



ShaRK 400m 2026
Herentals, 10/10/2026

Programmanr. 6
10/10/2026 - 18:15

Dames, 400m vrije slag

13 jaar en ouder
Resultaten

Punten: AQUA 2026

Rang	Geb.										Tijd	Pnt
13 - 14 jaar												
1.	STAS Lorane		13	LGN						4:37.98	568	
	50m:	31.59	31.59	150m:	1:41.21	35.03	250m:	2:52.58	35.64	350m:	4:03.72	35.56
	100m:	1:06.18	34.59	200m:	2:16.94	35.73	300m:	3:28.16	35.58	400m:	4:37.98	34.26
2.	VAN HOVE Pauline		13	LGN						4:40.06	555	
	50m:	31.95	31.95	150m:	1:42.40	35.61	250m:	2:54.57	36.16	350m:	4:07.13	36.20
	100m:	1:06.79	34.84	200m:	2:18.41	36.01	300m:	3:30.93	36.36	400m:	4:40.06	32.93
3.	BIERINCKX Mie		12	ShaRK						4:41.59	546	
	50m:	31.58	31.58	150m:	1:43.72	35.90	250m:	2:55.49	35.89	350m:	4:07.27	35.26
	100m:	1:07.82	36.24	200m:	2:19.60	35.88	300m:	3:32.01	36.52	400m:	4:41.59	34.32
4.	MATTHEEUSEN Ella		13	Azk						5:00.15	451	
	50m:	33.26	33.26	150m:	1:49.47	38.27	250m:	3:07.19	38.90	350m:	4:23.65	38.11
	100m:	1:11.20	37.94	200m:	2:28.29	38.82	300m:	3:45.54	38.35	400m:	5:00.15	36.50
5.	ADRIAENSEN Lena		13	MOZKA						5:09.91	410	
	50m:	34.97	34.97	150m:	1:55.03	39.88	250m:	3:14.67	39.08	350m:	4:34.28	39.68
	100m:	1:15.15	40.18	200m:	2:35.59	40.56	300m:	3:54.60	39.93	400m:	5:09.91	35.63
6.	VAN LOMMEL Anthe		13	ShaRK						5:17.12	382	
	50m:	33.44	33.44	150m:	1:52.98	40.87	250m:	3:14.65	41.02	350m:	4:37.78	41.79
	100m:	1:12.11	38.67	200m:	2:33.63	40.65	300m:	3:55.99	41.34	400m:	5:17.12	39.34
7.	LAZEROMS Sien		12	Azk						5:17.28	382	
	50m:	34.69	34.69	150m:	1:53.27	39.90	250m:	3:13.20	39.90	350m:	4:35.44	41.13
	100m:	1:13.37	38.68	200m:	2:33.30	40.03	300m:	3:54.31	41.11	400m:	5:17.28	41.84
8.	DIRIX Lily		12	MOZKA						5:19.11	375	
	50m:	36.68	36.68	150m:	1:55.69	40.03	250m:	3:17.28	40.58	350m:	4:39.63	40.92
	100m:	1:15.66	38.98	200m:	2:36.70	41.01	300m:	3:58.71	41.43	400m:	5:19.11	39.48
9.	VANDER MEER Noor		13	Hzs						5:23.37	360	
	50m:	36.00	36.00	150m:	1:57.49	41.52	250m:	3:20.65	41.50	350m:	4:43.42	41.49
	100m:	1:15.97	39.97	200m:	2:39.15	41.66	300m:	4:01.93	41.28	400m:	5:23.37	39.95
10.	FRANSSEN Lyna		12	Hzs						5:32.15	333	
	50m:	37.82	37.82	150m:	2:01.95	42.36	250m:	3:27.75	42.98	350m:	4:52.50	42.14
	100m:	1:19.59	41.77	200m:	2:44.77	42.82	300m:	4:10.36	42.61	400m:	5:32.15	39.65
11.	SEGAERT Hanne		13	Rosc						5:32.80	331	
	50m:	36.62	36.62	150m:	2:02.07	43.41	250m:	3:28.20	43.26	350m:	4:53.61	42.44
	100m:	1:18.66	42.04	200m:	2:44.94	42.87	300m:	4:11.17	42.97	400m:	5:32.80	39.19
12.	VANDE SOMPELE Hasse		12	Zola						5:36.40	320	
	50m:	37.68	37.68	150m:	2:03.54	43.51	250m:	3:31.02	43.94	350m:	4:56.93	42.53
	100m:	1:20.03	42.35	200m:	2:47.08	43.54	300m:	4:14.40	43.38	400m:	5:36.40	39.47
13.	CUYPERS Leonie		13	WST						5:41.77	305	
	50m:	38.86	38.86	150m:	2:06.28	44.59	250m:	3:34.82	44.03	350m:	5:03.95	44.46
	100m:	1:21.69	42.83	200m:	2:50.79	44.51	300m:	4:19.49	44.67	400m:	5:41.77	37.82
14.	MAVRIQI Arrita		13	Azk						5:43.87	300	
	50m:	36.43	36.43	150m:	2:02.07	44.02	250m:	3:31.74	45.06	350m:	5:02.02	45.83
	100m:	1:18.05	41.62	200m:	2:46.68	44.61	300m:	4:16.19	44.45	400m:	5:43.87	41.85
15.	KENIS Josephine		12	ShaRK						5:46.67	292	
	50m:	36.30	36.30	150m:	2:05.47	45.26	250m:	3:37.04	46.23	350m:	5:06.50	43.12
	100m:	1:20.21	43.91	200m:	2:50.81	45.34	300m:	4:23.38	46.34	400m:	5:46.67	40.17



ShaRK 400m 2026 Herentals, 10/10/2026

Programmanr. 6, Meisjes, 400m vrije slag, 13 - 14 jaar

Rang	Geb.										Tijd	Pnt
16.	LENAERTS Julia			13	Hzs						5:52.59	278
	50m:	40.20	40.20	150m:	2:09.70	45.09	250m:	3:41.17	46.09	350m:	5:09.33	44.05
	100m:	1:24.61	44.41	200m:	2:55.08	45.38	300m:	4:25.28	44.11	400m:	5:52.59	43.26
17.	VAN MECHELEN Luna			13	KST						6:00.16	261
	50m:	37.65	37.65	150m:	2:08.86	46.63	250m:	3:43.22	46.70	350m:	5:17.16	46.81
	100m:	1:22.23	44.58	200m:	2:56.52	47.66	300m:	4:30.35	47.13	400m:	6:00.16	43.00
18.	HERREMANS Elien			12	ZVL						6:01.61	258
	50m:	38.23	38.23	150m:	2:08.24	46.63	250m:	3:44.25	48.09	350m:	5:17.34	45.77
	100m:	1:21.61	43.38	200m:	2:56.16	47.92	300m:	4:31.57	47.32	400m:	6:01.61	44.27
19.	BOURGUIGNON Nena			13	ZVL						6:08.42	244
	50m:	40.01	40.01	150m:	2:13.97	47.06	250m:	3:50.00	48.30	350m:	5:25.13	47.78
	100m:	1:26.91	46.90	200m:	3:01.70	47.73	300m:	4:37.35	47.35	400m:	6:08.42	43.29
20.	VANGOIDSENHOVEN Caro			12	KST						6:17.05	227
	50m:	39.92	39.92	150m:	2:16.21	49.27	250m:	3:56.27	50.02	350m:	5:34.00	47.95
	100m:	1:26.94	47.02	200m:	3:06.25	50.04	300m:	4:46.05	49.78	400m:	6:17.05	43.05
21.	NIEWENWEG Lente			13	KST						6:33.04	201
	50m:	41.67	41.67	150m:	2:20.20	49.78	250m:	4:02.59	51.57	350m:	5:45.87	52.19
	100m:	1:30.42	48.75	200m:	3:11.02	50.82	300m:	4:53.68	51.09	400m:	6:33.04	47.17
22.	POELMANS Julie			12	Hzs						6:33.36	200
	50m:	43.52	43.52	150m:	2:24.66	51.64	250m:	4:06.90	50.25	350m:	5:48.21	49.75
	100m:	1:33.02	49.50	200m:	3:16.65	51.99	300m:	4:58.46	51.56	400m:	6:33.36	45.15
23.	NIEWENWEG Sterre			12	KST						6:36.87	195
	50m:	43.18	43.18	150m:	2:21.25	49.95	250m:	4:03.95	51.88	350m:	5:48.76	52.03
	100m:	1:31.30	48.12	200m:	3:12.07	50.82	300m:	4:56.73	52.78	400m:	6:36.87	48.11
24.	HUYSMANS Iliana			13	MOZKA						6:59.32	165
	50m:	45.54	45.54	150m:	2:30.87	53.57	250m:	4:20.17	54.15	350m:	6:08.86	54.26
	100m:	1:37.30	51.76	200m:	3:26.02	55.15	300m:	5:14.60	54.43	400m:	6:59.32	50.46

15 - 16 jaar

1.	BOVEN Axelle			10	ShaRK					4:40.42	553	
	50m:	31.27	31.27	150m:	1:43.53	36.51	250m:	2:55.91	35.83	350m:	4:06.77	34.31
	100m:	1:07.02	35.75	200m:	2:20.08	36.55	300m:	3:32.46	36.55	400m:	4:40.42	33.65
2.	MERTENS Femke			11	ShaRK					4:43.34	536	
	50m:	31.64	31.64	150m:	1:42.94	36.05	250m:	2:55.84	36.49	350m:	4:08.80	36.35
	100m:	1:06.89	35.25	200m:	2:19.35	36.41	300m:	3:32.45	36.61	400m:	4:43.34	34.54
3.	DEPAEPE Elize			11	RosC					4:49.25	504	
	50m:	32.50	32.50	150m:	1:46.51	37.23	250m:	3:01.15	37.11	350m:	4:14.44	35.74
	100m:	1:09.28	36.78	200m:	2:24.04	37.53	300m:	3:38.70	37.55	400m:	4:49.25	34.81
4.	BELLENS Lore			11	ShaRK					4:49.92	500	
	50m:	32.31	32.31	150m:	1:45.76	37.23	250m:	3:00.12	37.16	350m:	4:15.24	37.58
	100m:	1:08.53	36.22	200m:	2:22.96	37.20	300m:	3:37.66	37.54	400m:	4:49.92	34.68
5.	JANSSENS Elisabeth			10	ShaRK					4:56.57	467	
	50m:	32.93	32.93	150m:	1:46.15	37.31	250m:	3:02.26	38.01	350m:	4:19.15	38.60
	100m:	1:08.84	35.91	200m:	2:24.25	38.10	300m:	3:40.55	38.29	400m:	4:56.57	37.42
6.	DURT Reine			11	ShaRK					4:58.72	457	
	50m:	32.93	32.93	150m:	1:47.23	37.55	250m:	3:04.02	38.61	350m:	4:22.03	38.88
	100m:	1:09.68	36.75	200m:	2:25.41	38.18	300m:	3:43.15	39.13	400m:	4:58.72	36.69



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Herentals, 10/10/2026

Programmanr. 6, Meisjes, 400m vrije slag, 15 - 16 jaar

Rang			Geb.						Tijd		Pnt	
7.	LEMMENS Febe		11	WST					4:59.47		454	
	50m:	33.95	33.95	150m:	1:49.75	38.37	250m:	3:06.06	37.75	350m:	4:23.83	38.59
	100m:	1:11.38	37.43	200m:	2:28.31	38.56	300m:	3:45.24	39.18	400m:	4:59.47	35.64
8.	VAN AERSCHOT Nel		11	WST					5:03.16		438	
	50m:	34.05	34.05	150m:	1:50.19	38.51	250m:	3:07.63	38.95	350m:	4:25.80	39.15
	100m:	1:11.68	37.63	200m:	2:28.68	38.49	300m:	3:46.65	39.02	400m:	5:03.16	37.36
9.	LAUREYS Xante		10	WST					5:03.53		436	
	50m:	35.42	35.42	150m:	1:53.83	38.89	250m:	3:12.84	39.44	350m:	4:29.61	37.43
	100m:	1:14.94	39.52	200m:	2:33.40	39.57	300m:	3:52.18	39.34	400m:	5:03.53	33.92
10.	VANDE SOMPELE Jits		11	Zola					5:04.33		433	
	50m:	34.27	34.27	150m:	1:51.54	38.83	250m:	3:08.76	38.32	350m:	4:26.64	39.09
	100m:	1:12.71	38.44	200m:	2:30.44	38.90	300m:	3:47.55	38.79	400m:	5:04.33	37.69
11.	NULENS Lili		11	Zola					5:07.59		419	
	50m:	35.40	35.40	150m:	1:54.86	39.88	250m:	3:13.30	39.67	350m:	4:32.29	38.74
	100m:	1:14.98	39.58	200m:	2:33.63	38.77	300m:	3:53.55	40.25	400m:	5:07.59	35.30
12.	GERETS Annelien		11	Hzs					5:09.19		412	
	50m:	35.27	35.27	150m:	1:52.54	39.10	250m:	3:09.80	38.18	350m:	4:29.71	40.65
	100m:	1:13.44	38.17	200m:	2:31.62	39.08	300m:	3:49.06	39.26	400m:	5:09.19	39.48
13.	VAN ROOSBROECK Yuna		11	WST					5:09.61		411	
	50m:	34.33	34.33	150m:	1:52.90	40.30	250m:	3:13.01	40.00	350m:	4:32.53	39.16
	100m:	1:12.60	38.27	200m:	2:33.01	40.11	300m:	3:53.37	40.36	400m:	5:09.61	37.08
14.	VANDER MEER Amber		11	Hzs					5:11.18		405	
	50m:	34.92	34.92	150m:	1:51.66	38.95	250m:	3:10.90	39.75	350m:	4:31.95	40.68
	100m:	1:12.71	37.79	200m:	2:31.15	39.49	300m:	3:51.27	40.37	400m:	5:11.18	39.23
15.	DE SCHEPPER Lara		10	Zola					5:11.66		403	
	50m:	34.98	34.98	150m:	1:54.67	40.19	250m:	3:14.80	40.21	350m:	4:35.16	40.31
	100m:	1:14.48	39.50	200m:	2:34.59	39.92	300m:	3:54.85	40.05	400m:	5:11.66	36.50
16.	VAN GINNEKEN Marit		11	Azk					5:17.60		381	
	50m:	35.56	35.56	150m:	1:56.09	40.88	250m:	3:18.15	40.86	350m:	4:39.81	40.69
	100m:	1:15.21	39.65	200m:	2:37.29	41.20	300m:	3:59.12	40.97	400m:	5:17.60	37.79
17.	MEEKERS Rania		11	MOZKA					5:21.46		367	
	50m:	35.82	35.82	150m:	1:54.24	39.61	250m:	3:16.86	41.28	350m:	4:41.14	42.14
	100m:	1:14.63	38.81	200m:	2:35.58	41.34	300m:	3:59.00	42.14	400m:	5:21.46	40.32
18.	VAN DEN BOSSCHE Lia		10	Zola					5:44.37		298	
	50m:	38.44	38.44	150m:	2:08.27	45.57	250m:	3:40.52	45.87	350m:	5:07.59	42.40
	100m:	1:22.70	44.26	200m:	2:54.65	46.38	300m:	4:25.19	44.67	400m:	5:44.37	36.78
19.	CORNEZ Maylie		10	Zola					5:49.88		284	
	50m:	37.51	37.51	150m:	2:05.29	44.63	250m:	3:34.34	44.88	350m:	5:05.96	45.80
	100m:	1:20.66	43.15	200m:	2:49.46	44.17	300m:	4:20.16	45.82	400m:	5:49.88	43.92
20.	LIEVENS Nona		11	MOZKA					6:33.05		201	
	50m:	45.36	45.36	150m:	2:25.49	50.75	250m:	4:08.32	51.35	350m:	5:48.06	49.94
	100m:	1:34.74	49.38	200m:	3:16.97	51.48	300m:	4:58.12	49.80	400m:	6:33.05	44.99



ShaRK 400m 2026
Herentals, 10/10/2026

Programmanr. 6, Dames, 400m vrije slag

17 jaar en ouder

1.	MERTENS Helena	09	ShaRK	4:40.02	555
	50m: 30.89 30.89	150m: 1:39.00 34.36	250m: 2:50.98 36.60	350m: 4:04.82 36.83	
	100m: 1:04.64 33.75	200m: 2:14.38 35.38	300m: 3:27.99 37.01	400m: 4:40.02 35.20	
2.	VINGERHOETS Madelief	09	WST	4:43.88	533
	50m: 32.05 32.05	150m: 1:43.37 36.20	250m: 2:55.92 36.14	350m: 4:07.83 36.02	
	100m: 1:07.17 35.12	200m: 2:19.78 36.41	300m: 3:31.81 35.89	400m: 4:43.88 36.05	
3.	VAN BAELEN Yenthe	09	MOZKA	4:50.01	500
	50m: 32.50 32.50	150m: 1:45.68 37.00	250m: 2:59.82 36.99	350m: 4:14.67 37.40	
	100m: 1:08.68 36.18	200m: 2:22.83 37.15	300m: 3:37.27 37.45	400m: 4:50.01 35.34	
4.	MICHIELSEN Jinthe	08	Azk	4:52.03	490
	50m: 32.58 32.58	150m: 1:45.87 37.09	250m: 3:01.01 37.36	350m: 4:15.95 37.68	
	100m: 1:08.78 36.20	200m: 2:23.65 37.78	300m: 3:38.27 37.26	400m: 4:52.03 36.08	
5.	VAN LOOY Anke	06	HZA	4:55.48	473
	50m: 33.29 33.29	150m: 1:48.80 38.47	250m: 3:05.08 38.06	350m: 4:20.21 37.05	
	100m: 1:10.33 37.04	200m: 2:27.02 38.22	300m: 3:43.16 38.08	400m: 4:55.48 35.27	
6.	CAMPFORTS Fien	09	KST	5:03.64	436
	50m: 33.95 33.95	150m: 1:49.43 38.07	250m: 3:08.07 39.47	350m: 4:26.46 39.12	
	100m: 1:11.36 37.41	200m: 2:28.60 39.17	300m: 3:47.34 39.27	400m: 5:03.64 37.18	
7.	VAN WAELDEREN Hanne	09	WST	5:07.28	420
	50m: 34.29 34.29	150m: 1:51.52 38.81	250m: 3:10.23 39.49	350m: 4:28.91 39.30	
	100m: 1:12.71 38.42	200m: 2:30.74 39.22	300m: 3:49.61 39.38	400m: 5:07.28 38.37	
8.	DE BOCK Marie	09	HZA	5:13.93	394
	50m: 34.95 34.95	150m: 1:53.93 39.69	250m: 3:14.34 40.37	350m: 4:36.20 40.69	
	100m: 1:14.24 39.29	200m: 2:33.97 40.04	300m: 3:55.51 41.17	400m: 5:13.93 37.73	
9.	DIERCKX Femke	09	ShaRK	5:21.05	368
	50m: 34.21 34.21	150m: 1:52.89 40.33	250m: 3:15.07 41.57	350m: 4:40.65 42.79	
	100m: 1:12.56 38.35	200m: 2:33.50 40.61	300m: 3:57.86 42.79	400m: 5:21.05 40.40	