



ShaRK 400m 2026  
Herentals, 10/10/2026

Programmanr. 3  
10/10/2026 - 14:15

400m vrije slag

9 - 10 jaar  
Resultaten

Punten: AQUA 2026

| Rang                 | Geb.               |         |       |       |         |       |       |         |       |         | Tijd    | Pnt   |
|----------------------|--------------------|---------|-------|-------|---------|-------|-------|---------|-------|---------|---------|-------|
| 9 - 10 jaar, Meisjes |                    |         |       |       |         |       |       |         |       |         |         |       |
| 1.                   | THYSE Laly         |         | 16    | LGN   |         |       |       |         |       | 5:44.95 | 297     |       |
|                      | 50m:               | 38.54   | 38.54 | 150m: | 2:05.38 | 43.96 | 250m: | 3:33.69 | 44.39 | 350m:   | 5:04.10 | 45.45 |
|                      | 100m:              | 1:21.42 | 42.88 | 200m: | 2:49.30 | 43.92 | 300m: | 4:18.65 | 44.96 | 400m:   | 5:44.95 | 40.85 |
| 2.                   | DAUWE Emma         |         | 17    | RosC  |         |       |       |         |       | 5:59.38 | 262     |       |
|                      | 50m:               | 40.00   | 40.00 | 150m: | 2:09.64 | 44.95 | 250m: | 3:41.70 | 46.62 | 350m:   | 5:14.60 | 46.57 |
|                      | 100m:              | 1:24.69 | 44.69 | 200m: | 2:55.08 | 45.44 | 300m: | 4:28.03 | 46.33 | 400m:   | 5:59.38 | 44.78 |
| 3.                   | DUPONT Ella        |         | 16    | LGN   |         |       |       |         |       | 6:02.94 | 255     |       |
|                      | 50m:               | 39.12   | 39.12 | 150m: | 2:12.53 | 46.55 | 250m: | 3:46.10 | 47.02 | 350m:   | 5:20.38 | 46.81 |
|                      | 100m:              | 1:25.98 | 46.86 | 200m: | 2:59.08 | 46.55 | 300m: | 4:33.57 | 47.47 | 400m:   | 6:02.94 | 42.56 |
| 4.                   | DE BIE Apolline    |         | 16    | ShaRK |         |       |       |         |       | 6:11.52 | 238     |       |
|                      | 50m:               | 40.76   | 40.76 | 150m: | 2:16.97 | 48.39 | 250m: | 3:54.45 | 48.48 | 350m:   | 5:31.19 | 46.69 |
|                      | 100m:              | 1:28.58 | 47.82 | 200m: | 3:05.97 | 49.00 | 300m: | 4:44.50 | 50.05 | 400m:   | 6:11.52 | 40.33 |
| 5.                   | VAN GROOTEL Rikke  |         | 16    | ZN    |         |       |       |         |       | 6:14.23 | 232     |       |
|                      | 50m:               | 39.17   | 39.17 | 150m: | 2:13.65 | 48.28 | 250m: | 3:50.83 | 48.98 | 350m:   | 5:30.07 | 50.04 |
|                      | 100m:              | 1:25.37 | 46.20 | 200m: | 3:01.85 | 48.20 | 300m: | 4:40.03 | 49.20 | 400m:   | 6:14.23 | 44.16 |
| 6.                   | BAUWENS Elsa       |         | 16    | RosC  |         |       |       |         |       | 6:20.49 | 221     |       |
|                      | 50m:               | 39.21   | 39.21 | 150m: | 2:13.77 | 48.80 | 250m: | 3:54.30 | 51.13 | 350m:   | 5:33.65 | 49.10 |
|                      | 100m:              | 1:24.97 | 45.76 | 200m: | 3:03.17 | 49.40 | 300m: | 4:44.55 | 50.25 | 400m:   | 6:20.49 | 46.84 |
| 7.                   | VAN LOOY Maren     |         | 17    | ZN    |         |       |       |         |       | 6:22.86 | 217     |       |
|                      | 50m:               | 41.04   | 41.04 | 150m: | 2:15.57 | 47.97 | 250m: | 3:55.06 | 50.22 | 350m:   | 5:38.48 | 50.97 |
|                      | 100m:              | 1:27.60 | 46.56 | 200m: | 3:04.84 | 49.27 | 300m: | 4:47.51 | 52.45 | 400m:   | 6:22.86 | 44.38 |
| 8.                   | MATTHEEUSEN Olivia |         | 16    | Azk   |         |       |       |         |       | 6:24.85 | 214     |       |
|                      | 50m:               | 42.23   | 42.23 | 150m: | 2:19.20 | 50.17 | 250m: | 4:01.03 | 50.65 | 350m:   | 5:40.80 | 49.32 |
|                      | 100m:              | 1:29.03 | 46.80 | 200m: | 3:10.38 | 51.18 | 300m: | 4:51.48 | 50.45 | 400m:   | 6:24.85 | 44.05 |
| 9.                   | JORISSEN Niene     |         | 16    | LGN   |         |       |       |         |       | 6:27.12 | 210     |       |
|                      | 50m:               | 40.85   | 40.85 | 150m: | 2:17.26 | 49.22 | 250m: | 3:58.39 | 50.96 | 350m:   | 5:39.66 | 50.83 |
|                      | 100m:              | 1:28.04 | 47.19 | 200m: | 3:07.43 | 50.17 | 300m: | 4:48.83 | 50.44 | 400m:   | 6:27.12 | 47.46 |
| 10.                  | LI Yiyang          |         | 16    | LAQUA |         |       |       |         |       | 6:36.10 | 196     |       |
|                      | 50m:               | 40.59   | 40.59 | 150m: | 2:22.11 | 52.06 | 250m: | 4:04.51 | 51.74 | 350m:   | 5:46.66 | 52.01 |
|                      | 100m:              | 1:30.05 | 49.46 | 200m: | 3:12.77 | 50.66 | 300m: | 4:54.65 | 50.14 | 400m:   | 6:36.10 | 49.44 |
| 11.                  | DE VIJLDER Rikke   |         | 16    | ZN    |         |       |       |         |       | 6:36.97 | 195     |       |
|                      | 50m:               | 42.47   | 42.47 | 150m: | 2:22.52 | 50.41 | 250m: | 4:07.30 | 52.66 | 350m:   | 5:48.89 | 50.89 |
|                      | 100m:              | 1:32.11 | 49.64 | 200m: | 3:14.64 | 52.12 | 300m: | 4:58.00 | 50.70 | 400m:   | 6:36.97 | 48.08 |
| 12.                  | RAES Kaya          |         | 16    | MOZKA |         |       |       |         |       | 6:42.27 | 187     |       |
|                      | 50m:               | 39.97   | 39.97 | 150m: | 2:22.09 | 51.75 | 250m: | 4:07.02 | 52.61 | 350m:   | 5:54.02 | 53.39 |
|                      | 100m:              | 1:30.34 | 50.37 | 200m: | 3:14.41 | 52.32 | 300m: | 5:00.63 | 53.61 | 400m:   | 6:42.27 | 48.25 |
| 13.                  | VAN GORP Féline    |         | 16    | ShaRK |         |       |       |         |       | 6:44.30 | 184     |       |
|                      | 50m:               | 42.91   | 42.91 | 150m: | 2:25.20 | 51.82 | 250m: | 4:09.72 | 52.10 | 350m:   | 5:54.40 | 51.09 |
|                      | 100m:              | 1:33.38 | 50.47 | 200m: | 3:17.62 | 52.42 | 300m: | 5:03.31 | 53.59 | 400m:   | 6:44.30 | 49.90 |
| 14.                  | BAKELANTS Julia    |         | 16    | ZN    |         |       |       |         |       | 6:45.82 | 182     |       |
|                      | 50m:               | 42.57   | 42.57 | 150m: | 2:25.96 | 53.57 | 250m: | 4:14.66 | 54.04 | 350m:   | 5:59.02 | 51.64 |
|                      | 100m:              | 1:32.39 | 49.82 | 200m: | 3:20.62 | 54.66 | 300m: | 5:07.38 | 52.72 | 400m:   | 6:45.82 | 46.80 |
| 15.                  | VAN VORST Marie    |         | 16    | AZV   |         |       |       |         |       | 6:48.05 | 179     |       |
|                      | 50m:               | 43.59   | 43.59 | 150m: | 2:25.80 | 51.84 | 250m: | 4:14.14 | 55.24 | 350m:   | 6:01.11 | 53.28 |
|                      | 100m:              | 1:33.96 | 50.37 | 200m: | 3:18.90 | 53.10 | 300m: | 5:07.83 | 53.69 | 400m:   | 6:48.05 | 46.94 |



ShaRK 400m 2026  
Herentals, 10/10/2026

Programmanr. 3, Meisjes, 400m vrije slag, 9 - 10 jaar

| Rang | Geb.                    |         |         |       |         |         |       |         |         |       | Tijd           | Pnt     |
|------|-------------------------|---------|---------|-------|---------|---------|-------|---------|---------|-------|----------------|---------|
| 16.  | GALENS Alice            |         |         |       | 16      | Rosc    |       |         |         |       | <b>6:49.63</b> | 177     |
|      | 50m:                    | 45.00   | 45.00   | 150m: | 2:29.60 | 53.10   | 250m: | 4:14.02 | 52.21   | 350m: | 5:57.87        | 52.90   |
|      | 100m:                   | 1:36.50 | 51.50   | 200m: | 3:21.81 | 52.21   | 300m: | 5:04.97 | 50.95   | 400m: | 6:49.63        | 51.76   |
| 17.  | SOMERS Bess             |         |         |       | 17      | ZVL     |       |         |         |       | <b>7:03.18</b> | 161     |
|      | 50m:                    | 45.05   | 45.05   | 150m: | 2:32.98 | 55.46   | 250m: | 4:23.03 | 55.15   | 350m: | 6:12.94        | 54.36   |
|      | 100m:                   | 1:37.52 | 52.47   | 200m: | 3:27.88 | 54.90   | 300m: | 5:18.58 | 55.55   | 400m: | 7:03.18        | 50.24   |
| 18.  | VAN GESTEL Juline       |         |         |       | 17      | Azk     |       |         |         |       | <b>7:13.81</b> | 149     |
|      | 50m:                    | 45.19   | 45.19   | 150m: | 2:31.69 | 54.82   | 250m: | 4:25.48 | 57.31   | 350m: | 6:21.08        | 58.17   |
|      | 100m:                   | 1:36.87 | 51.68   | 200m: | 3:28.17 | 56.48   | 300m: | 5:22.91 | 57.43   | 400m: | 7:13.81        | 52.73   |
| 19.  | FELIX Julie             |         |         |       | 16      | ZVL     |       |         |         |       | <b>7:14.05</b> | 149     |
|      | 50m:                    | 49.93   | 49.93   | 150m: | 2:39.59 | 56.31   | 250m: | 4:31.62 | 55.99   | 350m: | 6:23.89        | 56.25   |
|      | 100m:                   | 1:43.28 | 53.35   | 200m: | 3:35.63 | 56.04   | 300m: | 5:27.64 | 56.02   | 400m: | 7:14.05        | 50.16   |
| 20.  | VAN HOVE Jelke          |         |         |       | 17      | ZN      |       |         |         |       | <b>7:37.42</b> | 127     |
|      | 50m:                    | 50.00   | 50.00   | 150m: | 2:47.92 | 1:00.04 | 250m: | 4:44.49 | 56.37   | 350m: | 6:44.31        | 1:00.06 |
|      | 100m:                   | 1:47.88 | 57.88   | 200m: | 3:48.12 | 1:00.20 | 300m: | 5:44.25 | 59.76   | 400m: | 7:37.42        | 53.11   |
| 21.  | ADAMS Louise            |         |         |       | 17      | KST     |       |         |         |       | <b>7:37.50</b> | 127     |
|      | 50m:                    | 47.19   | 47.19   | 150m: | 2:47.46 | 1:01.45 | 250m: | 4:47.02 | 59.47   | 350m: | 6:45.75        | 58.98   |
|      | 100m:                   | 1:46.01 | 58.82   | 200m: | 3:47.55 | 1:00.09 | 300m: | 5:46.77 | 59.75   | 400m: | 7:37.50        | 51.75   |
| 22.  | JANSSENS Finn           |         |         |       | 16      | ZN      |       |         |         |       | <b>7:44.10</b> | 122     |
|      | 50m:                    | 46.68   | 46.68   | 150m: | 2:47.91 | 1:01.92 | 250m: | 4:49.37 | 59.90   | 350m: | 6:51.06        | 1:00.90 |
|      | 100m:                   | 1:45.99 | 59.31   | 200m: | 3:49.47 | 1:01.56 | 300m: | 5:50.16 | 1:00.79 | 400m: | 7:44.10        | 53.04   |
| 23.  | VAN GYSEL Lisa          |         |         |       | 17      | ZN      |       |         |         |       | <b>7:45.69</b> | 120     |
|      | 50m:                    | 48.25   | 48.25   | 150m: | 2:43.42 | 58.24   | 250m: | 4:44.37 | 1:00.03 | 350m: | 6:49.44        | 1:02.65 |
|      | 100m:                   | 1:45.18 | 56.93   | 200m: | 3:44.34 | 1:00.92 | 300m: | 5:46.79 | 1:02.42 | 400m: | 7:45.69        | 56.25   |
| 24.  | CANNIERE Gudrun         |         |         |       | 17      | Rosc    |       |         |         |       | <b>8:01.39</b> | 109     |
|      | 50m:                    | 50.40   | 50.40   | 150m: | 2:51.70 | 1:03.11 | 250m: | 4:57.42 | 1:03.24 | 350m: | 7:03.27        | 1:03.27 |
|      | 100m:                   | 1:48.59 | 58.19   | 200m: | 3:54.18 | 1:02.48 | 300m: | 6:00.00 | 1:02.58 | 400m: | 8:01.39        | 58.12   |
| 25.  | DE VIJLDER Ems          |         |         |       | 17      | ZN      |       |         |         |       | <b>8:02.41</b> | 108     |
|      | 50m:                    | 51.04   | 51.04   | 150m: | 2:53.85 | 1:02.34 | 250m: | 5:00.18 | 1:02.40 | 350m: | 7:02.32        | 1:00.42 |
|      | 100m:                   | 1:51.51 | 1:00.47 | 200m: | 3:57.78 | 1:03.93 | 300m: | 6:01.90 | 1:01.72 | 400m: | 8:02.41        | 1:00.09 |
| 26.  | JANSSENS Marie          |         |         |       | 17      | ZN      |       |         |         |       | <b>8:07.24</b> | 105     |
|      | 50m:                    | 50.62   | 50.62   | 150m: | 2:55.50 | 1:03.04 | 250m: | 5:01.97 | 1:04.33 | 350m: | 7:08.40        | 1:03.09 |
|      | 100m:                   | 1:52.46 | 1:01.84 | 200m: | 3:57.64 | 1:02.14 | 300m: | 6:05.31 | 1:03.34 | 400m: | 8:07.24        | 58.84   |
| 27.  | AUWERS Marie            |         |         |       | 17      | ZN      |       |         |         |       | <b>8:10.65</b> | 103     |
|      | 50m:                    | 52.00   | 52.00   | 150m: | 2:55.04 | 1:02.63 | 250m: | 5:02.82 | 1:04.13 | 350m: | 7:03.64        | 58.88   |
|      | 100m:                   | 1:52.41 | 1:00.41 | 200m: | 3:58.69 | 1:03.65 | 300m: | 6:04.76 | 1:01.94 | 400m: | 8:10.65        | 1:07.01 |
| 28.  | VAN GYSEL Nina          |         |         |       | 17      | ZN      |       |         |         |       | <b>8:32.09</b> | 90      |
|      | 50m:                    | 53.00   | 53.00   | 150m: | 2:58.04 | 1:03.97 | 250m: | 5:12.29 | 1:08.39 | 350m: | 7:29.40        | 1:09.43 |
|      | 100m:                   | 1:54.07 | 1:01.07 | 200m: | 4:03.90 | 1:05.86 | 300m: | 6:19.97 | 1:07.68 | 400m: | 8:32.09        | 1:02.69 |
| 29.  | VERMEERSCH DEGELIN Toke |         |         |       | 17      | KST     |       |         |         |       | <b>8:43.57</b> | 85      |
|      | 50m:                    | 55.78   | 55.78   | 150m: | 3:10.15 | 1:08.88 | 250m: | 5:27.97 | 1:07.81 | 350m: | 7:43.53        | 1:09.09 |
|      | 100m:                   | 2:01.27 | 1:05.49 | 200m: | 4:20.16 | 1:10.01 | 300m: | 6:34.44 | 1:06.47 | 400m: | 8:43.57        | 1:00.04 |



ShaRK 400m 2026  
Herentals, 10/10/2026

Programmanr. 3, 400m vrije slag

9 - 10 jaar, Jongens

|     |                  |         |               |       |               |       |               |       |  |                |     |
|-----|------------------|---------|---------------|-------|---------------|-------|---------------|-------|--|----------------|-----|
| 1.  | ROOMANS Baptiste | 16      | LGN           |       |               |       |               |       |  | <b>5:55.81</b> | 212 |
|     | 50m: 38.91       | 38.91   | 150m: 2:10.11 | 46.16 | 250m: 3:41.86 | 46.15 | 350m: 5:13.81 | 46.45 |  |                |     |
|     | 100m: 1:23.95    | 45.04   | 200m: 2:55.71 | 45.60 | 300m: 4:27.36 | 45.50 | 400m: 5:55.81 | 42.00 |  |                |     |
| 2.  | DIEUSAERT Simon  | 16      | Rosc          |       |               |       |               |       |  | <b>6:02.63</b> | 200 |
|     | 50m: 40.89       | 40.89   | 150m: 2:15.56 | 48.55 | 250m: 3:49.77 | 47.09 | 350m: 5:21.38 | 45.53 |  |                |     |
|     | 100m: 1:27.01    | 46.12   | 200m: 3:02.68 | 47.12 | 300m: 4:35.85 | 46.08 | 400m: 6:02.63 | 41.25 |  |                |     |
| 3.  | QUARTIER Quinn   | 16      | Rosc          |       |               |       |               |       |  | <b>6:04.44</b> | 197 |
|     | 50m: 40.09       | 40.09   | 150m: 2:12.26 | 46.46 | 250m: 3:46.96 | 48.26 | 350m: 5:21.43 | 47.64 |  |                |     |
|     | 100m: 1:25.80    | 45.71   | 200m: 2:58.70 | 46.44 | 300m: 4:33.79 | 46.83 | 400m: 6:04.44 | 43.01 |  |                |     |
| 4.  | MEUNIER Emile    | 16      | HZA           |       |               |       |               |       |  | <b>6:09.63</b> | 189 |
|     | 50m: 39.44       | 39.44   | 150m: 2:11.60 | 46.89 | 250m: 3:47.01 | 48.24 | 350m: 5:22.74 | 47.46 |  |                |     |
|     | 100m: 1:24.71    | 45.27   | 200m: 2:58.77 | 47.17 | 300m: 4:35.28 | 48.27 | 400m: 6:09.63 | 46.89 |  |                |     |
| 5.  | GISCA Kostya     | 17      | ZN            |       |               |       |               |       |  | <b>6:09.86</b> | 188 |
|     | 50m: 39.96       | 39.96   | 150m: 2:14.15 | 48.24 | 250m: 3:49.81 | 47.39 | 350m: 5:25.60 | 47.45 |  |                |     |
|     | 100m: 1:25.91    | 45.95   | 200m: 3:02.42 | 48.27 | 300m: 4:38.15 | 48.34 | 400m: 6:09.86 | 44.26 |  |                |     |
| 6.  | LEDENT Matthew   | 16      | LGN           |       |               |       |               |       |  | <b>6:09.97</b> | 188 |
|     | 50m: 40.60       | 40.60   | 150m: 2:16.42 | 48.21 | 250m: 3:52.58 | 47.35 | 350m: 5:26.92 | 47.44 |  |                |     |
|     | 100m: 1:28.21    | 47.61   | 200m: 3:05.23 | 48.81 | 300m: 4:39.48 | 46.90 | 400m: 6:09.97 | 43.05 |  |                |     |
| 7.  | COOLS Vince      | 16      | MOZKA         |       |               |       |               |       |  | <b>6:18.83</b> | 175 |
|     | 50m: 41.76       | 41.76   | 150m: 2:19.29 | 49.60 | 250m: 3:58.35 | 49.63 | 350m: 5:35.62 | 46.29 |  |                |     |
|     | 100m: 1:29.69    | 47.93   | 200m: 3:08.72 | 49.43 | 300m: 4:49.33 | 50.98 | 400m: 6:18.83 | 43.21 |  |                |     |
| 8.  | DELVA Sam        | 16      | Azk           |       |               |       |               |       |  | <b>6:22.56</b> | 170 |
|     | 50m: 39.74       | 39.74   | 150m: 2:16.13 | 49.55 | 250m: 3:57.39 | 50.81 | 350m: 5:34.30 | 45.80 |  |                |     |
|     | 100m: 1:26.58    | 46.84   | 200m: 3:06.58 | 50.45 | 300m: 4:48.50 | 51.11 | 400m: 6:22.56 | 48.26 |  |                |     |
| 9.  | BORGHS Fabian    | 17      | ShaRK         |       |               |       |               |       |  | <b>6:28.12</b> | 163 |
|     | 50m: 39.41       | 39.41   | 150m: 2:16.83 | 50.02 | 250m: 3:59.48 | 51.55 | 350m: 5:40.73 | 51.13 |  |                |     |
|     | 100m: 1:26.81    | 47.40   | 200m: 3:07.93 | 51.10 | 300m: 4:49.60 | 50.12 | 400m: 6:28.12 | 47.39 |  |                |     |
| 10. | VANHAM Cas       | 17      | MOZKA         |       |               |       |               |       |  | <b>6:30.17</b> | 160 |
|     | 50m: 41.88       | 41.88   | 150m: 2:21.42 | 50.44 | 250m: 4:03.75 | 50.78 | 350m: 5:43.07 | 48.97 |  |                |     |
|     | 100m: 1:30.98    | 49.10   | 200m: 3:12.97 | 51.55 | 300m: 4:54.10 | 50.35 | 400m: 6:30.17 | 47.10 |  |                |     |
| 11. | VERACHTEN Tijl   | 16      | MOZKA         |       |               |       |               |       |  | <b>6:34.04</b> | 156 |
|     | 50m: 41.68       | 41.68   | 150m: 2:23.27 | 52.70 | 250m: 4:07.82 | 51.57 | 350m: 5:46.27 | 48.84 |  |                |     |
|     | 100m: 1:30.57    | 48.89   | 200m: 3:16.25 | 52.98 | 300m: 4:57.43 | 49.61 | 400m: 6:34.04 | 47.77 |  |                |     |
| 12. | UZZI Oliver      | 16      | ShaRK         |       |               |       |               |       |  | <b>6:58.15</b> | 130 |
|     | 50m: 44.26       | 44.26   | 150m: 2:30.69 | 54.82 | 250m: 4:20.88 | 55.34 | 350m: 6:09.21 | 53.03 |  |                |     |
|     | 100m: 1:35.87    | 51.61   | 200m: 3:25.54 | 54.85 | 300m: 5:16.18 | 55.30 | 400m: 6:58.15 | 48.94 |  |                |     |
| 13. | MASSARD Loyc     | 16      | LGN           |       |               |       |               |       |  | <b>7:09.60</b> | 120 |
|     | 50m: 45.92       | 45.92   | 150m: 2:36.40 | 55.78 | 250m: 4:28.11 | 56.04 | 350m: 6:18.97 | 54.83 |  |                |     |
|     | 100m: 1:40.62    | 54.70   | 200m: 3:32.07 | 55.67 | 300m: 5:24.14 | 56.03 | 400m: 7:09.60 | 50.63 |  |                |     |
| 14. | DOCKX James      | 17      | Azk           |       |               |       |               |       |  | <b>7:11.33</b> | 119 |
|     | 50m: 46.07       | 46.07   | 150m: 2:37.60 | 56.61 | 250m: 4:32.01 | 57.49 | 350m: 6:12.05 | 45.17 |  |                |     |
|     | 100m: 1:40.99    | 54.92   | 200m: 3:34.52 | 56.92 | 300m: 5:26.88 | 54.87 | 400m: 7:11.33 | 59.28 |  |                |     |
| 15. | LEYSEN Mathijs   | 17      | KST           |       |               |       |               |       |  | <b>7:11.52</b> | 118 |
|     | 50m: 46.47       | 46.47   | 150m: 2:37.24 | 56.25 | 250m: 4:32.29 | 57.88 | 350m: 6:18.28 | 50.82 |  |                |     |
|     | 100m: 1:40.99    | 54.52   | 200m: 3:34.41 | 57.17 | 300m: 5:27.46 | 55.17 | 400m: 7:11.52 | 53.24 |  |                |     |
| 16. | AUWERS Leon      | 16      | ZN            |       |               |       |               |       |  | <b>7:30.49</b> | 104 |
|     | 50m: 47.28       | 47.28   | 150m: 2:46.47 | 59.13 | 250m: 4:42.50 | 58.95 | 350m: 6:37.47 | 56.09 |  |                |     |
|     | 100m: 1:47.34    | 1:00.06 | 200m: 3:43.55 | 57.08 | 300m: 5:41.38 | 58.88 | 400m: 7:30.49 | 53.02 |  |                |     |



ShaRK 400m 2026  
Herentals, 10/10/2026

Programmanr. 3, Jongens, 400m vrije slag, 9 - 10 jaar

| Rang | Geb.             |         |       |       |         |       |       |         |         |       | Tijd    | Pnt   |         |     |
|------|------------------|---------|-------|-------|---------|-------|-------|---------|---------|-------|---------|-------|---------|-----|
| 17.  | VAN DE VEL Ferre |         |       |       |         |       |       |         |         |       | 16      | ShaRK | 7:35.53 | 101 |
|      | 50m:             | 46.68   | 46.68 | 150m: | 2:42.85 | 58.05 | 250m: | 4:40.39 | 59.14   | 350m: | 6:38.48 | 56.48 |         |     |
|      | 100m:            | 1:44.80 | 58.12 | 200m: | 3:41.25 | 58.40 | 300m: | 5:42.00 | 1:01.61 | 400m: | 7:35.53 | 57.05 |         |     |



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