Programmanr. 16 — Dames, 400m vrije slag — 11 jaar en ouder
18/10/2026 - 14:50 — Resultaten

Punten: AQUA 2026

Rang						Inschr.	Tijd	Pnt

11 - 12 jaar

1. NDIAYE, Maï — DDAT/21170/14 — 5:06.24 — **5:03.50** — 436
   50m: 34.59 34.59 | 150m: | 250m: | 350m:
   100m: 1:13.52 38.93 | 200m: 2:30.09 | 300m: | 400m: 5:03.50
2. GHOOS, Kato — BEST/21171/14 — 5:10.85 — **5:05.21** — 429
   50m: 35.66 35.66 | 150m: | 250m: | 350m:
   100m: 1:15.23 39.57 | 200m: 2:32.94 | 300m: | 400m: 5:05.21
3. VAN DEN TROOST, Amy — KVZP/21116/14 — 5:18.97 — **5:25.09** — 355
   50m: 36.85 36.85 | 150m: | 250m: | 350m:
   100m: 1:18.49 41.64 | 200m: 2:42.61 | 300m: | 400m: 5:25.09
4. DELCOIGNE, Ella — DDAT/21161/14 — 5:18.45 — **5:26.69** — 350
   50m: 36.68 36.68 | 150m: | 250m: | 350m:
   100m: 1:18.06 41.38 | 200m: 2:42.71 | 300m: | 400m: 5:26.69
5. VANGENECHTEN, Anna — BEST/21163/15 — 5:59.73 — **5:53.71** — 275
   50m: 39.48 39.48 | 150m: | 250m: | 350m:
   100m: 1:23.98 44.50 | 200m: 2:54.40 | 300m: | 400m: 5:53.71
6. VANMECHELEN, Kato — BEST/21180/14 — 6:07.70 — **6:04.03** — 253
   50m: 40.17 40.17 | 150m: | 250m: | 350m:
   100m: 1:26.55 46.38 | 200m: 3:00.32 | 300m: | 400m: 6:04.03
7. SMEETS, Lou — BEST/21169/14 — 6:59.84 — **6:14.70** — 232
   50m: 40.85 40.85 | 150m: | 250m: | 350m:
   100m: 1:29.44 48.59 | 200m: 3:08.86 | 300m: | 400m: 6:14.70
8. DE PRATER, Eline — DDAT/21180/15 — 6:15.94 — **6:14.90** — 231
   50m: 42.98 42.98 | 150m: | 250m: | 350m:
   100m: 1:32.93 49.95 | 200m: 3:06.35 | 300m: | 400m: 6:14.90
9. ANCOLET, Laure — ZIOS/21140/14 — 6:49.65 — **6:35.00** — 198
   50m: 44.45 44.45 | 150m: | 250m: | 350m:
   100m: 1:35.48 51.03 | 200m: 3:18.62 | 300m: | 400m: 6:35.00

13 - 14 jaar

1. WYFFELS, Louise Marie — DDAT/21150/13 — 5:00.37 — **5:00.29** — 450
   50m: 33.79 33.79 | 150m: | 250m: | 350m:
   100m: 1:11.05 37.26 | 200m: 2:27.98 | 300m: | 400m: 5:00.29
2. BIESEMANS, Jana — ZIOS/21109/13 — 5:18.75 — **5:16.91** — 383
   50m: 34.98 34.98 | 150m: | 250m: | 350m:
   100m: 1:14.59 39.61 | 200m: 2:37.66 | 300m: | 400m: 5:16.91
3. KERCKHOFS, Wouke — BEST/21148/13 — 5:51.84 — **5:20.42** — 371
   50m: 37.14 37.14 | 150m: | 250m: | 350m:
   100m: 1:19.06 41.92 | 200m: 2:41.81 | 300m: | 400m: 5:20.42
4. TRONCKOE, Bente — DDAT/21167/13 — 5:59.79 — **5:43.64** — 300
   50m: 37.46 37.46 | 150m: | 250m: | 350m:
   100m: 1:20.57 43.11 | 200m: 2:47.51 | 300m: | 400m: 5:43.64

15 - 16 jaar

1. VANDERLINDEN, Paulien — BEST/21117/11 — 4:53.05 — **4:52.92** — 485
   50m: 33.95 33.95 | 150m: | 250m: | 350m:
   100m: 1:11.45 37.50 | 200m: 2:26.86 | 300m: | 400m: 4:52.92
2. DE PRATER, Juno — DDAT/21148/11 — 5:21.07 — **5:14.10** — 393
   50m: 33.29 33.29 | 150m: | 250m: | 350m:
   100m: 1:11.80 38.51 | 200m: 2:31.70 | 300m: | 400m: 5:14.10

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

Rang			Inschr.	Tijd	Pnt
3.	MUYLAERT, Yinse	ZIOS/21134/11	6:28.05	**6:13.49**	234

50m:	39.75	39.75	150m:		250m:		350m:		
100m:	1:26.21	46.46	200m:	3:03.30	300m:		400m:	6:13.49	

17 - 18 jaar

1.	CIOBANU, Anastasia	DDAT/21112/09	4:45.24	**4:38.76**	563

50m:	31.02	31.02	150m:		250m:		350m:		
100m:	1:05.76	34.74	200m:	2:16.90	300m:		400m:	4:38.76	

2.	LECHIFFLARD, Léa	CNSN/013582/09	4:50.30	**4:52.96**	485

50m:	32.65	32.65	150m:		250m:		350m:		
100m:	1:08.27	35.62	200m:	2:22.60	300m:		400m:	4:52.96	

3.	DE BISSCHOP, Lisse	ZIOS/21074/08	5:20.94	**5:30.39**	338

50m:	36.10	36.10	150m:		250m:		350m:		
100m:	1:16.54	40.44	200m:	2:40.51	300m:		400m:	5:30.39	

19 jaar en ouder

1.	VAN LIERDE, Lana	ZIOS/21082/07	5:15.02	**5:50.47**	283

50m:	39.83	39.83	150m:		250m:		350m:		
100m:	1:23.23	43.40	200m:	2:52.20	300m:		400m:	5:50.47	