <b>5:38.39</b>      | 319   |
|      | 50m: 37.27 37.27    | 150m: 2:03.36 43.67 | 250m: 3:31.69 | 44.37 350m: 4:58.24 | 42.38 |
|      | 100m: 1:19.69 42.42 | 200m: 2:47.32 43.96 | 300m: 4:15.86 | 44.17 400m: 5:38.39 | 40.15 |

13 jaar

|    |                     |                     |               |                     |       |
|----|---------------------|---------------------|---------------|---------------------|-------|
| 1. | D'HAESELEER, Fran   | DMI/21063/10        | 4:40.60       | <b>4:43.14</b>      | 545   |
|    | 50m: 33.41 33.41    | 150m: 1:47.39 37.57 | 250m: 3:00.54 | 36.88 350m: 4:10.44 | 33.98 |
|    | 100m: 1:09.82 36.41 | 200m: 2:23.66 36.27 | 300m: 3:36.46 | 35.92 400m: 4:43.14 | 32.70 |
| 2. | CLAEYS, Ditte       | DMI/21071/10        | 4:45.68       | <b>4:43.77</b>      | 541   |
|    | 50m: 33.04 33.04    | 150m: 1:45.49 36.58 | 250m: 2:58.27 | 36.34 350m: 4:10.09 | 35.60 |
|    | 100m: 1:08.91 35.87 | 200m: 2:21.93 36.44 | 300m: 3:34.49 | 36.22 400m: 4:43.77 | 33.68 |
| 3. | DESMET, Lieze       | TZT/21077/10        | 4:52.02       | <b>4:46.03</b>      | 528   |
|    | 50m: 33.19 33.19    | 150m: 1:44.67 36.10 | 250m: 2:57.61 | 36.68 350m: 4:10.56 | 36.59 |
|    | 100m: 1:08.57 35.38 | 200m: 2:20.93 36.26 | 300m: 3:33.97 | 36.36 400m: 4:46.03 | 35.47 |
| 4. | DELRUE, Alyzee      | DMI/21076/10        | 5:12.53       | <b>4:55.23</b>      | 480   |
|    | 50m: 34.58 34.58    | 150m: 1:50.01 37.62 | 250m: 3:04.81 | 37.29 350m: 4:20.41 | 37.65 |
|    | 100m: 1:12.39 37.81 | 200m: 2:27.52 37.51 | 300m: 3:42.76 | 37.95 400m: 4:55.23 | 34.82 |
| 5. | VERHAEGHE, Marthe   | ZTB/21088/10        | 5:21.72       | <b>5:14.10</b>      | 399   |
|    | 50m: 35.08 35.08    | 150m: 1:53.31 40.11 | 250m: 3:14.44 | 41.06 350m: 4:35.52 | 40.49 |
|    | 100m: 1:13.20 38.12 | 200m: 2:33.38 40.07 | 300m: 3:55.03 | 40.59 400m: 5:14.10 | 38.58 |
| 6. | HAUSPIE, Nore       | ISWIM/21110/10      | 6:07.45       | <b>5:22.06</b>      | 370   |
|    | 50m: 36.90 36.90    | 150m: 1:58.47 40.75 | 250m: 3:20.98 | 41.20 350m: 4:43.29 | 40.82 |
|    | 100m: 1:17.72 40.82 | 200m: 2:39.78 41.31 | 300m: 4:02.47 | 41.49 400m: 5:22.06 | 38.77 |

14 jaar

|    |                        |                     |               |                     |       |
|----|------------------------|---------------------|---------------|---------------------|-------|
| 1. | DEVOLDER, Yelena       | IKZ/21086/09        | 4:57.54       | <b>4:45.92</b>      | 529   |
|    | 50m: 33.14 33.14       | 150m: 1:46.38 36.88 | 250m: 2:59.22 | 36.17 350m: 4:11.66 | 35.81 |
|    | 100m: 1:09.50 36.36    | 200m: 2:23.05 36.67 | 300m: 3:35.85 | 36.63 400m: 4:45.92 | 34.26 |
| 2. | MAES, Kaat             | TZT/21064/09        | 5:00.01       | <b>4:53.06</b>      | 491   |
|    | 50m: 33.15 33.15       | 150m: 1:44.84 36.58 | 250m: 2:59.91 | 37.58 350m: 4:15.95 | 38.45 |
|    | 100m: 1:08.26 35.11    | 200m: 2:22.33 37.49 | 300m: 3:37.50 | 37.59 400m: 4:53.06 | 37.11 |
| 3. | CAUS, Floor            | KZK/21127/09        | 5:15.26       | <b>4:54.66</b>      | 483   |
|    | 50m: 33.31 33.31       | 150m: 1:47.45 37.73 | 250m: 3:02.81 | 37.56 350m: 4:18.70 | 38.26 |
|    | 100m: 1:09.72 36.41    | 200m: 2:25.25 37.80 | 300m: 3:40.44 | 37.63 400m: 4:54.66 | 35.96 |
| 4. | ANDRIES, Febe          | IKZ/21148/09        | 5:21.45       | <b>5:10.87</b>      | 411   |
|    | 50m: 34.79 34.79       | 150m: 1:52.24 39.32 | 250m: 3:12.31 | 40.16 350m: 4:31.61 | 39.10 |
|    | 100m: 1:12.92 38.13    | 200m: 2:32.15 39.91 | 300m: 3:52.51 | 40.20 400m: 5:10.87 | 39.26 |
| 5. | VANRYCKEGHEM, Anette   | ISWIM/21071/09      | 5:28.92       | <b>5:13.68</b>      | 400   |
|    | 50m: 36.34 36.34       | 150m: 1:56.21 40.01 | 250m: 3:16.66 | 40.43 350m: 4:37.01 | 39.72 |
|    | 100m: 1:16.20 39.86    | 200m: 2:36.23 40.02 | 300m: 3:57.29 | 40.63 400m: 5:13.68 | 36.67 |
| 6. | VAN COMPERNOLLE, Estee | ZTZ/21042/09        | 5:38.69       | <b>5:28.39</b>      | 349   |
|    | 50m: 36.37 36.37       | 150m: 1:57.55 41.45 | 250m: 3:22.24 | 42.63 350m: 4:47.49 | 42.49 |
|    | 100m: 1:16.10 39.73    | 200m: 2:39.61 42.06 | 300m: 4:05.00 | 42.76 400m: 5:28.39 | 40.90 |

Provinciaal Kampioenschap 2023  
Diksmuide, 14 - 15/10/2023

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

| Rang | Naam                | CV-N°               | I-Tijd        | S-Time         | Pnt                 |
|------|---------------------|---------------------|---------------|----------------|---------------------|
| 7.   | VAN GANSBEKE, Rhune | KWZC/21079/09       | 6:01.35       | <b>5:38.53</b> | 318                 |
|      | 50m: 38.81 38.81    | 150m: 2:04.94 43.83 | 250m: 3:31.89 | 43.35          | 350m: 4:59.28 43.82 |
|      | 100m: 1:21.11 42.30 | 200m: 2:48.54 43.60 | 300m: 4:15.66 | 43.77          | 400m: 5:38.53 39.25 |
| 8.   | RAMBOUR, Elyne      | KWZC/21095/09       | 6:09.50       | <b>5:41.05</b> | 311                 |
|      | 50m: 37.95 37.95    | 150m: 2:01.97 43.46 | 250m: 3:30.95 | 44.17          | 350m: 4:59.96 43.81 |
|      | 100m: 1:18.51 40.56 | 200m: 2:46.78 44.81 | 300m: 4:16.15 | 45.20          | 400m: 5:41.05 41.09 |
| 9.   | DEPUYDT, Hasse      | RZV/21140/09        | 6:08.77       | <b>5:48.02</b> | 293                 |
|      | 50m: 37.89 37.89    | 150m: 2:06.09 45.04 | 250m: 3:35.61 | 45.20          | 350m: 5:06.72 45.33 |
|      | 100m: 1:21.05 43.16 | 200m: 2:50.41 44.32 | 300m: 4:21.39 | 45.78          | 400m: 5:48.02 41.30 |
| 10.  | DEPAEPE, Lana       | KWZC/21088/09       | 6:46.53       | <b>6:12.19</b> | 240                 |
|      | 50m: 41.06 41.06    | 150m: 2:14.27 46.68 | 250m: 3:50.29 | 48.20          | 350m: 5:26.84 48.19 |
|      | 100m: 1:27.59 46.53 | 200m: 3:02.09 47.82 | 300m: 4:38.65 | 48.36          | 400m: 6:12.19 45.35 |

15 - 16 jaar

|    |                     |                     |               |                |                     |
|----|---------------------|---------------------|---------------|----------------|---------------------|
| 1. | VANSTEENKISTE, Lona | MZK/21082/08        | 4:36.38       | <b>4:30.40</b> | 625                 |
|    | 50m: 30.96 30.96    | 150m: 1:38.32 33.90 | 250m: 2:47.29 | 34.62          | 350m: 3:56.63 34.89 |
|    | 100m: 1:04.42 33.46 | 200m: 2:12.67 34.35 | 300m: 3:21.74 | 34.45          | 400m: 4:30.40 33.77 |
| 2. | LAMMENS, Louise     | TZT/21069/08        | 4:39.29       | <b>4:37.23</b> | 580                 |
|    | 50m: 31.28 31.28    | 150m: 1:40.87 35.25 | 250m: 2:52.57 | 36.05          | 350m: 4:03.76 35.46 |
|    | 100m: 1:05.62 34.34 | 200m: 2:16.52 35.65 | 300m: 3:28.30 | 35.73          | 400m: 4:37.23 33.47 |
| 3. | DEBECKER, Charlotte | DMI/21010/08        | 4:41.98       | <b>4:37.24</b> | 580                 |
|    | 50m: 31.53 31.53    | 150m: 1:41.19 35.01 | 250m: 2:52.64 | 35.62          | 350m: 4:04.00 35.49 |
|    | 100m: 1:06.18 34.65 | 200m: 2:17.02 35.83 | 300m: 3:28.51 | 35.87          | 400m: 4:37.24 33.24 |
| 4. | DEL RUE, Anaïs      | DMI/21078/08        | 4:45.95       | <b>4:39.43</b> | 567                 |
|    | 50m: 31.48 31.48    | 150m: 1:42.92 36.05 | 250m: 2:53.58 | 34.66          | 350m: 4:04.41 35.48 |
|    | 100m: 1:06.87 35.39 | 200m: 2:18.92 36.00 | 300m: 3:28.93 | 35.35          | 400m: 4:39.43 35.02 |
| 5. | DESMET, Fien        | TZT/21062/08        | 4:50.68       | <b>4:42.02</b> | 551                 |
|    | 50m: 32.74 32.74    | 150m: 1:43.31 35.69 | 250m: 2:55.16 | 35.93          | 350m: 4:07.28 36.13 |
|    | 100m: 1:07.62 34.88 | 200m: 2:19.23 35.92 | 300m: 3:31.15 | 35.99          | 400m: 4:42.02 34.74 |
| 6. | GERGURI, Loresa     | DMI/21065/08        | 5:29.64       | <b>5:24.16</b> | 363                 |
|    | 50m: 36.34 36.34    | 150m: 1:58.19 41.06 | 250m: 3:21.87 | 41.64          | 350m: 4:46.04 42.05 |
|    | 100m: 1:17.13 40.79 | 200m: 2:40.23 42.04 | 300m: 4:03.99 | 42.12          | 400m: 5:24.16 38.12 |
| 7. | VERHAEGHE, Lise     | VZV/21033/08        | 5:52.95       | <b>5:50.38</b> | 287                 |
|    | 50m: 38.79 38.79    | 150m: 2:06.04 43.46 | 250m: 3:37.03 | 44.96          | 350m: 5:07.12 45.48 |
|    | 100m: 1:22.58 43.79 | 200m: 2:52.07 46.03 | 300m: 4:21.64 | 44.61          | 400m: 5:50.38 43.26 |

17 - 18 jaar

|    |                         |                     |               |                |                     |
|----|-------------------------|---------------------|---------------|----------------|---------------------|
| 1. | OVAERE, Luna            | MZK/21040/06        | 4:49.28       | <b>4:44.96</b> | 534                 |
|    | 50m: 32.62 32.62        | 150m: 1:44.09 35.83 | 250m: 2:56.66 | 36.20          | 350m: 4:10.09 36.81 |
|    | 100m: 1:08.26 35.64     | 200m: 2:20.46 36.37 | 300m: 3:33.28 | 36.62          | 400m: 4:44.96 34.87 |
| 2. | YSENBAERT, Amélie       | UZKZ/21046/06       | 4:57.19       | <b>4:48.70</b> | 514                 |
|    | 50m: 32.71 32.71        | 150m: 1:45.42 36.83 | 250m: 2:59.14 | 36.58          | 350m: 4:12.59 36.70 |
|    | 100m: 1:08.59 35.88     | 200m: 2:22.56 37.14 | 300m: 3:35.89 | 36.75          | 400m: 4:48.70 36.11 |
| 3. | PARMENTIER, Marie-Julie | KZK/21055/06        | 5:10.44       | <b>5:13.50</b> | 401                 |
|    | 50m: 35.19 35.19        | 150m: 1:52.65 39.12 | 250m: 3:11.91 | 39.38          | 350m: 4:32.70 39.82 |
|    | 100m: 1:13.53 38.34     | 200m: 2:32.53 39.88 | 300m: 3:52.88 | 40.97          | 400m: 5:13.50 40.80 |

Provinciaal Kampioenschap 2023  
Diksmuide, 14 - 15/10/2023

Programmanr. 17, Dames, 400m vrije slag, 17 - 18 jaar

| Rang | Naam          |         | CV-N°         |       | I-Tijd  |       | S-Time         | Pnt     |       |       |         |       |
|------|---------------|---------|---------------|-------|---------|-------|----------------|---------|-------|-------|---------|-------|
| 4.   | DESMET, Manon |         | KWZC/21057/06 |       | 5:45.48 |       | <b>5:35.06</b> | 328     |       |       |         |       |
|      | 50m:          | 37.95   | 37.95         | 150m: | 2:02.76 | 42.97 | 250m:          | 3:28.52 | 42.95 | 350m: | 4:55.61 | 43.47 |
|      | 100m:         | 1:19.79 | 41.84         | 200m: | 2:45.57 | 42.81 | 300m:          | 4:12.14 | 43.62 | 400m: | 5:35.06 | 39.45 |

19 jaar en ouder

|    |                      |         |              |       |         |       |                |         |       |       |         |       |
|----|----------------------|---------|--------------|-------|---------|-------|----------------|---------|-------|-------|---------|-------|
| 1. | VANDERSCHRICK, Laura |         | BZK/20704/02 |       | 4:43.11 |       | <b>4:43.18</b> | 544     |       |       |         |       |
|    | 50m:                 | 31.88   | 31.88        | 150m: | 1:41.90 | 35.39 | 250m:          | 2:53.57 | 35.97 | 350m: | 4:07.70 | 37.12 |
|    | 100m:                | 1:06.51 | 34.63        | 200m: | 2:17.60 | 35.70 | 300m:          | 3:30.58 | 37.01 | 400m: | 4:43.18 | 35.48 |
| 2. | VINCK, Lore          |         | BZK/21356/02 |       | 5:10.00 |       | <b>5:06.14</b> | 431     |       |       |         |       |
|    | 50m:                 | 34.98   | 34.98        | 150m: | 1:51.43 | 38.70 | 250m:          | 3:10.18 | 39.40 | 350m: | 4:28.72 | 39.18 |
|    | 100m:                | 1:12.73 | 37.75        | 200m: | 2:30.78 | 39.35 | 300m:          | 3:49.54 | 39.36 | 400m: | 5:06.14 | 37.42 |