

GP Gerard Boets
Mol, 22 - 23/6/2024

Programmanr. 13
22/06/2024 - 15:45

Dames, 400m vrije slag

11 jaar en ouder
Resultaten

Punten: FINA 2024

Rang	Geb.	Tijd	Pnt	100m	200m	300m	400m		
11 - 12 jaar									
1.	TALBOOM, Maja	12	Brabo Zwemclub Antwerpen	5:35.15	346	1:17.64	1:26.84	1:26.25	1:24.42
	50m: 36.58	36.58	150m: 2:00.65	43.01	250m: 3:27.69	43.21	350m: 4:53.88	43.15	
	100m: 1:17.64	41.06	200m: 2:44.48	43.83	300m: 4:10.73	43.04	400m: 5:35.15	41.27	
2.	SCHELFAUT, Pippa	12	Brabo Zwemclub Antwerpen	5:46.77	312	1:23.20	1:29.08	1:28.20	1:26.29
	50m: 39.50	39.50	150m: 2:07.92	44.72	250m: 3:36.46	44.18	350m: 5:04.60	44.12	
	100m: 1:23.20	43.70	200m: 2:52.28	44.36	300m: 4:20.48	44.02	400m: 5:46.77	42.17	
3.	CEULEMANS, Lena	12	Brabo Zwemclub Antwerpen	5:48.43	308	1:23.40	1:29.91	1:29.18	1:25.94
	50m: 39.24	39.24	150m: 2:08.27	44.87	250m: 3:37.75	44.44	350m: 5:06.89	44.40	
	100m: 1:23.40	44.16	200m: 2:53.31	45.04	300m: 4:22.49	44.74	400m: 5:48.43	41.54	
4.	BRAEKEN, Charlotte	12	Zwemclub Geel	5:52.75	297	1:25.91	1:32.83	1:31.38	1:22.63
	50m: 40.83	40.83	150m: 2:12.44	46.53	250m: 3:44.34	45.60	350m: 5:14.53	44.41	
	100m: 1:25.91	45.08	200m: 2:58.74	46.30	300m: 4:30.12	45.78	400m: 5:52.75	38.22	
5.	VAN LOOVEREN, Aster	12	Azk	5:53.44	295	1:26.73	1:29.90	1:29.32	1:27.49
	50m: 41.72	41.72	150m: 2:11.89	45.16	250m: 3:41.35	44.72	350m: 5:10.63	44.68	
	100m: 1:26.73	45.01	200m: 2:56.63	44.74	300m: 4:25.95	44.60	400m: 5:53.44	42.81	
6.	VOLDERS, Ella	13	Zwemvereniging Lier	5:56.32	288	1:26.67	1:31.94	1:32.44	1:25.27
	50m: 40.71	40.71	150m: 2:12.62	45.95	250m: 3:44.93	46.32	350m: 5:15.69	44.64	
	100m: 1:26.67	45.96	200m: 2:58.61	45.99	300m: 4:31.05	46.12	400m: 5:56.32	40.63	
7.	SARANCHUK, Milana	13	Boust	5:56.35	288	1:25.52	1:32.87	1:32.03	1:25.93
	50m: 39.01	39.01	150m: 2:12.52	47.00	250m: 3:44.44	46.05	350m: 5:15.07	44.65	
	100m: 1:25.52	46.51	200m: 2:58.39	45.87	300m: 4:30.42	45.98	400m: 5:56.35	41.28	
8.	VAN TILBURG, Frauke	13	Zwemclub Geel	6:02.51	273	1:26.08	1:33.58	1:33.79	1:29.06
	50m: 40.64	40.64	150m: 2:12.82	46.74	250m: 3:46.84	47.18	350m: 5:19.82	46.37	
	100m: 1:26.08	45.44	200m: 2:59.66	46.84	300m: 4:33.45	46.61	400m: 6:02.51	42.69	
9.	BEERTEN, Florence	13	De Beringse Tuimelaars	6:05.66	266	1:27.51	1:33.63	1:33.68	1:30.84
	50m: 40.64	40.64	150m: 2:14.08	46.57	250m: 3:47.66	46.52	350m: 5:21.51	46.69	
	100m: 1:27.51	46.87	200m: 3:01.14	47.06	300m: 4:34.82	47.16	400m: 6:05.66	44.15	
10.	MATTHEEUSEN, Ella	13	Azk	6:06.46	264	1:30.25	1:35.06	1:33.49	1:27.66
	50m: 43.92	43.92	150m: 2:18.02	47.77	250m: 3:52.00	46.69	350m: 5:24.17	45.37	
	100m: 1:30.25	46.33	200m: 3:05.31	47.29	300m: 4:38.80	46.80	400m: 6:06.46	42.29	
11.	BOOGERS, Noor	12	Zwemclub Geel	6:26.49	225	1:33.33	1:38.68	1:39.80	1:34.68
	50m: 44.59	44.59	150m: 2:22.76	49.43	250m: 4:01.94	49.93	350m: 5:41.00	49.19	
	100m: 1:33.33	48.74	200m: 3:12.01	49.25	300m: 4:51.81	49.87	400m: 6:26.49	45.49	
12.	NAGHIU, Izolda	12	Zola	6:28.29	222	1:34.14	1:39.21	1:39.02	1:35.92
	50m: 45.29	45.29	150m: 2:23.48	49.34	250m: 4:02.96	49.61	350m: 5:41.45	49.08	
	100m: 1:34.14	48.85	200m: 3:13.35	49.87	300m: 4:52.37	49.41	400m: 6:28.29	46.84	
13.	MONFILS-VAN BEETHOVEN, L.	12	Boust	6:36.34	209	1:33.21	1:42.22	1:41.84	1:39.07
	50m: 42.78	42.78	150m: 2:24.67	51.46	250m: 4:06.02	50.59	350m: 5:49.00	51.73	
	100m: 1:33.21	50.43	200m: 3:15.43	50.76	300m: 4:57.27	51.25	400m: 6:36.34	47.34	
14.	MAHIEU, Pauline	13	Zwemclub Tremelo	7:04.44	170	1:37.32	1:49.12	1:51.76	1:46.24
	50m: 45.01	45.01	150m: 2:31.34	54.02	250m: 4:21.78	55.34	350m: 6:13.05	54.85	
	100m: 1:37.32	52.31	200m: 3:26.44	55.10	300m: 5:18.20	56.42	400m: 7:04.44	51.39	
15.	VANBEKBERGEN, C.	13	Zdkb	7:12.67	161	1:38.23	1:55.05	1:55.86	1:43.53
	50m: 44.26	44.26	150m: 2:35.16	56.93	250m: 4:31.69	58.41	350m: 6:25.46	56.32	
	100m: 1:38.23	53.97	200m: 3:33.28	58.12	300m: 5:29.14	57.45	400m: 7:12.67	47.21	
16.	COOLEN, Hannelore	13	Lizv	8:16.99	106	1:53.50	2:07.67	2:11.57	2:04.25
	50m: 54.41	54.41	150m: 2:56.38	1:02.88	250m: 5:06.59	1:05.42	350m: 7:16.88	1:04.14	
	100m: 1:53.50	59.09	200m: 4:01.17	1:04.79	300m: 6:12.74	1:06.15	400m: 8:16.99	1:00.11	

13 - 14 jaar

1.	VAN DE CLOOT, Elina	10	Hozt	4:51.98	523	1:12.04	1:14.51	1:13.28	1:12.15
	50m: 34.72	34.72	150m: 1:49.13	37.09	250m: 3:02.62	36.07	350m: 4:16.20	36.37	
	100m: 1:12.04	37.32	200m: 2:26.55	37.42	300m: 3:39.83	37.21	400m: 4:51.98	35.78	
2.	DE LETTER, Sofie	10	Hozt	5:03.62	465	1:14.20	1:16.90	1:17.18	1:15.34
	50m: 35.94	35.94	150m: 1:52.43	38.23	250m: 3:09.10	38.00	350m: 4:26.46	38.18	
	100m: 1:14.20	38.26	200m: 2:31.10	38.67	300m: 3:48.28	39.18	400m: 5:03.62	37.16	

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Programmanr. 13, Meisjes, 400m vrije slag, 13 - 14 jaar

Rang	Geb.	Tijd	Pnt	100m	200m	300m	400m
3.	VERDOOD, Pip 11	Zwemvereniging Lier	5:09.81 438	1:15.64	1:20.44	1:19.42	1:14.31
	50m: 35.99 35.99	150m: 1:55.82 40.18	250m: 3:15.57	39.49	350m: 4:34.24	38.74	
	100m: 1:15.64 39.65	200m: 2:36.08 40.26	300m: 3:55.50	39.93	400m: 5:09.81	35.57	
4.	VAN LITSENBORG, Aurélii11	De Beringse Tuimelaars	5:12.70 426	1:12.24	1:20.08	1:21.77	1:18.61
	50m: 34.41 34.41	150m: 1:52.36 40.12	250m: 3:12.14	39.82	350m: 4:34.74	40.65	
	100m: 1:12.24 37.83	200m: 2:32.32 39.96	300m: 3:54.09	41.95	400m: 5:12.70	37.96	
5.	GEYPEN, Wies 11	Molse Zwemclub "Mozka"	5:14.21 420	1:14.97	1:22.90	1:22.83	1:13.51
	50m: 35.40 35.40	150m: 1:56.12 41.15	250m: 3:19.59	41.72	350m: 4:38.68	37.98	
	100m: 1:14.97 39.57	200m: 2:37.87 41.75	300m: 4:00.70	41.11	400m: 5:14.21	35.53	
6.	VAN DER MEEREN, Lotte 10	Zwemclub "De Dolfijnen" A	5:14.34 419	1:17.91	1:18.54	1:19.69	1:18.20
	50m: 37.11 37.11	150m: 1:57.41 39.50	250m: 3:16.63	40.18	350m: 4:35.95	39.81	
	100m: 1:17.91 40.80	200m: 2:36.45 39.04	300m: 3:56.14	39.51	400m: 5:14.34	38.39	
7.	BARRAGAN, Nena 10	Zwemclub "De Dolfijnen" A	5:14.74 418	1:17.13	1:20.71	1:19.03	1:17.87
	50m: 36.90 36.90	150m: 1:57.39 40.26	250m: 3:17.57	39.73	350m: 4:36.43	39.56	
	100m: 1:17.13 40.23	200m: 2:37.84 40.45	300m: 3:56.87	39.30	400m: 5:14.74	38.31	
8.	HIEL, Lina 10	De Beringse Tuimelaars	5:20.81 394	1:14.23	1:21.43	1:23.98	1:21.17
	50m: 34.88 34.88	150m: 1:54.72 40.49	250m: 3:17.64	41.98	350m: 4:40.61	40.97	
	100m: 1:14.23 39.35	200m: 2:35.66 40.94	300m: 3:59.64	42.00	400m: 5:20.81	40.20	
9.	LEMBRECHTS, Sophie 10	Zwemvereniging Lier	5:23.17 386	1:16.48	1:22.37	1:23.80	1:20.52
	50m: 36.19 36.19	150m: 1:57.52 41.04	250m: 3:21.20	42.35	350m: 4:43.84	41.19	
	100m: 1:16.48 40.29	200m: 2:38.85 41.33	300m: 4:02.65	41.45	400m: 5:23.17	39.33	
10.	LAMBRECHTS, Loes 11	Arendonkse Zwemvereniging	5:25.54 378	1:18.57	1:24.54	1:22.37	1:20.06
	50m: 37.11 37.11	150m: 2:00.69 42.12	250m: 3:24.05	40.94	350m: 4:46.36	40.88	
	100m: 1:18.57 41.46	200m: 2:43.11 42.42	300m: 4:05.48	41.43	400m: 5:25.54	39.18	
11.	LUYTEN, Julie 11	Azk	5:28.56 367	1:19.03	1:25.46	1:24.41	1:19.66
	50m: 37.49 37.49	150m: 2:01.98 42.95	250m: 3:26.49	42.00	350m: 4:50.09	41.19	
	100m: 1:19.03 41.54	200m: 2:44.49 42.51	300m: 4:08.90	42.41	400m: 5:28.56	38.47	
12.	CLUYSEN, Zoë 10	De Lommelse Waterbenge	5:32.74 353	1:18.68	1:25.67	1:25.25	1:23.14
	50m: 37.23 37.23	150m: 2:01.39 42.71	250m: 3:27.03	42.68	350m: 4:51.66	42.06	
	100m: 1:18.68 41.45	200m: 2:44.35 42.96	300m: 4:09.60	42.57	400m: 5:32.74	41.08	
13.	VAN CAMBERG, Elena 10	Zwemclub "De Dolfijnen" A	5:52.52 297	1:21.94	1:28.46	1:30.71	1:31.41
	50m: 38.89 38.89	150m: 2:05.39 43.45	250m: 3:35.85	45.45	350m: 5:07.88	46.77	
	100m: 1:21.94 43.05	200m: 2:50.40 45.01	300m: 4:21.11	45.26	400m: 5:52.52	44.64	
14.	VANDE GHINSTE, Amber 11	Zwemclub "De Dolfijnen" A	5:59.24 281	1:24.91	1:31.68	1:33.01	1:29.64
	50m: 39.97 39.97	150m: 2:11.15 46.24	250m: 3:43.11	46.52	350m: 5:16.26	46.66	
	100m: 1:24.91 44.94	200m: 2:56.59 45.44	300m: 4:29.60	46.49	400m: 5:59.24	42.98	
15.	FIQI, Alexia 10	Westerlo Swimming Team	5:59.56 280	1:19.41	1:32.10	1:36.51	1:31.54
	50m: 37.19 37.19	150m: 2:04.76 45.35	250m: 3:39.51	48.00	350m: 5:15.12	47.10	
	100m: 1:19.41 42.22	200m: 2:51.51 46.75	300m: 4:28.02	48.51	400m: 5:59.56	44.44	
16.	MICHIELS, Ans 10	De Lommelse Waterbenge	6:03.89 270	1:23.88	1:32.71	1:36.15	1:31.15
	50m: 39.70 39.70	150m: 2:09.64 45.76	250m: 3:44.62	48.03	350m: 5:19.71	46.97	
	100m: 1:23.88 44.18	200m: 2:56.59 46.95	300m: 4:32.74	48.12	400m: 6:03.89	44.18	
17.	COOLS, Yelena 11	Zwemclub Geel	6:05.73 266	1:27.00	1:35.19	1:36.14	1:27.40
	50m: 41.52 41.52	150m: 2:14.81 47.81	250m: 3:50.14	47.95	350m: 5:23.57	45.24	
	100m: 1:27.00 45.48	200m: 3:02.19 47.38	300m: 4:38.33	48.19	400m: 6:05.73	42.16	
18.	VANHAEREN, Renée 11	Zdkb	6:12.24 252	1:25.50	1:37.60	1:37.35	1:31.79
	50m: 40.24 40.24	150m: 2:13.41 47.91	250m: 3:51.11	48.01	350m: 5:25.80	45.35	
	100m: 1:25.50 45.26	200m: 3:03.10 49.69	300m: 4:40.45	49.34	400m: 6:12.24	46.44	

15 - 16 jaar

1.	WILLAERT, Ayla 09	Hozt	4:41.83 582	1:07.38	1:10.41	1:11.86	1:12.18
	50m: 32.16 32.16	150m: 1:42.29 34.91	250m: 2:53.33	35.54	350m: 4:06.42	36.77	
	100m: 1:07.38 35.22	200m: 2:17.79 35.50	300m: 3:29.65	36.32	400m: 4:41.83	35.41	
2.	FREDERIX, Maya 09	De Beringse Tuimelaars	5:00.53 480	1:10.41	1:17.97	1:17.92	1:14.23
	50m: 32.73 32.73	150m: 1:49.18 38.77	250m: 3:06.82	38.44	350m: 4:24.43	38.13	
	100m: 1:10.41 37.68	200m: 2:28.38 39.20	300m: 3:46.30	39.48	400m: 5:00.53	36.10	
3.	DEBAY, Manon 09	Boust	5:07.38 449	1:10.79	1:19.45	1:18.47	1:18.67
	50m: 33.25 33.25	150m: 1:50.14 39.35	250m: 3:08.79	38.55	350m: 4:28.97	40.26	
	100m: 1:10.79 37.54	200m: 2:30.24 40.10	300m: 3:48.71	39.92	400m: 5:07.38	38.41	

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Programmanr. 13, Meisjes, 400m vrije slag, 15 - 16 jaar

Rang	Geb.	Tijd	Pnt	100m	200m	300m	400m
4.	VAN BAELEN, Yenthe 09	Molse Zwemclub "Mozka"	5:11.21 432	1:14.89	1:21.19	1:20.06	1:15.07
	50m: 35.45 35.45	150m: 1:55.46 40.57	250m: 3:16.62	40.54	350m: 4:35.52 39.38		
	100m: 1:14.89 39.44	200m: 2:36.08 40.62	300m: 3:56.14	39.52	400m: 5:11.21 35.69		
5.	VAN WAELDEREN, Hanne09	Westerlo Swimming Team	5:23.12 386	1:19.58	1:23.54	1:21.67	1:18.33
	50m: 37.95 37.95	150m: 2:01.74 42.16	250m: 3:23.98	40.86	350m: 4:44.92 40.13		
	100m: 1:19.58 41.63	200m: 2:43.12 41.38	300m: 4:04.79	40.81	400m: 5:23.12 38.20		
6.	HANSEN, Maybel 09	Zdkb	5:30.58 360	1:18.72	1:25.97	1:25.08	1:20.81
	50m: 37.78 37.78	150m: 2:01.65 42.93	250m: 3:26.91	42.22	350m: 4:51.59 41.82		
	100m: 1:18.72 40.94	200m: 2:44.69 43.04	300m: 4:09.77	42.86	400m: 5:30.58 38.99		
7.	VERHOEVEN, Liese 09	Zwemvereniging Lier	6:00.39 278	1:28.26	1:34.18	1:31.95	1:26.00
	50m: 41.98 41.98	150m: 2:15.41 47.15	250m: 3:49.17	46.73	350m: 5:18.96 44.57		
	100m: 1:28.26 46.28	200m: 3:02.44 47.03	300m: 4:34.39	45.22	400m: 6:00.39 41.43		
8.	SEN, Yasmine 09	Merksemse Zwemvereniging	6:00.54 278	1:22.02	1:33.35	1:30.79	1:34.38
	50m: 38.14 38.14	150m: 2:08.70 46.68	250m: 3:42.98	47.61	350m: 4:30.10 3.94		
	100m: 1:22.02 43.88	200m: 2:55.37 46.67	300m: 4:26.16	43.18	400m: 6:00.54 1:30.44		
9.	VERVOORT, Mila 08	Zola	9:50.88 63	2:22.14	2:32.15	2:32.12	2:24.47
	50m: 1:07.96 1:07.96	150m: 3:37.20 1:15.06	250m: 6:09.33	1:15.04	350m: 8:42.36 1:15.95		
	100m: 2:22.14 1:14.18	200m: 4:54.29 1:17.09	300m: 7:26.41	1:17.08	400m: 9:50.88 1:08.52		

17 jaar en ouder

1.	RAVELINGIEN, Lana 03	Brabo Zwemclub Antwerpen	4:30.57 658	1:05.64	1:09.28	1:08.07	1:07.58
	50m: 31.75 31.75	150m: 1:40.29 34.65	250m: 2:49.03	34.11	350m: 3:57.10 34.11		
	100m: 1:05.64 33.89	200m: 2:14.92 34.63	300m: 3:22.99	33.96	400m: 4:30.57 33.47		
2.	GRAHAM, Jil 06	Hozt	4:43.43 572	1:10.87	1:11.37	1:11.16	1:10.03
	50m: 34.50 34.50	150m: 1:46.10 35.23	250m: 2:57.84	35.60	350m: 4:08.75 35.35		
	100m: 1:10.87 36.37	200m: 2:22.24 36.14	300m: 3:33.40	35.56	400m: 4:43.43 34.68		
3.	JOPPE, Shanna 06	Zola	5:06.84 451	1:12.91	1:18.46	1:18.73	1:16.74
	50m: 34.82 34.82	150m: 1:52.30 39.39	250m: 3:10.76	39.39	350m: 4:29.90 39.80		
	100m: 1:12.91 38.09	200m: 2:31.37 39.07	300m: 3:50.10	39.34	400m: 5:06.84 36.94		
4.	VAN LOON, Tess 06	Azk	5:12.69 426	1:14.69	1:20.39	1:20.09	1:17.52
	50m: 35.85 35.85	150m: 1:54.65 39.96	250m: 3:14.94	39.86	350m: 4:34.58 39.41		
	100m: 1:14.69 38.84	200m: 2:35.08 40.43	300m: 3:55.17	40.23	400m: 5:12.69 38.11		
5.	MARIS, Tine 06	Zdkb	5:18.09 405	1:17.55	1:21.74	1:21.82	1:16.98
	50m: 37.07 37.07	150m: 1:58.32 40.77	250m: 3:19.93	40.64	350m: 4:40.67 39.56		
	100m: 1:17.55 40.48	200m: 2:39.29 40.97	300m: 4:01.11	41.18	400m: 5:18.09 37.42		
6.	VAN WAELDEREN, Nele 07	Westerlo Swimming Team	5:23.07 386	1:17.10	1:22.06	1:23.09	1:20.82
	50m: 36.62 36.62	150m: 1:58.04 40.94	250m: 3:21.24	42.08	350m: 4:43.60 41.35		
	100m: 1:17.10 40.48	200m: 2:39.16 41.12	300m: 4:02.25	41.01	400m: 5:23.07 39.47		
7.	VERHEYDEN, Noah 07	Molse Zwemclub "Mozka"	5:38.14 337	1:19.68	1:26.89	1:27.24	1:24.33
	50m: 37.89 37.89	150m: 2:02.71 43.03	250m: 3:30.08	43.51	350m: 4:56.24 42.43		
	100m: 1:19.68 41.79	200m: 2:46.57 43.86	300m: 4:13.81	43.73	400m: 5:38.14 41.90		
8.	PAULUSSEN, Sabine 01	Lizv	5:59.67 280	1:24.69	1:33.69	1:34.06	1:27.23
	50m: 39.37 39.37	150m: 2:11.41 46.72	250m: 3:45.34	46.96	350m: 5:18.02 45.58		
	100m: 1:24.69 45.32	200m: 2:58.38 46.97	300m: 4:32.44	47.10	400m: 5:59.67 41.65		