

Cup Vlaams Brabant CVB 50m bad  
Molenbeek, 18/2/2024

Programmanr. 14  
18/02/2024 - 14:30

Dames, 400m vrije slag

11 jaar en ouder  
Resultaten

Punten: FINA 2023

| Rang              | Geb.                   | Tijd    | Pnt                         | 100m           | 200m         | 300m    | 400m    |
|-------------------|------------------------|---------|-----------------------------|----------------|--------------|---------|---------|
| <b>11-12 jaar</b> |                        |         |                             |                |              |         |         |
| 1.                | Lena Buggenhoudt       | 12      | Zwemclub "De Dolfijnen" A   | <b>5:19.04</b> | h406         | 1:12.22 | 1:24.50 |
|                   | 50m:                   |         | 150m:                       | 250m:          | 350m:        |         |         |
|                   | 100m:                  | 1:12.22 | 200m:                       | 300m:          | 400m:        | 5:19.04 |         |
| 2.                | Eline Touquet          | 12      | Swimming Club Wauterbos     | <b>5:31.37</b> | 363          | 1:20.11 | 1:23.94 |
|                   | 50m:                   |         | 150m:                       | 250m:          | 350m:        |         |         |
|                   | 100m:                  | 1:20.11 | 200m:                       | 300m:          | 400m:        | 5:31.37 |         |
| 3.                | Irene Vernieuwe        | 12      | Tzt                         | <b>5:38.07</b> | 341          | 1:19.60 | 1:26.66 |
|                   | 50m:                   |         | 150m:                       | 250m:          | 350m:        |         |         |
|                   | 100m:                  | 1:19.60 | 200m:                       | 300m:          | 400m:        | 5:38.07 |         |
| 4.                | Emma Deceuninck        | 13      | Tzt                         | <b>6:28.53</b> | 225          | 1:33.06 | 1:40.84 |
|                   | 50m:                   |         | 150m:                       | 250m:          | 350m:        |         |         |
|                   | 100m:                  | 1:33.06 | 200m:                       | 300m:          | 400m:        | 6:28.53 |         |
| 5.                | Lia Van Steenkiste     | 13      | Tzt                         | <b>6:40.57</b> | 205          | 1:33.26 | 1:43.16 |
|                   | 50m:                   |         | 150m:                       | 250m:          | 350m:        |         |         |
|                   | 100m:                  | 1:33.26 | 200m:                       | 300m:          | 400m:        | 6:40.57 |         |
| 6.                | Febe Vandenbroucke     | 13      | Tzt                         | <b>6:43.40</b> | 201          | 1:35.54 | 1:43.76 |
|                   | 50m:                   |         | 150m:                       | 250m:          | 350m:        |         |         |
|                   | 100m:                  | 1:35.54 | 200m:                       | 300m:          | 400m:        | 6:43.40 |         |
| 7.                | Hanne De Wilde         | 13      | Zwemclub "De Dolfijnen" A   | <b>7:24.69</b> | h150         | 1:43.44 | 1:55.35 |
|                   | 50m:                   |         | 150m:                       | 250m:          | 350m:        |         |         |
|                   | 100m:                  | 1:43.44 | 200m:                       | 300m:          | 400m:        | 7:24.69 |         |
| <b>13-14 jaar</b> |                        |         |                             |                |              |         |         |
| 1.                | Esther Van Steenwinkel | 10      | Koninklijke Vilvoordse Zwer | <b>5:43.92</b> | h324ix       | 1:19.98 | 1:27.08 |
|                   | 50m:                   |         | 150m:                       | 250m:          | 350m:        |         |         |
|                   | 100m:                  | 1:19.98 | 200m:                       | 300m:          | 400m:        | 5:43.92 |         |
| 2.                | Nora Landrieu          | 10      | Zwemclub ZIOS Liedekerke    | <b>6:02.98</b> | 276          | 1:27.76 | 1:35.63 |
|                   | 50m:                   |         | 150m:                       | 250m:          | 350m:        |         |         |
|                   | 100m:                  | 1:27.76 | 200m:                       | 300m:          | 400m:        | 6:02.98 |         |
| 3.                | Juno De Prater         | 11      | Zwemclub "De Dolfijnen" A   | <b>6:18.63</b> | h243         | 1:29.63 | 1:36.43 |
|                   | 50m:                   |         | 150m:                       | 250m:          | 350m:        |         |         |
|                   | 100m:                  | 1:29.63 | 200m:                       | 300m:          | 400m:        | 6:18.63 |         |
| 4.                | Amelia Manicki         | 11      | Dilbeekse Zwemvereniging    | <b>6:28.21</b> | 225          | 1:25.87 | 1:39.22 |
|                   | 50m:                   |         | 150m:                       | 250m:          | 350m:        |         |         |
|                   | 100m:                  | 1:25.87 | 200m:                       | 300m:          | 400m:        | 6:28.21 |         |
| <b>15-16 jaar</b> |                        |         |                             |                |              |         |         |
| 1.                | Marina Vedernikova     | 08      | Swimming Club Wauterbos     | <b>4:46.34</b> | 562          | 1:09.67 | 1:14.11 |
|                   | 50m:                   |         | 150m:                       | 250m:          | 350m:        |         |         |
|                   | 100m:                  | 1:09.67 | 200m:                       | 300m:          | 400m:        | 4:46.34 |         |
| 2.                | Anastasia Ciobanu      | 09      | Zwemclub "De Dolfijnen" A   | <b>5:04.11</b> | h469         | 1:10.83 | 1:17.10 |
|                   | 50m:                   |         | 150m:                       | 250m:          | 350m:        |         |         |
|                   | 100m:                  | 1:10.83 | 200m:                       | 300m:          | 400m:        | 5:04.11 |         |
| 3.                | Aiko Deldicque         | 08      | ZORO Zwemteam               | <b>5:05.19</b> | 464          | 1:12.98 | 1:19.55 |
|                   | 50m:                   |         | 150m:                       | 250m:          | 350m:        |         |         |
|                   | 100m:                  | 1:12.98 | 200m:                       | 300m:          | 400m:        | 5:05.19 |         |
| 4.                | Aicha Oujaa            | 08      | Cercle Royal De Natation D  | <b>5:13.33</b> | h429\talante | 1:13.32 | 1:20.11 |
|                   | 50m:                   |         | 150m:                       | 250m:          | 350m:        |         |         |
|                   | 100m:                  | 1:13.32 | 200m:                       | 300m:          | 400m:        | 5:13.33 |         |
| 5.                | Alix De Corte          | 09      | ZORO Zwemteam               | <b>5:32.97</b> | 357          | 1:18.22 | 1:25.53 |
|                   | 50m:                   |         | 150m:                       | 250m:          | 350m:        |         |         |
|                   | 100m:                  | 1:18.22 | 200m:                       | 300m:          | 400m:        | 5:32.97 |         |
| 6.                | Noemie Bollu           | 09      | Koninklijke Vilvoordse Zwer | <b>5:51.66</b> | h303ix       | 1:22.41 | 1:29.53 |
|                   | 50m:                   |         | 150m:                       | 250m:          | 350m:        |         |         |
|                   | 100m:                  | 1:22.41 | 200m:                       | 300m:          | 400m:        | 5:51.66 |         |

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

| Rang | Geb.                        | Tijd    | Pnt                                     | 100m           | 200m   | 300m    | 400m    |
|------|-----------------------------|---------|---|----------------|--------|---------|---------|
| 7.   | Lena D'Amico                | 08      | Koninklijke Vilvoordse Zwemclub Phoenix | <b>6:18.78</b> | h243ix | 1:26.16 | 1:35.95 |
|      | 50m:                        |         | 150m:                                   | 250m:          | 350m:  |         |         |
|      | 100m:                       | 1:26.16 | 200m:                                   | 300m:          | 400m:  | 6:18.78 |         |
| dis  | Hannelore Desender          | 08      | Koninklijke Vilvoordse Zwemclub Phoenix |                |        |         |         |
|      | <i>SW 4.4 - valse start</i> |         |   |                |        |         |         |

17 jaar en ouder

|    |                      |         |   |                |        |         |         |         |
|----|----------------------|---------|---|----------------|--------|---------|---------|---------|
| 1. | Caroline Cavadini    | 90      | Cercle Royal De Natation D              | <b>4:44.10</b> | h576   | talante | 1:00.27 | 1:22.96 |
|    | 50m:                 |         | 150m:                                   | 250m:          | 350m:  |         |         |         |
|    | 100m:                | 1:00.27 | 200m:                                   | 300m:          | 400m:  | 4:44.10 |         |         |
| 2. | Eva Mercier          | 07      | Cercle Royal De Natation D              | <b>5:05.19</b> | h464   | talante | 1:13.11 | 1:19.75 |
|    | 50m:                 |         | 150m:                                   | 250m:          | 350m:  |         |         |         |
|    | 100m:                | 1:13.11 | 200m:                                   | 300m:          | 400m:  | 5:05.19 |         |         |
| 3. | Fien Verwaest        | 06      | ZORO Zwemteam                           | <b>5:17.71</b> | 411    |         | 1:15.13 | 1:21.03 |
|    | 50m:                 |         | 150m:                                   | 250m:          | 350m:  |         |         |         |
|    | 100m:                | 1:15.13 | 200m:                                   | 300m:          | 400m:  | 5:17.71 |         |         |
| 4. | Jelena Janssens      | 05      | Zwemclub "De Dolfijnen" A               | <b>5:27.16</b> | h377   |         | 1:17.91 | 1:24.86 |
|    | 50m:                 |         | 150m:                                   | 250m:          | 350m:  |         |         |         |
|    | 100m:                | 1:17.91 | 200m:                                   | 300m:          | 400m:  | 5:27.16 |         |         |
| 5. | Lana Van Lierde      | 07      | Zwemclub ZIOS Liedekerke                | <b>5:31.83</b> | 361    |         | 1:19.63 | 1:25.08 |
|    | 50m:                 |         | 150m:                                   | 250m:          | 350m:  |         |         |         |
|    | 100m:                | 1:19.63 | 200m:                                   | 300m:          | 400m:  | 5:31.83 |         |         |
| 6. | Noa Blanco Gutierrez | 07      | Koninklijke Vilvoordse Zwemclub Phoenix | <b>5:39.24</b> | h338ix |         | 1:20.73 | 1:27.84 |
|    | 50m:                 |         | 150m:                                   | 250m:          | 350m:  |         |         |         |
|    | 100m:                | 1:20.73 | 200m:                                   | 300m:          | 400m:  | 5:39.24 |         |         |
| 7. | Margot Union         | 07      | ZORO Zwemteam                           | <b>5:51.85</b> | 303    |         | 1:23.44 | 1:29.91 |
|    | 50m:                 |         | 150m:                                   | 250m:          | 350m:  |         |         |         |
|    | 100m:                | 1:23.44 | 200m:                                   | 300m:          | 400m:  | 5:51.85 |         |         |