

PK Vlaams-Brabant & Brussel 2026
Leuven, 3 - 4/10/2026

Programmanr. 14
3/10/2026 - 16:11

Dames, 400m vrije slag

13 jaar en ouder
Resultaten

Punten: AQUA 2026

Rang							Inschr.	Tijd	Pnt		
13 - 14 jaar											
1.	Ginkels Febe						LAQUA/21494/124:56.26	4:52.94	485		
	50m:	33.10	33.10	150m:	1:45.64	36.68	250m:	3:00.27	37.52	350m:	4:15.70 37.76
	100m:	1:08.96	35.86	200m:	2:22.75	37.11	300m:	3:37.94	37.67	400m:	4:52.94 37.24
2.	Masaite Milda						SCWR/21083/13 4:56.99	4:53.78	481		
	50m:	32.39	32.39	150m:	1:44.73	36.78	250m:	3:00.49	38.02	350m:	4:17.30 38.24
	100m:	1:07.95	35.56	200m:	2:22.47	37.74	300m:	3:39.06	38.57	400m:	4:53.78 36.48
3.	Maes Julie						TRUST/21192/12 4:57.04	5:00.16	451		
	50m:	34.07	34.07	150m:	1:48.50	37.65	250m:	3:04.78	38.26	350m:	4:22.57 38.67
	100m:	1:10.85	36.78	200m:	2:26.52	38.02	300m:	3:43.90	39.12	400m:	5:00.16 37.59
4.	Uytterhoeven Fiebe						ZCT/21143/12 4:58.15	5:03.51	436		
	50m:	35.13	35.13	150m:	1:53.60	39.37	250m:	3:11.69	38.84	350m:	4:27.71 37.40
	100m:	1:14.23	39.10	200m:	2:32.85	39.25	300m:	3:50.31	38.62	400m:	5:03.51 35.80
5.	Decaluwé Elouise						ZCT/21159/13 5:10.18	5:05.82	426		
	50m:	35.02	35.02	150m:	1:52.13	38.84	250m:	3:10.90	39.59	350m:	4:28.41 38.90
	100m:	1:13.29	38.27	200m:	2:31.31	39.18	300m:	3:49.51	38.61	400m:	5:05.82 37.41
6.	Piscaer Stanse						ZCT/21152/12 5:04.36	5:06.81	422		
	50m:	34.14	34.14	150m:	1:51.71	39.28	250m:	3:09.78	39.20	350m:	4:30.00 39.76
	100m:	1:12.43	38.29	200m:	2:30.58	38.87	300m:	3:50.24	40.46	400m:	5:06.81 36.81
7.	Deroost Beau						ZIOS/21127/12 5:08.87	5:06.84	422		
	50m:	34.39	34.39	150m:	1:51.07	39.09	250m:	3:11.31	40.26	350m:	4:30.09 39.18
	100m:	1:11.98	37.59	200m:	2:31.05	39.98	300m:	3:50.91	39.60	400m:	5:06.84 36.75
8.	Devue Rosalie						KAZS/21141/13 5:04.62	5:09.79	410		
	50m:	34.44	34.44	150m:	1:52.29	39.35	250m:	3:11.18	39.62	350m:	4:32.58 40.97
	100m:	1:12.94	38.50	200m:	2:31.56	39.27	300m:	3:51.61	40.43	400m:	5:09.79 37.21
9.	Van Hoomissen Chelsea						ZCK/22112/12 5:08.60	5:13.53	396		
	50m:	35.09	35.09	150m:	1:54.47	40.38	250m:	3:14.67	39.98	350m:	4:35.85 40.52
	100m:	1:14.09	39.00	200m:	2:34.69	40.22	300m:	3:55.33	40.66	400m:	5:13.53 37.68
10.	Petkova Sofia						SCZ/21100/13 5:18.94	5:22.10	365		
	50m:	36.17	36.17	150m:	1:55.94	40.56	250m:	3:19.01	41.88	350m:	4:42.20 41.82
	100m:	1:15.38	39.21	200m:	2:37.13	41.19	300m:	4:00.38	41.37	400m:	5:22.10 39.90

15 - 16 jaar

1.	Adelmann Clara Cenxi						LAQUA/21382/104:25.97	4:25.60	651		
	50m:	30.61	30.61	150m:	1:38.11	33.85	250m:	2:46.11	33.79	350m:	3:53.42 33.45
	100m:	1:04.26	33.65	200m:	2:12.32	34.21	300m:	3:19.97	33.86	400m:	4:25.60 32.18
2.	Vedernikova Vera						SCWR/21054/10 4:20.53	4:25.83	649		
	50m:	31.12	31.12	150m:	1:38.67	34.19	250m:	2:46.96	33.92	350m:	3:54.54 33.44
	100m:	1:04.48	33.36	200m:	2:13.04	34.37	300m:	3:21.10	34.14	400m:	4:25.83 31.29
3.	Landrieu Nora						ZIOS/21100/10 4:49.31	4:41.22	548		
	50m:	31.28	31.28	150m:	1:41.26	35.53	250m:	2:53.84	35.80	350m:	4:06.39 36.37
	100m:	1:05.73	34.45	200m:	2:18.04	36.78	300m:	3:30.02	36.18	400m:	4:41.22 34.83
4.	Gaytant Sterre						ZORO/21203/11 4:48.00	4:43.50	535		
	50m:	30.72	30.72	150m:	1:41.28	35.70	250m:	2:53.54	36.28	350m:	4:07.38 36.82
	100m:	1:05.58	34.86	200m:	2:17.26	35.98	300m:	3:30.56	37.02	400m:	4:43.50 36.12
5.	Bohmer Janne						ZCT/21108/10 4:44.93	4:44.05	532		
	50m:	33.30	33.30	150m:	1:45.90	36.51	250m:	2:59.21	36.68	350m:	4:11.43 35.64
	100m:	1:09.39	36.09	200m:	2:22.53	36.63	300m:	3:35.79	36.58	400m:	4:44.05 32.62
6.	Uytterhoeven Flo						ZCT/21107/10 4:53.54	4:51.38	493		
	50m:	33.59	33.59	150m:	1:47.98	37.10	250m:	3:02.26	36.60	350m:	4:16.03 36.63
	100m:	1:10.88	37.29	200m:	2:25.66	37.68	300m:	3:39.40	37.14	400m:	4:51.38 35.35

PK Vlaams-Brabant & Brussel 2026
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Programmanr. 14, Meisjes, 400m vrije slag, 15 - 16 jaar

Rang							Inshr.	Tijd	Pnt			
7.	Thys Lena						LAQUA/21704/114:44.13	4:51.68	491			
	50m:	33.89	33.89	150m:	1:47.90	37.05	250m:	3:02.02	37.08	350m:	4:16.20	36.85
	100m:	1:10.85	36.96	200m:	2:24.94	37.04	300m:	3:39.35	37.33	400m:	4:51.68	35.48
8.	Kerckhofs Nienke						BEST/21116/11	4:54.53	4:56.78	466		
	50m:	34.10	34.10	150m:	1:49.68	38.19	250m:	3:05.66	37.61	350m:	4:21.73	38.04
	100m:	1:11.49	37.39	200m:	2:28.05	38.37	300m:	3:43.69	38.03	400m:	4:56.78	35.05
9.	Gerard Carys						KAZS/21124/11	5:02.65	5:01.59	444		
	50m:	35.33	35.33	150m:	1:53.13	39.04	250m:	3:09.95	38.32	350m:	4:26.13	37.26
	100m:	1:14.09	38.76	200m:	2:31.63	38.50	300m:	3:48.87	38.92	400m:	5:01.59	35.46
10.	Roelant Siska						KVZP/21088/11	5:04.28	5:06.35	424		
	50m:	35.64	35.64	150m:	1:53.87	39.57	250m:	3:12.67	38.50	350m:	4:30.59	39.42
	100m:	1:14.30	38.66	200m:	2:34.17	40.30	300m:	3:51.17	38.50	400m:	5:06.35	35.76
11.	Nsubuga Sofia						DDAT/21172/11	5:03.38	5:06.87	422		
	50m:	35.26	35.26	150m:	1:53.46	39.02	250m:	3:11.24	38.85	350m:	4:29.32	38.39
	100m:	1:14.44	39.18	200m:	2:32.39	38.93	300m:	3:50.93	39.69	400m:	5:06.87	37.55
12.	Van Boxstael Nora						KLSVZ/21072/10	5:02.73	5:07.63	419		
	50m:	34.14	34.14	150m:	1:50.25	38.59	250m:	3:08.89	39.63	350m:	4:28.49	39.69
	100m:	1:11.66	37.52	200m:	2:29.26	39.01	300m:	3:48.80	39.91	400m:	5:07.63	39.14

17 - 18 jaar

1.	De Backer Birgit				ZIOS/21066/09	4:39.41	4:38.73	563		
	50m:	31.92	31.92	150m:	1:42.19	34.94	250m:	2:53.26	35.72	35.69
	100m:	1:07.25	35.33	200m:	2:17.54	35.35	300m:	3:28.99	35.73	34.05
							350m:	4:04.68		
							400m:	4:38.73		
2.	Meyer Thyrv				KAZS/21181/09	4:37.83	4:39.90	556		
	50m:	32.43	32.43	150m:	1:43.36	35.78	250m:	2:54.77	35.83	35.26
	100m:	1:07.58	35.15	200m:	2:18.94	35.58	300m:	3:30.62	35.85	34.02
							350m:	4:05.88		
							400m:	4:39.90		
3.	Veldhuis Victoria				ZCT/21096/09	4:45.63	4:51.61	492		
	50m:	33.32	33.32	150m:	1:46.72	36.54	250m:	3:01.25	37.23	37.16
	100m:	1:10.18	36.86	200m:	2:24.02	37.30	300m:	3:38.83	37.58	35.62
							350m:	4:15.99		
							400m:	4:51.61		

19 jaar en ouder

1.	Trioen Joke				DDAT/20279/02	4:54.60	5:01.59	444		
	50m:	33.90	33.90	150m:	1:48.30	37.55	250m:	3:05.59	38.58	38.76
	100m:	1:10.75	36.85	200m:	2:27.01	38.71	300m:	3:44.88	39.29	37.95
							350m:	4:23.64		
							400m:	5:01.59		