



ShaRK 400m
Herentals, 5/10/2024

Programmanr. 4
5/10/2024 - 15:25

Meisjes, 400m vrije slag

11 - 12 jaar
Resultaten

Punten: FINA 2023

Rang	Geb.		Tijd	Pnt	100m	200m	300m	400m	
1.	BIERINCKX	Mie 12 ZN	4:58.42	4:49.24	511	1:08.83	1:13.70	1:14.34	1:12.37
2.	MELIS	Vlinder 12 KST	5:18.94	5:12.29	406	1:11.11	1:20.15	1:21.83	1:19.20
3.	GINKELS	Febe 12 LAQUA	5:28.28	5:19.72	378	1:15.67	1:21.63	1:22.73	1:19.69
4.	NELISSEN	Jana 12 14-060	5:28.55	5:20.31	376	1:13.21	1:21.89	1:24.07	1:21.14
5.	DEVUYST	Oona 13 ROOSC	5:36.53	5:22.14	370	1:16.34	1:22.77	1:23.18	1:19.85
6.	VAN LOOVEREN	Aster 12 AZK	5:35.71	5:30.66	342	1:19.83	1:24.79	1:24.39	1:21.65
7.	CUYPERS	Manon 12 GZVN	5:38.88	5:34.91	329	1:15.36	1:24.10	1:28.29	1:27.16
8.	SOARES ALMEIDA	Lisa 12 LAQUA	5:42.89	5:39.42	316	1:19.72	1:27.46	1:27.16	1:25.08
9.	GEELLEN	Guusje 12 ZN	5:52.38	5:40.29	314	1:20.37	1:27.62	1:26.94	1:25.36
10.	VAN DE WOUWER	Myrthe 13 HZA	5:53.38	5:43.01	306	1:21.93	1:29.28	1:28.40	1:23.40
11.	LAZEROMS	Sien 12 AZK	5:53.43	5:44.00	303	1:19.01	1:27.60	1:28.85	1:28.54
12.	BROUWERS	Mischa 12 AZK	6:01.11	5:44.39	302	1:16.28	1:30.77	1:31.08	1:26.26
13.	MATTHEEUSEN	Ella 13 AZK	6:06.46	5:45.60	299	1:22.18	1:29.57	1:29.97	1:23.88
14.	VOLDERS	Ella 13 ZVL	5:48.92	5:47.27	295	1:22.15	1:29.37	1:29.42	1:26.33
15.	ADRIAENSEN	Lena 13 MOZKA		5:51.85	284	1:26.07	45.88	1:29.87	2:10.03
16.	BROUWERS	Phebe 13 AZK	5:59.30	5:52.68	282	1:19.49	1:30.95	1:31.14	1:31.10
17.	LESSELIERS	Emily 13 ZS	6:02.97	5:59.01	267	1:25.06	1:32.61	1:30.61	1:30.73
18.	VAN CAUWENBERGE	Lio 13 ROOSC	6:33.98	6:05.47	253	1:26.25	1:34.42	1:33.59	1:31.21
19.	GORIS	Zita 12 BRABO	6:01.78	6:06.83	250	1:25.69	1:35.10	1:33.91	1:32.13
20.	LEMBRECHTS	Lara 13 HZA	6:27.69	6:07.73	248	1:26.92	1:36.76	1:35.84	1:28.21
21.	MEYSMANS	Axelle 13 RSCM	6:27.49	6:12.72	238	1:28.68	1:35.83	1:35.75	1:32.46
22.	CLAES	Jade 12 ZN		6:13.00	238	1:31.30	1:37.04	2:21.37	43.29
23.	DIRICKX	Finne 13 ZN	6:44.56	6:15.61	233	1:28.52	1:35.79	1:37.74	1:33.56
24.	DREESSEN	Lyana 12 GZVN	6:30.67	6:16.98	230	1:25.26	1:39.32	1:38.07	1:34.33
25.	VAN LOMMEL	Anthe 13 SHARK	6:52.20	6:19.22	226	1:25.70	1:38.47	1:41.54	1:33.51
26.	RATSITSKA	Irini 13 GZVN	6:47.34	6:20.70	224	1:21.98	1:35.94	1:38.90	1:43.88
27.	THEUNISSEN	Jolien 13 ZS	6:25.83	6:22.79	220	1:28.37	1:38.20	1:40.06	1:36.16
28.	DOUWEN	Alexia 12 RSCM		6:27.86	212	1:31.77	1:40.09	1:40.70	1:35.30
29.	VAN MEERBEECK	Lisa 13 LAQUA	6:34.99	6:28.03	211	1:26.90	1:40.77	1:42.58	1:37.78
30.	VERSLEGERS	Roxan 13 HZA	6:21.19	6:29.51	209	1:29.61	1:42.32	1:42.26	1:35.32
31.	HERBOTS	Eleonore 13 LAQUA	6:25.09	6:33.32	203	1:31.49	1:42.08	1:42.24	1:37.51
32.	KENIS	Josephine 12 SHARK		6:39.31	194	1:32.25	1:42.93	1:44.85	1:39.28
33.	NAGHIU	Izolda 12 ZOLA	6:28.29	6:41.17	191	1:31.20	1:41.65	1:44.66	1:43.66
34.	AVONTS	Ilena 12 RSCM	7:05.46	6:42.12	190	1:34.74	1:46.05	1:43.15	1:38.18
35.	VANHEULE	Léa 13 LAQUA	6:48.22	6:45.75	185	1:32.58	1:46.65	2:38.68	47.84
36.	GADEYNE	Olivia 13 LAQUA	6:56.39	6:48.75	181	1:36.42	1:45.13	1:46.24	1:40.96
37.	CROONEN	Lize 13 ZN		6:57.59	169	1:41.27	1:45.20	1:41.38	1:49.74
38.	LOQUET	Kato 12 KST	7:07.37	6:58.04	169	1:35.57	1:50.52	1:49.20	1:42.75
39.	VAN CAUWENBERGE	N. 13 ZN		7:00.11	166	1:39.51	1:46.93	1:48.71	1:44.96
40.	VAN DE BORNE	Niemke 13 HZA	7:10.47	7:00.98	165	1:40.89	1:49.32	1:49.49	1:41.28
41.	SEYMUS	Helena 13 HZA	7:07.84	7:01.59	165	1:41.26	1:47.58	1:48.19	1:44.56
42.	BOBEVA	Dara 13 LAQUA		7:02.11	164	1:38.98	1:50.00	1:49.12	1:44.01
43.	BERGHMANS	Lauren 13 GZVN		7:02.53	164	1:39.93	1:47.29	1:51.78	1:43.53
44.	VAN SEVEREN	Hasse 13 BRABO		7:07.22	158	1:36.81	1:49.79	1:51.28	1:49.34
45.	ODINYA	Tayra 12 BRABO		7:08.22	157	1:31.70	1:51.46	1:53.74	1:51.32
46.	CAUTAERT-KNUTSSON	L12 BRABO		7:14.02	151	1:39.78	1:49.93	1:52.35	1:51.96
47.	NIEWENWEG	Sterre 12 KST		7:18.17	147	1:40.80	50.91		
dis	BASSTANIE	Liene 12 ZN	5:55.94						

SW 4.4 - valse start