

LTK Prog2
ZIB Brugge, 20/9/2026

Programmanr. 3
20/9/2026 - 14:20

Dames, 400m wisselslag

15 - 25 jaar
Resultaten

Punten: AQUA 2025

Rang	Geb.										Tijd	Pnt
15 - 16 jaar												
1.	DE CUYPER, Femke			10	Vzo					6:03.65	346	
	50m:	38.40	38.40	150m:	2:17.95	53.08	250m:	3:53.15	54.52	350m:	5:26.18 38.61	
	100m:	1:24.87	46.47	200m:	2:58.63	40.68	300m:	4:47.57	54.42	400m:	6:03.65 37.47	
2.	DECLOEDT, Hannah			11	Zwemclub Interbad Brugge					6:07.34	336	
	50m:	37.10	37.10	150m:	2:12.05	49.61	250m:	3:52.49	53.31	350m:	5:29.71 42.64	
	100m:	1:22.44	45.34	200m:	2:59.18	47.13	300m:	4:47.07	54.58	400m:	6:07.34 37.63	
3.	VAN HECKE, Amber			10	Vzo					6:26.54	288	
	50m:	40.78	40.78	150m:	2:21.07	48.88	250m:	4:03.61	55.31	350m:	5:45.50 46.25	
	100m:	1:32.19	51.41	200m:	3:08.30	47.23	300m:	4:59.25	55.64	400m:	6:26.54 41.04	
17 - 18 jaar												
1.	CLAEYS, Nette			08	Vzo					5:33.09	451	
	50m:	34.88	34.88	150m:			250m:			350m:		
	100m:	1:14.83	39.95	200m:	2:41.09		300m:	4:15.41		400m:	5:33.09	
2.	VERGAUWE, Yanaika			09	Vzn					6:56.13	231	
	50m:	45.05	45.05	150m:	2:38.18	54.46	250m:	4:27.59	55.65	350m:	6:11.06 46.77	
	100m:	1:43.72	58.67	200m:	3:31.94	53.76	300m:	5:24.29	56.70	400m:	6:56.13 45.07	