

Limietenwedstrijd
Sportoase De Watermolen, 24/5/2026

Programmanr. 29
24/05/2026 - 16:18

Dames, 400m vrije slag

11 jaar en ouder
Resultaten

Punten: AQUA 2025

Rang			Inscr.			Tijd	Pnt		
1.	Guisset Jelle		AST/21057/10			4:43.66	4:47.65	547	
	50m:	32.95 32.95	150m:	1:46.83 37.08	250m:	3:01.22 37.01	350m:	4:13.54 35.62	
	100m:	1:09.75 36.80	200m:	2:24.21 37.38	300m:	3:37.92 36.70	400m:	4:47.65 34.11	
2.	Van Den Brecht Sarah		AZL/21085/10			4:47.86	4:48.37	543	
	50m:	33.03 33.03	150m:	1:46.43 36.59	250m:	3:00.03 36.69	350m:	4:13.66 36.63	
	100m:	1:09.84 36.81	200m:	2:23.34 36.91	300m:	3:37.03 37.00	400m:	4:48.37 34.71	
3.	Evens Noor		HZS/21321/09			NT	4:49.09	539	
	50m:	31.89 31.89	150m:	1:44.54 36.94	250m:	2:59.08 37.38	350m:	4:13.21 36.85	
	100m:	1:07.60 35.71	200m:	2:21.70 37.16	300m:	3:36.36 37.28	400m:	4:49.09 35.88	
4.	Delporte Lotte		STW/21156/09			4:44.67	4:51.29	527	
	50m:	34.52 34.52	150m:	1:47.84 36.90	250m:	3:01.67 36.76	350m:	4:15.71 37.15	
	100m:	1:10.94 36.42	200m:	2:24.91 37.07	300m:	3:38.56 36.89	400m:	4:51.29 35.58	
5.	De Brabander Celeste		STW/21200/11			NT	4:55.65	504	
	50m:	32.75 32.75	150m:	1:47.14 37.17	250m:	3:03.18 37.86	350m:	4:17.86 36.92	
	100m:	1:09.97 37.22	200m:	2:25.32 38.18	300m:	3:40.94 37.76	400m:	4:55.65 37.79	
6.	Verleysen Noa		HZS/21233/11			4:56.58	4:58.33	491	
	50m:	34.12 34.12	150m:	1:48.76 37.37	250m:	3:04.64 38.26	350m:	4:21.29 38.33	
	100m:	1:11.39 37.27	200m:	2:26.38 37.62	300m:	3:42.96 38.32	400m:	4:58.33 37.04	
7.	Van Daele Josefien		STW/21204/11			5:02.07	4:59.08	487	
	50m:	34.34 34.34	150m:	1:50.77 38.02	250m:	3:07.93 38.28	350m:	4:23.46 37.31	
	100m:	1:12.75 38.41	200m:	2:29.65 38.88	300m:	3:46.15 38.22	400m:	4:59.08 35.62	
8.	Verluyten Niene		TSZ/41093/12			4:54.11	5:00.96	478	
	50m:	34.02 34.02	150m:	1:52.04 38.84	250m:	3:08.82 38.20	350m:	4:24.83 37.67	
	100m:	1:13.20 39.18	200m:	2:30.62 38.58	300m:	3:47.16 38.34	400m:	5:00.96 36.13	
9.	Van Ooteghem Kyana		RSC/21137/11			5:10.56	5:01.40	476	
	50m:	35.98 35.98	150m:	1:51.87 38.23	250m:	3:08.58 38.19	350m:	4:25.13 38.09	
	100m:	1:13.64 37.66	200m:	2:30.39 38.52	300m:	3:47.04 38.46	400m:	5:01.40 36.27	
10.	De Wolf Tine		AST/21058/09			4:58.27	5:02.66	470	
	50m:	34.08 34.08	150m:	1:50.70 38.60	250m:	3:08.26 38.56	350m:	4:25.14 38.09	
	100m:	1:12.10 38.02	200m:	2:29.70 39.00	300m:	3:47.05 38.79	400m:	5:02.66 37.52	
11.	Osselaer Geike		ZNA/21373/12			5:14.58	5:03.83	464	
	50m:	34.66 34.66	150m:	1:50.85 38.43	250m:	3:08.36 38.99	350m:	4:27.25 39.77	
	100m:	1:12.42 37.76	200m:	2:29.37 38.52	300m:	3:47.48 39.12	400m:	5:03.83 36.58	
12.	Wullaert Fien		STW/21220/11			5:10.07	5:04.00	464	
	50m:	33.87 33.87	150m:	1:51.19 38.75	250m:	3:09.54 39.12	350m:	4:27.87 38.91	
	100m:	1:12.44 38.57	200m:	2:30.42 39.23	300m:	3:48.96 39.42	400m:	5:04.00 36.13	
13.	Beijnsberger Mare		RSC/21122/10			5:01.09	5:08.34	444	
	50m:	34.22 34.22	150m:	1:52.96 39.96	250m:	3:13.73 40.48	350m:	4:33.87 40.24	
	100m:	1:13.00 38.78	200m:	2:33.25 40.29	300m:	3:53.63 39.90	400m:	5:08.34 34.47	
14.	Beunckens Tess		HZS/21366/11			5:04.47	5:10.05	437	
	50m:	34.40 34.40	150m:	1:53.13 40.36	250m:	3:13.14 40.05	350m:	4:32.86 39.99	
	100m:	1:12.77 38.37	200m:	2:33.09 39.96	300m:	3:52.87 39.73	400m:	5:10.05 37.19	
15.	Müller Rena		HZS/21363/11			5:08.75	5:11.18	432	
	50m:	35.96 35.96	150m:	1:55.18 39.67	250m:	3:15.73 39.91	350m:	4:34.55 38.60	
	100m:	1:15.51 39.55	200m:	2:35.82 40.64	300m:	3:55.95 40.22	400m:	5:11.18 36.63	
16.	Cardon Qietta		RSC/21102/10			5:09.20	5:14.63	418	
	50m:	34.93 34.93	150m:	1:53.64 40.29	250m:	3:14.12 40.29	350m:	4:35.00 40.44	
	100m:	1:13.35 38.42	200m:	2:33.83 40.19	300m:	3:54.56 40.44	400m:	5:14.63 39.63	
17.	Claessens Isa-Beau		HZS/21361/14			5:25.16	5:20.27	396	
	50m:	37.51 37.51	150m:	2:02.76 43.13	250m:	3:23.05 40.48	350m:	4:43.36 39.17	
	100m:	1:19.63 42.12	200m:	2:42.57 39.81	300m:	4:04.19 41.14	400m:	5:20.27 36.91	

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Sportoase De Watermolen, 24/5/2026

Programmanr. 29, Dames, 400m vrije slag, 11 jaar en ouder

Rang			Inscr.				Tijd	Pnt		
18.	De Schepper Lara		ZOLA/21144/10 5:30.46				5:20.35	396		
	50m:	38.08 38.08	150m:	2:01.68 42.28	250m:	3:24.71 41.51	350m:	4:44.06 38.73		
	100m:	1:19.40 41.32	200m:	2:43.20 41.52	300m:	4:05.33 40.62	400m:	5:20.35 36.29		
19.	Copermans Sam		HZS/21247/11 5:15.08				5:22.36	389		
	50m:	35.42 35.42	150m:	1:56.11 40.90	250m:	3:19.06 41.17	350m:	4:42.33 41.24		
	100m:	1:15.21 39.79	200m:	2:37.89 41.78	300m:	4:01.09 42.03	400m:	5:22.36 40.03		
20.	Dierckx Astrid		KST/21111/14 5:44.71				5:24.62	381		
	50m:	37.65 37.65	150m:	2:02.48 43.38	250m:	3:26.92 42.30	350m:	4:48.27 40.65		
	100m:	1:19.10 41.45	200m:	2:44.62 42.14	300m:	4:07.62 40.70	400m:	5:24.62 36.35		
21.	Van Mechelen Zoë		KST/21077/10 5:35.78				5:27.10	372		
	50m:	36.34 36.34	150m:	1:59.86 42.59	250m:	3:24.58 42.52	350m:	4:47.02 41.20		
	100m:	1:17.27 40.93	200m:	2:42.06 42.20	300m:	4:05.82 41.24	400m:	5:27.10 40.08		
22.	Rutten Leonie		FIRST/21301/12 5:29.11				5:31.61	357		
	50m:	36.69 36.69	150m:	2:00.36 42.31	250m:	3:25.78 42.50	350m:	4:50.86 42.16		
	100m:	1:18.05 41.36	200m:	2:43.28 42.92	300m:	4:08.70 42.92	400m:	5:31.61 40.75		
23.	Dillen Hanne		ZN/21095/14 5:49.01				5:46.00	314		
	50m:	38.21 38.21	150m:	2:07.69 44.34	250m:	3:36.99 43.86	350m:	5:03.19 41.31		
	100m:	1:23.35 45.14	200m:	2:53.13 45.44	300m:	4:21.88 44.89	400m:	5:46.00 42.81		
24.	De Donder Flore		AST/21075/15 NT				5:47.22	311		
	50m:	39.17 39.17	150m:	2:06.00 43.66	250m:	3:35.43 44.60	350m:	5:04.09 43.82		
	100m:	1:22.34 43.17	200m:	2:50.83 44.83	300m:	4:20.27 44.84	400m:	5:47.22 43.13		
25.	Tabary Hortense		RSC/21127/13 5:46.98				5:48.75	307		
	50m:	40.49 40.49	150m:	2:09.73 44.89	250m:	3:39.39 44.82	350m:	5:07.11 43.16		
	100m:	1:24.84 44.35	200m:	2:54.57 44.84	300m:	4:23.95 44.56	400m:	5:48.75 41.64		
26.	Tabary Octavie		RSC/21128/15 6:07.32				5:51.25	300		
	50m:	38.66 38.66	150m:	2:08.02 44.71	250m:	3:37.53 44.16	350m:	5:07.63 43.98		
	100m:	1:23.31 44.65	200m:	2:53.37 45.35	300m:	4:23.65 46.12	400m:	5:51.25 43.62		
27.	Goeminne Ellemieke		TSZ/21119/15 6:02.35				5:57.27	285		
	50m:	40.84 40.84	150m:	2:10.32 44.84	250m:	3:41.67 45.82	350m:	5:12.81 45.61		
	100m:	1:25.48 44.64	200m:	2:55.85 45.53	300m:	4:27.20 45.53	400m:	5:57.27 44.46		
28.	Dekeyser Estelle		RSC/21123/14 7:09.08				6:25.71	227		
	50m:	43.34 43.34	150m:	2:24.01 51.23	250m:	4:05.53 50.44	350m:	5:43.28 48.40		
	100m:	1:32.78 49.44	200m:	3:15.09 51.08	300m:	4:54.88 49.35	400m:	6:25.71 42.43		
29.	Van Mechelen Luna		KST/21097/13 6:49.24				6:32.19	216		
	50m:	41.13 41.13	150m:	2:18.63 50.07	250m:	4:00.54 52.15	350m:	5:43.05 51.40		
	100m:	1:28.56 47.43	200m:	3:08.39 49.76	300m:	4:51.65 51.11	400m:	6:32.19 49.14		