

Programmanr. 26
26/04/2026 - 15:45

Dames, 400m vrije slag

11 jaar en ouder
Resultaten

Punten: AQUA 2025

Rang	Geb.	Tijd	Pnt	100m	200m	300m	400m
1.	ADELMANN, Clara Cenxi 10 Leuven Aquatics	4:29.26	668	1:04.46	1:08.59	1:08.66	1:07.55
	50m: 30.71 30.71 150m: 1:38.63 34.17 250m: 2:47.38 34.33 350m: 3:55.99 34.28			100m: 1:04.46 33.75 200m: 2:13.05 34.42 300m: 3:21.71 34.33 400m: 4:29.26 33.27			
2.	CLAEYS, Ditte 10 Rosc	4:35.81	621	1:04.30	1:09.23	1:10.86	1:11.42
	50m: 30.68 30.68 150m: 1:38.98 34.68 250m: 2:48.71 35.18 350m: 4:00.10 35.71			100m: 1:04.30 33.62 200m: 2:13.53 34.55 300m: 3:24.39 35.68 400m: 4:35.81 35.71			
3.	VAN DE CLOOT, Elina 10 Hozt 15	4:43.30	573	1:08.03	1:13.24	1:11.76	1:10.27
	50m: 31.79 31.79 150m: 1:44.60 36.57 250m: 2:57.14 35.87 350m: 4:08.40 35.37			100m: 1:08.03 36.24 200m: 2:21.27 36.67 300m: 3:33.03 35.89 400m: 4:43.30 34.90			
4.	TEMMERMAN, Elynne 10 Brabo Zwemclub Antwerpen	4:44.11	568	1:06.74	1:12.54	1:13.76	1:11.07
	50m: 31.43 31.43 150m: 1:42.68 35.94 250m: 2:55.97 36.69 350m: 4:09.50 36.46			100m: 1:06.74 35.31 200m: 2:19.28 36.60 300m: 3:33.04 37.07 400m: 4:44.11 34.61			
5.	GRAHAM, Jil 06 Hozt 15	4:45.28	561	1:09.71	1:13.07	1:12.05	1:10.45
	50m: 33.35 33.35 150m: 1:45.94 36.23 250m: 2:58.49 35.71 350m: 4:10.38 35.55			100m: 1:09.71 36.36 200m: 2:22.78 36.84 300m: 3:34.83 36.34 400m: 4:45.28 34.90			
6.	CIOBANU, Anastasia 09 Zwemclub "De Dolfijnen" Antwerpen	4:45.62	559	1:07.03	1:13.18	1:13.36	1:12.05
	50m: 31.73 31.73 150m: 1:43.25 36.22 250m: 2:56.33 36.12 350m: 4:10.05 36.48			100m: 1:07.03 35.30 200m: 2:20.21 36.96 300m: 3:33.57 37.24 400m: 4:45.62 35.57			
7.	BIERINCKX, Mie 12 ShaRK	4:46.59	554	1:08.74	1:13.78	1:13.85	1:10.22
	50m: 32.49 32.49 150m: 1:45.86 37.12 250m: 2:59.32 36.80 350m: 4:12.40 36.03			100m: 1:08.74 36.25 200m: 2:22.52 36.66 300m: 3:36.37 37.05 400m: 4:46.59 34.19			
8.	WILLAERT, Ayla 09 Hozt 15	4:46.69	553	1:08.23	1:14.29	1:12.30	1:11.87
	50m: 32.14 32.14 150m: 1:45.35 37.12 250m: 2:58.33 35.81 350m: 4:10.97 36.15			100m: 1:08.23 36.09 200m: 2:22.52 37.17 300m: 3:34.82 36.49 400m: 4:46.69 35.72			
9.	BOVEN, Axelle 10 ShaRK	4:47.28	550	1:07.75	1:13.99	1:14.74	1:10.80
	50m: 31.90 31.90 150m: 1:44.74 36.99 250m: 2:59.00 37.26 350m: 4:12.43 35.95			100m: 1:07.75 35.85 200m: 2:21.74 37.00 300m: 3:36.48 37.48 400m: 4:47.28 34.85			
10.	GAYTANT, Mirthe 08 ZORO Zwemteam	4:47.62	548	1:07.46	1:13.63	1:13.77	1:12.76
	50m: 31.88 31.88 150m: 1:44.00 36.54 250m: 2:57.97 36.88 350m: 4:12.34 37.48			100m: 1:07.46 35.58 200m: 2:21.09 37.09 300m: 3:34.86 36.89 400m: 4:47.62 35.28			
11.	VAN HERPE, Milly 10 Mega	4:50.48	532	1:11.08	1:14.75	1:15.58	1:09.07
	50m: 34.21 34.21 150m: 1:48.69 37.61 250m: 3:03.82 37.99 350m: 4:17.13 35.72			100m: 1:11.08 36.87 200m: 2:25.83 37.14 300m: 3:41.41 37.59 400m: 4:50.48 33.35			
12.	SCHRAM, Mila 10 Mega	4:52.02	523	1:09.47	1:15.06	1:14.30	1:13.19
	50m: 33.13 33.13 150m: 1:46.59 37.12 250m: 3:01.26 36.73 350m: 4:15.66 36.83			100m: 1:09.47 36.34 200m: 2:24.53 37.94 300m: 3:38.83 37.57 400m: 4:52.02 36.36			
13.	SARGESJAN, Nala 11 Hzs	4:52.16	522	1:10.03	1:14.86	1:15.71	1:11.56
	50m: 32.62 32.62 150m: 1:47.28 37.25 250m: 3:02.50 37.61 350m: 4:17.58 36.98			100m: 1:10.03 37.41 200m: 2:24.89 37.61 300m: 3:40.60 38.10 400m: 4:52.16 34.58			
14.	MERTENS, Helena 09 ShaRK	4:53.79	514	1:07.40	1:15.48	1:15.49	1:15.42
	50m: 31.77 31.77 150m: 1:44.81 37.41 250m: 3:00.98 38.10 350m: 4:16.44 38.07			100m: 1:07.40 35.63 200m: 2:22.88 38.07 300m: 3:38.37 37.39 400m: 4:53.79 37.35			
15.	THYS, Lena 11 Leuven Aquatics	4:53.80	514	1:11.74	1:15.82	1:14.64	1:11.60
	50m: 34.50 34.50 150m: 1:49.63 37.89 250m: 3:04.92 37.36 350m: 4:18.87 36.67			100m: 1:11.74 37.24 200m: 2:27.56 37.93 300m: 3:42.20 37.28 400m: 4:53.80 34.93			
16.	CLAESSENS, Ella-Louise 11 Hzs	4:54.24	511	1:11.01	1:16.19	1:15.55	1:11.49
	50m: 33.42 33.42 150m: 1:49.23 38.22 250m: 3:04.86 37.66 350m: 4:19.55 36.80			100m: 1:11.01 37.59 200m: 2:27.20 37.97 300m: 3:42.75 37.89 400m: 4:54.24 34.69			
17.	BOHMER, Janne 10 Zwemclub Tremelo	4:54.66	509	1:10.92	1:16.00	1:15.48	1:12.26
	50m: 33.55 33.55 150m: 1:48.59 37.67 250m: 3:04.87 37.95 350m: 4:19.40 37.00			100m: 1:10.92 37.37 200m: 2:26.92 38.33 300m: 3:42.40 37.53 400m: 4:54.66 35.26			
18.	VANIER SCHOT, Ella 10 Hzs	4:55.14	507	1:10.83	1:16.19	1:16.30	1:11.82
	50m: 33.70 33.70 150m: 1:48.61 37.78 250m: 3:05.06 38.04 350m: 4:20.77 37.45			100m: 1:10.83 37.13 200m: 2:27.02 38.41 300m: 3:43.32 38.26 400m: 4:55.14 34.37			
19.	DEN BAES, Elise 10 Mega	4:55.37	506	1:09.43	1:16.08	1:15.60	1:14.26
	50m: 32.81 32.81 150m: 1:47.15 37.72 250m: 3:02.82 37.31 350m: 4:19.01 37.90			100m: 1:09.43 36.62 200m: 2:25.51 38.36 300m: 3:41.11 38.29 400m: 4:55.37 36.36			

Programmanr. 26, Dames, 400m vrije slag, 11 jaar en ouder

Rang	Geb.	Tijd	Pnt	100m	200m	300m	400m		
20.	VERLEYSSEN, Noa 11 Hzs	4:56.58	499	1:11.36	1:15.05	1:16.19	1:13.98		
	50m: 34.04 34.04	150m: 1:48.79 37.43	250m: 3:04.43	38.02	350m: 4:20.61 38.01	100m: 1:11.36 37.32	200m: 2:26.41 37.62	300m: 3:42.60 38.17	400m: 4:56.58 35.97
21.	THEUWIS, Rune 02 Dmb	4:57.18	496	1:09.67	1:16.22	1:16.34	1:14.95		
	50m: 32.85 32.85	150m: 1:47.62 37.95	250m: 3:03.96	38.07	350m: 4:20.45 38.22	100m: 1:09.67 36.82	200m: 2:25.89 38.27	300m: 3:42.23 38.27	400m: 4:57.18 36.73
22.	VELDHUIS, Victoria 09 Zwemclub Tremelo	4:59.01	487	1:10.62	1:15.80	1:16.68	1:15.91		
	50m: 33.49 33.49	150m: 1:48.38 37.76	250m: 3:04.87	38.45	350m: 4:21.42 38.32	100m: 1:10.62 37.13	200m: 2:26.42 38.04	300m: 3:43.10 38.23	400m: 4:59.01 37.59
23.	DEPAEPE, Elize 11 Rosc	4:59.65	484	1:11.43	1:17.90	1:16.69	1:13.63		
	50m: 33.39 33.39	150m: 1:50.29 38.86	250m: 3:07.98	38.65	350m: 4:23.57 37.55	100m: 1:11.43 38.04	200m: 2:29.33 39.04	300m: 3:46.02 38.04	400m: 4:59.65 36.08
24.	UYTTERHOEVEN, Flo 10 Zwemclub Tremelo	4:59.86	483	1:10.53	1:16.27	1:17.10	1:15.96		
	50m: 32.98 32.98	150m: 1:49.09 38.56	250m: 3:05.34	38.54	350m: 4:22.62 38.72	100m: 1:10.53 37.55	200m: 2:26.80 37.71	300m: 3:43.90 38.56	400m: 4:59.86 37.24
25.	RAFIOU, Morayo 13 Tan	5:00.12	482	1:11.24	1:15.83	1:17.19	1:15.86		
	50m: 34.08 34.08	150m: 1:49.47 38.23	250m: 3:06.17	39.10	350m: 4:22.37 38.11	100m: 1:11.24 37.16	200m: 2:27.07 37.60	300m: 3:44.26 38.09	400m: 5:00.12 37.75
26.	VAN BOCKSTAL, Yoanna 11 Hozt 15	5:01.74	474	1:12.58	1:16.81	1:17.43	1:14.92		
	50m: 33.82 33.82	150m: 1:51.24 38.66	250m: 3:07.45	38.06	350m: 4:25.48 38.66	100m: 1:12.58 38.76	200m: 2:29.39 38.15	300m: 3:46.82 39.37	400m: 5:01.74 36.26
27.	VERHERSTRAETEN, Lore 11 Dilbeekse Zwemvereniging	5:02.32	471	1:09.82	1:16.48	1:19.20	1:16.82		
	50m: 33.32 33.32	150m: 1:48.04 38.22	250m: 3:05.71	39.41	350m: 4:26.04 40.54	100m: 1:09.82 36.50	200m: 2:26.30 38.26	300m: 3:45.50 39.79	400m: 5:02.32 36.28
28.	MELIS, Vlinder 12 Hozt 15	5:03.15	468	1:13.99	1:17.84	1:18.10	1:13.22		
	50m: 34.64 34.64	150m: 1:52.87 38.88	250m: 3:11.31	39.48	350m: 4:27.58 37.65	100m: 1:13.99 39.35	200m: 2:31.83 38.96	300m: 3:49.93 38.62	400m: 5:03.15 35.57
29.	BOXHO, Valentine 11 ZORO Zwemteam	5:03.58	466	1:12.94	1:19.19	1:17.39	1:14.06		
	50m: 34.13 34.13	150m: 1:52.60 39.66	250m: 3:11.27	39.14	350m: 4:27.59 38.07	100m: 1:12.94 38.81	200m: 2:32.13 39.53	300m: 3:49.52 38.25	400m: 5:03.58 35.99
30.	BEULENS, Lotte 13 Flanders Inter Regio Swim	5:04.30	462	1:12.54	1:18.14	1:18.01	1:15.61		
	50m: 34.92 34.92	150m: 1:51.54 39.00	250m: 3:09.98	39.30	350m: 4:27.72 39.03	100m: 1:12.54 37.62	200m: 2:30.68 39.14	300m: 3:48.69 38.71	400m: 5:04.30 36.58
31.	BEUNCKENS, Tess 11 Hzs	5:04.47	462	1:12.90	1:18.02	1:18.12	1:15.43		
	50m: 34.19 34.19	150m: 1:51.98 39.08	250m: 3:09.89	38.97	350m: 4:27.26 38.22	100m: 1:12.90 38.71	200m: 2:30.92 38.94	300m: 3:49.04 39.15	400m: 5:04.47 37.21
32.	GINKELS, Febe 12 Leuven Aquatics	5:05.41	457	1:13.10	1:18.26	1:18.28	1:15.77		
	50m: 34.75 34.75	150m: 1:52.16 39.06	250m: 3:10.11	38.75	350m: 4:28.10 38.46	100m: 1:13.10 38.35	200m: 2:31.36 39.20	300m: 3:49.64 39.53	400m: 5:05.41 37.31
33.	STREEP, Flo 09 Brabo Zwemclub Antwerpen	5:05.78	456	1:12.27	1:18.47	1:19.68	1:15.36		
	50m: 34.13 34.13	150m: 1:51.54 39.27	250m: 3:10.22	39.48	350m: 4:29.45 39.03	100m: 1:12.27 38.14	200m: 2:30.74 39.20	300m: 3:50.42 40.20	400m: 5:05.78 36.33
34.	LAMBRECHTS, Loes 11 Arendonkse Zwemvereniging	5:06.22	454	1:13.57	1:19.58	1:17.91	1:15.16		
	50m: 34.32 34.32	150m: 1:53.32 39.75	250m: 3:12.13	38.98	350m: 4:29.91 38.85	100m: 1:13.57 39.25	200m: 2:33.15 39.83	300m: 3:51.06 38.93	400m: 5:06.22 36.31
35.	BAEKE, Stine 09 Mega	5:06.52	452	1:12.09	1:18.36	1:18.15	1:17.92		
	50m: 34.60 34.60	150m: 1:51.06 38.97	250m: 3:09.25	38.80	350m: 4:28.05 39.45	100m: 1:12.09 37.49	200m: 2:30.45 39.39	300m: 3:48.60 39.35	400m: 5:06.52 38.47
36.	ROMBAUT, Céline 12 Kzk	5:07.41	448	1:13.43	1:18.97	1:18.48	1:16.53		
	50m: 34.92 34.92	150m: 1:52.99 39.56	250m: 3:12.03	39.63	350m: 4:29.98 39.10	100m: 1:13.43 38.51	200m: 2:32.40 39.41	300m: 3:50.88 38.85	400m: 5:07.41 37.43
37.	WYFFELS, Louise Marie 13 Zwemclub "De Dolfijnen" A	5:08.00	446	1:13.91	1:18.81	1:18.86	1:16.42		
	50m: 35.10 35.10	150m: 1:53.18 39.27	250m: 3:12.38	39.66	350m: 4:31.09 39.51	100m: 1:13.91 38.81	200m: 2:32.72 39.54	300m: 3:51.58 39.20	400m: 5:08.00 36.91
38.	SARANCHUK, Milana 13 Boust	5:08.25	445	1:15.39	1:18.47	1:19.39	1:15.00		
	50m: 35.51 35.51	150m: 1:54.64 39.25	250m: 3:13.32	39.46	350m: 4:31.83 38.58	100m: 1:15.39 39.88	200m: 2:33.86 39.22	300m: 3:53.25 39.93	400m: 5:08.25 36.42
39.	DAS, Louise 13 Stzc	5:09.12	441	1:12.06	1:19.50	1:19.70	1:17.86		
	50m: 34.14 34.14	150m: 1:50.88 38.82	250m: 3:11.60	40.04	350m: 4:30.28 39.02	100m: 1:12.06 37.92	200m: 2:31.56 40.68	300m: 3:51.26 39.66	400m: 5:09.12 38.84

Programmanr. 26, Dames, 400m vrije slag, 11 jaar en ouder

Rang	Geb.	Tijd	Pnt	100m	200m	300m	400m		
40.	ROMBOUTS, Floor	09	Hozt 15	5:10.69	434	1:13.70	1:20.10	1:20.25	1:16.64
	50m: 34.69	34.69	150m: 1:54.27	40.57	250m: 3:13.52	39.72	350m: 4:33.00	38.95	
	100m: 1:13.70	39.01	200m: 2:33.80	39.53	300m: 3:54.05	40.53	400m: 5:10.69	37.69	
41.	MAASKANT, Kristina	10	SCZ-Zaventem	5:10.77	434	1:17.55	1:20.87	1:20.26	1:12.09
	50m: 36.72	36.72	150m: 1:57.78	40.23	250m: 3:18.17	39.75	350m: 4:36.51	37.83	
	100m: 1:17.55	40.83	200m: 2:38.42	40.64	300m: 3:58.68	40.51	400m: 5:10.77	34.26	
42.	ERTVELDT, Klaartje	08	ShaRK	5:10.89	433	1:12.61	1:20.32	1:21.26	1:16.70
	50m: 34.32	34.32	150m: 1:52.31	39.70	250m: 3:13.69	40.76	350m: 4:33.87	39.68	
	100m: 1:12.61	38.29	200m: 2:32.93	40.62	300m: 3:54.19	40.50	400m: 5:10.89	37.02	
43.	PEERSMAN, Malin	14	Leuven Aquatics	5:11.23	432	1:12.71	1:20.29	1:21.41	1:16.82
	50m: 34.70	34.70	150m: 1:53.06	40.35	250m: 3:13.42	40.42	350m: 4:34.29	39.88	
	100m: 1:12.71	38.01	200m: 2:33.00	39.94	300m: 3:54.41	40.99	400m: 5:11.23	36.94	
44.	THEWISSEN, Mirthe	11	Hzs	5:11.25	432	1:14.43	1:19.27	1:19.46	1:18.09
	50m: 35.18	35.18	150m: 1:53.85	39.42	250m: 3:13.48	39.78	350m: 4:32.65	39.49	
	100m: 1:14.43	39.25	200m: 2:33.70	39.85	300m: 3:53.16	39.68	400m: 5:11.25	38.60	
45.	NSUBUGA, Sofia	11	Zwemclub "De Dolfijnen" A	5:11.47	431	1:13.29	1:19.53	1:20.77	1:17.88
	50m: 34.61	34.61	150m: 1:52.80	39.51	250m: 3:12.92	40.10	350m: 4:33.53	39.94	
	100m: 1:13.29	38.68	200m: 2:32.82	40.02	300m: 3:53.59	40.67	400m: 5:11.47	37.94	
46.	ZEPHIRIN, Astrid	13	Kzk	5:13.84	421	1:13.90	1:20.56	1:21.36	1:18.02
	50m: 34.76	34.76	150m: 1:54.20	40.30	250m: 3:15.15	40.69	350m: 4:35.98	40.16	
	100m: 1:13.90	39.14	200m: 2:34.46	40.26	300m: 3:55.82	40.67	400m: 5:13.84	37.86	
47.	CROISIAU, Marie-lise	11	Brabo Zwemclub Antwerpen	5:14.95	417	1:16.29	1:20.75	1:20.03	1:17.88
	50m: 36.42	36.42	150m: 1:56.79	40.50	250m: 3:16.72	39.68	350m: 4:36.72	39.65	
	100m: 1:16.29	39.87	200m: 2:37.04	40.25	300m: 3:57.07	40.35	400m: 5:14.95	38.23	
48.	BOGAERT, Hanne	13	Flanders Inter Regio Swim	5:15.62	414	1:15.49	1:21.55	1:20.61	1:17.97
	50m: 35.79	35.79	150m: 1:56.24	40.75	250m: 3:17.11	40.07	350m: 4:37.54	39.89	
	100m: 1:15.49	39.70	200m: 2:37.04	40.80	300m: 3:57.65	40.54	400m: 5:15.62	38.08	
49.	STORME, Ieme	12	Flanders Inter Regio Swim	5:16.27	412	1:14.58	1:20.31	1:21.36	1:20.02
	50m: 35.53	35.53	150m: 1:54.63	40.05	250m: 3:15.60	40.71	350m: 4:36.90	40.65	
	100m: 1:14.58	39.05	200m: 2:34.89	40.26	300m: 3:56.25	40.65	400m: 5:16.27	39.37	
50.	BURSSSENS, Emma	11	Leuven Aquatics	5:16.74	410	1:13.06	1:20.75	1:22.84	1:20.09
	50m: 34.39	34.39	150m: 1:53.06	40.00	250m: 3:14.65	40.84	350m: 4:37.25	40.60	
	100m: 1:13.06	38.67	200m: 2:33.81	40.75	300m: 3:56.65	42.00	400m: 5:16.74	39.49	
51.	VAN CAUWENBERGE, Lic	13	Rosc	5:17.96	405	1:15.44	1:20.79	1:21.16	1:20.57
	50m: 35.73	35.73	150m: 1:55.31	39.87	250m: 3:16.74	40.51	350m: 4:37.83	40.44	
	100m: 1:15.44	39.71	200m: 2:36.23	40.92	300m: 3:57.39	40.65	400m: 5:17.96	40.13	
52.	PETKOVA, Sofia	13	SCZ-Zaventem	5:18.94	401	1:16.34	1:21.12	1:21.92	1:19.56
	50m: 36.39	36.39	150m: 1:56.63	40.29	250m: 3:17.99	40.53	350m: 4:39.96	40.58	
	100m: 1:16.34	39.95	200m: 2:37.46	40.83	300m: 3:59.38	41.39	400m: 5:18.94	38.98	
53.	NDIAYE, Maï	14	Zwemclub "De Dolfijnen" A	5:19.59	399	1:16.18	1:21.93	1:21.92	1:19.56
	50m: 36.36	36.36	150m: 1:56.99	40.81	250m: 3:19.36	41.25	350m: 4:40.21	40.18	
	100m: 1:16.18	39.82	200m: 2:38.11	41.12	300m: 4:00.03	40.67	400m: 5:19.59	39.38	
54.	FRANCKX, Margaux	11	Zwemclub "De Dolfijnen" A	5:20.73	395	1:13.96	1:21.24	1:22.94	1:22.59
	50m: 34.70	34.70	150m: 1:54.40	40.44	250m: 3:16.55	41.35	350m: 4:39.62	41.48	
	100m: 1:13.96	39.26	200m: 2:35.20	40.80	300m: 3:58.14	41.59	400m: 5:20.73	41.11	
55.	DE BACKER, Sophie	12	Flanders Inter Regio Swim	5:20.91	394	1:18.18	1:23.55	1:22.72	1:16.46
	50m: 37.05	37.05	150m: 1:59.96	41.78	250m: 3:23.13	41.40	350m: 4:43.79	39.34	
	100m: 1:18.18	41.13	200m: 2:41.73	41.77	300m: 4:04.45	41.32	400m: 5:20.91	37.12	
56.	ANTIPINA, Alexandra	14	Leuven Aquatics	5:21.26	393	1:16.03	1:23.23	1:22.82	1:19.18
	50m: 35.27	35.27	150m: 1:57.79	41.76	250m: 3:20.46	41.20	350m: 4:43.40	41.32	
	100m: 1:16.03	40.76	200m: 2:39.26	41.47	300m: 4:02.08	41.62	400m: 5:21.26	37.86	
57.	PHILIPPRON, Carolina	11	Boust	5:21.49	392	1:16.03	1:22.13	1:22.81	1:20.52
	50m: 35.79	35.79	150m: 1:56.59	40.56	250m: 3:18.99	40.83	350m: 4:41.85	40.88	
	100m: 1:16.03	40.24	200m: 2:38.16	41.57	300m: 4:00.97	41.98	400m: 5:21.49	39.64	
58.	GORIS, Zita	12	Brabo Zwemclub Antwerpen	5:21.52	392	1:15.42	1:22.98	1:22.35	1:20.77
	50m: 35.16	35.16	150m: 1:56.76	41.34	250m: 3:19.04	40.64	350m: 4:42.23	41.48	
	100m: 1:15.42	40.26	200m: 2:38.40	41.64	300m: 4:00.75	41.71	400m: 5:21.52	39.29	
59.	SABA, Leila	14	Boust	5:21.67	391	1:17.46	1:22.01	1:22.43	1:19.77
	50m: 36.60	36.60	150m: 1:58.67	41.21	250m: 3:20.28	40.81	350m: 4:42.99	41.09	
	100m: 1:17.46	40.86	200m: 2:39.47	40.80	300m: 4:01.90	41.62	400m: 5:21.67	38.68	

Programmanr. 26, Dames, 400m vrije slag, 11 jaar en ouder

Rang	Geb.	Tijd	Pnt	100m	200m	300m	400m
60.	CANTRÉ, Emilie 10	Flanders Inter Regio Swim	5:22.50 388	1:15.95	1:22.23	1:23.13	1:21.19
	50m: 35.61 35.61	150m: 1:57.00 41.05	250m: 3:19.16	40.98	350m: 4:42.16	40.85	
	100m: 1:15.95 40.34	200m: 2:38.18 41.18	300m: 4:01.31	42.15	400m: 5:22.50	40.34	
61.	PATERNOSTRE, Leonie 14	Castor Club Mons	5:22.83 387	1:16.71	1:21.85	1:22.76	1:21.51
	50m: 36.72 36.72	150m: 1:58.23 41.52	250m: 3:20.54	41.98	350m: 4:43.25	41.93	
	100m: 1:16.71 39.99	200m: 2:38.56 40.33	300m: 4:01.32	40.78	400m: 5:22.83	39.58	
62.	STORME, Jade 09	Flanders Inter Regio Swim	5:22.99 387	1:14.90	1:22.83	1:23.54	1:21.72
	50m: 35.12 35.12	150m: 1:56.01 41.11	250m: 3:19.07	41.34	350m: 4:42.63	41.36	
	100m: 1:14.90 39.78	200m: 2:37.73 41.72	300m: 4:01.27	42.20	400m: 5:22.99	40.36	
63.	VAN LOMMEL, Anthe 13	ShaRK	5:23.57 384	1:15.19	1:23.40	1:24.34	1:20.64
	50m: 34.34 34.34	150m: 1:57.70 42.51	250m: 3:21.10	42.51	350m: 4:44.77	41.84	
	100m: 1:15.19 40.85	200m: 2:38.59 40.89	300m: 4:02.93	41.83	400m: 5:23.57	38.80	
64.	VERBERT, Kaat 12	Flanders Inter Regio Swim	5:23.92 383	1:17.70	1:23.28	1:23.45	1:19.49
	50m: 36.32 36.32	150m: 1:59.33 41.63	250m: 3:22.56	41.58	350m: 4:45.85	41.42	
	100m: 1:17.70 41.38	200m: 2:40.98 41.65	300m: 4:04.43	41.87	400m: 5:23.92	38.07	
65.	VANDE GHINSTE, Amber 11	Zwemclub "De Dolfijnen" A	5:23.94 383	1:15.55	1:23.29	1:23.59	1:21.51
	50m: 35.26 35.26	150m: 1:56.77 41.22	250m: 3:20.40	41.56	350m: 4:43.57	41.14	
	100m: 1:15.55 40.29	200m: 2:38.84 42.07	300m: 4:02.43	42.03	400m: 5:23.94	40.37	
66.	CANNIERE, Erin 15	Rosc	5:24.05 383	1:17.77	1:24.48	1:23.20	1:18.60
	50m: 36.57 36.57	150m: 2:00.19 42.42	250m: 3:23.97	41.72	350m: 4:45.40	39.95	
	100m: 1:17.77 41.20	200m: 2:42.25 42.06	300m: 4:05.45	41.48	400m: 5:24.05	38.65	
67.	DE SMAELE, Kenza 10	Flanders Inter Regio Swim	5:24.66 381	1:15.55	1:23.31	1:23.67	1:22.13
	50m: 35.41 35.41	150m: 1:56.92 41.37	250m: 3:20.81	41.95	350m: 4:44.09	41.56	
	100m: 1:15.55 40.14	200m: 2:38.86 41.94	300m: 4:02.53	41.72	400m: 5:24.66	40.57	
68.	ANTIERENS, Louise 15	Rosc	5:25.79 377	1:19.69	1:23.63	1:23.33	1:19.14
	50m: 38.18 38.18	150m: 2:01.79 42.10	250m: 3:25.06	41.74	350m: 4:47.20	40.55	
	100m: 1:19.69 41.51	200m: 2:43.32 41.53	300m: 4:06.65	41.59	400m: 5:25.79	38.59	
69.	MONFILS-VAN BEETHOVEN, L. 12	BouSt	5:25.89 376	1:18.10	1:23.11	1:24.40	1:20.28
	50m: 36.80 36.80	150m: 1:59.76 41.66	250m: 3:23.36	42.15	350m: 4:46.85	41.24	
	100m: 1:18.10 41.30	200m: 2:41.21 41.45	300m: 4:05.61	42.25	400m: 5:25.89	39.04	
70.	JANSEN, Nina 11	Lommelse Zwemvereniging	5:26.30 375	1:19.19	1:25.90	1:23.86	1:17.35
	50m: 36.42 36.42	150m: 2:01.54 42.35	250m: 3:27.21	42.12	350m: 4:49.01	40.06	
	100m: 1:19.19 42.77	200m: 2:45.09 43.55	300m: 4:08.95	41.74	400m: 5:26.30	37.29	
71.	WEGENER, Lena 14	SCZ-Zaventem	5:26.35 375	1:17.33	1:23.83	1:24.61	1:20.58
	50m: 36.56 36.56	150m: 1:59.10 41.77	250m: 3:23.56	42.40	350m: 4:46.95	41.18	
	100m: 1:17.33 40.77	200m: 2:41.16 42.06	300m: 4:05.77	42.21	400m: 5:26.35	39.40	
72.	SEGAERT, Hanne 13	Rosc	5:26.61 374	1:18.41	1:26.22	1:22.37	1:19.61
	50m: 36.09 36.09	150m: 2:02.51 44.10	250m: 3:25.80	41.17	350m: 4:47.53	40.53	
	100m: 1:18.41 42.32	200m: 2:44.63 42.12	300m: 4:07.00	41.20	400m: 5:26.61	39.08	
73.	DE PRATER, Juno 11	Zwemclub "De Dolfijnen" A	5:27.46 371	1:16.76	1:22.64	1:24.29	1:23.77
	50m: 36.06 36.06	150m: 1:57.91 41.15	250m: 3:20.95	41.55	350m: 4:46.49	42.80	
	100m: 1:16.76 40.70	200m: 2:39.40 41.49	300m: 4:03.69	42.74	400m: 5:27.46	40.97	
74.	DE WITTE, Elise 14	Aquabla	5:27.56 371	1:18.83	1:24.00	1:23.65	1:21.08
	50m: 37.85 37.85	150m: 2:00.70 41.87	250m: 3:24.76	41.93	350m: 4:47.56	41.08	
	100m: 1:18.83 40.98	200m: 2:42.83 42.13	300m: 4:06.48	41.72	400m: 5:27.56	40.00	
75.	MELIS, Fee 14	Hozt 15	5:27.87 370	1:17.55	1:24.06	1:24.33	1:21.93
	50m: 36.15 36.15	150m: 1:59.75 42.20	250m: 3:23.59	41.98	350m: 4:47.93	41.99	
	100m: 1:17.55 41.40	200m: 2:41.61 41.86	300m: 4:05.94	42.35	400m: 5:27.87	39.94	
76.	DE VOCHT, Flore 15	Leuven Aquatics	5:30.26 362	1:20.23	1:23.82	1:24.78	1:21.43
	50m: 37.79 37.79	150m: 2:02.18 41.95	250m: 3:26.60	42.55	350m: 4:49.66	40.83	
	100m: 1:20.23 42.44	200m: 2:44.05 41.87	300m: 4:08.83	42.23	400m: 5:30.26	40.60	
77.	BOUCART, Nyssa 14	Aquabla	5:30.35 361	1:19.50	1:25.43	1:23.69	1:21.73
	50m: 38.63 38.63	150m: 2:01.84 42.34	250m: 3:26.59	41.66	350m: 4:50.23	41.61	
	100m: 1:19.50 40.87	200m: 2:44.93 43.09	300m: 4:08.62	42.03	400m: 5:30.35	40.12	
78.	DIEUSAERT, Roselien 14	Rosc	5:36.53 342	1:21.79	1:24.40	1:27.01	1:23.33
	50m: 38.33 38.33	150m: 2:04.05 42.26	250m: 3:29.76	43.57	350m: 4:55.72	42.52	
	100m: 1:21.79 43.46	200m: 2:46.19 42.14	300m: 4:13.20	43.44	400m: 5:36.53	40.81	
79.	MAHU, Amy 12	SCZ-Zaventem	5:36.59 341	1:23.18	1:28.09	1:26.45	1:18.87
	50m: 39.58 39.58	150m: 2:07.16 43.98	250m: 3:34.79	43.52	350m: 4:59.68	41.96	
	100m: 1:23.18 43.60	200m: 2:51.27 44.11	300m: 4:17.72	42.93	400m: 5:36.59	36.91	

Programmanr. 26, Dames, 400m vrije slag, 11 jaar en ouder

Rang	Geb.	Tijd	Pnt	100m	200m	300m	400m
80.	TYAGI, Yashwini 14	Leuven Aquatics	5:36.94 340	1:20.19	1:26.37	1:27.32	1:23.06
	50m: 37.78 37.78	150m: 2:03.26 43.07	250m: 3:30.62	44.06	350m: 4:57.31 43.43		
	100m: 1:20.19 42.41	200m: 2:46.56 43.30	300m: 4:13.88	43.26	400m: 5:36.94 39.63		
81.	VICO VERVENNE, Sarah 11	Castor Club Mons	5:37.00 340	1:17.81	1:25.26	1:26.99	1:26.94
	50m: 36.45 36.45	150m: 2:00.25 42.44	250m: 3:26.51	43.44	350m: 4:54.12 44.06		
	100m: 1:17.81 41.36	200m: 2:43.07 42.82	300m: 4:10.06	43.55	400m: 5:37.00 42.88		
82.	DIERCKX, Femke 09	ShaRK	5:37.18 340	1:16.24	1:26.92	1:28.44	1:25.58
	50m: 35.23 35.23	150m: 1:59.63 43.39	250m: 3:27.49	44.33	350m: 4:55.86 44.26		
	100m: 1:16.24 41.01	200m: 2:43.16 43.53	300m: 4:11.60	44.11	400m: 5:37.18 41.32		
83.	EL HACHIMI, Nora 13	Dilbeekse Zwemvereniging	5:37.52 339	1:16.80	1:27.91	1:27.86	1:24.95
	50m: 35.96 35.96	150m: 2:00.59 43.79	250m: 3:28.64	43.93	350m: 4:56.51 43.94		
	100m: 1:16.80 40.84	200m: 2:44.71 44.12	300m: 4:12.57	43.93	400m: 5:37.52 41.01		
84.	GADEYNE, Olivia 13	Leuven Aquatics	5:38.30 336	1:19.33	1:28.67	1:26.48	1:23.82
	50m: 36.61 36.61	150m: 2:03.09 43.76	250m: 3:31.63	43.63	350m: 4:57.84 43.36		
	100m: 1:19.33 42.72	200m: 2:48.00 44.91	300m: 4:14.48	42.85	400m: 5:38.30 40.46		
85.	MOXHET, Tess 13	Dilbeekse Zwemvereniging	5:39.16 334	1:19.53	1:28.69	1:28.68	1:22.26
	50m: 37.38 37.38	150m: 2:04.24 44.71	250m: 3:32.58	44.36	350m: 4:59.79 42.89		
	100m: 1:19.53 42.15	200m: 2:48.22 43.98	300m: 4:16.90	44.32	400m: 5:39.16 39.37		
86.	VANHEULE, Léa 13	Leuven Aquatics	5:40.30 330	1:21.41	1:28.58	1:27.12	1:23.19
	50m: 38.14 38.14	150m: 2:06.56 45.15	250m: 3:33.83	43.84	350m: 4:59.20 42.09		
	100m: 1:21.41 43.27	200m: 2:49.99 43.43	300m: 4:17.11	43.28	400m: 5:40.30 41.10		
87.	DE WILDE, Lore 11	Dilbeekse Zwemvereniging	5:41.56 327	1:21.31	1:27.80	1:27.65	1:24.80
	50m: 38.08 38.08	150m: 2:05.38 44.07	250m: 3:33.09	43.98	350m: 4:59.94 43.18		
	100m: 1:21.31 43.23	200m: 2:49.11 43.73	300m: 4:16.76	43.67	400m: 5:41.56 41.62		
88.	VAN LIERDE, Roos 13	Ozeka	5:41.59 327	1:21.39	1:28.52	1:29.72	1:21.96
	50m: 37.87 37.87	150m: 2:05.23 43.84	250m: 3:34.12	44.21	350m: 5:01.16 41.53		
	100m: 1:21.39 43.52	200m: 2:49.91 44.68	300m: 4:19.63	45.51	400m: 5:41.59 40.43		
89.	DE WILDE, Margot 13	Dilbeekse Zwemvereniging	5:42.64 324	1:20.16	1:27.73	1:30.04	1:24.71
	50m: 37.37 37.37	150m: 2:03.72 43.56	250m: 3:32.90	45.01	350m: 5:02.17 44.24		
	100m: 1:20.16 42.79	200m: 2:47.89 44.17	300m: 4:17.93	45.03	400m: 5:42.64 40.47		
90.	UNION, Margot 07	ZORO Zwemteam	5:43.77 320	1:19.33	1:27.22	1:30.19	1:27.03
	50m: 37.21 37.21	150m: 2:02.72 43.39	250m: 3:31.06	44.51	350m: 5:01.29 44.55		
	100m: 1:19.33 42.12	200m: 2:46.55 43.83	300m: 4:16.74	45.68	400m: 5:43.77 42.48		
91.	BEVERNAGE, Trix 14	Hzs	5:44.91 317	1:24.71	1:27.75	1:27.40	1:25.05
	50m: 39.37 39.37	150m: 2:09.47 44.76	250m: 3:35.66	43.20	350m: 5:02.41 42.55		
	100m: 1:24.71 45.34	200m: 2:52.46 42.99	300m: 4:19.86	44.20	400m: 5:44.91 42.50		
92.	FONCIER, Poppy 15	Aquabla	5:58.73 282	1:25.58	1:32.76	1:31.56	1:28.83
	50m: 40.25 40.25	150m: 2:11.55 45.97	250m: 3:43.93	45.59	350m: 5:14.96 45.06		
	100m: 1:25.58 45.33	200m: 2:58.34 46.79	300m: 4:29.90	45.97	400m: 5:58.73 43.77		
93.	VANDEVIJVERE, Lore 15	Rosc	6:06.95 263	1:25.09	1:36.52	1:36.28	1:29.06
	50m: 38.98 38.98	150m: 2:13.25 48.16	250m: 3:51.09	49.48	350m: 5:26.21 48.32		
	100m: 1:25.09 46.11	200m: 3:01.61 48.36	300m: 4:37.89	46.80	400m: 6:06.95 40.74		
94.	VANDERBEKE, Marilou 14	Rosc	6:06.98 263	1:25.97	1:33.99	1:35.13	1:31.89
	50m: 39.61 39.61	150m: 2:13.27 47.30	250m: 3:47.32	47.36	350m: 5:22.21 47.12		
	100m: 1:25.97 46.36	200m: 2:59.96 46.69	300m: 4:35.09	47.77	400m: 6:06.98 44.77		
95.	DE CLOEDT DELGADO, L15	Rosc	6:11.28 254	1:28.38	1:35.24	1:34.29	1:33.37
	50m: 40.40 40.40	150m: 2:15.83 47.45	250m: 3:50.15	46.53	350m: 5:25.85 47.94		
	100m: 1:28.38 47.98	200m: 3:03.62 47.79	300m: 4:37.91	47.76	400m: 6:11.28 45.43		
dis	BALAJI, Yousra 10	Brabo Zwemclub Antwerpen		1:14.60	1:23.55		
	<i>SW 10.2 - Niet de volledige afstand gezwommen</i>						
	50m: 34.82 34.82	150m: 1:55.91 41.31	250m: 3:22.77	44.62	350m: 4:08.24		
	100m: 1:14.60 39.78	200m: 2:38.15 42.24	300m:		400m:		