

Nationale zwemkampioenschappen / Championnat de natation national  
Blankenberge, 16 - 17/11/2024

Programmanr. 23  
17/11/24 - 11:16

Dames, 400m vrije slag

open leeftijdsgroep  
Resultaten

Fros/ffn 50m: 6:46.00 - 25m: 6:46.00

Rang	Geb.		Tijd	insch. tijd						
1. DE CUYPER Femke	10	VZO	<b>4:54.88</b>	4:59.74						
50m: 33.52	33.52	150m: 1:48.06	37.74	250m: 3:03.75	37.90	350m: 4:19.10	37.08			
100m: 1:10.32	36.80	200m: 2:25.85	37.79	300m: 3:42.02	38.27	400m: 4:54.88	35.78			
2. LONCKE Noor	08	VZO	<b>4:58.18</b>	4:59.17						
50m: 33.25	33.25	150m: 1:47.43	37.80	250m: 3:03.78	37.97	350m: 4:20.54	37.91			
100m: 1:09.63	36.38	200m: 2:25.81	38.38	300m: 3:42.63	38.85	400m: 4:58.18	37.64			
3. DE VOS Kaat	08	VZG	<b>5:11.44</b>	5:17.12						
50m: 34.89	34.89	150m: 1:52.17	39.01	250m: 3:12.17	39.88	350m: 4:32.97	40.31			
100m: 1:13.16	38.27	200m: 2:32.29	40.12	300m: 3:52.66	40.49	400m: 5:11.44	38.47			
4. DE TROYER Flavie	08	VZG	<b>5:13.73</b>	5:28.82						
50m: 34.98	34.98	150m: 1:53.67	39.57	250m: 3:14.38	40.24	350m: 4:36.31	41.36			
100m: 1:14.10	39.12	200m: 2:34.14	40.47	300m: 3:54.95	40.57	400m: 5:13.73	37.42			
5. DE PUE Ine	99	VZSA	<b>5:25.46</b>	5:26.36						
50m: 34.66	34.66	150m: 1:55.55	43.00	250m: 3:19.63	42.29	350m: 4:44.69	42.79			
100m: 1:14.41	39.75	200m: 2:37.34	43.79	300m: 4:01.90	42.27	400m: 5:25.46	40.77			
6. MOYAERT Lotte	12	VZO	<b>5:42.05</b>	5:44.38						
50m: 38.37	38.37	150m: 2:03.34	43.00	250m: 3:31.47	44.35	350m: 5:00.26	44.07			
100m: 1:20.34	41.97	200m: 2:47.12	43.78	300m: 4:16.19	44.72	400m: 5:42.05	41.79			
7. DECLOEDT Hannah	11	ZIB	<b>5:43.85</b>	5:51.32						
50m: 38.42	38.42	150m: 2:07.92	44.79	250m: 3:35.02	43.77	350m: 5:04.18	44.87			
100m: 1:23.13	44.71	200m: 2:51.25	43.33	300m: 4:19.31	44.29	400m: 5:43.85	39.67			
8. VANDAELE Tineke	75	ZIB	<b>5:57.28</b>	6:06.09						
50m: 38.86	38.86	150m: 2:08.72	45.69	250m: 3:40.50	46.22	350m: 5:14.33	46.83			
100m: 1:23.03	44.17	200m: 2:54.28	45.56	300m: 4:27.50	47.00	400m: 5:57.28	42.95			
9. DE ROOSE Sarah	96	VZR	<b>6:25.16</b>	6:08.81						
50m: 40.11	40.11	150m: 2:12.22	46.95	250m: 3:50.97	49.33	350m: 5:34.84	52.42			
100m: 1:25.27	45.16	200m: 3:01.64	49.42	300m: 4:42.42	51.45	400m: 6:25.16	50.32			