

LAQUA Superprestige Laatste Kans
Sportoase, 23/12/2023

Programmanr. 25
23/12/2023 - 11:22

Dames, 400m vrije slag

11 jaar en ouder
Resultaten

Punten: FINA 2023

Rang					Inschr.	Tijd	Pnt					
11 - 15 jaar												
1.	VANDERLINDEN Siri		LAQUA/21540/094:13.54			4:16.60	732					
	50m:	29.77	29.77	150m:	1:34.85	32.61	250m:	2:40.98	32.84	350m:	3:46.35	32.77
	100m:	1:02.24	32.47	200m:	2:08.14	33.29	300m:	3:13.58	32.60	400m:	4:16.60	30.25
2.	DANHIEUX Liena		ZORO/21125/08 4:44.09			4:49.89	507					
	50m:	31.49	31.49	150m:	1:44.04	37.03	250m:	2:59.27	38.17	350m:	4:14.20	37.27
	100m:	1:07.01	35.52	200m:	2:21.10	37.06	300m:	3:36.93	37.66	400m:	4:49.89	35.69
3.	TEIRLINCK Louise		LAQUA/21392/105:08.86			4:56.22	476					
	50m:	33.86	33.86	150m:	1:48.17	37.31	250m:	3:03.90	37.90	350m:	4:19.52	38.05
	100m:	1:10.86	37.00	200m:	2:26.00	37.83	300m:	3:41.47	37.57	400m:	4:56.22	36.70
4.	DE BAERDEMAEKER Paulien		LAQUA/21299/084:48.54			4:58.37	465					
	50m:	33.78	33.78	150m:	1:47.44	37.25	250m:	3:03.67	38.33	350m:	4:20.64	38.45
	100m:	1:10.19	36.41	200m:	2:25.34	37.90	300m:	3:42.19	38.52	400m:	4:58.37	37.73
5.	BOHMER Janne		ZCT/21108/10 5:00.33			4:58.95	463					
	50m:	35.53	35.53	150m:	1:51.71	38.33	250m:	3:08.54	38.22	350m:	4:23.20	36.91
	100m:	1:13.38	37.85	200m:	2:30.32	38.61	300m:	3:46.29	37.75	400m:	4:58.95	35.75
6.	UYTTERHOEVEN Flo		ZCT/21107/10 5:07.75			5:01.28	452					
	50m:	35.46	35.46	150m:	1:52.39	38.78	250m:	3:09.67	38.33	350m:	4:25.01	37.66
	100m:	1:13.61	38.15	200m:	2:31.34	38.95	300m:	3:47.35	37.68	400m:	5:01.28	36.27
7.	DELDICQUE Aiko		ZORO/21098/08 4:55.61			5:02.62	446					
	50m:	34.85	34.85	150m:	1:51.21	38.48	250m:	3:09.80	39.93	350m:	4:25.98	37.16
	100m:	1:12.73	37.88	200m:	2:29.87	38.66	300m:	3:48.82	39.02	400m:	5:02.62	36.64
8.	LAUWERS Lotte		KST/21049/08 5:01.09			5:03.56	442					
	50m:	35.01	35.01	150m:	1:51.55	38.19	250m:	3:08.91	38.43	350m:	4:25.62	38.14
	100m:	1:13.36	38.35	200m:	2:30.48	38.93	300m:	3:47.48	38.57	400m:	5:03.56	37.94
9.	LAUWERS Sofie		KST/21054/11 5:06.47			5:09.77	416					
	50m:	35.68	35.68	150m:	1:54.15	39.58	250m:	3:14.44	39.83	350m:	4:32.66	38.56
	100m:	1:14.57	38.89	200m:	2:34.61	40.46	300m:	3:54.10	39.66	400m:	5:09.77	37.11
10.	THIJS Maaike		ZCT/21132/10 5:07.36			5:10.91	411					
	50m:	35.73	35.73	150m:	1:55.00	40.24	250m:	3:15.14	40.32	350m:	4:33.12	38.29
	100m:	1:14.76	39.03	200m:	2:34.82	39.82	300m:	3:54.83	39.69	400m:	5:10.91	37.79
11.	WATELLE Nona		LAQUA/21446/105:16.75			5:13.27	402					
	50m:	35.33	35.33	150m:	1:54.83	40.23	250m:	3:14.50	39.35	350m:	4:34.01	39.58
	100m:	1:14.60	39.27	200m:	2:35.15	40.32	300m:	3:54.43	39.93	400m:	5:13.27	39.26
12.	VERELST Laura		ZCT/21114/10 5:15.83			5:13.90	400					
	50m:	36.02	36.02	150m:	1:55.35	39.98	250m:	3:15.88	39.80	350m:	4:36.38	40.31
	100m:	1:15.37	39.35	200m:	2:36.08	40.73	300m:	3:56.07	40.19	400m:	5:13.90	37.52
13.	MEDLAND Lorelien <i>saei</i>		LAQUA/21388/105:35.95			5:16.20	391					
	50m:	34.54	34.54	150m:	1:53.25	40.53	250m:	3:14.97	40.53	350m:	4:37.10	41.23
	100m:	1:12.72	38.18	200m:	2:34.44	41.19	300m:	3:55.87	40.90	400m:	5:16.20	39.10
14.	VANDERLINDEN Paulien		BEST/21117/11 5:14.98			5:18.73	382					
	50m:	36.62	36.62	150m:	1:57.02	40.63	250m:	3:18.34	40.90	350m:	4:40.13	40.94
	100m:	1:16.39	39.77	200m:	2:37.44	40.42	300m:	3:59.19	40.85	400m:	5:18.73	38.60
15.	BUYLE Laure		STA/21064/11 5:29.40			5:22.50	368					
	50m:	36.38	36.38	150m:	1:58.62	41.02	250m:	3:21.51	41.15	350m:	4:43.59	41.00
	100m:	1:17.60	41.22	200m:	2:40.36	41.74	300m:	4:02.59	41.08	400m:	5:22.50	38.91
16.	KERCKHOFS Nienke		BEST/21116/11 5:25.28			5:26.23	356					
	50m:	36.45	36.45	150m:	2:00.14	42.46	250m:	3:23.96	41.40	350m:	4:47.89	42.12
	100m:	1:17.68	41.23	200m:	2:42.56	42.42	300m:	4:05.77	41.81	400m:	5:26.23	38.34

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Sportoase, 23/12/2023

Programmanr. 25, Meisjes, 400m vrije slag, 11 - 15 jaar

Rang			Inscr.				Tijd	Pnt				
17.	MELIS Vlinder		KST/21076/12				5:27.90	350				
	50m:	36.21	36.21	150m:	1:59.55	42.35	250m:	3:23.97	42.43	350m:	4:49.59	43.23
	100m:	1:17.20	40.99	200m:	2:41.54	41.99	300m:	4:06.36	42.39	400m:	5:27.90	38.31
18.	WOUTERS Stien		ZCT/21106/10				5:30.83	341				
	50m:	37.93	37.93	150m:	2:01.25	41.93	250m:	3:26.00	42.46	350m:	4:50.47	41.93
	100m:	1:19.32	41.39	200m:	2:43.54	42.29	300m:	4:08.54	42.54	400m:	5:30.83	40.36
19.	GINKELS Febe		LAQUA/21494/125:45.64				5:34.21	331				
	50m:	37.82	37.82	150m:	2:02.67	42.82	250m:	3:28.68	43.56	350m:	4:53.81	42.39
	100m:	1:19.85	42.03	200m:	2:45.12	42.45	300m:	4:11.42	42.74	400m:	5:34.21	40.40
20.	BURSSENS Emma		LAQUA/21490/115:59.95				5:41.89	309				
	50m:	38.91	38.91	150m:	2:05.28	43.85	250m:	3:33.44	44.88	350m:	5:02.02	45.08
	100m:	1:21.43	42.52	200m:	2:48.56	43.28	300m:	4:16.94	43.50	400m:	5:41.89	39.87
21.	SOARES ALMEIDA Lisa		LAQUA/21488/126:06.04				5:42.89	306				
	50m:	38.94	38.94	150m:	2:06.05	44.04	250m:	3:34.58	44.48	350m:	5:01.50	43.59
	100m:	1:22.01	43.07	200m:	2:50.10	44.05	300m:	4:17.91	43.33	400m:	5:42.89	41.39

11 jaar en ouder

1.	RAVELINGIEN Lana		BRABO/20066/034:16.91				4:16.54	732				
	50m:	29.07	29.07	150m:	1:34.37	32.85	250m:	2:40.05	32.50	350m:	3:44.93	32.57
	100m:	1:01.52	32.45	200m:	2:07.55	33.18	300m:	3:12.36	32.31	400m:	4:16.54	31.61
2.	VANDERLINDEN Siri		LAQUA/21540/094:13.54				4:16.60	732				
	50m:	29.77	29.77	150m:	1:34.85	32.61	250m:	2:40.98	32.84	350m:	3:46.35	32.77
	100m:	1:02.24	32.47	200m:	2:08.14	33.29	300m:	3:13.58	32.60	400m:	4:16.60	30.25
3.	VAN SPEYBROECK Bo		ZORO/21124/04				4:23.06	4:26.03	657			
	50m:	30.57	30.57	150m:	1:38.23	34.03	250m:	2:46.05	33.88	350m:	3:53.44	33.60
	100m:	1:04.20	33.63	200m:	2:12.17	33.94	300m:	3:19.84	33.79	400m:	4:26.03	32.59
4.	PAVEL Anna		LAQUA/21525/074:42.83				4:47.06	523				
	50m:	33.48	33.48	150m:	1:46.50	36.90	250m:	3:00.24	36.85	350m:	4:12.16	36.26
	100m:	1:09.60	36.12	200m:	2:23.39	36.89	300m:	3:35.90	35.66	400m:	4:47.06	34.90
5.	DANHIEUX Liena		ZORO/21125/08				4:44.09	4:49.89	507			
	50m:	31.49	31.49	150m:	1:44.04	37.03	250m:	2:59.27	38.17	350m:	4:14.20	37.27
	100m:	1:07.01	35.52	200m:	2:21.10	37.06	300m:	3:36.93	37.66	400m:	4:49.89	35.69
6.	DE WEERDT Amélie		ZCT/21054/07				4:47.15	4:50.85	502			
	50m:	34.60	34.60	150m:	1:47.75	36.79	250m:	3:01.64	36.98	350m:	4:15.76	37.02
	100m:	1:10.96	36.36	200m:	2:24.66	36.91	300m:	3:38.74	37.10	400m:	4:50.85	35.09
7.	TEIRLINCK Louise		LAQUA/21392/105:08.86				4:56.22	476				
	50m:	33.86	33.86	150m:	1:48.17	37.31	250m:	3:03.90	37.90	350m:	4:19.52	38.05
	100m:	1:10.86	37.00	200m:	2:26.00	37.83	300m:	3:41.47	37.57	400m:	4:56.22	36.70
8.	DE BAERDEMAEKER Paulien		LAQUA/21299/084:48.54				4:58.37	465				
	50m:	33.78	33.78	150m:	1:47.44	37.25	250m:	3:03.67	38.33	350m:	4:20.64	38.45
	100m:	1:10.19	36.41	200m:	2:25.34	37.90	300m:	3:42.19	38.52	400m:	4:58.37	37.73
9.	BOHMER Janne		ZCT/21108/10				5:00.33	4:58.95	463			
	50m:	35.53	35.53	150m:	1:51.71	38.33	250m:	3:08.54	38.22	350m:	4:23.20	36.91
	100m:	1:13.38	37.85	200m:	2:30.32	38.61	300m:	3:46.29	37.75	400m:	4:58.95	35.75
10.	UYTTERHOEVEN Flo		ZCT/21107/10				5:07.75	5:01.28	452			
	50m:	35.46	35.46	150m:	1:52.39	38.78	250m:	3:09.67	38.33	350m:	4:25.01	37.66
	100m:	1:13.61	38.15	200m:	2:31.34	38.95	300m:	3:47.35	37.68	400m:	5:01.28	36.27
11.	DELDICQUE Aiko		ZORO/21098/08				4:55.61	5:02.62	446			
	50m:	34.85	34.85	150m:	1:51.21	38.48	250m:	3:09.80	39.93	350m:	4:25.98	37.16
	100m:	1:12.73	37.88	200m:	2:29.87	38.66	300m:	3:48.82	39.02	400m:	5:02.62	36.64
12.	LAUWERS Lotte		KST/21049/08				5:01.09	5:03.56	442			
	50m:	35.01	35.01	150m:	1:51.55	38.19	250m:	3:08.91	38.43	350m:	4:25.62	38.14
	100m:	1:13.36	38.35	200m:	2:30.48	38.93	300m:	3:47.48	38.57	400m:	5:03.56	37.94

LAQUA Superprestige Laatste Kans
Sportoase, 23/12/2023

Programmanr. 25, Dames, 400m vrije slag, 11 jaar en ouder

Rang			Inscr.				Tijd	Pnt		
13.	LAUWERS Sofie		KST/21054/11 5:06.47				5:09.77	416		
	50m:	35.68 35.68	150m:	1:54.15 39.58	250m:	3:14.44 39.83	350m:	4:32.66 38.56	100m:	1:14.57 38.89
	100m:	1:14.57 38.89	200m:	2:34.61 40.46	300m:	3:54.10 39.66	400m:	5:09.77 37.11		
14.	THIJS Maaike		ZCT/21132/10 5:07.36				5:10.91	411		
	50m:	35.73 35.73	150m:	1:55.00 40.24	250m:	3:15.14 40.32	350m:	4:33.12 38.29	100m:	1:14.76 39.03
	100m:	1:14.76 39.03	200m:	2:34.82 39.82	300m:	3:54.83 39.69	400m:	5:10.91 37.79		
15.	WATELLE Nona		LAQUA/21446/105:16.75				5:13.27	402		
	50m:	35.33 35.33	150m:	1:54.83 40.23	250m:	3:14.50 39.35	350m:	4:34.01 39.58	100m:	1:14.60 39.27
	100m:	1:14.60 39.27	200m:	2:35.15 40.32	300m:	3:54.43 39.93	400m:	5:13.27 39.26		
16.	VERELST Laura		ZCT/21114/10 5:15.83				5:13.90	400		
	50m:	36.02 36.02	150m:	1:55.35 39.98	250m:	3:15.88 39.80	350m:	4:36.38 40.31	100m:	1:15.37 39.35
	100m:	1:15.37 39.35	200m:	2:36.08 40.73	300m:	3:56.07 40.19	400m:	5:13.90 37.52		
17.	MEDLAND Lorelien <i>saei</i>		LAQUA/21388/105:35.95				5:16.20	391		
	50m:	34.54 34.54	150m:	1:53.25 40.53	250m:	3:14.97 40.53	350m:	4:37.10 41.23	100m:	1:12.72 38.18
	100m:	1:12.72 38.18	200m:	2:34.44 41.19	300m:	3:55.87 40.90	400m:	5:16.20 39.10		
18.	VANDERLINDEN Paulien		BEST/21117/11 5:14.98				5:18.73	382		
	50m:	36.62 36.62	150m:	1:57.02 40.63	250m:	3:18.34 40.90	350m:	4:40.13 40.94	100m:	1:16.39 39.77
	100m:	1:16.39 39.77	200m:	2:37.44 40.42	300m:	3:59.19 40.85	400m:	5:18.73 38.60		
19.	BUYLE Laure		STA/21064/11 5:29.40				5:22.50	368		
	50m:	36.38 36.38	150m:	1:58.62 41.02	250m:	3:21.51 41.15	350m:	4:43.59 41.00	100m:	1:17.60 41.22
	100m:	1:17.60 41.22	200m:	2:40.36 41.74	300m:	4:02.59 41.08	400m:	5:22.50 38.91		
20.	KERCKHOFS Nienke		BEST/21116/11 5:25.28				5:26.23	356		
	50m:	36.45 36.45	150m:	2:00.14 42.46	250m:	3:23.96 41.40	350m:	4:47.89 42.12	100m:	1:17.68 41.23
	100m:	1:17.68 41.23	200m:	2:42.56 42.42	300m:	4:05.77 41.81	400m:	5:26.23 38.34		
21.	MELIS Vlinder		KST/21076/12 5:28.42				5:27.90	350		
	50m:	36.21 36.21	150m:	1:59.55 42.35	250m:	3:23.97 42.43	350m:	4:49.59 43.23	100m:	1:17.20 40.99
	100m:	1:17.20 40.99	200m:	2:41.54 41.99	300m:	4:06.36 42.39	400m:	5:27.90 38.31		
22.	WOUTERS Stien		ZCT/21106/10 5:23.63				5:30.83	341		
	50m:	37.93 37.93	150m:	2:01.25 41.93	250m:	3:26.00 42.46	350m:	4:50.47 41.93	100m:	1:19.32 41.39
	100m:	1:19.32 41.39	200m:	2:43.54 42.29	300m:	4:08.54 42.54	400m:	5:30.83 40.36		
23.	GINKELS Febe		LAQUA/21494/125:45.64				5:34.21	331		
	50m:	37.82 37.82	150m:	2:02.67 42.82	250m:	3:28.68 43.56	350m:	4:53.81 42.39	100m:	1:19.85 42.03
	100m:	1:19.85 42.03	200m:	2:45.12 42.45	300m:	4:11.42 42.74	400m:	5:34.21 40.40		
24.	BURSSENS Emma		LAQUA/21490/115:59.95				5:41.89	309		
	50m:	38.91 38.91	150m:	2:05.28 43.85	250m:	3:33.44 44.88	350m:	5:02.02 45.08	100m:	1:21.43 42.52
	100m:	1:21.43 42.52	200m:	2:48.56 43.28	300m:	4:16.94 43.50	400m:	5:41.89 39.87		
25.	SOARES ALMEIDA Lisa		LAQUA/21488/126:06.04				5:42.89	306		
	50m:	38.94 38.94	150m:	2:06.05 44.04	250m:	3:34.58 44.48	350m:	5:01.50 43.59	100m:	1:22.01 43.07
	100m:	1:22.01 43.07	200m:	2:50.10 44.05	300m:	4:17.91 43.33	400m:	5:42.89 41.39		