

Swimming Cup Zennevallei 2023  
Sint-Pieters-Leeuw, 8/10/2023

Programmanr. 14  
8/10/2023 - 15:33

Dames, 400m vrije slag

11 jaar en ouder  
Resultaten

Punten: FINA 2023

Rang		Inscr.	Tijd	Pnt
<b>11 - 12 jaar</b>				
1.	VANDERLINDEN Paulien	BEST/21117/11	5:25.99	<b>5:14.98</b> 395
	50m: 1:14.52	150m: 2:36.50	250m: 3:55.94	350m: 5:14.98
	100m: 1:14.52	200m: 2:36.50	300m: 3:55.94	400m: 5:14.98
2.	KERCKHOFS Nienke	BEST/21116/11	5:38.67	<b>5:25.28</b> 359
	50m: 37.91 37.91	150m: 2:44.16	250m: 4:08.13	350m: 5:25.28
	100m: 1:20.56 42.65	200m: 2:44.16	300m: 4:08.13	400m: 5:25.28
3.	IANNINO Valentina	STZ/21150/12	6:43.96	<b>5:34.82</b> 329
	50m: 36.33 36.33	150m: 2:44.54	250m: 4:09.72	350m: 5:34.82
	100m: 1:18.82 42.49	200m: 2:44.54	300m: 4:09.72	400m: 5:34.82
4.	AELEN Bente	STZ/21127/12	6:15.65	<b>5:36.91</b> 323
	50m: 38.09 38.09	150m: 2:46.20	250m: 4:13.81	350m: 5:36.91
	100m: 1:18.96 40.87	200m: 2:46.20	300m: 4:13.81	400m: 5:36.91
5.	VANLOMMEL Luisa Valentina	ZGEEL/21150/11	6:55.81	<b>6:07.10</b> 250
	50m: 40.28 40.28	150m: 2:59.61	250m: 4:34.73	350m: 6:07.10
	100m: 1:25.53 45.25	200m: 2:59.61	300m: 4:34.73	400m: 6:07.10
6.	GEVERS Leonie	BEST/21126/11	7:11.32	<b>6:14.03</b> 236
	50m: 41.97 41.97	150m: 3:07.66	250m: 4:43.19	350m: 6:14.03
	100m: 1:28.90 46.93	200m: 3:07.66	300m: 4:43.19	400m: 6:14.03
7.	CLAEYS Lotte	BEST/21144/11	7:06.44	<b>6:14.60</b> 235
	50m: 1:28.67	150m: 3:06.92	250m: 4:43.79	350m: 6:14.60
	100m: 1:28.67	200m: 3:06.92	300m: 4:43.79	400m: 6:14.60
8.	DE WILDE Lore	DIZV/21127/11	7:51.40	<b>6:20.21</b> 225
	50m: 1:26.99	150m: 3:05.66	250m: 4:45.20	350m: 6:20.21
	100m: 1:26.99	200m: 3:05.66	300m: 4:45.20	400m: 6:20.21
9.	DE BUS Alissia	DIZV/21125/12	7:09.29	<b>6:21.44</b> 222
	50m: 1:30.38	150m: 3:10.19	250m: 4:49.22	350m: 6:21.44
	100m: 1:30.38	200m: 3:10.19	300m: 4:49.22	400m: 6:21.44
10.	MOSCHONAS Danaé	DIZV/21141/12	NT	<b>6:38.83</b> 195
	50m: 1:33.20	150m: 3:17.15	250m: 5:00.36	350m: 6:38.83
	100m: 1:33.20	200m: 3:17.15	300m: 5:00.36	400m: 6:38.83
11.	WOUTERS Dora	ZGEEL/21168/12	NT	<b>7:31.60</b> 134
	50m: 1:47.38	150m: 3:44.33	250m: 5:39.58	350m: 7:31.60
	100m: 1:47.38	200m: 3:44.33	300m: 5:39.58	400m: 7:31.60

**13 - 14 jaar**

1.	NAZARUK Nicole	STZ/21034/09	4:47.66	<b>4:36.59</b> 584
	50m: 1:06.03	150m: 2:15.34	250m: 3:27.75	350m: 4:36.59
	100m: 1:06.03	200m: 2:15.34	300m: 3:27.75	400m: 4:36.59
2.	BORGHS Lore	ZGEEL/21123/10	5:19.81	<b>5:12.38</b> 405
	50m: 1:13.98	150m: 2:34.65	250m: 3:55.27	350m: 5:12.38
	100m: 1:13.98	200m: 2:34.65	300m: 3:55.27	400m: 5:12.38
3.	MATTHIJS Xanthe	ZIOS/21081/09	5:38.06	<b>5:24.22</b> 363
	50m: 36.92 36.92	150m: 2:40.44	250m: 4:02.72	350m: 5:24.22
	100m: 1:18.00 41.08	200m: 2:40.44	300m: 4:02.72	400m: 5:24.22

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

Rang				Inschr.	Tijd	Pnt
4.	MAES Julie			ZGEEL/21105/10	5:37.14	<b>5:28.16</b> 350
	50m:	36.69	36.69	150m:	250m:	350m:
	100m:	1:17.20	40.51	200m:	300m:	400m:
						5:28.16
5.	TUEZNEY Kato			BEST/21127/09	6:10.22	<b>5:28.28</b> 349
	50m:			150m:	250m:	350m:
	100m:	1:21.30		200m:	300m:	400m:
						5:28.28
6.	MEEREMANS Emma			ZIOS/21092/09	6:20.91	<b>5:36.45</b> 324
	50m:			150m:	250m:	350m:
	100m:	1:20.58		200m:	300m:	400m:
						5:36.45
7.	VALVEKENS Lily			BEST/21128/09	5:55.50	<b>5:38.06</b> 320
	50m:			150m:	250m:	350m:
	100m:	1:21.31		200m:	300m:	400m:
						5:38.06
8.	DERIJCKE Laura			DIZV/21111/10	6:18.10	<b>5:49.13</b> 290
	50m:			150m:	250m:	350m:
	100m:	1:23.23		200m:	300m:	400m:
						5:49.13
9.	AELEN Lin			STZ/21126/10	6:11.28	<b>5:54.11</b> 278
	50m:			150m:	250m:	350m:
	100m:	1:24.96		200m:	300m:	400m:
						5:54.11
10.	LANDRIEU Nora			ZIOS/21100/10	6:16.60	<b>5:54.87</b> 276
	50m:	40.88	40.88	150m:	250m:	350m:
	100m:	1:24.94	44.06	200m:	300m:	400m:
						5:54.87
11.	DE BUS Anna-Lena			DIZV/21095/10	7:00.58	<b>6:03.80</b> 257
	50m:	39.12	39.12	150m:	250m:	350m:
	100m:	1:24.74	45.62	200m:	300m:	400m:
						6:03.80
12.	VALKENBORGHS Yanne			ZGEEL/21151/10	6:43.47	<b>6:12.76</b> 238
	50m:			150m:	250m:	350m:
	100m:	1:28.10		200m:	300m:	400m:
						6:12.76
13.	WOUTERS Mit			ZGEEL/21163/10	7:00.86	<b>6:25.07</b> 216
	50m:			150m:	250m:	350m:
	100m:	1:29.72		200m:	300m:	400m:
						6:25.07

15 - 16 jaar

1.	DRIES Sien			ZGEEL/21072/07	4:47.59	<b>4:44.76</b> 535
	50m:	32.56	32.56	150m:	250m:	350m:
	100m:	1:08.21	35.65	200m:	300m:	400m:
						4:44.76
2.	DILLEN Norah			ZGEEL/21099/08	4:50.02	<b>4:47.75</b> 519
	50m:			150m:	250m:	350m:
	100m:	1:06.97		200m:	300m:	400m:
						4:47.75
3.	VANDEPUTTE Eebe			BEST/21093/08	5:10.32	<b>5:03.96</b> 440
	50m:			150m:	250m:	350m:
	100m:	1:13.09		200m:	300m:	400m:
						5:03.96
4.	VAN LIERDE Lana			ZIOS/21082/07	5:07.43	<b>5:19.67</b> 378
	50m:			150m:	250m:	350m:
	100m:	1:16.02		200m:	300m:	400m:
						5:19.67
5.	DEDOBBELEER Lotte			DIZV/21145/08	6:36.75	<b>6:09.04</b> 246
	50m:			150m:	250m:	350m:
	100m:	1:26.22		200m:	300m:	400m:
						6:09.04

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Programmanr. 14, Meisjes, 400m vrije slag, 15 - 16 jaar

Rang					Inshr.	Tijd	Pnt
6.	BIAZ Zahra				DIZV/21129/07	7:23.14	<b>6:40.30</b> 192
	50m:	43.60	43.60	150m:	250m:	350m:	400m: 6:40.30
	100m:	1:32.11	48.51	200m:	300m:		

17 - 18 jaar

1.	VAN DROOGENBROECK Frauke				ZIOS/21044/06	4:47.88	<b>4:45.66</b> 530
	50m:			150m:	250m:	350m:	400m: 4:45.66
	100m:	1:09.14		200m:	300m:		
2.	BECKERS Manon				BEST/21106/06	5:05.24	<b>5:05.71</b> 433
	50m:	33.46	33.46	150m:	250m:	350m:	400m: 5:05.71
	100m:	1:11.50	38.04	200m:	300m:		
dis	LAGEY Liselotte				diZGEEL/21134/06	4:51.30	
	<i>SW 10.2 - Niet de volledige afstand gezwommen</i>						