

Nieuwjaarswedstrijd2024  
Heist Op Den Berg, 13/1/2024

Programmanr. 12  
13/01/2024 - 17:54

Dames, 400m vrije slag

11 jaar en ouder  
Resultaten

Haai 2024 11: 5:15.20; 12: 4:56.20; 13: 4:37.70; 14: 4:33.20; 15: 4:26.70; 16: 4:26.20; 17: 4:25.20; 18: 4:24.70 /  
Loodsvijsje 2024 11: 5:45.52; 12: 5:28.21; 13: 5:13.92; 14: 5:01.84; 15: 4:56.45; 16: 4:51.42; 17: 4:46.72; 18 +: 4:42.31

Punten: FINA 2023

Rang	Inschr.	Tijd	Pnt
<b>11 - 12 jaar</b>			
1. Melis Vlinder	KST/21076/12	5:28.42	<b>5:18.94</b> 381
50m: 34.54	150m: 1:54.83	250m: 3:17.50	350m: 4:40.86
100m: 1:13.58	200m: 2:37.19	300m: 3:58.83	400m: 5:18.94
2. Verret Julie	ZS/21124/12	5:59.20	<b>5:27.20</b> 353
50m: 38.82	150m: 2:01.93	250m: 3:24.49	350m: 4:48.28
100m: 1:20.40	200m: 2:43.76	300m: 4:06.57	400m: 5:27.20
3. De Laet Eline	HZA/21101/12	NT	<b>5:58.69</b> 268
50m: 42.90	150m: 2:15.61	250m: 3:46.34	350m: 5:17.57
100m: 1:29.60	200m: 3:00.64	300m: 4:30.93	400m: 5:58.69
4. Vaes Charlotte	HZA/21106/12	NT	<b>6:54.52</b> 173
50m: 46.05	150m: 2:31.86	250m: 4:19.02	350m: 6:05.42
100m: 1:37.46	200m: 3:25.22	300m: 5:11.88	400m: 6:54.52
5. Van Mechelen Luna	KST/21097/13	8:18.47	<b>8:02.10</b> 110
50m: 48.79	150m: 2:47.94	250m: 4:53.08	350m: 7:01.51
100m: 1:45.42	200m: 3:50.60	300m: 5:59.24	400m: 8:02.10
<b>13 - 14 jaar</b>			
1. Boven Axelle	SHARK/21179/104:51.52	4:47.19	<b>4:47.19</b> 522
50m: 32.59	150m: 1:45.08	250m: 2:59.26	350m: 4:12.17
100m: 1:08.48	200m: 2:22.13	300m: 3:36.28	400m: 4:47.19
2. Janssens Elisabeth	SHARK/21193/105:52.06	5:11.08	<b>5:11.08</b> 411
50m: 36.23	150m: 1:54.12	250m: 3:14.48	350m: 4:33.76
100m: 1:14.86	200m: 2:33.79	300m: 3:54.01	400m: 5:11.08
3. Lambrechts Loes	AZV/21063/11	5:38.94	<b>5:24.50</b> 362
50m: 36.55	150m: 1:58.46	250m: 3:20.25	350m: 4:45.07
100m: 1:17.09	200m: 2:39.41	300m: 4:02.23	400m: 5:24.50
4. Verniers Nime	ZS/21114/11	5:40.78	<b>5:27.21</b> 353
50m: 37.98	150m: 2:01.64	250m: 3:26.24	350m: 4:49.54
100m: 1:19.48	200m: 2:43.52	300m: 4:08.41	400m: 5:27.21
5. De Cat Do	KAZS/21134/10	6:12.77	<b>5:29.45</b> 346
50m: 37.50	150m: 2:00.63	250m: 3:24.96	350m: 4:49.08
100m: 1:18.48	200m: 2:42.80	300m: 4:07.03	400m: 5:29.45
6. Van Waelderens Sarah	WST/21095/11	5:51.62	<b>5:44.87</b> 301
50m: 40.17	150m: 2:08.81	250m: 3:38.64	350m: 5:07.39
100m: 1:24.11	200m: 2:54.00	300m: 4:23.54	400m: 5:44.87
7. Van Buggenhout Ishana	ZN/21060/10	6:14.17	<b>5:47.78</b> 294
50m: 38.20	150m: 2:06.23	250m: 3:36.49	350m: 5:05.55
100m: 1:20.97	200m: 2:51.23	300m: 4:21.55	400m: 5:47.78
8. Van Mechelen Zoë	KST/21077/10	6:05.74	<b>5:58.77</b> 267
50m: 40.23	150m: 2:13.26	250m: 3:47.39	350m: 5:18.62
100m: 1:25.60	200m: 3:00.19	300m: 4:34.37	400m: 5:58.77
9. Gers Josephine	KST21107/10	NT	<b>6:49.69</b> 179
50m:	150m:	250m:	350m:
100m: 1:31.07	200m: 3:16.79	300m:	400m: 6:49.69

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Programmanr. 12, Dames, 400m vrije slag

15 - 16 jaar

1. Van Baelen Yenthe				MOZKA/21075/094:59.94	<b>4:55.17</b>	481	
50m:	32.61	150m:	1:45.71	250m:	3:01.42	350m:	4:17.65
100m:	1:08.63	200m:	2:23.54	300m:	3:39.51	400m:	4:55.17
2. De Ridder Sterre				ZS/21080/08	5:05.87	<b>4:56.17</b>	476
50m:	35.18	150m:	1:50.06	250m:	3:05.00	350m:	4:19.64
100m:	1:12.54	200m:	2:27.80	300m:	3:42.61	400m:	4:56.17
3. Willekens Kaat				MOZKA/21120/085:11.49	<b>5:07.95</b>	423	
50m:	34.94	150m:	1:51.11	250m:	3:09.55	350m:	4:28.96
100m:	1:12.50	200m:	2:29.91	300m:	3:48.81	400m:	5:07.95
4. De Bock Marie				HZA/21085/09	5:54.63	<b>5:43.84</b>	304
50m:	37.80	150m:	2:05.35	250m:	3:33.32	350m:	5:02.30
100m:	1:20.97	200m:	2:49.00	300m:	4:17.22	400m:	5:43.84
FF Van Hoof Sara				FFZS/21081/08	5:05.69		

17 jaar en ouder

1. Vermeylen Jolien				KAZS/21113/94	4:19.14	<b>4:23.47</b>	676
50m:	31.30	150m:	1:38.44	250m:	2:44.91	350m:	3:51.30
100m:	1:04.86	200m:	2:11.61	300m:	3:18.16	400m:	4:23.47
2. De Becker Loren				ZS/21043/07	4:49.70	<b>4:42.90</b>	546
50m:	33.23	150m:	1:44.58	250m:	2:55.95	350m:	4:07.02
100m:	1:08.52	200m:	2:20.77	300m:	3:31.03	400m:	4:42.90
3. Van Looy Anke				HZA/21029/06	4:52.30	<b>4:51.69</b>	498
50m:	32.79	150m:	1:46.28	250m:	3:00.76	350m:	4:15.36
100m:	1:09.49	200m:	2:23.47	300m:	3:38.26	400m:	4:51.69
4. Verheyden Noah				MOZKA/21073/075:39.21	<b>5:25.97</b>	357	
50m:	35.59	150m:	1:57.35	250m:	3:21.57	350m:	4:45.68
100m:	1:16.06	200m:	2:39.28	300m:	4:03.66	400m:	5:25.97