

PK 2021 Vlaams-Brabant & Brussel  
Leuven, 16 - 17/10/2021

Programmanr. 6  
16/10/2021 - 10:59

Dames, 400m vrije slag

11 jaar en ouder  
Resultaten

Punten: FINA 2020

Rang			Inschr.			Tijd	Pnt					
<b>11 jaar</b>												
1.	Teirlinck Louise		LAQUA/21392/105:45.60			<b>5:24.77</b>	373					
	50m:	37.10	37.10	150m:	2:00.35	42.00	250m:	3:22.87	41.15	350m:	4:45.59	41.44
	100m:	1:18.35	41.25	200m:	2:41.72	41.37	300m:	4:04.15	41.28	400m:	5:24.77	39.18
2.	Adelmann Clara Cenxi		LAQUA/21382/105:34.78			<b>5:31.17</b>	352					
	50m:	37.35	37.35	150m:	2:00.43	41.63	250m:	3:25.00	42.39	350m:	4:50.52	42.66
	100m:	1:18.80	41.45	200m:	2:42.61	42.18	300m:	4:07.86	42.86	400m:	5:31.17	40.65
3.	Bohmer Janne		ZCT/21108/10 5:37.82			<b>5:31.57</b>	351					
	50m:	37.39	37.39	150m:	2:00.50	42.33	250m:	3:26.22	42.78	350m:	4:50.70	42.09
	100m:	1:18.17	40.78	200m:	2:43.44	42.94	300m:	4:08.61	42.39	400m:	5:31.57	40.87
4.	Verelst Laura		ZCT/21114/10 5:54.48			<b>5:50.01</b>	298					
	50m:	39.92	39.92	150m:	2:07.94	44.45	250m:	3:37.82	45.13	350m:	5:06.99	44.27
	100m:	1:23.49	43.57	200m:	2:52.69	44.75	300m:	4:22.72	44.90	400m:	5:50.01	43.02
5.	Uytterhoeven Flo		ZCT/21107/10 6:30.65			<b>5:58.43</b>	277					
	50m:	40.64	40.64	150m:	2:10.57	45.58	250m:	3:42.75	46.56	350m:	5:14.66	45.71
	100m:	1:24.99	44.35	200m:	2:56.19	45.62	300m:	4:28.95	46.20	400m:	5:58.43	43.77
6.	Wouters Stien		ZCT/21106/10 7:08.16			<b>6:06.39</b>	260					
	50m:	42.24	42.24	150m:	2:14.31	46.70	250m:	3:49.65	47.85	350m:	5:23.12	45.38
	100m:	1:27.61	45.37	200m:	3:01.80	47.49	300m:	4:37.74	48.09	400m:	6:06.39	43.27
7.	Laenen Febe		KLSVZ/21078/10 6:09.93			<b>6:16.49</b>	239					
	50m:	39.90	39.90	150m:	2:12.67	48.52	250m:	3:49.46	48.80	350m:	5:30.81	50.66
	100m:	1:24.15	44.25	200m:	3:00.66	47.99	300m:	4:40.15	50.69	400m:	6:16.49	45.68
8.	Simons Pauline SAE		KLSVZ/21074/10 6:09.84			<b>6:17.48</b>	237					
	50m:	42.92	42.92	150m:	2:15.48	47.06	250m:	3:47.90	48.29	350m:	5:30.89	52.75
	100m:	1:28.42	45.50	200m:	2:59.61	44.13	300m:	4:38.14	50.24	400m:	6:17.48	46.59
9.	van Tilburg Danse		ZCK/22093/10 7:10.15			<b>6:29.44</b>	216					
	50m:	42.38	42.38	150m:	2:17.26	48.30	250m:	3:58.56	51.12	350m:	5:41.65	51.36
	100m:	1:28.96	46.58	200m:	3:07.44	50.18	300m:	4:50.29	51.73	400m:	6:29.44	47.79
<b>12 jaar</b>												
1.	Dalemans Lyn		ZCK/22065/09 6:27.84			<b>5:07.89</b>	438					
	50m:	33.85	33.85	150m:	1:51.22	39.82	250m:	3:11.95	40.10	350m:	4:31.09	39.47
	100m:	1:11.40	37.55	200m:	2:31.85	40.63	300m:	3:51.62	39.67	400m:	5:07.89	36.80
2.	Radu Loghin Miruna		SCWR/21039/09 5:58.80			<b>5:10.67</b>	426					
	50m:	34.66	34.66	150m:	1:54.80	40.20	250m:	3:14.48	39.64	350m:	4:33.36	39.70
	100m:	1:14.60	39.94	200m:	2:34.84	40.04	300m:	3:53.66	39.18	400m:	5:10.67	37.31
3.	Kint Ruhne		ALZV/21119/09 5:21.18			<b>5:16.83</b>	402					
	50m:	35.68	35.68	150m:	1:55.36	40.77	250m:	3:16.68	40.36	350m:	4:38.56	41.16
	100m:	1:14.59	38.91	200m:	2:36.32	40.96	300m:	3:57.40	40.72	400m:	5:16.83	38.27
4.	Verspecht Lizanne		ZCK/22096/09 5:46.20			<b>5:27.36</b>	364					
	50m:	36.47	36.47	150m:	1:59.05	41.96	250m:	3:22.34	41.74	350m:	4:47.17	42.02
	100m:	1:17.09	40.62	200m:	2:40.60	41.55	300m:	4:05.15	42.81	400m:	5:27.36	40.19
5.	Touquet Laura		SCWR/21038/09 6:11.33			<b>5:27.42</b>	364					
	50m:	36.11	36.11	150m:	1:58.17	41.62	250m:	3:22.52	41.71	350m:	4:46.08	41.95
	100m:	1:16.55	40.44	200m:	2:40.81	42.64	300m:	4:04.13	41.61	400m:	5:27.42	41.34
6.	De Backer Birgit		ZIOS/21066/09 5:41.88			<b>5:33.78</b>	344					
	50m:	36.16	36.16	150m:	2:01.16	43.56	250m:	3:27.82	43.18	350m:	4:54.22	43.32
	100m:	1:17.60	41.44	200m:	2:44.64	43.48	300m:	4:10.90	43.08	400m:	5:33.78	39.56

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Programmanr. 6, Meisjes, 400m vrije slag, 12 jaar

Rang					Inscr.	Tijd	Pnt		
7.	Delcommune Lonneke		KAZS/21081/09		5:44.25	<b>5:34.97</b>	340		
	50m:	35.73	35.73	150m:	1:59.05	43.11	250m:	3:26.16	43.21
	100m:	1:15.94	40.21	200m:	2:42.95	43.90	300m:	4:09.24	43.08
							350m:	4:53.10	43.86
							400m:	5:34.97	41.87
8.	Gypen Kaat		ZCT/21100/09		5:35.22	<b>5:38.56</b>	329		
	50m:	39.16	39.16	150m:	2:06.35	44.55	250m:	3:33.14	43.17
	100m:	1:21.80	42.64	200m:	2:49.97	43.62	300m:	4:16.58	43.44
							350m:	4:58.46	41.88
							400m:	5:38.56	40.10
9.	Mergeay Olivia		TRUST/21088/09		6:01.48	<b>5:56.84</b>	281		
	50m:	39.32	39.32	150m:	2:10.63	46.46	250m:	3:44.63	47.08
	100m:	1:24.17	44.85	200m:	2:57.55	46.92	300m:	4:30.81	46.18
							350m:	5:16.07	45.26
							400m:	5:56.84	40.77
10.	Ghislain Juliette		STZ/21120/09		6:18.78	<b>6:02.12</b>	269		
	50m:	39.26	39.26	150m:	2:09.48	46.10	250m:	3:43.70	47.58
	100m:	1:23.38	44.12	200m:	2:56.12	46.64	300m:	4:30.68	46.98
							350m:	5:17.85	47.17
							400m:	6:02.12	44.27
11.	Alloing Myrthe		KLSVZ/21063/09		6:03.64	<b>6:03.68</b>	266		
	50m:	38.25	38.25	150m:	2:08.73	45.85	250m:	3:44.61	47.38
	100m:	1:22.88	44.63	200m:	2:57.23	48.50	300m:	4:33.29	48.68
							350m:	5:20.84	47.55
							400m:	6:03.68	42.84
dis	Veldhuis Victoria		dis:ZCT/21096/09		6:27.32	<b>5:45.54</b>			
	<i>SW 4.4 - valse start</i>								
	50m:	39.26	39.26	150m:	2:05.40	43.98	250m:	3:35.30	45.06
	100m:	1:21.42	42.16	200m:	2:50.24	44.84	300m:	4:19.55	44.25
							350m:	5:03.20	43.65
							400m:	5:45.54	42.34

13 jaar

1.	Danhieux Liena		ZORO/21125/08		4:55.95	<b>4:55.55</b>	495		
	50m:	32.96	32.96	150m:	1:47.06	37.80	250m:	3:03.83	38.34
	100m:	1:09.26	36.30	200m:	2:25.49	38.43	300m:	3:42.41	38.58
							350m:	4:20.05	37.64
							400m:	4:55.55	35.50
2.	Van Hoof Floor		LAQUA/21254/085:14.11			<b>5:10.80</b>	426		
	50m:	33.39	33.39	150m:	1:51.68	39.83	250m:	3:11.82	40.17
	100m:	1:11.85	38.46	200m:	2:31.65	39.97	300m:	3:52.08	40.26
							350m:	4:32.49	40.41
							400m:	5:10.80	38.31
3.	Vandervelpen Merel		TRUST/21082/08		5:53.21	<b>5:13.17</b>	416		
	50m:	35.18	35.18	150m:	1:54.53	40.22	250m:	3:15.45	40.35
	100m:	1:14.31	39.13	200m:	2:35.10	40.57	300m:	3:55.48	40.03
							350m:	4:35.69	40.21
							400m:	5:13.17	37.48
4.	van der Poel Lara		SCZ/21051/08		5:20.75	<b>5:15.03</b>	409		
	50m:	34.70	34.70	150m:	1:52.88	39.46	250m:	3:14.09	41.13
	100m:	1:13.42	38.72	200m:	2:32.96	40.08	300m:	3:54.74	40.65
							350m:	4:34.31	39.57
							400m:	5:15.03	40.72
5.	Demey Tindra		KAZS/21062/08		5:23.78	<b>5:15.84</b>	406		
	50m:	35.94	35.94	150m:	1:55.35	39.78	250m:	3:16.09	40.21
	100m:	1:15.57	39.63	200m:	2:35.88	40.53	300m:	3:56.74	40.65
							350m:	4:37.64	40.90
							400m:	5:15.84	38.20
6.	Clerbout Fillo		ZCK/22052/08		5:59.77	<b>5:18.18</b>	397		
	50m:	35.05	35.05	150m:	1:54.92	40.39	250m:	3:16.80	40.73
	100m:	1:14.53	39.48	200m:	2:36.07	41.15	300m:	3:58.28	41.48
							350m:	4:39.87	41.59
							400m:	5:18.18	38.31
7.	Malbecq Amandine		SCWR/21040/08		5:54.47	<b>5:25.38</b>	371		
	50m:	36.20	36.20	150m:	1:56.75	40.63	250m:	3:18.87	41.00
	100m:	1:16.12	39.92	200m:	2:37.87	41.12	300m:	4:00.84	41.97
							350m:	4:43.39	42.55
							400m:	5:25.38	41.99
8.	De Baerdemaeker Paulien		LAQUA/21299/085:23.00			<b>5:25.65</b>	370		
	50m:	37.87	37.87	150m:	1:59.34	41.25	250m:	3:22.85	41.69
	100m:	1:18.09	40.22	200m:	2:41.16	41.82	300m:	4:04.98	42.13
							350m:	4:47.16	42.18
							400m:	5:25.65	38.49
9.	Budnak Carolina		SCWR/21042/08		6:03.75	<b>5:28.71</b>	360		
	50m:	35.77	35.77	150m:	1:42.49	26.88	250m:	3:22.08	42.63
	100m:	1:15.61	39.84	200m:	2:39.45	56.96	300m:	4:04.95	42.87
							350m:	4:47.87	42.92
							400m:	5:28.71	40.84
10.	Vervloessem Siska		ZCT/21090/08		5:33.56	<b>5:30.51</b>	354		
	50m:	36.75	36.75	150m:	1:58.96	42.57	250m:	3:23.74	42.02
	100m:	1:16.39	39.64	200m:	2:41.72	42.76	300m:	4:06.58	42.84
							350m:	4:49.07	42.49
							400m:	5:30.51	41.44
11.	Vandeputte Eebe		BEST/21093/08		6:10.84	<b>5:30.86</b>	353		
	50m:	38.02	38.02	150m:	2:02.76	42.77	250m:	3:29.05	42.86
	100m:	1:19.99	41.97	200m:	2:46.19	43.43	300m:	4:12.11	43.06
							350m:	4:53.70	41.59
							400m:	5:30.86	37.16

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

Rang			Inscr.				Tijd	Pnt				
12.	Anné Elise		LAQUA/21453/085:36.98				<b>5:56.74</b>	281				
	50m:	37.88	37.88	150m:	2:06.04	45.08	250m:	3:37.36	46.61	350m:	5:11.34	46.67
	100m:	1:20.96	43.08	200m:	2:50.75	44.71	300m:	4:24.67	47.31	400m:	5:56.74	45.40
13.	Vangorp Clara SAE		KLSVZ/21055/08 7:09.34				<b>6:17.59</b>	237				
	50m:	42.35	42.35	150m:	2:15.15	47.13	250m:	3:51.43	48.47	350m:	5:24.65	44.55
	100m:	1:28.02	45.67	200m:	3:02.96	47.81	300m:	4:40.10	48.67	400m:	6:17.59	52.94

14 jaar

1.	Kuznetcova Svetlana		LAQUA/21329/074:51.28				<b>4:45.45</b>	550				
	50m:	31.84	31.84	150m:	1:43.46	36.24	250m:	2:56.71	36.64	350m:	4:10.95	37.18
	100m:	1:07.22	35.38	200m:	2:20.07	36.61	300m:	3:33.77	37.06	400m:	4:45.45	34.50
2.	De Weerd Amélie		ZCT/21054/07 4:51.07				<b>4:51.64</b>	516				
	50m:	33.31	33.31	150m:	1:44.40	35.91	250m:	2:58.48	36.94	350m:	4:15.87	38.91
	100m:	1:08.49	35.18	200m:	2:21.54	37.14	300m:	3:36.96	38.48	400m:	4:51.64	35.77
3.	Boon Birte		LAQUA/21230/075:03.86				<b>4:52.44</b>	511				
	50m:	32.01	32.01	150m:	1:44.91	36.78	250m:	3:00.22	37.88	350m:	4:15.13	37.63
	100m:	1:08.13	36.12	200m:	2:22.34	37.43	300m:	3:37.50	37.28	400m:	4:52.44	37.31
4.	Behaeghel Janne		ZCT/21083/07 5:33.25				<b>4:59.97</b>	474				
	50m:	35.68	35.68	150m:	1:50.74	38.04	250m:	3:06.96	38.01	350m:	4:23.12	37.65
	100m:	1:12.70	37.02	200m:	2:28.95	38.21	300m:	3:45.47	38.51	400m:	4:59.97	36.85
5.	Dewyn Chloé		ZCT/21068/07 5:23.79				<b>5:15.18</b>	408				
	50m:	34.99	34.99	150m:	1:54.32	40.28	250m:	3:15.47	40.62	350m:	4:37.12	40.93
	100m:	1:14.04	39.05	200m:	2:34.85	40.53	300m:	3:56.19	40.72	400m:	5:15.18	38.06
6.	Custers Klara		LAQUA/21258/075:38.15				<b>5:24.32</b>	375				
	50m:	35.53	35.53	150m:	1:56.95	41.34	250m:	3:20.47	41.69	350m:	4:44.63	42.24
	100m:	1:15.61	40.08	200m:	2:38.78	41.83	300m:	4:02.39	41.92	400m:	5:24.32	39.69
7.	Descamps Adélaïde		TRUST/21074/07 5:20.05				<b>5:29.78</b>	356				
	50m:	36.77	36.77	150m:	1:58.33	40.53	250m:	3:22.78	42.78	350m:	4:48.49	43.18
	100m:	1:17.80	41.03	200m:	2:40.00	41.67	300m:	4:05.31	42.53	400m:	5:29.78	41.29
8.	Demedts Anna-Louise		TRUST/21075/07 5:39.42				<b>5:36.75</b>	335				
	50m:	35.75	35.75	150m:	1:58.54	42.11	250m:	3:25.22	43.82	350m:	4:54.09	44.40
	100m:	1:16.43	40.68	200m:	2:41.40	42.86	300m:	4:09.69	44.47	400m:	5:36.75	42.66
9.	Ghislain Emilie		STZ/21119/07 6:06.61				<b>5:49.90</b>	298				
	50m:	37.83	37.83	150m:	2:05.68	44.83	250m:	3:35.55	44.69	350m:	5:05.97	44.73
	100m:	1:20.85	43.02	200m:	2:50.86	45.18	300m:	4:21.24	45.69	400m:	5:49.90	43.93

15 jaar

1.	Verroken Mirte		DDAT/21023/06 4:46.94				<b>4:41.13</b>	576				
	50m:	32.40	32.40	150m:	1:43.05	35.65	250m:	2:54.86	36.00	350m:	4:06.58	35.88
	100m:	1:07.40	35.00	200m:	2:18.86	35.81	300m:	3:30.70	35.84	400m:	4:41.13	34.55
2.	Marteleur Yelke		ZCT/21034/06 4:46.44				<b>4:48.63</b>	532				
	50m:	32.87	32.87	150m:	1:46.14	36.68	250m:	2:59.50	36.70	350m:	4:12.85	36.53
	100m:	1:09.46	36.59	200m:	2:22.80	36.66	300m:	3:36.32	36.82	400m:	4:48.63	35.78
3.	Cloes Lena		BEST/21050/06 5:19.43				<b>4:50.16</b>	523				
	50m:	33.85	33.85	150m:	1:48.21	37.37	250m:	2:47.98	22.17	350m:	4:15.13	36.35
	100m:	1:10.84	36.99	200m:	2:25.81	37.60	300m:	3:38.78	50.80	400m:	4:50.16	35.03
4.	Kennens Naomi		ZCK/22078/06 5:05.26				<b>5:07.25</b>	441				
	50m:	34.06	34.06	150m:	1:51.47	39.29	250m:	3:10.09	38.81	350m:	4:29.78	39.90
	100m:	1:12.18	38.12	200m:	2:31.28	39.81	300m:	3:49.88	39.79	400m:	5:07.25	37.47
5.	Beckers Manon		BEST/21106/06 5:37.77				<b>5:08.58</b>	435				
	50m:	35.11	35.11	150m:	1:54.16	39.91	250m:	3:13.00	39.51	350m:	4:31.78	39.07
	100m:	1:14.25	39.14	200m:	2:33.49	39.33	300m:	3:52.71	39.71	400m:	5:08.58	36.80

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

Rang			Inscr.				Tijd	Pnt				
6.	Henot Isabelle		KLSVZ/21117/06 5:18.43				<b>5:13.14</b>	416				
	50m:	32.38	32.38	150m:	1:48.90	39.02	250m:	3:10.17	41.16	350m:	4:34.10	42.26
	100m:	1:09.88	37.50	200m:	2:29.01	40.11	300m:	3:51.84	41.67	400m:	5:13.14	39.04
7.	Vanmol Phoebe		DDAT/21087/06 5:35.39				<b>5:30.81</b>	353				
	50m:	37.80	37.80	150m:	1:59.51	41.89	250m:	3:24.49	42.49	350m:	4:49.27	42.87
	100m:	1:17.62	39.82	200m:	2:42.00	42.49	300m:	4:06.40	41.91	400m:	5:30.81	41.54
8.	Plas Lore		DDAT/21092/06 6:17.81				<b>5:35.48</b>	339				
	50m:	37.53	37.53	150m:	2:03.27	43.20	250m:	3:29.15	43.09	350m:	4:55.03	42.74
	100m:	1:20.07	42.54	200m:	2:46.06	42.79	300m:	4:12.29	43.14	400m:	5:35.48	40.45

16 jaar

1.	Van Looy Jelske		ZCT/21035/05 4:57.67				<b>4:45.74</b>	548				
	50m:	33.45	33.45	150m:	1:47.11	37.65	250m:	2:59.17	36.25	350m:	4:10.79	34.88
	100m:	1:09.46	36.01	200m:	2:22.92	35.81	300m:	3:35.91	36.74	400m:	4:45.74	34.95
2.	Loncke Febe		ZCK/22081/05 4:57.13				<b>4:58.82</b>	479				
	50m:	31.80	31.80	150m:	1:45.00	37.21	250m:	3:01.76	38.25	350m:	4:21.01	39.68
	100m:	1:07.79	35.99	200m:	2:23.51	38.51	300m:	3:41.33	39.57	400m:	4:58.82	37.81
3.	Vandenbempt Luna		LAQUA/21164/054:59.17				<b>5:01.62</b>	466				
	50m:	32.87	32.87	150m:	1:47.32	37.66	250m:	3:05.19	39.22	350m:	4:24.33	39.85
	100m:	1:09.66	36.79	200m:	2:25.97	38.65	300m:	3:44.48	39.29	400m:	5:01.62	37.29
4.	Delhoute Yana		TRUST/21035/05 4:51.71				<b>5:02.29</b>	463				
	50m:	33.35	33.35	150m:	1:49.99	39.08	250m:	3:08.27	38.82	350m:	4:25.21	37.34
	100m:	1:10.91	37.56	200m:	2:29.45	39.46	300m:	3:47.87	39.60	400m:	5:02.29	37.08
5.	Vanlaere Renée		KLSVZ/21054/05 5:14.16				<b>5:05.25</b>	450				
	50m:	34.79	34.79	150m:	1:51.57	38.74	250m:	3:10.33	39.65	350m:	4:29.05	39.15
	100m:	1:12.83	38.04	200m:	2:30.68	39.11	300m:	3:49.90	39.57	400m:	5:05.25	36.20

17 - 18 jaar

1.	Van Speybroeck Bo		ZORO/21124/04 4:35.75				<b>4:37.57</b>	598				
	50m:	31.33	31.33	150m:	1:40.20	34.67	250m:	2:50.78	35.41	350m:	4:02.28	35.77
	100m:	1:05.53	34.20	200m:	2:15.37	35.17	300m:	3:26.51	35.73	400m:	4:37.57	35.29
2.	Bogaerts Aisha		SCZ/20179/04 4:43.94				<b>4:44.71</b>	554				
	50m:	31.55	31.55	150m:	1:42.38	36.12	250m:	2:55.60	36.56	350m:	4:09.05	36.54
	100m:	1:06.26	34.71	200m:	2:19.04	36.66	300m:	3:32.51	36.91	400m:	4:44.71	35.66
3.	Meert June		DDAT/21122/04 5:07.49				<b>4:57.83</b>	484				
	50m:	34.64	34.64	150m:	1:49.80	38.25	250m:	3:05.80	37.88	350m:	4:21.07	37.65
	100m:	1:11.55	36.91	200m:	2:27.92	38.12	300m:	3:43.42	37.62	400m:	4:57.83	36.76
4.	De Keersmaeker Anthe		ALZV/21042/04 5:01.75				<b>5:19.98</b>	390				
	50m:	32.48	32.48	150m:	1:48.72	39.43	250m:	3:13.98	42.73	350m:	4:39.04	42.64
	100m:	1:09.29	36.81	200m:	2:31.25	42.53	300m:	3:56.40	42.42	400m:	5:19.98	40.94

19 jaar en ouder

1.	Trioen Joke		DDAT/20279/02 5:04.16				<b>5:03.70</b>	456				
	50m:	34.23	34.23	150m:	1:49.80	38.49	250m:	3:06.76	38.60	350m:	4:25.42	39.30
	100m:	1:11.31	37.08	200m:	2:28.16	38.36	300m:	3:46.12	39.36	400m:	5:03.70	38.28
2.	Polleunis Daphné		TRUST/21001/96 4:43.00				<b>5:03.85</b>	456				
	50m:	33.05	33.05	150m:	1:46.96	37.59	250m:	3:04.11	38.96	350m:	4:23.90	40.15
	100m:	1:09.37	36.32	200m:	2:25.15	38.19	300m:	3:43.75	39.64	400m:	5:03.85	39.95
3.	Vancauwenbergh Charis		BEST/21001/98 4:47.55				<b>5:13.09</b>	417				
	50m:	34.30	34.30	150m:	1:51.42	39.21	250m:	3:11.57	40.18	350m:	4:33.30	40.84
	100m:	1:12.21	37.91	200m:	2:31.39	39.97	300m:	3:52.46	40.89	400m:	5:13.09	39.79