

Programmanr. 4  
26/01/2024 - 16:21

Meisjes, 400m vrije slag

13 - 14 jaar  
Resultaten

Punten: FINA 2024

Rang				Inschr.	Tijd	Pnt						
13 jaar												
1.	Lammens Mary			TZT/21095/11	4:40.38	<b>4:35.75</b>	621					
	50m:	32.22	32.22	150m:	1:40.60	34.32	250m:	2:50.46	34.72	350m:	4:01.00	34.98
	100m:	1:06.28	34.06	200m:	2:15.74	35.14	300m:	3:26.02	35.56	400m:	4:35.75	34.75
2.	De Bruycker Chloë			TZT/21096/11	4:49.62	<b>4:47.64</b>	547					
	50m:	33.05	33.05	150m:	1:46.04	36.54	250m:	3:00.12	37.07	350m:	4:13.23	36.04
	100m:	1:09.50	36.45	200m:	2:23.05	37.01	300m:	3:37.19	37.07	400m:	4:47.64	34.41
3.	Vandekerckhove Juliette			TZT/21114/11	4:56.02	<b>4:55.88</b>	503					
	50m:	34.34	34.34	150m:	1:49.55	38.23	250m:	3:05.24	38.32	350m:	4:20.36	37.77
	100m:	1:11.32	36.98	200m:	2:26.92	37.37	300m:	3:42.59	37.35	400m:	4:55.88	35.52
4.	Vandermarliere Juna			ISWIM/21090/11	5:06.44	<b>4:58.12</b>	492					
	50m:	31.84	31.84	150m:	1:46.79	38.46	250m:	3:03.65	38.61	350m:	4:20.85	38.00
	100m:	1:08.33	36.49	200m:	2:25.04	38.25	300m:	3:42.85	39.20	400m:	4:58.12	37.27
5.	Linskens Elloise			TZT/21098/11	4:57.31	<b>4:59.53</b>	485					
	50m:	33.89	33.89	150m:	1:50.86	38.78	250m:	3:07.98	38.64	350m:	4:23.46	37.66
	100m:	1:12.08	38.19	200m:	2:29.34	38.48	300m:	3:45.80	37.82	400m:	4:59.53	36.07
6.	Gantois Janne			BZK/21324/11	4:51.68	<b>5:00.75</b>	479					
	50m:	33.24	33.24	150m:	1:49.00	38.12	250m:	3:06.64	38.46	350m:	4:24.59	38.57
	100m:	1:10.88	37.64	200m:	2:28.18	39.18	300m:	3:46.02	39.38	400m:	5:00.75	36.16
7.	Meulemeester Nore			TZT/21101/11	5:04.72	<b>5:01.09</b>	477					
	50m:	33.41	33.41	150m:	1:48.43	38.19	250m:	3:05.99	38.75	350m:	4:23.58	38.57
	100m:	1:10.24	36.83	200m:	2:27.24	38.81	300m:	3:45.01	39.02	400m:	5:01.09	37.51
8.	Mestdagh Laure			BZK/21286/11	5:04.34	<b>5:01.44</b>	476					
	50m:	32.58	32.58	150m:	1:48.17	38.42	250m:	3:06.65	39.42	350m:	4:24.55	38.86
	100m:	1:09.75	37.17	200m:	2:27.23	39.06	300m:	3:45.69	39.04	400m:	5:01.44	36.89
9.	Depaepe Elize			ROSC/21236/11	4:57.68	<b>5:03.19</b>	467					
	50m:	34.62	34.62	150m:	1:51.89	39.57	250m:	3:09.28	38.30	350m:	4:26.67	38.43
	100m:	1:12.32	37.70	200m:	2:30.98	39.09	300m:	3:48.24	38.96	400m:	5:03.19	36.52
10.	Nijziel Frédérique			ZGEEL/21129/11	4:56.09	<b>5:06.65</b>	452					
	50m:	33.34	33.34	150m:	1:50.68	38.48	250m:	3:09.13	39.13	350m:	4:27.88	38.03
	100m:	1:12.20	38.86	200m:	2:30.00	39.32	300m:	3:49.85	40.72	400m:	5:06.65	38.77
11.	Thys Lena			KAZS/21098/11	5:09.64	<b>5:06.77</b>	451					
	50m:	34.97	34.97	150m:	1:54.15	40.00	250m:	3:13.33	39.22	350m:	4:31.10	38.08
	100m:	1:14.15	39.18	200m:	2:34.11	39.96	300m:	3:53.02	39.69	400m:	5:06.77	35.67
12.	Schacht Hanne			IKZ/21104/11	5:07.95	<b>5:07.27</b>	449					
	50m:	32.94	32.94	150m:	1:49.59	39.34	250m:	3:09.44	40.32	350m:	4:29.42	39.82
	100m:	1:10.25	37.31	200m:	2:29.12	39.53	300m:	3:49.60	40.16	400m:	5:07.27	37.85
13.	Malfait Lizanna (Lizi)			FAST/21024/11	5:23.10	<b>5:07.93</b>	446					
	50m:	34.35	34.35	150m:	1:56.65	41.85	250m:	3:17.19	40.42	350m:	4:33.78	37.25
	100m:	1:14.80	40.45	200m:	2:36.77	40.12	300m:	3:56.53	39.34	400m:	5:07.93	34.15
14.	Van Litsenborg Aurélie			DBT/21149/11	5:19.23	<b>5:10.81</b>	434					
	50m:	34.48	34.48	150m:	1:52.55	39.64	250m:	3:12.29	39.92	350m:	4:32.24	40.34
	100m:	1:12.91	38.43	200m:	2:32.37	39.82	300m:	3:51.90	39.61	400m:	5:10.81	38.57

## Programmanr. 4, Meisjes, 400m vrije slag, 13 jaar

Rang			Inscr.		Tijd	Pnt		
15.	Lauwers Sofie		KST/21054/11		5:06.47	<b>5:11.30</b>	432	
	50m: 34.89	34.89	150m: 1:52.93	39.52	250m: 3:14.05	40.27	350m: 4:33.40	39.02
	100m: 1:13.41	38.52	200m: 2:33.78	40.85	300m: 3:54.38	40.33	400m: 5:11.30	37.90
16.	Mertens Femke		SHARK/21175/11		5:08.74	<b>5:12.27</b>	428	
	50m: 34.47	34.47	150m: 1:53.61	40.15	250m: 3:14.37	40.27	350m: 4:34.39	39.54
	100m: 1:13.46	38.99	200m: 2:34.10	40.49	300m: 3:54.85	40.48	400m: 5:12.27	37.88
17.	De Cuyper Mayl�e		FAST/21034/11		5:16.98	<b>5:12.61</b>	426	
	50m: 34.63	34.63	150m: 1:53.17	40.11	250m: 3:13.95	40.60	350m: 4:34.25	40.29
	100m: 1:13.06	38.43	200m: 2:33.35	40.18	300m: 3:53.96	40.01	400m: 5:12.61	38.36
18.	Vanderlinden Paulien		BEST/21117/11		5:14.98	<b>5:13.61</b>	422	
	50m: 35.63	35.63	150m: 1:55.58	40.69	250m: 3:16.38	40.31	350m: 4:36.70	40.08
	100m: 1:14.89	39.26	200m: 2:36.07	40.49	300m: 3:56.62	40.24	400m: 5:13.61	36.91
19.	Wevers Gitte		DMB/21123/11		5:21.95	<b>5:13.71</b>	422	
	50m: 34.87	34.87	150m: 1:54.83	40.20	250m: 3:15.99	40.37	350m: 4:36.24	39.48
	100m: 1:14.63	39.76	200m: 2:35.62	40.79	300m: 3:56.76	40.77	400m: 5:13.71	37.47
20.	Darras Nina		TZZ/21097/11		5:05.21	<b>5:13.87</b>	421	
	50m: 34.33	34.33	150m: 1:52.06	39.28	250m: 3:13.31	40.31	350m: 4:34.28	39.81
	100m: 1:12.78	38.45	200m: 2:33.00	40.94	300m: 3:54.47	41.16	400m: 5:13.87	39.59
21.	Van Houcke Imke		KWZC/21078/11		5:10.73	<b>5:14.04</b>	421	
	50m: 35.18	35.18	150m: 1:55.35	40.74	250m: 3:16.64	40.66	350m: 4:37.20	40.16
	100m: 1:14.61	39.43	200m: 2:35.98	40.63	300m: 3:57.04	40.40	400m: 5:14.04	36.84
22.	Maes Noor		AST/21062/11		5:14.35	<b>5:14.14</b>	420	
	50m: 33.91	33.91	150m: 1:52.35	40.01	250m: 3:14.43	40.75	350m: 4:35.50	39.99
	100m: 1:12.34	38.43	200m: 2:33.68	41.33	300m: 3:55.51	41.08	400m: 5:14.14	38.64
23.	Druwel Nora		TiMe/21023/11		5:19.38	<b>5:14.18</b>	420	
	50m: 35.49	35.49	150m: 1:55.99	40.37	250m: 3:18.16	40.68	350m: 4:36.33	37.35
	100m: 1:15.62	40.13	200m: 2:37.48	41.49	300m: 3:58.98	40.82	400m: 5:14.18	37.85
24.	Hautekiet Nanoe		BZK/21285/11		4:59.85	<b>5:14.76</b>	418	
	50m: 34.82	34.82	150m: 1:53.80	39.78	250m: 3:13.62	40.30	350m: 4:34.72	41.07
	100m: 1:14.02	39.20	200m: 2:33.32	39.52	300m: 3:53.65	40.03	400m: 5:14.76	40.04
25.	Claessens Ella-Louise		GZVN/21290/11		5:19.81	<b>5:16.50</b>	411	
	50m: 34.74	34.74	150m: 1:56.42	41.82	250m: 3:18.33	40.85	350m: 4:38.20	38.82
	100m: 1:14.60	39.86	200m: 2:37.48	41.06	300m: 3:59.38	41.05	400m: 5:16.50	38.30
26.	Geypen Wies		MOZKA/21098/11		5:20.32	<b>5:17.54</b>	407	
	50m: 35.32	35.32	150m: 1:56.44	40.84	250m: 3:18.97	40.79	350m: 4:39.57	40.06
	100m: 1:15.60	40.28	200m: 2:38.18	41.74	300m: 3:59.51	40.54	400m: 5:17.54	37.97
27.	Bellens Lore		SHARK/21186/11		5:11.58	<b>5:17.70</b>	406	
	50m: 33.75	33.75	150m: 1:52.49	40.61	250m: 3:14.32	41.06	350m: 4:37.36	41.51
	100m: 1:11.88	38.13	200m: 2:33.26	40.77	300m: 3:55.85	41.53	400m: 5:17.70	40.34
28.	Beunckens Tess		GZVN/21326/11		5:28.13	<b>5:22.33</b>	389	
	50m: 35.79	35.79	150m: 1:57.30	41.16	250m: 3:21.65	41.72	350m: 4:43.71	39.96
	100m: 1:16.14	40.35	200m: 2:39.93	42.63	300m: 4:03.75	42.10	400m: 5:22.33	38.62
29.	Verdood Pip		ZVL/21086/11		5:25.55	<b>5:24.90</b>	380	
	50m: 36.22	36.22	150m: 1:58.83	41.78	250m: 3:23.07	41.93	350m: 4:46.78	41.71
	100m: 1:17.05	40.83	200m: 2:41.14	42.31	300m: 4:05.07	42.00	400m: 5:24.90	38.12

## Programmanr. 4, Meisjes, 400m vrije slag, 13 jaar

Rang			Inscr.			Tijd	Pnt		
30.	Lemmens Febe		WST/21107/11			5:20.53	<b>5:25.46</b>	378	
	50m:	35.38	35.38	150m:	1:57.83	42.16	250m:	3:21.44	42.21
	100m:	1:15.67	40.29	200m:	2:39.23	41.40	300m:	4:03.78	42.34
							350m:	4:45.89	42.11
							400m:	5:25.46	39.57
31.	Kerckhofs Nienke		BEST/21116/11			5:22.83	<b>5:25.69</b>	377	
	50m:	36.34	36.34	150m:	2:00.99	42.49	250m:	3:24.60	41.76
	100m:	1:18.50	42.16	200m:	2:42.84	41.85	300m:	4:06.09	41.49
							350m:	4:47.06	40.97
							400m:	5:25.69	38.63
32.	Verleysen Noa		HZS/21233/11			5:28.07	<b>5:27.81</b>	370	
	50m:	37.08	37.08	150m:	2:00.59	42.26	250m:	3:24.21	41.84
	100m:	1:18.33	41.25	200m:	2:42.37	41.78	300m:	4:07.10	42.89
							350m:	4:48.58	41.48
							400m:	5:27.81	39.23
33.	Meertens Jessy		GZVN/21277/11			5:22.20	<b>5:36.01</b>	343	
	50m:	35.04	35.04	150m:	1:58.96	42.95	250m:	3:26.26	44.11
	100m:	1:16.01	40.97	200m:	2:42.15	43.19	300m:	4:10.38	44.12
							350m:	4:53.81	43.43
							400m:	5:36.01	42.20

## 14 jaar

1.	Claeys Ditte		DMI/21071/10			4:41.04	<b>4:39.24</b>	598	
	50m:	31.30	31.30	150m:	1:41.04	35.63	250m:	2:52.59	36.15
	100m:	1:05.41	34.11	200m:	2:16.44	35.40	300m:	3:28.62	36.03
							350m:	4:04.59	35.97
							400m:	4:39.24	34.65
2.	D'Haeseleer Fran		DMI/21063/10			4:36.95	<b>4:42.54</b>	578	
	50m:	31.10	31.10	150m:	1:39.82	35.13	250m:	2:51.68	36.49
	100m:	1:04.69	33.59	200m:	2:15.19	35.37	300m:	3:28.05	36.37
							350m:	4:05.18	37.13
							400m:	4:42.54	37.36
3.	Vervloet Zoé		GZVN/21228/10			4:40.05	<b>4:44.90</b>	563	
	50m:	30.24	30.24	150m:	1:40.52	35.68	250m:	2:53.43	36.82
	100m:	1:04.84	34.60	200m:	2:16.61	36.09	300m:	3:30.53	37.10
							350m:	4:07.78	37.25
							400m:	4:44.90	37.12
4.	Adelmann Clara Cenxi		LAQUA/21382/10			4:52.04	<b>4:47.46</b>	549	
	50m:	33.17	33.17	150m:	1:46.63	36.68	250m:	3:00.21	36.63
	100m:	1:09.95	36.78	200m:	2:23.58	36.95	300m:	3:36.76	36.55
							350m:	4:12.46	35.70
							400m:	4:47.46	35.00
5.	Desmet Lieze		TZT/21077/10			4:46.03	<b>4:49.03</b>	540	
	50m:	32.36	32.36	150m:	1:44.27	36.80	250m:	2:58.22	37.15
	100m:	1:07.47	35.11	200m:	2:21.07	36.80	300m:	3:35.04	36.82
							350m:	4:12.58	37.54
							400m:	4:49.03	36.45
6.	Temmerman Elynn		BRABO/21394/105:05.31				<b>4:50.80</b>	530	
	50m:	31.63	31.63	150m:	1:44.67	37.29	250m:	2:59.26	37.68
	100m:	1:07.38	35.75	200m:	2:21.58	36.91	300m:	3:37.14	37.88
							350m:	4:14.33	37.19
							400m:	4:50.80	36.47
7.	Guisset Jelle		AST/21057/10			4:46.01	<b>4:53.82</b>	514	
	50m:	33.23	33.23	150m:	1:47.63	37.54	250m:	3:02.92	37.38
	100m:	1:10.09	36.86	200m:	2:25.54	37.91	300m:	3:40.79	37.87
							350m:	4:17.75	36.96
							400m:	4:53.82	36.07
8.	Teirlinck Louise		LAQUA/21392/10			4:56.22	<b>4:55.48</b>	505	
	50m:	33.57	33.57	150m:	1:48.06	37.85	250m:	3:03.93	38.25
	100m:	1:10.21	36.64	200m:	2:25.68	37.62	300m:	3:41.82	37.89
							350m:	4:19.67	37.85
							400m:	4:55.48	35.81
9.	Vedernikova Vera		SCWR/21054/10			5:06.95	<b>4:55.67</b>	504	
	50m:	32.90	32.90	150m:	1:47.47	38.19	250m:	3:04.14	38.62
	100m:	1:09.28	36.38	200m:	2:25.52	38.05	300m:	3:42.06	37.92
							350m:	4:19.49	37.43
							400m:	4:55.67	36.18
10.	Boven Axelle		SHARK/21179/10			4:51.52	<b>4:57.79</b>	493	
	50m:	33.28	33.28	150m:	1:47.94	38.13	250m:	3:04.84	38.70
	100m:	1:09.81	36.53	200m:	2:26.14	38.20	300m:	3:43.61	38.77
							350m:	4:21.26	37.65
							400m:	4:57.79	36.53

## Programmanr. 4, Meisjes, 400m vrije slag, 14 jaar

Rang				Inschr.	Tijd	Pnt						
11.	Decoutere Imani			KZK/21111/10	5:01.65	<b>4:59.13</b>	487					
	50m:	32.98	32.98	150m:	1:48.54	38.48	250m:	3:05.48	38.57	350m:	4:22.57	38.65
	100m:	1:10.06	37.08	200m:	2:26.91	38.37	300m:	3:43.92	38.44	400m:	4:59.13	36.56
12.	Van Cauwenberge Catho			ROSC/21278/10	5:02.59	<b>4:59.69</b>	484					
	50m:	33.17	33.17	150m:	1:48.64	37.84	250m:	3:05.74	37.87	350m:	4:22.42	37.36
	100m:	1:10.80	37.63	200m:	2:27.87	39.23	300m:	3:45.06	39.32	400m:	4:59.69	37.27
13.	Den Baes Elise			BZK/21327/10	4:59.66	<b>5:00.65</b>	479					
	50m:	33.48	33.48	150m:	1:51.46	39.52	250m:	3:09.47	38.45	350m:	4:25.21	36.69
	100m:	1:11.94	38.46	200m:	2:31.02	39.56	300m:	3:48.52	39.05	400m:	5:00.65	35.44
14.	Wachtelaer Charlot			AST/21051/10	5:01.08	<b>5:01.65</b>	475					
	50m:	33.20	33.20	150m:	1:48.00	38.11	250m:	3:05.78	38.68	350m:	4:23.64	38.83
	100m:	1:09.89	36.69	200m:	2:27.10	39.10	300m:	3:44.81	39.03	400m:	5:01.65	38.01
15.	Van Den Breemt Sarah			AZL/21085/10	4:55.56	<b>5:04.10</b>	463					
	50m:	33.14	33.14	150m:	1:49.74	38.88	250m:	3:08.57	39.57	350m:	4:28.42	39.72
	100m:	1:10.86	37.72	200m:	2:29.00	39.26	300m:	3:48.70	40.13	400m:	5:04.10	35.68
16.	Bohmer Janne			ZCT/21108/10	4:58.95	<b>5:05.37</b>	457					
	50m:	35.04	35.04	150m:	1:52.68	38.99	250m:	3:11.24	39.06	350m:	4:29.47	38.69
	100m:	1:13.69	38.65	200m:	2:32.18	39.50	300m:	3:50.78	39.54	400m:	5:05.37	35.90
17.	Murat Irem			TSZ/21050/10	5:05.58	<b>5:10.26</b>	436					
	50m:	33.34	33.34	150m:	1:50.02	38.81	250m:	3:10.82	40.40	350m:	4:31.78	40.05
	100m:	1:11.21	37.87	200m:	2:30.42	40.40	300m:	3:51.73	40.91	400m:	5:10.26	38.48
18.	Thijs Maaike			ZCT/21132/10	5:07.36	<b>5:11.12</b>	433					
	50m:	34.38	34.38	150m:	1:53.39	40.25	250m:	3:13.63	40.01	350m:	4:33.65	39.99
	100m:	1:13.14	38.76	200m:	2:33.62	40.23	300m:	3:53.66	40.03	400m:	5:11.12	37.47
19.	Stokmans Emma			LWB/21068/10	5:11.06	<b>5:11.53</b>	431					
	50m:	34.09	34.09	150m:	1:52.52	39.91	250m:	3:12.92	40.15	350m:	4:33.02	39.02
	100m:	1:12.61	38.52	200m:	2:32.77	40.25	300m:	3:54.00	41.08	400m:	5:11.53	38.51
20.	Ruyssinck Diede			ZNA/21271/10	5:12.91	<b>5:12.08</b>	429					
	50m:	34.84	34.84	150m:	1:55.09	40.56	250m:	3:15.33	39.97	350m:	4:35.74	40.06
	100m:	1:14.53	39.69	200m:	2:35.36	40.27	300m:	3:55.68	40.35	400m:	5:12.08	36.34
21.	Klaykens Chloé			HZS/21211/10	5:17.09	<b>5:12.95</b>	425					
	50m:	34.52	34.52	150m:	1:53.96	40.35	250m:	3:15.29	40.90	350m:	4:36.13	39.89
	100m:	1:13.61	39.09	200m:	2:34.39	40.43	300m:	3:56.24	40.95	400m:	5:12.95	36.82
22.	Barragan Nena			DDAT/21123/10	5:04.06	<b>5:13.39</b>	423					
	50m:	35.81	35.81	150m:	1:55.75	40.53	250m:	3:16.05	40.39	350m:	4:35.23	39.63
	100m:	1:15.22	39.41	200m:	2:35.66	39.91	300m:	3:55.60	39.55	400m:	5:13.39	38.16
23.	Schellemans Charlotte			ZVL/21082/10	5:13.40	<b>5:13.51</b>	423					
	50m:	32.58	32.58	150m:	1:50.39	40.00	250m:	3:12.09	41.40	350m:	4:35.12	41.85
	100m:	1:10.39	37.81	200m:	2:30.69	40.30	300m:	3:53.27	41.18	400m:	5:13.51	38.39
24.	Borghs Lore			ZGEEL/21123/10	5:09.59	<b>5:22.02</b>	390					
	50m:	35.05	35.05	150m:	1:56.14	40.77	250m:	3:19.55	42.03	350m:	4:43.21	41.60
	100m:	1:15.37	40.32	200m:	2:37.52	41.38	300m:	4:01.61	42.06	400m:	5:22.02	38.81
25.	Cluysen Zoë			LWB/21062/10	5:16.47	<b>5:31.04</b>	359					
	50m:	35.07	35.07	150m:	1:57.13	41.95	250m:	3:22.19	42.57	350m:	4:48.55	42.64
	100m:	1:15.18	40.11	200m:	2:39.62	42.49	300m:	4:05.91	43.72	400m:	5:31.04	42.49

Programmanr. 4, Meisjes, 400m vrije slag, 14 jaar

Rang		Inschr.	Tijd	Pnt
FF	De Mulder Chloë	FF STA/21049/10	4:58.18	