

Memorial Herman Braeckman  
Aalst, 26/4/2026

Programmanr. 26  
26/04/2026 - 15:09

Dames, 400m vrije slag

15 jaar en ouder  
Resultaten

Punten: AQUA 2025

Rang	Geb.	Tijd	Pnt	100m	200m	300m	400m		
<b>15 - 16 jaar</b>									
1.	LANDRIEU, Nora	10	Zwemclub ZIOS Liedekerke	<b>4:49.31</b>	538	1:09.54	1:14.48	1:14.47	1:10.82
	50m: 32.85	32.85	150m: 1:46.65	37.11	250m: 3:01.40	37.38	350m: 4:14.44	35.95	
	100m: 1:09.54	36.69	200m: 2:24.02	37.37	300m: 3:38.49	37.09	400m: 4:49.31	34.87	
2.	MEGANCK, Lio	11	Aalsters Swimming Team	<b>5:02.95</b>	469	1:12.19	1:17.53	1:17.57	1:15.66
	50m: 34.28	34.28	150m: 1:50.91	38.72	250m: 3:08.10	38.38	350m: 4:25.66	38.37	
	100m: 1:12.19	37.91	200m: 2:29.72	38.81	300m: 3:47.29	39.19	400m: 5:02.95	37.29	
3.	HOEBEECK, Tinne	10	Koninklijke Zwemclub Neptunus	<b>5:23.29</b>	385	1:16.02	1:24.18	1:24.31	1:18.78
	50m: 35.43	35.43	150m: 1:57.71	41.69	250m: 3:22.67	42.47	350m: 4:44.62	40.11	
	100m: 1:16.02	40.59	200m: 2:40.20	42.49	300m: 4:04.51	41.84	400m: 5:23.29	38.67	
4.	REYNIERS, Fien	11	Zwemclub Kapelle-O/D-Bois	<b>5:38.54</b>	336	1:20.76	1:26.62	1:26.90	1:24.26
	50m: 38.04	38.04	150m: 2:04.25	43.49	250m: 3:30.82	43.44	350m: 4:57.39	43.11	
	100m: 1:20.76	42.72	200m: 2:47.38	43.13	300m: 4:14.28	43.46	400m: 5:38.54	41.15	
<b>17 jaar en ouder</b>									
1.	DE RIDDER, Sterre	08	Zwemclub Schoten	<b>4:50.24</b>	533	1:11.00	1:13.61	1:14.38	1:11.25
	50m: 33.88	33.88	150m: 1:47.64	36.64	250m: 3:01.13	36.52	350m: 4:15.06	36.07	
	100m: 1:11.00	37.12	200m: 2:24.61	36.97	300m: 3:38.99	37.86	400m: 4:50.24	35.18	
2.	DE WOLF, Tine	09	Aalsters Swimming Team	<b>5:08.07</b>	446	1:13.28	1:18.61	1:18.68	1:17.50
	50m: 34.50	34.50	150m: 1:52.54	39.26	250m: 3:11.20	39.31	350m: 4:29.69	39.12	
	100m: 1:13.28	38.78	200m: 2:31.89	39.35	300m: 3:50.57	39.37	400m: 5:08.07	38.38	