



ShaRK 400m
Herentals, 5/10/2024

Programmanr. 6
5/10/2024 - 18:35

Dames, 400m vrije slag

13 jaar en ouder
Resultaten

Punten: FINA 2023

Rang	Geb.	Tijd	Pnt	100m	200m	300m	400m		
13 - 14 jaar									
1.	DEPAEPE Elize 11	ROSC	4:57.68	4:51.75	498	1:09.18	1:15.64	1:15.24	1:11.69
2.	BOVEN Axelle 10	SHARK	4:47.19	4:57.50	469	1:09.54	1:16.07	1:16.55	1:15.34
3.	SCHELLEMANS Charlotte 10	ZVL	5:06.10	4:57.88	468	1:11.17	1:15.43	1:16.06	1:15.22
4.	VAN CAUWENBERGE C. 10	ROSC	4:59.69	4:58.80	463	1:11.46	1:16.40	1:15.84	1:15.10
5.	VERDOOD Pip 11	ZVL	5:05.02	5:04.58	437	1:11.90	1:18.26	1:18.59	1:15.83
6.	LAUWERS Sofie 11	KST	5:04.93	5:05.06	435	1:12.89	1:18.35	1:18.48	1:15.34
7.	LEMMENS Febe 11	WST	5:15.44	5:06.53	429	1:12.48	1:19.92	1:20.47	1:13.66
8.	LEMBRECHTS Sophie 10	ZN	5:05.24	5:07.12	427	1:10.09	1:18.87	1:20.75	1:17.41
9.	VAN REETH Lieze 11	ZVL	5:09.81	5:09.79	416	1:13.74	1:19.82	1:19.58	1:16.65
10.	CLAESSENS Ella-Louise 11	GZVN	5:13.13	5:12.96	403	1:11.87	1:21.19	1:20.93	1:18.97
11.	VERNIERS Nime 11	ZS	5:19.00	5:13.85	400	1:13.49	1:19.40	1:21.01	1:19.95
12.	VAN DEN BERGH Anna 10	ZS	5:15.80	5:13.94	399	1:14.05	1:21.16	1:20.26	1:18.47
13.	BEUNCKENS Tess 11	GZVN	5:16.76	5:14.26	398	1:12.34	1:20.35	1:21.90	1:19.67
14.	GEYPEN Wies 11	MOZKA	5:10.92	5:15.75	393	1:15.12	1:21.00	1:20.93	1:18.70
15.	MEERTENS Jessy 11	GZVN	5:18.40	5:15.92	392	1:10.70	1:19.98	1:22.85	1:22.39
16.	KOREN Zara 11	GZVN	5:23.07	5:16.34	390	1:14.29	1:20.10	1:22.36	1:19.59
17.	LAUREYS Xante 10	WST	5:37.91	5:18.43	383	1:15.28	1:20.98	1:23.90	1:18.27
18.	MARTENS Ries 11	GZVN	5:27.06	5:20.24	376	1:13.85	1:20.50	1:23.79	1:22.10
19.	LUYTEN Julie 11	AZK	5:21.11	5:20.37	376	1:12.82	1:21.49	1:22.72	1:23.34
20.	BLATON Ikaterini 10	RSCM	NT	5:20.51	375	1:14.15	1:22.66	1:22.16	1:21.54
21.	BURSSENS Emma 11	LAQUA	5:25.49	5:22.48	368	1:15.29	1:23.22	1:23.23	1:20.74
22.	VAN AERSCHOT Nel 11	WST	5:17.26	5:23.02	367	1:14.55	1:21.87	1:23.74	1:22.86
23.	VAN RILLAER Yinthe 11	HZA	5:27.35	5:23.05	367	1:15.20	1:22.35	1:23.88	1:21.62
24.	DE VOCHT Anne-Julie 11	ZS	5:20.17	5:23.57	365	1:15.03	1:22.92	1:24.24	1:21.38
25.	VAN GINNEKEN Marit 11	AZK	5:31.71	5:25.86	357	1:14.01	1:22.26	1:25.81	1:23.78
26.	MARCELIS Fien 10	SHARK	5:48.98	5:26.20	356	1:16.55	1:23.51	1:24.39	1:21.75
27.	VAES Elisabeth 11	HZA	5:51.02	5:28.39	349	1:16.74	1:25.80	1:25.58	1:20.27
28.	VAN BUGGENHOUT I. 10	ZN	5:47.78	5:31.22	340	1:17.72	1:24.98	1:26.65	1:21.87
29.	KENNES Sterre 11	ZVL	NT	5:40.87	312	1:19.48	1:28.07	1:29.11	1:24.21
30.	VAN ROOSBROECK Yuna 11	WST	NT	5:42.12	309	1:18.74	1:28.35	1:31.16	1:23.87
31.	HOUVENAGHEL Elien 10	BRABO	6:13.86	5:43.77	304	1:19.93	1:29.15	1:29.79	1:24.90
32.	FIQI Alexia 10	WST	NT	5:48.01	293	1:16.25	1:28.27	1:31.14	1:32.35
33.	VAN MECHELEN Zoë 10	KST	5:58.77	5:51.36	285	1:23.49	1:31.14		
34.	VAN TENDELOO Marie 11	BRABO	6:22.07	5:51.79	284	1:18.89	1:29.03	1:32.22	1:31.65
35.	VAN DE BORNE Aukje 10	HZA	6:00.48	5:58.36	268	1:22.14	1:33.49	1:33.83	1:28.90
36.	VAN REETH Lisse 11	BRABO	6:11.60	5:58.64	268	1:22.63	1:31.59	1:33.66	1:30.76
37.	VAN GESTEL Fran 10	KST	6:34.16	6:02.52	259	1:20.42	1:32.78	1:36.09	1:33.23
38.	GERS Josephine 10	KST	6:07.94	6:05.08	254	1:26.08	1:33.49	1:35.92	1:29.59
39.	DEBEUF Nore 11	KST	6:06.12	6:17.40	230	1:25.21	1:35.61	1:40.26	1:36.32
40.	EMBRECHTS Olivia 11	MOZKA	NT	6:57.35	170	1:34.02	1:46.48	1:48.62	1:48.23
41.	LIEVENS Nona 11	MOZKA	NT	7:53.18	116	1:46.26	2:01.65		
dis	CORNEZ Maylie 10	BRABO	5:48.40			1:17.11	1:27.74		

SW 10.2 - Niet de volledige afstand gezwommen

15 - 16 jaar

1.	VAN HEUGTEN Hanne 09	ZN	4:27.21	4:32.70	610	1:04.69	1:08.47	1:09.95	1:09.59
2.	VRANKEN Dagmar 08	ZN	4:36.78	4:34.95	595	1:04.64	1:09.56	1:11.13	1:09.62
3.	MERTENS Helena 09	SHARK	4:39.29	4:37.76	577	1:04.71	1:10.10	1:11.99	1:10.96
4.	SPRANGERS Kato 08	MOZKA	4:38.88	4:43.30	544	1:07.67	1:11.96	1:11.30	1:12.37
5.	DE RIDDER Sterre 08	ZS	4:54.04	4:49.79	508	1:11.76	1:14.02	1:12.47	1:11.54



ShaRK 400m
Herentals, 5/10/2024

Programmanr. 6, Meisjes, 400m vrije slag, 15 - 16 jaar

Rang	Geb.		Tijd	Pnt	100m	200m	300m	400m	
6.	VINGERHOETS Madelief	09 ZN	4:49.69	4:49.84	508	1:09.65	1:14.73	1:13.01	1:12.45
7.	VAN HOOF Floor	08 LAQUA	4:51.84	4:50.89	502	1:09.49	1:14.59	1:14.19	1:12.62
8.	CEULEMANS Hanne	08 AZK	4:40.96	4:52.31	495	1:08.41	1:12.94	1:14.73	1:16.23
9.	BIERINCKX Lienne	09 ZN	4:52.30	4:55.41	480	1:09.85	1:14.99	1:15.27	1:15.30
10.	DEPONDY-VELTER Nette	09 ROSC	5:03.00	4:55.77	478	1:11.68	1:16.32	1:15.11	1:12.66
11.	JACOBS Lotte	09 ZVL	5:24.82	4:56.12	476	1:13.48	1:16.13	1:15.83	1:10.68
12.	VAN BAELEN Yenthe	09 MOZKA	4:55.17	4:59.20	462	1:12.36	1:18.08	1:15.50	1:13.26
13.	DEPONDY-VELTER Tille	09 ROSC	4:54.25	5:00.14	457	1:11.91	1:15.94	1:17.68	1:14.61
14.	VANHAESEBROECK M.	09 ZN	5:08.84	5:04.73	437	1:11.32	1:18.71	1:20.14	1:14.56
15.	VAN ESPEN Lotte	09 HZA	5:03.92	5:05.10	435	1:10.31	1:16.83	1:19.70	1:18.26
16.	VAN WAELDEREN Hanne	09 WST	5:16.85	5:10.69	412	1:16.56	1:19.16	1:18.45	1:16.52
17.	ERTVELDT Klaartje	08 SHARK	5:20.91	5:14.74	396	1:11.82	1:21.41	1:21.52	1:19.99
18.	AERNOOTS Roos	08 AZK	5:10.77	5:17.20	387	1:15.07	1:22.11	1:21.25	1:18.77
19.	JUNGBLUTH Elise	09 ROSC	5:20.94	5:19.30	380	1:15.78	1:21.21	1:22.01	1:20.30
20.	DE BOO Helge	08 ZVL	5:24.65	5:19.77	378	1:14.73	1:22.11	1:21.79	1:21.14
21.	CAMPFORTS Fien	09 KST	5:37.13	5:20.22	376	1:14.25	1:22.17	1:23.60	1:20.20
22.	BAYGUNES Defne	09 MOZKA	5:39.87	5:24.52	362	1:18.16	1:22.98	1:23.44	1:19.94
23.	HACHED Lina	09 MOZKA	5:40.43	5:32.15	337	1:18.52	1:24.80	1:23.28	1:25.55
24.	MARCKX Lore	09 BRABO	5:52.18	5:32.16	337	1:17.87	1:23.63	1:25.26	1:25.40
25.	DE BOCK Marie	09 HZA	5:43.84	5:32.76	335	1:18.05	1:26.02	1:25.63	1:23.06
26.	BOEYKENS Emma	09 KST	5:37.77	5:34.28	331	1:18.85	1:25.29	1:26.06	1:24.08
27.	DE BONDY Kim	08 ZVL	5:40.88	5:35.80	326	1:20.46	1:27.69	1:23.68	1:23.97
28.	DIERCKX Femke	09 SHARK	5:29.01	5:36.01	326	1:15.47	1:25.34	1:28.56	1:26.64
29.	VERHOEVEN Liese	09 ZVL	6:00.39	5:46.76	296	1:23.38	1:27.52	1:28.55	1:27.31
30.	STEFANOVA Gabriela	09 ZVL	5:54.38	5:48.72	291	1:23.18	1:30.55	1:30.08	1:24.91
31.	VERVOORT Mila	08 ZOLA	9:38.28	9:49.23	60	2:22.16	2:30.79	2:32.35	2:23.93

17 jaar en ouder

1.	VAN OSTA Nomi	05 ZS	4:42.53	4:42.87	546	1:05.67	1:11.09	1:13.56	1:12.55
2.	PAVEL Anna	07 LAQUA	4:42.83	4:44.03	540	1:08.69	1:12.65	1:11.61	1:11.08
3.	VANHOOF Marieke	07 RSCM	4:31.58	4:44.48	537	1:05.97	1:12.01	1:13.41	1:13.09
4.	SCHOLLAERT Jolijn	07 ROSC	4:45.98	4:48.00	518	1:08.08	1:12.83	1:13.63	1:13.46
5.	VAN DEN BOSCH Maxine	06 RSCM	4:48.03	4:48.22	516	1:07.34	1:13.05	1:13.82	1:14.01
6.	KENNIS Nathalie	02 AZV	4:56.33	4:52.19	496	1:06.38	1:13.65	1:17.19	1:14.97
7.	VAN LOOY Anke	06 HZA	4:51.69	4:55.63	478	1:09.87	1:15.29	1:16.26	1:14.21
8.	WOUTERS Lieze	07 SHARK	5:01.35	5:00.62	455	1:10.16	1:15.38	1:17.99	1:17.09
9.	JANSSENS Blue	07 ZN	4:55.09	5:02.21	448	1:11.27	1:16.77	1:17.65	1:16.52
10.	JOPPE Shanna	06 ZOLA	4:57.27	5:06.29	430	1:11.85	1:17.82	1:19.35	1:17.27
11.	DE BECKER Loren	07 ZS	4:42.90	5:12.91	403	1:12.70	1:19.44	1:20.67	1:20.10
12.	CHIHAB Sanna	07 MOZKA	5:56.27	5:35.57	327	1:23.51	1:25.38	1:23.07	1:23.61
13.	STEFANOVA Silvia	07 ZVL	6:01.94	6:01.63	261	1:26.63	1:34.72	1:32.83	1:27.45