

Swimming Cup Zennevallei 2024  
Sint-Pieters-Leeuw, 6/10/2024

Programmanr. 14  
6/10/2024 - 15:30

Dames, 400m vrije slag

11 jaar en ouder  
Resultaten

Punten: FINA 2023

Rang					Inscr.	Tijd	Pnt
<b>11 - 12 jaar</b>							
1.	IANNINO Valentina				STZ/21150/12	4:58.70	<b>4:54.85</b> 482
	50m:	32.57	32.57	150m:	250m:	350m:	
	100m:	1:08.72	36.15	200m:	300m:	400m:	4:54.85
2.	AELEN Bente				STZ/21127/12	5:10.15	<b>5:10.50</b> 413
	50m:	34.12	34.12	150m:	250m:	350m:	
	100m:	1:12.22	38.10	200m:	300m:	400m:	5:10.50
3.	HUYBEN Isolde				TZT/21123/12	5:20.08	<b>5:17.77</b> 385
	50m:			150m:	250m:	350m:	
	100m:	1:15.60		200m:	300m:	400m:	5:17.77
4.	BRAEKEN Charlotte				ZGEEL/21167/12	5:52.75	<b>5:22.21</b> 369
	50m:	39.11	39.11	150m:	250m:	350m:	
	100m:	1:19.72	40.61	200m:	300m:	400m:	5:22.21
5.	VAN ROY Onah				ALZV/21139/13	5:29.82	<b>5:22.71</b> 368
	50m:			150m:	250m:	350m:	
	100m:	1:15.90		200m:	300m:	400m:	5:22.71
6.	D'HONDT Annelien				STZ/21182/12	6:04.14	<b>5:26.16</b> 356
	50m:			150m:	250m:	350m:	
	100m:	1:15.92		200m:	300m:	400m:	5:26.16
7.	CLAEYS Elena				TZT/21129/12	5:25.15	<b>5:26.20</b> 356
	50m:	37.35	37.35	150m:	250m:	350m:	
	100m:	1:17.68	40.33	200m:	300m:	400m:	5:26.20
8.	BIESEMANS Jana				ZIOS/21109/13	5:49.55	<b>5:54.37</b> 278
	50m:	38.55	38.55	150m:	250m:	350m:	
	100m:	1:22.83	44.28	200m:	300m:	400m:	5:54.37
9.	BOOGERS Noor				ZGEEL/21166/12	6:26.49	<b>5:57.52</b> 270
	50m:	40.75	40.75	150m:	250m:	350m:	
	100m:	1:25.77	45.02	200m:	300m:	400m:	5:57.52
10.	DECEUNINCK Emma				TZT/21122/13	6:00.76	<b>6:00.33</b> 264
	50m:	39.66	39.66	150m:	250m:	350m:	
	100m:	1:25.83	46.17	200m:	300m:	400m:	6:00.33
11.	VANDENBROUCKE Febe				TZT/21137/13	6:04.55	<b>6:03.60</b> 257
	50m:	40.19	40.19	150m:	250m:	350m:	
	100m:	1:27.26	47.07	200m:	300m:	400m:	6:03.60
12.	WOUTERS Dora				ZGEEL/21168/12	7:31.60	<b>6:19.07</b> 227
	50m:	44.06	44.06	150m:	250m:	350m:	
	100m:	1:32.02	47.96	200m:	300m:	400m:	6:19.07
<b>13 - 14 jaar</b>							
1.	DE BRUYCKER Chloë				TZT/21096/11	4:38.94	<b>4:36.77</b> 583
	50m:	32.59	32.59	150m:	250m:	350m:	
	100m:	1:08.36	35.77	200m:	300m:	400m:	4:36.77
2.	LAMMENS Mary				TZT/21095/11	4:35.75	<b>4:38.65</b> 571
	50m:			150m:	250m:	350m:	
	100m:	1:06.98		200m:	300m:	400m:	4:38.65

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

Rang					Inschr.	Tijd	Pnt
3.	DESMET Lieze				TZT/21077/10	4:44.87	<b>4:47.20</b> 522
	50m:		150m:	250m:		350m:	
	100m: 1:09.89		200m: 2:22.45	300m:		400m: 4:47.20	
4.	LINSKENS Elloise				TZT/21098/11	4:55.48	<b>4:52.59</b> 494
	50m:		150m:	250m:		350m:	
	100m: 1:10.29		200m: 2:26.10	300m:		400m: 4:52.59	
5.	MEULEMEESTER Nore				TZT/21101/11	4:52.69	<b>4:54.15</b> 486
	50m: 34.34	34.34	150m:	250m:		350m:	
	100m: 1:11.69	37.35	200m: 2:26.46	300m: 3:41.46		400m: 4:54.15	
6.	DARRAS Nina				TZT/21097/11	4:59.64	<b>5:05.32</b> 434
	50m:		150m:	250m:		350m:	
	100m: 1:12.20		200m: 2:30.10	300m:		400m: 5:05.32	
7.	VANLOMMEL Luisa Valentina				ZGEEL/21150/11	6:05.14	<b>5:33.33</b> 334
	50m:		150m:	250m:		350m:	
	100m: 1:19.23		200m: 2:43.73	300m:		400m: 5:33.33	
8.	COOLS Yelena				ZGEEL/21171/11	6:05.73	<b>5:38.32</b> 319
	50m: 38.81	38.81	150m:	250m:		350m:	
	100m: 1:21.55	42.74	200m: 2:49.08	300m: 4:16.96		400m: 5:38.32	
9.	LEYSEN Imke				ZGEEL/21152/11	5:50.27	<b>5:38.47</b> 319
	50m:		150m:	250m:		350m:	
	100m: 1:20.44		200m: 2:46.28	300m:		400m: 5:38.47	
10.	VALKENBORGHS Yanne				ZGEEL/21151/10	6:12.76	<b>5:51.58</b> 284
	50m: 40.08	40.08	150m: 1:24.74	250m:		350m:	
	100m:		200m:	300m: 2:54.30		400m: 5:51.58	
11.	HENNEAU Lotte				STZ/21180/10	NT	<b>6:03.91</b> 256
	50m:		150m:	250m:		350m:	
	100m: 1:17.09		200m: 2:50.08	300m:		400m: 6:03.91	
12.	WOUTERS Mit				ZGEEL/21163/10	6:08.20	<b>6:17.60</b> 229
	50m:		150m:	250m:		350m:	
	100m: 1:31.42		200m: 3:06.38	300m:		400m: 6:17.60	
13.	BRAMS Ann-Sophie				ALZV/21149/11	6:26.43	<b>6:21.42</b> 223
	50m:		150m:	250m:		350m:	
	100m: 1:31.16		200m: 3:07.89	300m:		400m: 6:21.42	

15 - 16 jaar

1.	DESMET Fien				TZT/21062/08	4:42.02	<b>4:47.39</b> 521
	50m:		150m:	250m:		350m:	
	100m: 1:09.47		200m: 2:22.81	300m:		400m: 4:47.39	
2.	DILLEN Norah				ZGEEL/21099/08	4:47.75	<b>4:52.19</b> 496
	50m:		150m:	250m:		350m:	
	100m: 1:09.97		200m: 2:23.94	300m:		400m: 4:52.19	
3.	BEGUE Mélissa				ZGEEL/21154/08	5:34.16	<b>5:23.16</b> 366
	50m: 36.78	36.78	150m:	250m:		350m:	
	100m: 1:17.41	40.63	200m: 2:39.84	300m:		400m: 5:23.16	
4.	MUYLAERT Yaelle				ZIOS/21111/09	7:26.92	<b>6:17.69</b> 229
	50m:		150m:	250m:		350m:	
	100m: 1:27.36		200m: 3:06.51	300m:		400m: 6:17.69	

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Programmanr. 14, Dames, 400m vrije slag

17 - 18 jaar

1. DRIES Sien				ZGEEL/21072/07	4:42.39	<b>4:45.10</b>	533
50m:	33.28	33.28	150m:		250m:	350m:	
100m:	1:09.22	35.94	200m:	2:20.91	300m:	400m:	4:45.10
2. OOMS Sari				ZGEEL/21041/07	4:50.50	<b>4:53.66</b>	488
50m:			150m:		250m:	350m:	
100m:	1:10.41		200m:	2:25.54	300m:	400m:	4:53.66
3. DE PEYPER Myrthe				ZIOS/21036/06	5:40.40	<b>5:31.80</b>	338
50m:			150m:		250m:	350m:	
100m:	1:18.48		200m:	2:44.10	300m:	400m:	5:31.80