

4 Regio cup 17-03-2024 Sint Truiden
Sint-Truiden, 17/3/2024

Programmanr. 10
17/03/2024 - 15:53

Dames, 400m vrije slag

11 jaar en ouder
Resultaten

Punten: FINA 2023

Rang				Inschr.	Tijd	Pnt						
11 jaar												
1.	Das Louise			STZC/21015/13	6:24.84	5:47.87	293					
	50m:	37.60	37.60	150m:	2:03.81	44.10	250m:	3:33.11	44.63	350m:	5:03.69	45.68
	100m:	1:19.71	42.11	200m:	2:48.48	44.67	300m:	4:18.01	44.90	400m:	5:47.87	44.18
2.	Nouwen Fleur			DMB/21167/13	6:39.23	5:53.31	280					
	50m:	39.55	39.55	150m:	2:10.06	45.80	250m:	3:40.99	45.23	350m:	5:10.33	44.54
	100m:	1:24.26	44.71	200m:	2:55.76	45.70	300m:	4:25.79	44.80	400m:	5:53.31	42.98
3.	Vanheeswijck Amelea			DMB/21193/13	6:54.47	6:02.05	260					
	50m:	39.68	39.68	150m:	2:13.87	47.31	250m:	3:48.55	47.06	350m:	5:21.22	45.26
	100m:	1:26.56	46.88	200m:	3:01.49	47.62	300m:	4:35.96	47.41	400m:	6:02.05	40.83
4.	Vandewaerde Oobe			DMB/21181/13	6:10.66	6:04.60	255					
	50m:	42.13	42.13	150m:	2:14.18	46.73	250m:	3:48.54	46.85	350m:	5:21.90	46.93
	100m:	1:27.45	45.32	200m:	3:01.69	47.51	300m:	4:34.97	46.43	400m:	6:04.60	42.70
5.	Vlassaks Rosalie			PZC/21103/13	6:13.62	6:20.73	224					
	50m:	45.31	45.31	150m:	2:23.07	49.46	250m:	4:01.48	48.89	350m:	5:37.98	47.48
	100m:	1:33.61	48.30	200m:	3:12.59	49.52	300m:	4:50.50	49.02	400m:	6:20.73	42.75
6.	Franssen Emily			DMB/21180/13	7:28.48	6:36.95	197					
	50m:	42.59	42.59	150m:	2:23.48	50.73	250m:	4:06.44	50.93	350m:	5:50.99	52.49
	100m:	1:32.75	50.16	200m:	3:15.51	52.03	300m:	4:58.50	52.06	400m:	6:36.95	45.96
7.	Vander Meer Noor			HZS/21282/13	7:12.50	6:47.85	182					
	50m:	44.27	44.27	150m:	2:27.35	51.98	250m:	4:14.42	54.10	350m:	6:01.25	53.34
	100m:	1:35.37	51.10	200m:	3:20.32	52.97	300m:	5:07.91	53.49	400m:	6:47.85	46.60
8.	Beckers Fien			DMB/21204/13	8:58.57	8:09.49	105					
	50m:	52.04	52.04	150m:	2:57.71	1:04.37	250m:	5:04.62	1:03.44	350m:	7:14.58	1:05.51
	100m:	1:53.34	1:01.30	200m:	4:01.18	1:03.47	300m:	6:09.07	1:04.45	400m:	8:09.49	54.91
12 jaar												
1.	Schouteden Nienke			DMB/21149/12	5:32.33	5:30.17	343					
	50m:	36.14	36.14	150m:	1:57.66	41.53	250m:	3:22.80	42.94	350m:	4:49.23	43.89
	100m:	1:16.13	39.99	200m:	2:39.86	42.20	300m:	4:05.34	42.54	400m:	5:30.17	40.94
2.	Ruelens Cobien			DMB/21159/12	5:51.96	5:38.11	320					
	50m:	37.66	37.66	150m:	2:02.35	42.91	250m:	3:30.47	43.74	350m:	4:58.11	43.76
	100m:	1:19.44	41.78	200m:	2:46.73	44.38	300m:	4:14.35	43.88	400m:	5:38.11	40.00
3.	De Belder Kato			DMB/21150/12	6:16.86	5:52.79	281					
	50m:	37.70	37.70	150m:	2:08.39	46.35	250m:	3:41.08	46.64	350m:	5:11.51	44.58
	100m:	1:22.04	44.34	200m:	2:54.44	46.05	300m:	4:26.93	45.85	400m:	5:52.79	41.28
4.	Machiels Lore			STZC/21017/12	6:31.28	5:58.60	268					
	50m:	38.45	38.45	150m:	2:08.33	46.44	250m:	3:41.05	46.33	350m:	5:13.77	46.25
	100m:	1:21.89	43.44	200m:	2:54.72	46.39	300m:	4:27.52	46.47	400m:	5:58.60	44.83
5.	Vanbrabant Manon			DBT/21177/12	6:54.13	6:06.35	251					
	50m:	40.21	40.21	150m:	2:11.90	46.83	250m:	3:46.91	47.46	350m:	5:21.00	46.47
	100m:	1:25.07	44.86	200m:	2:59.45	47.55	300m:	4:34.53	47.62	400m:	6:06.35	45.35
6.	van Soest Arisra			PZC/21112/12	7:14.56	6:25.51	215					
	50m:	44.22	44.22	150m:	2:23.18	50.41	250m:	4:04.28	50.40	350m:	5:41.71	47.59
	100m:	1:32.77	48.55	200m:	3:13.88	50.70	300m:	4:54.12	49.84	400m:	6:25.51	43.80

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Programmanr. 10, Meisjes, 400m vrije slag, 12 jaar

Rang			Inschr.			Tijd	Pnt		
7.	Ludwiczak Lena		DMB/21213/12			NT	6:31.75	205	
	50m:	42.01	42.01	150m:	2:18.69	48.70	250m:	3:59.70	50.47
	100m:	1:29.99	47.98	200m:	3:09.23	50.54	300m:	4:50.60	50.90
								350m:	5:41.84
								400m:	6:31.75
									51.24
									49.91
8.	Cluysen Ziva		LWB/21065/12			6:39.70	6:39.27	194	
	50m:	40.68	40.68	150m:	2:18.62	50.25	250m:	4:00.68	51.52
	100m:	1:28.37	47.69	200m:	3:09.16	50.54	300m:	4:51.55	50.87
								350m:	5:48.37
								400m:	6:39.27
									56.82
									50.90

13 jaar

1.	Wevers Gitte		DMB/21123/11			5:27.16	4:54.51	484	
	50m:	33.70	33.70	150m:	1:49.34	38.42	250m:	3:05.17	37.86
	100m:	1:10.92	37.22	200m:	2:27.31	37.97	300m:	3:42.67	37.50
								350m:	4:19.93
								400m:	4:54.51
									37.26
									34.58
2.	Kerkhofs Kaat		DMB/21124/11			5:30.52	5:01.49	451	
	50m:	34.91	34.91	150m:	1:50.95	38.27	250m:	3:07.65	38.09
	100m:	1:12.68	37.77	200m:	2:29.56	38.61	300m:	3:46.19	38.54
								350m:	4:24.55
								400m:	5:01.49
									38.36
									36.94
3.	Vangeloven Fran		DMB/21155/11			5:45.50	5:09.00	419	
	50m:	35.90	35.90	150m:	1:53.40	39.18	250m:	3:13.16	40.13
	100m:	1:14.22	38.32	200m:	2:33.03	39.63	300m:	3:52.75	39.59
								350m:	4:32.57
								400m:	5:09.00
									39.82
									36.43
4.	Thewissen Mirthe		HZS/21212/11			5:23.03	5:09.89	415	
	50m:	35.17	35.17	150m:	1:54.02	39.36	250m:	3:12.50	39.67
	100m:	1:14.66	39.49	200m:	2:32.83	38.81	300m:	3:52.18	39.68
								350m:	4:31.82
								400m:	5:09.89
									39.64
									38.07
5.	Poel Maren		DBT/21173/11			5:27.67	5:18.20	384	
	50m:	36.36	36.36	150m:	1:57.23	40.73	250m:	3:19.16	40.77
	100m:	1:16.50	40.14	200m:	2:38.39	41.16	300m:	4:00.28	41.12
								350m:	4:41.04
								400m:	5:18.20
									40.76
									37.16
6.	Verleysen Noa		HZS/21233/11			5:27.81	5:26.89	354	
	50m:	38.05	38.05	150m:	2:02.27	42.32	250m:	3:27.66	42.59
	100m:	1:19.95	41.90	200m:	2:45.07	42.80	300m:	4:08.67	41.01
								350m:	4:49.37
								400m:	5:26.89
									40.70
									37.52
7.	Vander Meer Amber		HZS/21209/11			NT	5:29.75	345	
	50m:	36.16	36.16	150m:	1:57.39	41.46	250m:	3:22.11	42.78
	100m:	1:15.93	39.77	200m:	2:39.33	41.94	300m:	4:05.20	43.09
								350m:	4:48.30
								400m:	5:29.75
									43.10
									41.45
8.	Thieleman Kensi		PZC/21108/11			6:08.59	5:54.35	278	
	50m:	37.99	37.99	150m:	2:07.08	46.17	250m:	3:38.66	45.68
	100m:	1:20.91	42.92	200m:	2:52.98	45.90	300m:	4:24.90	46.24
								350m:	5:11.66
								400m:	5:54.35
									46.76
									42.69
9.	Cypers de Landrecy Jozefien		PZC/21092/11			NT	6:10.09	244	
	50m:	41.45	41.45	150m:	2:16.00	48.07	250m:	3:51.73	47.82
	100m:	1:27.93	46.48	200m:	3:03.91	47.91	300m:	4:40.63	48.90
								350m:	5:28.57
								400m:	6:10.09
									47.94
									41.52
10.	Gerets Annelien		HZS/21300/11			NT	6:34.61	201	
	50m:	43.42	43.42	150m:	2:23.96	51.11	250m:	4:06.02	50.25
	100m:	1:32.85	49.43	200m:	3:15.77	51.81	300m:	4:56.19	50.17
								350m:	5:47.39
								400m:	6:34.61
									51.20
									47.22

14 jaar

1.	Stokmans Emma		LWB/21068/10			5:11.06	4:54.31	485	
	50m:	33.26	33.26	150m:	1:48.82	38.35	250m:	3:04.97	37.96
	100m:	1:10.47	37.21	200m:	2:27.01	38.19	300m:	3:42.37	37.40
								350m:	4:19.24
								400m:	4:54.31
									36.87
									35.07
2.	Cypers de Landrecy Tillie		PZC/21084/10			5:36.86	5:18.81	381	
	50m:	36.18	36.18	150m:	1:56.49	40.79	250m:	3:19.04	41.44
	100m:	1:15.70	39.52	200m:	2:37.60	41.11	300m:	3:59.97	40.93
								350m:	4:40.95
								400m:	5:18.81
									40.98
									37.86

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Programmanr. 10, Meisjes, 400m vrije slag, 14 jaar

Rang	Inschr.	Tijd	Pnt
3. Billen Yana	STZC/21018/10	6:09.36	5:45.27 300
50m: 36.89 36.89	150m: 2:03.39 43.95	250m: 3:31.57 43.76	350m: 5:02.44 46.00
100m: 1:19.44 42.55	200m: 2:47.81 44.42	300m: 4:16.44 44.87	400m: 5:45.27 42.83
4. Hendrix Lillith	STZC/21038/10	NT	6:26.68 214
50m: 41.41 41.41	150m: 2:18.81 48.68	250m: 3:59.41 50.99	350m: 5:39.63 49.83
100m: 1:30.13 48.72	200m: 3:08.42 49.61	300m: 4:49.80 50.39	400m: 6:26.68 47.05
dis van de voort Saule	dis:STZC/21012/10	5:54.97	
<i>SW 4.4 - valse start</i>			

15 - 16 jaar

1. Weytjens Amber	DMB/21071/08	4:39.23	4:49.12 512
50m: 33.58 33.58	150m: 1:46.69 36.63	250m: 3:00.33 36.38	350m: 4:14.21 36.68
100m: 1:10.06 36.48	200m: 2:23.95 37.26	300m: 3:37.53 37.20	400m: 4:49.12 34.91
2. Jansen Roos	PZC/21042/08	5:01.67	5:04.00 440
50m: 33.38 33.38	150m: 1:48.71 38.38	250m: 3:06.75 39.08	350m: 4:25.94 39.59
100m: 1:10.33 36.95	200m: 2:27.67 38.96	300m: 3:46.35 39.60	400m: 5:04.00 38.06
3. Castillo Ronquillo Brithany Aracely	PZC/21088/08	5:28.03	5:15.68 393
50m: 36.02 36.02	150m: 1:55.35 39.83	250m: 3:15.35 40.01	350m: 4:37.12 40.64
100m: 1:15.52 39.50	200m: 2:35.34 39.99	300m: 3:56.48 41.13	400m: 5:15.68 38.56
4. Beylemans Katho	PZC/21073/08	5:24.90	5:16.62 389
50m: 35.90 35.90	150m: 1:56.92 40.98	250m: 3:18.23 40.93	350m: 4:38.95 40.04
100m: 1:15.94 40.04	200m: 2:37.30 40.38	300m: 3:58.91 40.68	400m: 5:16.62 37.67
5. Claeskens Lina	DBT/21098/08	5:31.97	5:36.24 325
50m: 35.95 35.95	150m: 1:58.57 42.15	250m: 3:25.85 44.02	350m: 4:54.49 44.41
100m: 1:16.42 40.47	200m: 2:41.83 43.26	300m: 4:10.08 44.23	400m: 5:36.24 41.75

17 jaar en ouder

1. Broux Elise	GZVN/21015/05	4:44.67	4:32.94 608
50m: 30.90 30.90	150m: 1:39.97 34.95	250m: 2:49.95 34.66	350m: 3:59.60 34.67
100m: 1:05.02 34.12	200m: 2:15.29 35.32	300m: 3:24.93 34.98	400m: 4:32.94 33.34
2. Theuwis Nelle	DMB/21173/06	4:37.76	4:35.92 589
50m: 30.43 30.43	150m: 1:40.07 35.24	250m: 2:51.23 35.46	350m: 4:02.63 35.44
100m: 1:04.83 34.40	200m: 2:15.77 35.70	300m: 3:27.19 35.96	400m: 4:35.92 33.29
3. Theuwis Rune	DMB/21174/02	4:40.64	4:41.45 555
50m: 31.54 31.54	150m: 1:41.75 35.69	250m: 2:53.83 36.30	350m: 4:06.35 36.36
100m: 1:06.06 34.52	200m: 2:17.53 35.78	300m: 3:29.99 36.16	400m: 4:41.45 35.10
4. Vinken Amélie	DMB/21143/07	4:53.47	4:50.04 507
50m: 31.68 31.68	150m: 1:44.89 37.52	250m: 2:59.82 37.74	350m: 4:15.45 37.64
100m: 1:07.37 35.69	200m: 2:22.08 37.19	300m: 3:37.81 37.99	400m: 4:50.04 34.59
5. Coomans Emely	DMB/21144/07	5:06.39	5:02.01 449
50m: 33.58 33.58	150m: 1:49.09 38.13	250m: 3:06.66 38.94	350m: 4:25.45 39.41
100m: 1:10.96 37.38	200m: 2:27.72 38.63	300m: 3:46.04 39.38	400m: 5:02.01 36.56
6. Janssen Lore	GZVN/21253/07	NT	5:06.96 427
50m: 34.81 34.81	150m: 1:52.15 39.39	250m: 3:11.78 39.84	350m: 4:30.15 39.00
100m: 1:12.76 37.95	200m: 2:31.94 39.79	300m: 3:51.15 39.37	400m: 5:06.96 36.81
7. Loenders Griet	PZC/21052/07	5:24.69	5:10.85 411
50m: 35.18 35.18	150m: 1:53.46 39.65	250m: 3:13.15 40.40	350m: 4:33.13 40.50
100m: 1:13.81 38.63	200m: 2:32.75 39.29	300m: 3:52.63 39.48	400m: 5:10.85 37.72