

Internationaal Zwemfeest
Aarschot, 3/11/2024

Programmanr. 1
3/11/24 - 14:00

400m vrije slag

2015 en eerder
Resultaten

Rang			Geb.			Tijd	insch. tijd					
u65 - veteranen v45, Dames												
1.	Vandaele Tineke		75	ZIB		6:07.25	6:06.09					
	50m:	40.48	40.48	150m:	2:11.42	46.04	250m:	3:46.11	47.48	350m:	5:22.09	47.73
	100m:	1:25.38	44.90	200m:	2:58.63	47.21	300m:	4:34.36	48.25	400m:	6:07.25	45.16
u45 - veteranen v25, Dames												
1.	Van Eynde Kaat		95	ACH		5:29.76	5:30.00					
	50m:	35.07	35.07	150m:	1:55.08	41.15	250m:	3:20.59	43.13	350m:	4:47.56	43.63
	100m:	1:13.93	38.86	200m:	2:37.46	42.38	300m:	4:03.93	43.34	400m:	5:29.76	42.20
2.	Van den Bergh Quittry		93	ZVM		5:32.35	5:21.00					
	50m:	36.77	36.77	150m:	1:58.77	41.52	250m:	3:23.87	42.70	350m:	4:49.67	42.57
	100m:	1:17.25	40.48	200m:	2:41.17	42.40	300m:	4:07.10	43.23	400m:	5:32.35	42.68
3.	Theuwen Sandy		80	ACH		5:50.94	6:00.00					
	50m:	39.16	39.16	150m:	2:06.69	44.47	250m:	3:36.94	45.35	350m:	5:07.72	45.53
	100m:	1:22.22	43.06	200m:	2:51.59	44.90	300m:	4:22.19	45.25	400m:	5:50.94	43.22
4.	Goegebeur Sarah		96	BZV		6:00.99	5:52.96					
	50m:	39.93	39.93	150m:	2:09.10	45.40	250m:	3:42.12	46.54	350m:	5:15.76	46.87
	100m:	1:23.70	43.77	200m:	2:55.58	46.48	300m:	4:28.89	46.77	400m:	6:00.99	45.23
u17 - kadetten, Meisjes												
1.	Claeys Nette		08	VZO		4:54.13	4:57.17					
	50m:	33.47	33.47	150m:	1:47.16	36.91	250m:	3:01.85	37.41	350m:	4:16.97	37.50
	100m:	1:10.25	36.78	200m:	2:24.44	37.28	300m:	3:39.47	37.62	400m:	4:54.13	37.16
2.	Loncke Noor		08	VZO		5:03.39	4:59.17					
	50m:	34.22	34.22	150m:	1:49.76	38.85	250m:	3:07.34	39.59	350m:	4:25.08	39.17
	100m:	1:10.91	36.69	200m:	2:27.75	37.99	300m:	3:45.91	38.57	400m:	5:03.39	38.31
3.	Schillewaert Ofelia		08	VZO		5:11.82	4:56.69					
	50m:	35.23	35.23	150m:	1:53.02	39.50	250m:	3:13.59	40.85	350m:	4:33.52	41.19
	100m:	1:13.52	38.29	200m:	2:32.74	39.72	300m:	3:52.33	38.74	400m:	5:11.82	38.30
4.	Vermote Noor		09	VZN		5:40.19	5:45.38					
	50m:	37.80	37.80	150m:	2:05.58	44.74	250m:	3:34.81	44.15	350m:	5:02.74	43.72
	100m:	1:20.84	43.04	200m:	2:50.66	45.08	300m:	4:19.02	44.21	400m:	5:40.19	37.45
5.	Bertier Imany		08	VZN		6:13.17	6:12.28					
	50m:	40.02	40.02	150m:	2:14.46	48.47	250m:	3:51.01	48.11	350m:	5:28.38	49.51
	100m:	1:25.99	45.97	200m:	3:02.90	48.44	300m:	4:38.87	47.86	400m:	6:13.17	44.79
6.	Franssens Gaelle		09	VZN		6:29.28	NT					
	50m:	42.85	42.85	150m:	2:21.06	50.21	250m:	4:03.44	51.53	350m:	5:43.66	49.34
	100m:	1:30.85	48.00	200m:	3:11.91	50.85	300m:	4:54.32	50.88	400m:	6:29.28	45.62
7.	Maes Lore		08	DELFF		6:33.98	6:10.00					
	50m:	41.59	41.59	150m:	2:18.92	50.19	250m:	4:02.82	52.27	350m:	5:48.58	52.03
	100m:	1:28.73	47.14	200m:	3:10.55	51.63	300m:	4:56.55	53.73	400m:	6:33.98	45.40
u15 - miniemen, Meisjes												
1.	De Cuyper Femke		10	VZO		5:08.27	4:59.74					
	50m:	33.90	33.90	150m:	1:50.85	39.28	250m:	3:10.38	39.84	350m:	4:30.59	40.10
	100m:	1:11.57	37.67	200m:	2:30.54	39.69	300m:	3:50.49	40.11	400m:	5:08.27	37.68
2.	Declodet Hannah		11	ZIB		5:51.32	5:59.35					
	50m:	39.98	39.98	150m:	2:10.28	45.45	250m:	3:41.60	45.46	350m:	5:12.17	44.37
	100m:	1:24.83	44.85	200m:	2:56.14	45.86	300m:	4:27.80	46.20	400m:	5:51.32	39.15

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Programmanr. 1, Meisjes, 400m vrije slag, u15 - miniemen

Rang	Geb.		Tijd		insch. tijd						
3. Van Hecke Amber	10	VZO	5:53.38		5:57.23						
50m:	38.02	38.02	150m:	2:08.64	46.26	250m:	3:41.88	47.70	350m:	5:13.68	46.34
100m:	1:22.38	44.36	200m:	2:54.18	45.54	300m:	4:27.34	45.46	400m:	5:53.38	39.70
4. Van Eecke Astrid	10	VZN	6:24.12		6:32.29						
50m:	41.48	41.48	150m:	2:18.88	49.30	250m:	3:57.90	50.58	350m:	5:37.41	49.21
100m:	1:29.58	48.10	200m:	3:07.32	48.44	300m:	4:48.20	50.30	400m:	6:24.12	46.71

u13 - benjamins, Meisjes

1. Moyaert Lotte	12	VZO	5:44.38		6:18.63						
50m:	39.58	39.58	150m:	2:05.70	43.00	250m:	3:35.63	45.52	350m:	5:04.75	44.43
100m:	1:22.70	43.12	200m:	2:50.11	44.41	300m:	4:20.32	44.69	400m:	5:44.38	39.63
2. Droissart Nette	15	BZV	6:47.15		7:33.73						
50m:	43.96	43.96	150m:	2:26.36	52.23	250m:	4:11.68	52.49	350m:	5:59.38	54.43
100m:	1:34.13	50.17	200m:	3:19.19	52.83	300m:	5:04.95	53.27	400m:	6:47.15	47.77
3. Bultinck Inte	13	BZV	6:49.81		NT						
50m:	40.86	40.86	150m:	3:22.05	1:52.75	250m:	4:12.11	55.25	350m:	6:02.14	53.09
100m:	1:29.30	48.44	200m:	3:16.86		300m:	5:09.05	56.94	400m:	6:49.81	47.67
4. Cnockaert Ella	12	VZN	7:22.48		NT						
50m:	44.66	44.66	150m:	2:35.59	56.38	250m:	4:31.69	58.30	350m:	6:29.08	58.61
100m:	1:39.21	54.55	200m:	3:33.39	57.80	300m:	5:30.47	58.78	400m:	7:22.48	53.40
5. Tetaj Dea	14	VZO	7:29.00		7:40.02						
50m:	46.06	46.06	150m:	2:39.40	58.02	250m:	4:36.19	58.85	350m:	6:34.53	59.81
100m:	1:41.38	55.32	200m:	3:37.34	57.94	300m:	5:34.72	58.53	400m:	7:29.00	54.47
6. Loncke Roos	12	VZO	7:33.31		8:22.07						
50m:	46.70	46.70	150m:	2:40.70	58.77	250m:	4:37.29	59.03	350m:	6:35.89	58.54
100m:	1:41.93	55.23	200m:	3:38.26	57.56	300m:	5:37.35	1:00.06	400m:	7:33.31	57.42
dis Vervaecke Noa	14	VZO			8:16.25						
<i>SW10-WE2 - de volledige afstand niet verzwommen</i>											
50m:	47.28	47.28	150m:			250m:			350m:		
100m:	1:45.41	58.13	200m:			300m:			400m:		

u65 - veteranen v45, Heren

1. Vermeulen Gerry	78	DELFF	5:46.63		6:07.14						
50m:	35.72	35.72	150m:	2:06.53	46.66	250m:	3:39.18	46.33	350m:	5:08.66	43.72
100m:	1:19.87	44.15	200m:	2:52.85	46.32	300m:	4:24.94	45.76	400m:	5:46.63	37.97
2. Deschamps Léo	69	CNMR	6:03.28		5:53.13						
50m:	42.95	42.95	150m:	2:14.80	46.07	250m:	3:47.45	46.15	350m:	5:19.52	45.85
100m:	1:28.73	45.78	200m:	3:01.30	46.50	300m:	4:33.67	46.22	400m:	6:03.28	43.76

u45 - veteranen v25, Heren

1. Corten David	85	ZVM	4:56.47		4:41.50						
50m:	32.79	32.79	150m:	1:47.97	37.97	250m:	3:04.19	37.97	350m:	4:20.12	38.15
100m:	1:10.00	37.21	200m:	2:26.22	38.25	300m:	3:41.97	37.78	400m:	4:56.47	36.35
2. De Vries Wim	81	ACH	6:58.13		6:30.00						
50m:	41.24	41.24	150m:	2:22.08	52.50	250m:	4:10.52	54.08	350m:	6:04.31	56.32
100m:	1:29.58	48.34	200m:	3:16.44	54.36	300m:	5:07.99	57.47	400m:	6:58.13	53.82

u25 - seniors, Heren

1. Lungu Teodor	03	CNMR	5:26.25		5:43.15						
50m:	34.48	34.48	150m:	1:57.00	41.91	250m:	3:21.58	42.17	350m:	4:45.10	41.23
100m:	1:15.09	40.61	200m:	2:39.41	42.41	300m:	4:03.87	42.29	400m:	5:26.25	41.15

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Programmanr. 1, Heren, 400m vrije slag, u25 - seniors

Rang	Geb.		Tijd	insch. tijd						
2. Herry Thibault	02	CNL	5:30.90	6:10.84						
50m:	34.70	34.70	150m: 1:54.74	41.57	250m: 3:22.11	44.28	350m: 4:50.70	44.53		
100m:	1:13.17	38.47	200m: 2:37.83	43.09	300m: 4:06.17	44.06	400m: 5:30.90	40.20		

u19 - pupillen, Jongens

1. Dibiani Ahmed	07	CNMR	5:47.73	6:09.09						
50m:	36.98	36.98	150m: 2:03.96	44.61	250m: 3:34.98	46.29	350m: 5:04.12	43.83		
100m:	1:19.35	42.37	200m: 2:48.69	44.73	300m: 4:20.29	45.31	400m: 5:47.73	43.61		

u17 - kadetten, Jongens

1. Dumon Tiebert	08	ZIB	4:45.95	4:40.94						
50m:	32.36	32.36	150m: 1:45.09	36.83	250m: 2:59.85	37.38	350m: 4:13.13	36.41		
100m:	1:08.26	35.90	200m: 2:22.47	37.38	300m: 3:36.72	36.87	400m: 4:45.95	32.82		
2. Duprez Zane	08	VZN	4:50.94	5:08.92						
50m:	32.61	32.61	150m: 1:45.83	37.25	250m: 3:00.61	37.75	350m: 4:15.58	37.31		
100m:	1:08.58	35.97	200m: 2:22.86	37.03	300m: 3:38.27	37.66	400m: 4:50.94	35.36		
3. Organai Cascon Matteo	08	CNMR	5:11.57	5:20.71						
50m:	33.04	33.04	150m: 1:51.16	40.20	250m: 3:12.87	40.68	350m: 4:35.47	41.28		
100m:	1:10.96	37.92	200m: 2:32.19	41.03	300m: 3:54.19	41.32	400m: 5:11.57	36.10		
4. Daele Liam	08	VZO	5:22.66	5:34.05						
50m:	35.85	35.85	150m: 1:57.09	41.87	250m: 3:20.59	42.22	350m: 4:43.35	41.79		
100m:	1:15.22	39.37	200m: 2:38.37	41.28	300m: 4:01.56	40.97	400m: 5:22.66	39.31		
5. Ilsbroux Thijs	08	VZT	5:26.77	NT						
50m:	34.92	34.92	150m: 1:56.17	41.93	250m: 3:20.81	42.35	350m: 4:46.46	42.87		
100m:	1:14.24	39.32	200m: 2:38.46	42.29	300m: 4:03.59	42.78	400m: 5:26.77	40.31		
6. Lheureux Lucas	08	CNL	5:26.95	NT						
50m:	35.21	35.21	150m: 1:55.82	41.61	250m: 3:21.69	43.39	350m: 4:45.31	42.65		
100m:	1:14.21	39.00	200m: 2:38.30	42.48	300m: 4:02.66	40.97	400m: 5:26.95	41.64		
7. Organai Cascon Lucca	09	CNMR	5:46.06	6:12.42						
50m:	34.84	34.84	150m: 1:59.88	43.70	250m: 3:29.70	44.86	350m: 5:01.63	45.25		
100m:	1:16.18	41.34	200m: 2:44.84	44.96	300m: 4:16.38	46.68	400m: 5:46.06	44.43		
8. Bastin Louis	09	CNL	6:06.06	NT						
50m:	37.20	37.20	150m: 2:05.19	45.04	250m: 3:39.46	45.97	350m: 5:17.18	48.14		
100m:	1:20.15	42.95	200m: 2:53.49	48.30	300m: 4:29.04	49.58	400m: 6:06.06	48.88		
9. Van Damme Vince	09	CNMR	6:25.06	6:10.99						
50m:	39.10	39.10	150m: 2:11.22	47.41	250m: 3:49.34	49.48	350m: 5:35.04	50.90		
100m:	1:23.81	44.71	200m: 2:59.86	48.64	300m: 4:44.14	54.80	400m: 6:25.06	50.02		
dis Messaoudi Hamza	08	CNMR	6:45.66	7:10.99						
<i>SW4-ST4 - Starthouding, stilstaand niet onmiddellijk met 1 voet aan de voorzijde van het startblok aangenomen (na het comando "op uw plaatsen" van de starter</i>										
50m:	45.57	45.57	150m: 2:18.82	51.86	250m: 4:05.09	53.77	350m: 5:55.81	55.92		
100m:	1:26.96	41.39	200m: 3:11.32	52.50	300m: 4:59.89	54.80	400m: 6:45.66	49.85		

u15 - miniemen, Jongens

1. Vylders Bram	10	VZN	6:03.63	6:18.92						
50m:	38.41	38.41	150m: 2:08.44	45.85	250m: 3:43.06	48.12	350m: 5:17.00	46.56		
100m:	1:22.59	44.18	200m: 2:54.94	46.50	300m: 4:30.44	47.38	400m: 6:03.63	46.63		
2. Verbruggen Liam	11	ZVM	6:05.53	6:32.13						
50m:	40.08	40.08	150m: 2:15.40	48.28	250m: 3:49.33	47.06	350m: 5:23.62	47.16		
100m:	1:27.12	47.04	200m: 3:02.27	46.87	300m: 4:36.46	47.13	400m: 6:05.53	41.91		
3. Organai Cascon Marko	11	CNMR	6:16.74	6:53.01						
50m:	37.00	37.00	150m: 2:08.09	47.34	250m: 3:48.02	1:11.08	350m: 5:29.48	49.44		
100m:	1:20.75	43.75	200m: 2:36.94	28.85	300m: 4:40.04	52.02	400m: 6:16.74	47.26		

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Programmanr. 1, Jongens, 400m vrije slag, u15 - miniemen

Rang	Geb.		Tijd	insch. tijd							
4. De Vries Wannes	11	ACH	6:21.05	6:30.00							
50m:	40.56	40.56	150m:	2:16.92	48.77	250m:	3:56.26	49.55	350m:	5:35.72	49.65
100m:	1:28.15	47.59	200m:	3:06.71	49.79	300m:	4:46.07	49.81	400m:	6:21.05	45.33
5. Bustelo Leandro	10	CNMR	6:43.47	7:15.99							
50m:	39.47	39.47	150m:	2:19.47	52.81	250m:	4:09.00	53.47	350m:	5:55.53	54.00
100m:	1:26.66	47.19	200m:	3:15.53	56.06	300m:	5:01.53	52.53	400m:	6:43.47	47.94

u13 - benjamins, Jongens

1. Lamaire Lucas	13	VZN	5:49.89	NT							
50m:	38.78	38.78	150m:	2:07.00	45.28	250m:	3:37.71	45.90	350m:	5:08.81	45.32
100m:	1:21.72	42.94	200m:	2:51.81	44.81	300m:	4:23.49	45.78	400m:	5:49.89	41.08
dis Vereycken Bruce	13	ACH	7:26.06	8:00.00							
<i>SW10-WE9 - Bovenrand van de zwembadmuur gebruikt, aan de zwemlijnen getrokken, gebruik gemaakt van hulpmiddelen (dragen van niet toegelaten kledij, drijf verhogende zaken of tape op het lichaam)</i>											
50m:	47.92	47.92	150m:	2:39.89	56.31	250m:	4:36.11	58.94	350m:	6:32.67	57.21
100m:	1:43.58	55.66	200m:	3:37.17	57.28	300m:	5:35.46	59.35	400m:	7:26.06	53.39