

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

Programmanr. 21
15/10/2023 - 9:16

Dames, 400m wisselslag

11 jaar en ouder
Resultaten

Provinciale Records	25m 19 +	4:48.79	BECUE, BRIGITTE	BEL	WAREGEM	31/3/1997
Provinciale Records	25m 17 - 18	4:54.50	BECUE, BRIGITTE	BEL	MOLENBEEK	03/8/1990
Provinciale Records	25m 15 - 16	4:53.76	DECONINCK, LAURA	BEL	WACHTBEKE	15/11/2009
Provinciale Records	25m 13 - 14	4:50.72	BOUDEN, CAMILLE	BEL	TIELT	25/10/2015
Provinciale Records	25m 11 - 12	5:18.64	BOUDEN, CAMILLE	BEL	TIELT	26/10/2013

Haai 2023 13: 5:24.20; 14: 5:18.70; 15: 5:09.70; 16: 5:05.70; 17: 5:04.70; 18: 5:04.20 / loodsvisjes 2023 11: 6:39.64; 12: 6:16.12; 13: 5:56.26;
14: 5:41.02; 15: 5:33.69; 16: 5:28.24; 17: 5:24.29; 18: 5:22.97; 19 +: 5:22.71

Punten: FINA 2023

Rang	Naam	CV-N°	I-Tijd	S-Time	Pnt
12 jaar					
1.	DEPAEPE, Elize	ROSC/21236/11	6:02.39	5:47.93	412
	50m: 38.42 38.42	150m: 2:07.39 43.83	250m: 3:41.44	50.78	350m: 5:12.37 38.87
	100m: 1:23.56 45.14	200m: 2:50.66 43.27	300m: 4:33.50	52.06	400m: 5:47.93 35.56
2.	VANDERMARLIERE, Juna	ISWIM/21090/11	NT	5:49.07	408
	50m: 36.66 36.66	150m: 2:08.78 44.86	250m: 3:40.99	48.52	350m: 5:11.71 40.80
	100m: 1:23.92 47.26	200m: 2:52.47 43.69	300m: 4:30.91	49.92	400m: 5:49.07 37.36
3.	SCHACHT, Hanne	IKZ/21104/11	6:02.77	5:58.65	376
	50m: 40.06 40.06	150m: 2:13.24 45.63	250m: 3:45.73	48.10	350m: 5:18.93 42.17
	100m: 1:27.61 47.55	200m: 2:57.63 44.39	300m: 4:36.76	51.03	400m: 5:58.65 39.72
4.	FEYS, Farah	KZK/21126/11	NT	6:09.01	345
	50m: 39.69 39.69	150m: 2:14.81 47.77	250m: 3:52.67	51.61	350m: 5:29.59 43.86
	100m: 1:27.04 47.35	200m: 3:01.06 46.25	300m: 4:45.73	53.06	400m: 6:09.01 39.42
5.	VAN HOUCKE, Imke	KWZC/21078/11	NT	6:10.43	341
	50m: 42.27 42.27	150m: 2:19.44 45.55	250m: 3:59.81	54.15	350m: 5:32.05 40.37
	100m: 1:33.89 51.62	200m: 3:05.66 46.22	300m: 4:51.68	51.87	400m: 6:10.43 38.38

13 jaar

1.	DECOUTERE, Imani	KZK/21111/10	5:37.81	5:32.06	474
	50m: 34.78 34.78	150m: 1:58.16 43.37	250m: 3:29.09	49.93	350m: 4:56.16 37.46
	100m: 1:14.79 40.01	200m: 2:39.16 41.00	300m: 4:18.70	49.61	400m: 5:32.06 35.90

14 jaar

1.	DEVOLDER, Yelena	IKZ/21086/09	5:33.28	5:27.64	493
	50m: 34.21 34.21	150m: 1:58.66 43.86	250m: 3:28.16	47.74	350m: 4:52.69 37.09
	100m: 1:14.80 40.59	200m: 2:40.42 41.76	300m: 4:15.60	47.44	400m: 5:27.64 34.95

15 - 16 jaar

1.	LAMMENS, Louise	TZT/21069/08	5:20.31	5:19.92	530
	50m: 33.68 33.68	150m: 1:53.38 41.41	250m: 3:20.96	47.44	350m: 4:45.24 36.89
	100m: 1:11.97 38.29	200m: 2:33.52 40.14	300m: 4:08.35	47.39	400m: 5:19.92 34.68
2.	MIGOM, Lobke	ZB/21075/08	5:39.34	5:33.86	466
	50m: 35.21 35.21	150m: 1:58.93 43.15	250m: 3:30.86	51.30	350m: 4:58.85 36.78
	100m: 1:15.78 40.57	200m: 2:39.56 40.63	300m: 4:22.07	51.21	400m: 5:33.86 35.01
3.	DESMET, Fien	TZT/21062/08	5:39.86	5:34.70	463
	50m: 35.61 35.61	150m: 2:03.21 45.04	250m: 3:32.75	46.36	350m: 4:57.85 37.88
	100m: 1:18.17 42.56	200m: 2:46.39 43.18	300m: 4:19.97	47.22	400m: 5:34.70 36.85

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

Programmanr. 21, Meisjes, 400m wisselslag, 15 - 16 jaar

Rang	Naam	CV-N°	I-Tijd	S-Time	Pnt					
4.	LANDUYT, Anna-Lucia	ZTZ/21043/08	5:46.37	5:35.91	458					
	50m: 34.63 34.63	150m: 1:59.25 42.80	250m: 3:28.20	47.62	350m: 4:58.38	39.93				
	100m: 1:16.45 41.82	200m: 2:40.58 41.33	300m: 4:18.45	50.25	400m: 5:35.91	37.53				
5.	CARIS, Louise	ZTZ/21032/08	5:39.89	5:41.10	437					
	50m: 38.01 38.01	150m: 2:05.86 41.00	250m: 3:33.83	46.78	350m: 5:01.59	39.50				
	100m: 1:24.86 46.85	200m: 2:47.05 41.19	300m: 4:22.09	48.26	400m: 5:41.10	39.51				
6.	DESCHOEMAEKER, Zara	ZB/21040/07	5:55.06	5:58.49	376					
	50m: 38.17 38.17	150m: 2:10.74 44.50	250m: 3:46.52	53.76	350m: 5:20.46	41.12				
	100m: 1:26.24 48.07	200m: 2:52.76 42.02	300m: 4:39.34	52.82	400m: 5:58.49	38.03				
7.	VERHAEGHE, Lara	VZV/21032/07	6:17.21	6:16.08	326					
	50m: 38.81 38.81	150m: 2:17.65 49.97	250m: 3:57.84	52.68	350m: 5:34.35	42.63				
	100m: 1:27.68 48.87	200m: 3:05.16 47.51	300m: 4:51.72	53.88	400m: 6:16.08	41.73				

17 - 18 jaar

1.	OOSTERLYNCK, Anaïs	MZK/21090/06	5:26.27	5:27.01	496					
	50m: 34.54 34.54	150m: 1:55.98 41.83	250m: 3:27.34	49.95	350m: 4:52.10	36.38				
	100m: 1:14.15 39.61	200m: 2:37.39 41.41	300m: 4:15.72	48.38	400m: 5:27.01	34.91				
2.	VANPOUCKE, Hanne	ZB/21042/06	5:41.68	5:52.41	396					
	50m: 37.13 37.13	150m: 2:04.93 43.75	250m: 3:38.70	51.94	350m: 5:11.75	42.14				
	100m: 1:21.18 44.05	200m: 2:46.76 41.83	300m: 4:29.61	50.91	400m: 5:52.41	40.66				
3.	DEMUYNCK, Amber	ZB/21053/06	NT	6:01.06	368					
	50m: 39.75 39.75	150m: 2:14.14 48.58	250m: 3:48.16	48.52	350m: 5:20.31	43.09				
	100m: 1:25.56 45.81	200m: 2:59.64 45.50	300m: 4:37.22	49.06	400m: 6:01.06	40.75				

19 jaar en ouder

dis	VINCK, Lore	BZK/21356/02	6:07.49							
	<i>SW 8.2.a - armen niet boven water naar voor gebracht</i>									