



ShaRK 400m 2026
Herentals, 10/10/2026

Programmanr. 4
10/10/2026 - 15:20

Meisjes, 400m vrije slag

11 - 12 jaar
Resultaten

Punten: AQUA 2026

Rang	Geb.										Tijd	Pnt
1.	MORENO Noéline			14	LGN						4:54.19	479
	50m:	33.77	33.77	150m:	1:49.56	38.04	250m:	3:04.97	38.13	350m:	4:19.88	37.40
	100m:	1:11.52	37.75	200m:	2:26.84	37.28	300m:	3:42.48	37.51	400m:	4:54.19	34.31
2.	PONCELET Niene			14	LGN						4:54.34	478
	50m:	32.94	32.94	150m:	1:47.44	37.77	250m:	3:03.53	37.90	350m:	4:18.84	37.64
	100m:	1:09.67	36.73	200m:	2:25.63	38.19	300m:	3:41.20	37.67	400m:	4:54.34	35.50
3.	RYCKEMAN Ella			14	Rosc						4:55.24	474
	50m:	33.12	33.12	150m:	1:48.24	37.36	250m:	3:04.14	37.63	350m:	4:19.96	37.85
	100m:	1:10.88	37.76	200m:	2:26.51	38.27	300m:	3:42.11	37.97	400m:	4:55.24	35.28
4.	SCAGLIONE Louise			14	LGN						4:58.84	457
	50m:	33.57	33.57	150m:	1:48.73	37.70	250m:	3:05.43	38.35	350m:	4:22.49	38.60
	100m:	1:11.03	37.46	200m:	2:27.08	38.35	300m:	3:43.89	38.46	400m:	4:58.84	36.35
5.	CLAESSENS Isa-Beau			14	Hzs						4:59.55	454
	50m:	33.76	33.76	150m:	1:51.71	39.44	250m:	3:08.70	36.73	350m:	4:24.16	37.28
	100m:	1:12.27	38.51	200m:	2:31.97	40.26	300m:	3:46.88	38.18	400m:	4:59.55	35.39
6.	CANNIERE Erin			15	Rosc						5:04.81	431
	50m:	33.42	33.42	150m:	1:50.51	38.93	250m:	3:09.11	39.31	350m:	4:28.29	39.31
	100m:	1:11.58	38.16	200m:	2:29.80	39.29	300m:	3:48.98	39.87	400m:	5:04.81	36.52
7.	BOUVEROUX Nina			14	LGN						5:06.31	424
	50m:	34.43	34.43	150m:	1:52.27	39.21	250m:	3:11.58	39.70	350m:	4:30.24	38.58
	100m:	1:13.06	38.63	200m:	2:31.88	39.61	300m:	3:51.66	40.08	400m:	5:06.31	36.07
8.	BEVERNAGE Trix			14	Hzs						5:09.99	409
	50m:	34.27	34.27	150m:	1:51.75	39.53	250m:	3:11.67	39.99	350m:	4:31.64	40.32
	100m:	1:12.22	37.95	200m:	2:31.68	39.93	300m:	3:51.32	39.65	400m:	5:09.99	38.35
9.	ANTIERENS Louise			15	Rosc						5:16.17	386
	50m:	35.82	35.82	150m:	1:56.31	40.76	250m:	3:16.81	40.79	350m:	4:37.34	39.89
	100m:	1:15.55	39.73	200m:	2:36.02	39.71	300m:	3:57.45	40.64	400m:	5:16.17	38.83
10.	SIMONS Hanna			15	LAQUA						5:20.85	369
	50m:	36.40	36.40	150m:	1:58.07	41.12	250m:	3:20.62	41.78	350m:	4:43.00	40.38
	100m:	1:16.95	40.55	200m:	2:38.84	40.77	300m:	4:02.62	42.00	400m:	5:20.85	37.85
11.	PEETERS Lena			15	AZV						5:22.28	364
	50m:	35.51	35.51	150m:	1:56.67	41.09	250m:	3:20.09	41.86	350m:	4:43.92	41.80
	100m:	1:15.58	40.07	200m:	2:38.23	41.56	300m:	4:02.12	42.03	400m:	5:22.28	38.36
12.	DIEUSAERT Roselien			14	Rosc						5:23.96	359
	50m:	36.73	36.73	150m:	1:58.35	40.66	250m:	3:22.16	42.10	350m:	4:44.84	41.53
	100m:	1:17.69	40.96	200m:	2:40.06	41.71	300m:	4:03.31	41.15	400m:	5:23.96	39.12
13.	VAN HOUTD SEOANE Lisa			15	LAQUA						5:27.91	346
	50m:	36.75	36.75	150m:	2:00.44	42.33	250m:	3:26.17	43.12	350m:	4:48.43	40.16
	100m:	1:18.11	41.36	200m:	2:43.05	42.61	300m:	4:08.27	42.10	400m:	5:27.91	39.48
14.	KENIS Lola			15	ShaRK						5:29.95	339
	50m:	36.73	36.73	150m:	2:00.28	41.94	250m:	3:24.90	43.44	350m:	4:49.60	39.85
	100m:	1:18.34	41.61	200m:	2:41.46	41.18	300m:	4:09.75	44.85	400m:	5:29.95	40.35
15.	ROZIERIS Lily			15	HZA						5:32.33	332
	50m:	35.66	35.66	150m:	2:00.34	42.62	250m:	3:28.33	44.13	350m:	4:52.51	41.68
	100m:	1:17.72	42.06	200m:	2:44.20	43.86	300m:	4:10.83	42.50	400m:	5:32.33	39.82
16.	LAURYSSSEN Nette			15	AZV						5:34.94	324
	50m:	37.64	37.64	150m:	2:04.62	44.06	250m:	3:30.75	42.97	350m:	4:55.92	42.38
	100m:	1:20.56	42.92	200m:	2:47.78	43.16	300m:	4:13.54	42.79	400m:	5:34.94	39.02



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Rang			Geb.						Tijd	Pnt		
17.	HANSOUL Charlotte		15	LGN					5:40.13	310		
	50m:	37.97	37.97	150m:	2:04.50	43.76	250m:	3:31.53	43.86	350m:	4:59.69	43.66
	100m:	1:20.74	42.77	200m:	2:47.67	43.17	300m:	4:16.03	44.50	400m:	5:40.13	40.44
18.	DE RYCK Hanne		15	LAQUA					5:40.35	309		
	50m:	38.91	38.91	150m:	2:06.06	43.52	250m:	3:34.43	44.41	350m:	5:00.62	43.27
	100m:	1:22.54	43.63	200m:	2:50.02	43.96	300m:	4:17.35	42.92	400m:	5:40.35	39.73
19.	CLAESSENS Marie		15	Azk					5:44.53	298		
	50m:	36.93	36.93	150m:	2:03.87	45.09	250m:	3:35.32	45.63	350m:	5:04.52	44.94
	100m:	1:18.78	41.85	200m:	2:49.69	45.82	300m:	4:19.58	44.26	400m:	5:44.53	40.01
20.	LAMBRECHTS Jade		14	ShaRK					5:45.15	296		
	50m:	37.53	37.53	150m:	2:02.79	44.05	250m:	3:32.80	45.01	350m:	5:02.61	44.53
	100m:	1:18.74	41.21	200m:	2:47.79	45.00	300m:	4:18.08	45.28	400m:	5:45.15	42.54
21.	PUT Tyana		14	Hzs					5:45.21	296		
	50m:	38.43	38.43	150m:	2:06.27	45.15	250m:	3:36.75	45.00	350m:	5:05.02	43.77
	100m:	1:21.12	42.69	200m:	2:51.75	45.48	300m:	4:21.25	44.50	400m:	5:45.21	40.19
22.	VANDEVIJVERE Lore		15	Rosc					5:47.44	291		
	50m:	37.79	37.79	150m:	2:08.88	47.07	250m:	3:39.58	45.80	350m:	5:08.75	44.62
	100m:	1:21.81	44.02	200m:	2:53.78	44.90	300m:	4:24.13	44.55	400m:	5:47.44	38.69
23.	VAN COTTHEM Nika		15	AZV					5:48.06	289		
	50m:	37.92	37.92	150m:	2:05.20	44.41	250m:	3:34.97	44.61	350m:	5:04.52	45.07
	100m:	1:20.79	42.87	200m:	2:50.36	45.16	300m:	4:19.45	44.48	400m:	5:48.06	43.54
24.	GORIS Arwen		14	HZA					5:48.80	287		
	50m:	37.99	37.99	150m:	2:08.89	47.28	250m:	3:39.76	45.46	350m:	5:08.52	43.50
	100m:	1:21.61	43.62	200m:	2:54.30	45.41	300m:	4:25.02	45.26	400m:	5:48.80	40.28
25.	DE CLOEDT DELGADO Lisa		15	Rosc					5:51.70	280		
	50m:	38.56	38.56	150m:	2:07.61	45.33	250m:	3:38.53	45.32	350m:	5:09.74	44.61
	100m:	1:22.28	43.72	200m:	2:53.21	45.60	300m:	4:25.13	46.60	400m:	5:51.70	41.96
26.	JACOBY Apolline		15	LGN					6:04.74	251		
	50m:	37.53	37.53	150m:	2:10.71	48.51	250m:	3:45.64	47.37	350m:	5:19.91	47.87
	100m:	1:22.20	44.67	200m:	2:58.27	47.56	300m:	4:32.04	46.40	400m:	6:04.74	44.83
27.	VLUYMANS Julie		15	ZVL					6:15.08	231		
	50m:	41.53	41.53	150m:	2:16.86	48.24	250m:	3:53.61	48.64	350m:	5:27.59	46.30
	100m:	1:28.62	47.09	200m:	3:04.97	48.11	300m:	4:41.29	47.68	400m:	6:15.08	47.49
28.	VANDENSANDE Lucía		14	LAQUA					6:27.40	209		
	50m:	43.17	43.17	150m:	2:21.20	49.75	250m:	4:00.96	50.10	350m:	5:40.62	48.57
	100m:	1:31.45	48.28	200m:	3:10.86	49.66	300m:	4:52.05	51.09	400m:	6:27.40	46.78
29.	DANIELS Lotte		15	Hzs					6:32.24	202		
	50m:	40.69	40.69	150m:	2:21.24	51.04	250m:	4:03.98	52.02	350m:	5:47.17	52.01
	100m:	1:30.20	49.51	200m:	3:11.96	50.72	300m:	4:55.16	51.18	400m:	6:32.24	45.07
30.	VANDENSANDE Clara		15	LAQUA					6:34.36	199		
	50m:	43.60	43.60	150m:	2:23.65	50.05	250m:	4:05.31	50.90	350m:	5:47.48	50.66
	100m:	1:33.60	50.00	200m:	3:14.41	50.76	300m:	4:56.82	51.51	400m:	6:34.36	46.88
31.	PEELAERS Elise		14	MOZKA					6:40.23	190		
	50m:	41.14	41.14	150m:	2:20.90	51.11	250m:	4:03.84	51.78	350m:	5:49.43	52.09
	100m:	1:29.79	48.65	200m:	3:12.06	51.16	300m:	4:57.34	53.50	400m:	6:40.23	50.80
32.	CREEMERS Lieze		14	LAQUA					6:43.64	185		
	50m:	42.57	42.57	150m:	2:26.69	53.10	250m:	4:11.64	52.39	350m:	5:55.48	52.21
	100m:	1:33.59	51.02	200m:	3:19.25	52.56	300m:	5:03.27	51.63	400m:	6:43.64	48.16



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Rang	Geb.								Tijd	Pnt
33.	LAMBRECHTS Fé	14	HZA						6:45.17	183
	50m: 42.58 42.58	150m: 2:24.43 53.04	250m: 4:12.02 54.19	350m: 5:56.19 50.77						
	100m: 1:31.39 48.81	200m: 3:17.83 53.40	300m: 5:05.42 53.40	400m: 6:45.17 48.98						
34.	TAIBI Aya	15	Hzs						6:45.81	182
	50m: 41.39 41.39	150m: 2:22.39 50.78	250m: 4:08.74 54.06	350m: 5:55.65 53.78						
	100m: 1:31.61 50.22	200m: 3:14.68 52.29	300m: 5:01.87 53.13	400m: 6:45.81 50.16						
35.	WELSLAU Ines	15	HZA						6:48.98	178
	50m: 43.38 43.38	150m: 2:26.93 53.02	250m: 4:13.05 53.13	350m: 5:58.98 53.30						
	100m: 1:33.91 50.53	200m: 3:19.92 52.99	300m: 5:05.68 52.63	400m: 6:48.98 50.00						
36.	VERMEULEN Louise	15	LAQUA						6:49.77	177
	50m: 42.55 42.55	150m: 2:26.14 52.69	250m: 4:11.53 52.45	350m: 5:58.52 53.45						
	100m: 1:33.45 50.90	200m: 3:19.08 52.94	300m: 5:05.07 53.54	400m: 6:49.77 51.25						
37.	VERMEERSCH DEGELIN Colette	14	KST						6:50.92	175
	50m: 43.98 43.98	150m: 2:28.31 52.97	250m: 4:16.50 53.67	350m: 6:01.87 52.76						
	100m: 1:35.34 51.36	200m: 3:22.83 54.52	300m: 5:09.11 52.61	400m: 6:50.92 49.05						
38.	LIZIN Nel	15	Hzs						6:51.24	175
	50m: 45.56 45.56	150m: 2:29.48 53.29	250m: 4:16.14 53.79	350m: 6:01.32 52.69						
	100m: 1:36.19 50.63	200m: 3:22.35 52.87	300m: 5:08.63 52.49	400m: 6:51.24 49.92						
39.	VAN DE WINKEL Maud	15	LAQUA						6:55.55	170
	50m: 44.99 44.99	150m: 2:27.08 52.63	250m: 4:14.69 53.75	350m: 6:03.14 53.82						
	100m: 1:34.45 49.46	200m: 3:20.94 53.86	300m: 5:09.32 54.63	400m: 6:55.55 52.41						
40.	STADTMAN Malayka	14	MOZKA						7:12.42	150
	50m: 41.36 41.36	150m: 2:30.43 55.53	250m: 4:22.87 55.95	350m: 6:14.25 54.91						
	100m: 1:34.90 53.54	200m: 3:26.92 56.49	300m: 5:19.34 56.47	400m: 7:12.42 58.17						
41.	BORRÉ Ulrike	15	MOZKA						7:19.79	143
	50m: 44.75 44.75	150m: 2:32.98 56.06	250m: 4:27.59 57.80	350m: 6:24.88 59.20						
	100m: 1:36.92 52.17	200m: 3:29.79 56.81	300m: 5:25.68 58.09	400m: 7:19.79 54.91						
42.	VAN OTTEN Noomi	15	KST						7:48.22	118
	50m: 51.33 51.33	150m: 2:48.99 59.95	250m: 4:51.07 1:01.83	350m: 6:54.06 1:01.21						
	100m: 1:49.04 57.71	200m: 3:49.24 1:00.25	300m: 5:52.85 1:01.78	400m: 7:48.22 54.16						
dis	DE KEYZER Fran	15	ZVL							
	4.4 - Start initiëren voor het signaal									