



# ShaRK 400m 2026 Herentals, 10/10/2026

Programmanr. 1  
10/10/2026 - 13:30

Dames, 400m wisselslag

11 jaar en ouder  
Resultaten

Punten: AQUA 2026

| Rang                                                                          |  |                  |  |         |  |       |  |         |  |         | Geb. |       |  |         |  |         |  |       |  |         |  | Tijd  | Pnt |
|-------------------------------------------------------------------------------|--|------------------|--|---------|--|-------|--|---------|--|---------|------|-------|--|---------|--|---------|--|-------|--|---------|--|-------|-----|
| 11 - 12 jaar                                                                  |  |                  |  |         |  |       |  |         |  |         |      |       |  |         |  |         |  |       |  |         |  |       |     |
| dis                                                                           |  | HOEYBERGHS Ryley |  |         |  |       |  |         |  |         |      | 15    |  | MOZKA   |  |         |  |       |  |         |  |       |     |
| 9.1 - In individuele wisselslag, stijlen niet in de juiste volgorde gezwommen |  |                  |  |         |  |       |  |         |  |         |      |       |  |         |  |         |  |       |  |         |  |       |     |
| 50m:                                                                          |  | 57.05            |  | 57.05   |  | 150m: |  | 3:20.81 |  | 1:02.81 |      | 250m: |  | 5:32.80 |  | 1:07.58 |  | 350m: |  | 7:19.00 |  | 54.53 |     |
| 100m:                                                                         |  | 2:18.00          |  | 1:20.95 |  | 200m: |  | 4:25.22 |  | 1:04.41 |      | 300m: |  | 6:24.47 |  | 51.67   |  | 400m: |  |         |  |       |     |

13 - 14 jaar

|       |                  |       |       |         |       |       |         |       |       |                |       |
|-------|------------------|-------|-------|---------|-------|-------|---------|-------|-------|----------------|-------|
| 1.    | VAN HOVE Pauline |       | 13    | LGN     |       |       |         |       |       | <b>5:26.97</b> | 477   |
| 50m:  | 34.35            | 34.35 | 150m: | 1:58.17 | 42.01 | 250m: | 3:26.72 | 47.00 | 350m: | 4:51.73        | 36.81 |
| 100m: | 1:16.16          | 41.81 | 200m: | 2:39.72 | 41.55 | 300m: | 4:14.92 | 48.20 | 400m: | 5:26.97        | 35.24 |
| 2.    | STAS Lorane      |       | 13    | LGN     |       |       |         |       |       | <b>5:31.54</b> | 457   |
| 50m:  | 36.29            | 36.29 | 150m: | 1:59.68 | 41.44 | 250m: | 3:28.94 | 48.55 | 350m: | 4:55.47        | 36.73 |
| 100m: | 1:18.24          | 41.95 | 200m: | 2:40.39 | 40.71 | 300m: | 4:18.74 | 49.80 | 400m: | 5:31.54        | 36.07 |
| 3.    | BIERINCKX Mie    |       | 12    | ShaRK   |       |       |         |       |       | <b>5:32.42</b> | 453   |
| 50m:  | 34.77            | 34.77 | 150m: | 2:03.43 | 43.01 | 250m: | 3:31.11 | 44.99 | 350m: | 4:55.94        | 38.90 |
| 100m: | 1:20.42          | 45.65 | 200m: | 2:46.12 | 42.69 | 300m: | 4:17.04 | 45.93 | 400m: | 5:32.42        | 36.48 |
| 4.    | CEULEMANS Lena   |       | 12    | MOZKA   |       |       |         |       |       | <b>5:56.02</b> | 369   |
| 50m:  | 38.36            | 38.36 | 150m: | 2:11.23 | 46.33 | 250m: | 3:45.05 | 49.09 | 350m: | 5:16.29        | 40.71 |
| 100m: | 1:24.90          | 46.54 | 200m: | 2:55.96 | 44.73 | 300m: | 4:35.58 | 50.53 | 400m: | 5:56.02        | 39.73 |
| 5.    | ADRIAENSEN Lena  |       | 13    | MOZKA   |       |       |         |       |       | <b>5:56.98</b> | 366   |
| 50m:  | 35.68            | 35.68 | 150m: | 2:04.05 | 45.15 | 250m: | 3:41.52 | 53.62 | 350m: | 5:17.37        | 42.47 |
| 100m: | 1:18.90          | 43.22 | 200m: | 2:47.90 | 43.85 | 300m: | 4:34.90 | 53.38 | 400m: | 5:56.98        | 39.61 |
| 6.    | FAES Elyne       |       | 12    | HZA     |       |       |         |       |       | <b>5:56.99</b> | 366   |
| 50m:  | 35.32            | 35.32 | 150m: | 2:05.07 | 45.54 | 250m: | 3:40.38 | 51.89 | 350m: | 5:18.01        | 42.05 |
| 100m: | 1:19.53          | 44.21 | 200m: | 2:48.49 | 43.42 | 300m: | 4:35.96 | 55.58 | 400m: | 5:56.99        | 38.98 |

15 - 16 jaar

|       |                       |       |       |         |       |       |         |       |       |                |       |
|-------|-----------------------|-------|-------|---------|-------|-------|---------|-------|-------|----------------|-------|
| 1.    | MERTENS Femke         |       | 11    | ShaRK   |       |       |         |       |       | <b>5:14.95</b> | 533   |
| 50m:  | 33.33                 | 33.33 | 150m: | 1:50.80 | 39.38 | 250m: | 3:16.06 | 45.01 | 350m: | 4:39.34        | 37.58 |
| 100m: | 1:11.42               | 38.09 | 200m: | 2:31.05 | 40.25 | 300m: | 4:01.76 | 45.70 | 400m: | 5:14.95        | 35.61 |
| 2.    | CLAEYS Ditte          |       | 10    | Rosco   |       |       |         |       |       | <b>5:19.76</b> | 510   |
| 50m:  | 32.87                 | 32.87 | 150m: | 1:52.30 | 39.96 | 250m: | 3:18.32 | 46.23 | 350m: | 4:43.26        | 37.22 |
| 100m: | 1:12.34               | 39.47 | 200m: | 2:32.09 | 39.79 | 300m: | 4:06.04 | 47.72 | 400m: | 5:19.76        | 36.50 |
| 3.    | BOVEN Axelle          |       | 10    | ShaRK   |       |       |         |       |       | <b>5:21.94</b> | 499   |
| 50m:  | 32.54                 | 32.54 | 150m: | 1:54.35 | 42.95 | 250m: | 3:21.96 | 45.63 | 350m: | 4:45.75        | 36.55 |
| 100m: | 1:11.40               | 38.86 | 200m: | 2:36.33 | 41.98 | 300m: | 4:09.20 | 47.24 | 400m: | 5:21.94        | 36.19 |
| 4.    | BELLENS Lore          |       | 11    | ShaRK   |       |       |         |       |       | <b>5:22.64</b> | 496   |
| 50m:  | 32.32                 | 32.32 | 150m: | 1:52.75 | 42.72 | 250m: | 3:21.76 | 46.40 | 350m: | 4:47.37        | 38.28 |
| 100m: | 1:10.03               | 37.71 | 200m: | 2:35.36 | 42.61 | 300m: | 4:09.09 | 47.33 | 400m: | 5:22.64        | 35.27 |
| 5.    | VERLEYSEN Noa         |       | 11    | Hzs     |       |       |         |       |       | <b>5:32.52</b> | 453   |
| 50m:  | 35.30                 | 35.30 | 150m: | 1:58.80 | 43.06 | 250m: | 3:27.17 | 48.62 | 350m: | 4:55.94        | 40.12 |
| 100m: | 1:15.74               | 40.44 | 200m: | 2:38.55 | 39.75 | 300m: | 4:15.82 | 48.65 | 400m: | 5:32.52        | 36.58 |
| 6.    | CLAESSENS Ella-Louise |       | 11    | Hzs     |       |       |         |       |       | <b>5:34.10</b> | 447   |
| 50m:  | 35.28                 | 35.28 | 150m: | 2:00.90 | 43.85 | 250m: | 3:32.44 | 49.16 | 350m: | 4:59.46        | 38.37 |
| 100m: | 1:17.05               | 41.77 | 200m: | 2:43.28 | 42.38 | 300m: | 4:21.09 | 48.65 | 400m: | 5:34.10        | 34.64 |



ShaRK 400m 2026  
Herentals, 10/10/2026

Programmanr. 1, Meisjes, 400m wisselslag, 15 - 16 jaar

| Rang | Geb.             |         |       |       |         |       |       |         | Tijd           | Pnt   |         |       |
|------|------------------|---------|-------|-------|---------|-------|-------|---------|----------------|-------|---------|-------|
| 7.   | BEUNCKENS Tess   |         |       | 11    | Hzs     |       |       |         | <b>5:35.19</b> | 442   |         |       |
|      | 50m:             | 37.55   | 37.55 | 150m: | 2:02.47 | 41.76 | 250m: | 3:31.23 | 46.90          | 350m: | 4:57.98 | 39.28 |
|      | 100m:            | 1:20.71 | 43.16 | 200m: | 2:44.33 | 41.86 | 300m: | 4:18.70 | 47.47          | 400m: | 5:35.19 | 37.21 |
| 8.   | THEWISSEN Mirthe |         |       | 11    | Hzs     |       |       |         | <b>5:43.62</b> | 410   |         |       |
|      | 50m:             | 37.15   | 37.15 | 150m: | 2:05.18 | 43.97 | 250m: | 3:36.11 | 49.26          | 350m: | 5:04.47 | 39.05 |
|      | 100m:            | 1:21.21 | 44.06 | 200m: | 2:46.85 | 41.67 | 300m: | 4:25.42 | 49.31          | 400m: | 5:43.62 | 39.15 |
| 9.   | LAMBRECHTS Loes  |         |       | 11    | AZV     |       |       |         | <b>5:53.25</b> | 378   |         |       |
|      | 50m:             | 39.10   | 39.10 | 150m: | 2:12.77 | 45.75 | 250m: | 3:45.43 | 49.67          | 350m: | 5:16.02 | 40.27 |
|      | 100m:            | 1:27.02 | 47.92 | 200m: | 2:55.76 | 42.99 | 300m: | 4:35.75 | 50.32          | 400m: | 5:53.25 | 37.23 |
| 10.  | COPERMANS Sam    |         |       | 11    | Hzs     |       |       |         | <b>5:54.53</b> | 374   |         |       |
|      | 50m:             | 38.08   | 38.08 | 150m: | 2:08.81 | 45.17 | 250m: | 3:45.89 | 52.84          | 350m: | 5:16.99 | 39.44 |
|      | 100m:            | 1:23.64 | 45.56 | 200m: | 2:53.05 | 44.24 | 300m: | 4:37.55 | 51.66          | 400m: | 5:54.53 | 37.54 |

17 jaar en ouder

|    |                |         |       |       |         |       |       |         |       |       |                |       |
|----|----------------|---------|-------|-------|---------|-------|-------|---------|-------|-------|----------------|-------|
| 1. | MERTENS Helena |         |       |       | 09      | ShaRK |       |         |       |       | <b>5:22.52</b> | 497   |
|    | 50m:           | 33.16   | 33.16 | 150m: | 1:54.54 | 41.97 | 250m: | 3:21.42 | 46.14 | 350m: | 4:47.75        | 38.35 |
|    | 100m:          | 1:12.57 | 39.41 | 200m: | 2:35.28 | 40.74 | 300m: | 4:09.40 | 47.98 | 400m: | 5:22.52        | 34.77 |
| 2. | WIJCKMANS Lene |         |       |       | 09      | HZA   |       |         |       |       | <b>5:50.15</b> | 388   |
|    | 50m:           | 38.51   | 38.51 | 150m: | 2:09.20 | 42.78 | 250m: | 3:42.57 | 50.95 | 350m: | 5:13.03        | 39.22 |
|    | 100m:          | 1:26.42 | 47.91 | 200m: | 2:51.62 | 42.42 | 300m: | 4:33.81 | 51.24 | 400m: | 5:50.15        | 37.12 |