

ZCT Kerstprij 2024  
Tremelo, 15/12/2024

Programmanr. 3  
15/12/2024 - 15:14

Dames, 400m vrije slag

11 jaar en ouder  
Resultaten

Punten: FINA 2023

Rang	Inschr.	Tijd	Pnt
<b>11-12 jaar</b>			
1. Van Roy Onah	ALZV/21139/13 5:20.06	<b>5:18.03</b>	384
50m:	150m:	250m:	350m:
100m: 1:15.37	200m: 2:37.48	300m:	400m: 5:18.03
2. Wyffels Louise Marie	DDAT/21150/13 5:36.92	<b>5:28.93</b>	347
50m:	150m:	250m:	350m:
100m: 1:19.33	200m: 2:44.01	300m:	400m: 5:28.93
3. De Laet Eline	HZA/21101/12 5:58.69	<b>5:35.99</b>	326
50m:	150m:	250m:	350m:
100m: 1:19.96	200m: 2:47.74	300m:	400m: 5:35.99
4. Lembrechts Lara	HZA/21102/13 6:07.73	<b>5:59.97</b>	265
50m:	150m:	250m:	350m:
100m: 1:22.50	200m: 2:56.03	300m:	400m: 5:59.97
5. Herbots Eleonore	LAQUA/21620/136:25.09	<b>6:36.98</b>	197
50m:	150m:	250m:	350m:
100m: 1:30.22	200m: 3:14.78	300m:	400m: 6:36.98
6. Mahieu Pauline	ZCT/21190/13 7:04.44	<b>6:47.09</b>	183
50m:	150m:	250m:	350m:
100m: 1:33.76	200m: 3:18.59	300m:	400m: 6:47.09
7. Schaerlaeken Noor	ZCK/22121/13 7:21.90	<b>6:49.57</b>	180
50m:	150m:	250m:	350m:
100m: 1:36.07	200m: 3:24.57	300m:	400m: 6:49.57
8. Claes Loes	KAZS/21189/13 8:39.45	<b>7:42.82</b>	124
50m:	150m:	250m:	350m:
100m: 1:50.24	200m: 3:50.36	300m:	400m: 7:42.82
9. Ruta Stefania	KAZS/21216/13 8:24.06	<b>8:07.50</b>	106
50m:	150m:	250m:	350m:
100m: 1:50.65	200m: 3:59.40	300m:	400m: 8:07.50
10. Willen Luna	KAZS/21221/13 NT	<b>8:10.00</b>	105
50m:	150m:	250m:	350m:
100m: 1:55.36	200m: 3:57.51	300m:	400m: 8:10.00
11. Luyten Isolde	KAZS/21203/13 NT	<b>8:45.47</b>	85
50m:	150m:	250m:	350m:
100m: 1:51.65	200m:	300m:	400m: 8:45.47

**13-14 jaar**

1. Nsubuga Sofia	DDAT/21172/11 5:28.22	<b>5:24.34</b>	362
50m:	150m:	250m:	350m:
100m: 1:17.67	200m: 2:40.46	300m:	400m: 5:24.34
2. Jacobs Roxanne	ZCK/22103/10 5:55.50	<b>5:44.11</b>	303
50m:	150m:	250m:	350m:
100m: 1:23.90	200m: 2:51.53	300m:	400m: 5:44.11
3. De Tollenaere Laura	ZCK/22135/11 NT	<b>6:30.44</b>	207
50m:	150m:	250m:	350m:
100m: 1:32.05	200m: 3:13.30	300m:	400m: 6:30.44
4. Schaerlaeken Lana	ZCK/22111/11 6:56.38	<b>6:34.63</b>	201
50m:	150m:	250m:	350m:
100m: 1:31.91	200m: 3:13.87	300m:	400m: 6:34.63

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Programmanr. 3, Dames, 400m vrije slag

15-16 jaar

1. Jacobs Laurien	ZCK/22082/08	5:16.67	<b>5:13.43</b>	401
50m:	150m:	250m:	350m:	
100m: 1:13.53	200m: 2:32.96	300m:	400m: 5:13.43	
2. Pillet Annelies	DDAT/21097/08	5:20.49	<b>5:28.59</b>	348
50m:	150m:	250m:	350m:	
100m: 1:15.00	200m: 2:36.95	300m:	400m: 5:28.59	

17 jaar en ouder

1. Trioen Joke	DDAT/20279/02	4:57.40	<b>5:00.91</b>	454
50m:	150m:	250m:	350m:	
100m: 1:12.56	200m: 2:28.41	300m:	400m: 5:00.91	