

AST Midzomertest 2024
Aalst, 22/6/2024

Programmanr. 11
22/06/2024 - 16:18

Dames, 400m vrije slag

open leeftijdsgroep
Resultaten

Punten: FINA 2023

| Rang | Geb. | | Tijd | | Pnt | 100m | 200m | 300m | 400m |
|------|------------------------|-------|---------------------------|----------------|---------------|---------|---------------|---------|---------|
| 1. | De Wolf Tine | 09 | Aalsters Swimming Team | 5:05.21 | 464 | 1:12.05 | 1:18.15 | 1:18.39 | 1:16.62 |
| | 50m: 34.06 | 34.06 | 150m: 1:51.02 | 38.97 | 250m: 3:09.30 | 39.10 | 350m: 4:27.42 | 38.83 | |
| | 100m: 1:12.05 | 37.99 | 200m: 2:30.20 | 39.18 | 300m: 3:48.59 | 39.29 | 400m: 5:05.21 | 37.79 | |
| 2. | Maes Noor | 11 | Aalsters Swimming Team | 5:14.05 | 426 | 1:13.81 | 1:20.93 | 1:22.47 | 1:16.84 |
| | 50m: 34.94 | 34.94 | 150m: 1:54.22 | 40.41 | 250m: 3:16.20 | 41.46 | 350m: 4:36.94 | 39.73 | |
| | 100m: 1:13.81 | 38.87 | 200m: 2:34.74 | 40.52 | 300m: 3:57.21 | 41.01 | 400m: 5:14.05 | 37.11 | |
| 3. | De Backer Mirthe | 06 | Koninklijke Zwemclub Nept | 5:16.94 | 414 | 1:15.72 | 1:22.88 | 1:21.88 | 1:16.46 |
| | 50m: 35.98 | 35.98 | 150m: 1:56.60 | 40.88 | 250m: 3:19.16 | 40.56 | 350m: 4:40.08 | 39.60 | |
| | 100m: 1:15.72 | 39.74 | 200m: 2:38.60 | 42.00 | 300m: 4:00.48 | 41.32 | 400m: 5:16.94 | 36.86 | |
| 4. | Stessens Emma-Louise | 11 | Temse Schelde Zwemmers | 5:17.39 | 413 | 1:15.09 | 1:21.79 | 1:21.40 | 1:19.11 |
| | 50m: 35.60 | 35.60 | 150m: 1:56.02 | 40.93 | 250m: 3:17.62 | 40.74 | 350m: 4:39.08 | 40.80 | |
| | 100m: 1:15.09 | 39.49 | 200m: 2:36.88 | 40.86 | 300m: 3:58.28 | 40.66 | 400m: 5:17.39 | 38.31 | |
| 5. | Schelfaut Nell | 10 | Temse Schelde Zwemmers | 5:20.37 | 401 | 1:16.83 | 1:21.99 | 1:22.11 | 1:19.44 |
| | 50m: 36.52 | 36.52 | 150m: 1:58.05 | 41.22 | 250m: 3:19.85 | 41.03 | 350m: 4:41.21 | 40.28 | |
| | 100m: 1:16.83 | 40.31 | 200m: 2:38.82 | 40.77 | 300m: 4:00.93 | 41.08 | 400m: 5:20.37 | 39.16 | |
| 6. | Koren Zara | 11 | Genker Zwemvereniging N | 5:23.03 | 391 | 1:17.71 | 1:22.26 | 1:22.70 | 1:20.36 |
| | 50m: 36.17 | 36.17 | 150m: 1:58.79 | 41.08 | 250m: 3:20.89 | 40.92 | 350m: 4:43.80 | 41.13 | |
| | 100m: 1:17.71 | 41.54 | 200m: 2:39.97 | 41.18 | 300m: 4:02.67 | 41.78 | 400m: 5:23.03 | 39.23 | |
| 7. | Filimonov Vlada | 10 | Swem Vrienden | 5:31.47 | 362 | 1:19.95 | 1:25.81 | 1:24.44 | 1:21.27 |
| | 50m: 37.35 | 37.35 | 150m: 2:02.46 | 42.51 | 250m: 3:27.81 | 42.05 | 350m: 4:52.87 | 42.67 | |
| | 100m: 1:19.95 | 42.60 | 200m: 2:45.76 | 43.30 | 300m: 4:10.20 | 42.39 | 400m: 5:31.47 | 38.60 | |
| 8. | Boterbergh Lieke | 12 | Aalsters Swimming Team | 5:33.03 | 357 | 1:17.27 | 1:24.35 | 1:26.07 | 1:25.34 |
| | 50m: 35.87 | 35.87 | 150m: 1:59.11 | 41.84 | 250m: 3:24.26 | 42.64 | 350m: 4:51.38 | 43.69 | |
| | 100m: 1:17.27 | 41.40 | 200m: 2:41.62 | 42.51 | 300m: 4:07.69 | 43.43 | 400m: 5:33.03 | 41.65 | |
| 9. | Van Daele Josefien | 11 | Swimming Team Waaslan | 5:34.96 | 351 | 1:17.22 | 1:28.59 | 1:26.85 | 1:22.30 |
| | 50m: 36.07 | 36.07 | 150m: 2:01.19 | 43.97 | 250m: 3:30.08 | 44.27 | 350m: 4:54.71 | 42.05 | |
| | 100m: 1:17.22 | 41.15 | 200m: 2:45.81 | 44.62 | 300m: 4:12.66 | 42.58 | 400m: 5:34.96 | 40.25 | |
| 10. | De Smet Lily | 12 | Zwemclub De Kikkertjes Ni | 5:37.86 | 342 | 1:19.90 | 1:27.17 | 1:26.83 | 1:23.96 |
| | 50m: 37.24 | 37.24 | 150m: 2:03.40 | 43.50 | 250m: 3:29.99 | 42.92 | 350m: 4:58.32 | 44.42 | |
| | 100m: 1:19.90 | 42.66 | 200m: 2:47.07 | 43.67 | 300m: 4:13.90 | 43.91 | 400m: 5:37.86 | 39.54 | |
| 11. | Loncke Jutta | 13 | Swimming Team Aalter | 5:38.43 | 340 | 1:23.14 | 1:28.78 | 1:25.76 | 1:20.75 |
| | 50m: 38.97 | 38.97 | 150m: 2:07.79 | 44.65 | 250m: 3:34.75 | 42.83 | 350m: 4:58.72 | 41.04 | |
| | 100m: 1:23.14 | 44.17 | 200m: 2:51.92 | 44.13 | 300m: 4:17.68 | 42.93 | 400m: 5:38.43 | 39.71 | |
| 12. | Colpaert Julie | 11 | Swem Vrienden | 5:40.59 | 334 | 1:22.39 | 1:28.49 | 1:28.45 | 1:21.26 |
| | 50m: 38.74 | 38.74 | 150m: 2:06.74 | 44.35 | 250m: 3:34.93 | 44.05 | 350m: 5:01.46 | 42.13 | |
| | 100m: 1:22.39 | 43.65 | 200m: 2:50.88 | 44.14 | 300m: 4:19.33 | 44.40 | 400m: 5:40.59 | 39.13 | |
| 13. | Vander Mijsbrugge Lore | 12 | Aquarius Zwemclub Lebbel | 5:46.77 | 316 | 1:20.24 | 1:29.60 | 1:29.57 | 1:27.36 |
| | 50m: 36.80 | 36.80 | 150m: 2:05.12 | 44.88 | 250m: 3:34.22 | 44.38 | 350m: 5:04.09 | 44.68 | |
| | 100m: 1:20.24 | 43.44 | 200m: 2:49.84 | 44.72 | 300m: 4:19.41 | 45.19 | 400m: 5:46.77 | 42.68 | |
| 14. | Lammens Alix | 13 | Lokerse Zwemvereniging | 5:52.23 | 302 | 1:24.56 | 1:30.94 | 1:30.01 | 1:26.72 |
| | 50m: 39.63 | 39.63 | 150m: 2:10.39 | 45.83 | 250m: 3:41.13 | 45.63 | 350m: 5:10.46 | 44.95 | |
| | 100m: 1:24.56 | 44.93 | 200m: 2:55.50 | 45.11 | 300m: 4:25.51 | 44.38 | 400m: 5:52.23 | 41.77 | |
| 15. | Van Hul Emma | 11 | Swimming Team Waaslan | 5:52.55 | 301 | 1:22.53 | 1:31.66 | 1:32.32 | 1:26.04 |
| | 50m: 38.61 | 38.61 | 150m: 2:07.96 | 45.43 | 250m: 3:40.88 | 46.69 | 350m: 5:11.05 | 44.54 | |
| | 100m: 1:22.53 | 43.92 | 200m: 2:54.19 | 46.23 | 300m: 4:26.51 | 45.63 | 400m: 5:52.55 | 41.50 | |
| 16. | Maes Hanne | 13 | Aalsters Swimming Team | 5:55.17 | 294 | 1:26.03 | 1:32.77 | 1:30.98 | 1:25.39 |
| | 50m: 40.52 | 40.52 | 150m: 2:12.21 | 46.18 | 250m: 3:44.14 | 45.34 | 350m: 5:14.25 | 44.47 | |
| | 100m: 1:26.03 | 45.51 | 200m: 2:58.80 | 46.59 | 300m: 4:29.78 | 45.64 | 400m: 5:55.17 | 40.92 | |
| 17. | Taelman Yade | 11 | Swem Vrienden | 5:55.93 | 292 | 1:26.96 | 1:30.39 | 1:30.99 | 1:27.59 |
| | 50m: 41.60 | 41.60 | 150m: 2:12.12 | 45.16 | 250m: 3:42.77 | 45.42 | 350m: 5:14.02 | 45.68 | |
| | 100m: 1:26.96 | 45.36 | 200m: 2:57.35 | 45.23 | 300m: 4:28.34 | 45.57 | 400m: 5:55.93 | 41.91 | |
| 18. | Vereecken Lara | 10 | Groot Beverse Zwemclub | 6:01.30 | 280 | 1:24.42 | 1:33.47 | 1:35.35 | 1:28.06 |
| | 50m: 39.26 | 39.26 | 150m: 2:11.15 | 46.73 | 250m: 3:45.70 | 47.81 | 350m: 5:20.17 | 46.93 | |
| | 100m: 1:24.42 | 45.16 | 200m: 2:57.89 | 46.74 | 300m: 4:33.24 | 47.54 | 400m: 6:01.30 | 41.13 | |
| 19. | Osselaer Geike | 12 | Koninklijke Zwemclub Nept | 6:02.69 | 276 | 1:26.35 | 1:35.48 | 1:34.21 | 1:26.65 |
| | 50m: 40.35 | 40.35 | 150m: 2:14.10 | 47.75 | 250m: 3:48.86 | 47.03 | 350m: 5:21.44 | 45.40 | |
| | 100m: 1:26.35 | 46.00 | 200m: 3:01.83 | 47.73 | 300m: 4:36.04 | 47.18 | 400m: 6:02.69 | 41.25 | |

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Aalst, 22/6/2024

Programmanr. 11, Dames, 400m vrije slag, open leeftijdsgroep

| Rang | Geb. | | Tijd | Pnt | 100m | 200m | 300m | 400m | |
|------|-----------------------------|---------|------------------------------|----------------|-------|---------|---------|---------|---------|
| 20. | De Groote Liesl | 10 | Zwemclub De Kikkertjes Nieuw | 6:08.30 | 264 | 1:26.54 | 1:33.97 | 1:35.00 | 1:32.79 |
| | 50m: | 40.36 | 150m: | 2:13.41 | 46.81 | 350m: | 5:22.97 | 47.46 | |
| | 100m: | 1:26.54 | 200m: | 3:00.51 | 48.19 | 400m: | 6:08.30 | 45.33 | |
| | 46.18 | | 47.10 | | 43.55 | | | | |
| 21. | Ottoy Lili | 11 | Zwemclub De Kikkertjes Nieuw | 6:09.56 | 261 | 1:24.92 | 1:35.80 | 1:37.82 | 1:31.02 |
| | 50m: | 39.26 | 150m: | 2:11.87 | 49.90 | 350m: | 5:25.89 | 47.35 | |
| | 100m: | 1:24.92 | 200m: | 3:00.72 | 47.92 | 400m: | 6:09.56 | 43.67 | |
| | 45.66 | | 48.85 | | 43.54 | | | | |
| 22. | Verhulst Noor | 12 | Swimming Team Waasland | 6:15.90 | 248 | 1:25.80 | 1:37.18 | 1:40.37 | 1:32.55 |
| | 50m: | 39.77 | 150m: | 2:13.43 | 50.71 | 350m: | 5:32.45 | 49.10 | |
| | 100m: | 1:25.80 | 200m: | 3:02.98 | 49.66 | 400m: | 6:15.90 | 43.45 | |
| | 46.03 | | 49.55 | | 43.35 | | | | |
| 23. | Cowie Lore | 11 | Swem Vrienden | 6:31.45 | 220 | 1:36.15 | 1:42.16 | 1:38.66 | 1:34.48 |
| | 50m: | 45.64 | 150m: | 2:27.20 | 49.13 | 350m: | 5:46.09 | 49.12 | |
| | 100m: | 1:36.15 | 200m: | 3:18.31 | 49.53 | 400m: | 6:31.45 | 45.36 | |
| | 50.51 | | 51.11 | | 45.97 | | | | |
| dis | Verhofstede Lena | 11 | Groot Beverse Zwemclub | 6:04.36 | | 1:26.58 | 1:35.50 | 1:35.06 | 1:27.22 |
| | <i>SW 4.4 - valse start</i> | | | | | | | | |
| | 50m: | 40.69 | 150m: | 2:14.56 | 47.46 | 350m: | 5:21.99 | 44.85 | |
| | 100m: | 1:26.58 | 200m: | 3:02.08 | 47.60 | 400m: | 6:04.36 | 42.37 | |
| | 45.89 | | 47.52 | | 43.14 | | | | |