

Midwintertest 2024
Aalst, 21/12/2024

Programmanr. 13
21/12/2024 - 16:11

Dames, 400m vrije slag

open leeftijdsgroep
Resultaten

Punten: FINA 2023

| Rang | Geb. | Tijd | Pnt | 100m | 200m | 300m | 400m | |
|------|------------------------------|---------------------------|--------------------|---------|---------------|---------|---------------|-------|
| 1. | Vanderbeke Hasse 08 | Aalsters Swimming Team | 4:55.04 514 | 1:08.86 | 1:15.97 | 1:16.40 | 1:13.81 | |
| | 50m: 32.74 | 32.74 | 150m: 1:46.82 | 37.96 | 250m: 3:02.95 | 38.12 | 350m: 4:19.59 | 38.36 |
| | 100m: 1:08.86 | 36.12 | 200m: 2:24.83 | 38.01 | 300m: 3:41.23 | 38.28 | 400m: 4:55.04 | 35.45 |
| 2. | Thys Lena 11 | K. Aarschotse Zwemclub S | 5:00.65 486 | 1:12.03 | 1:17.19 | 1:17.05 | 1:14.38 | |
| | 50m: 34.11 | 34.11 | 150m: 1:50.65 | 38.62 | 250m: 3:07.67 | 38.45 | 350m: 4:24.54 | 38.27 |
| | 100m: 1:12.03 | 37.92 | 200m: 2:29.22 | 38.57 | 300m: 3:46.27 | 38.60 | 400m: 5:00.65 | 36.11 |
| 3. | Rutsaert Emily 12 | Swimming Team Aalter | 5:05.55 463 | 1:14.08 | 1:18.66 | 1:17.83 | 1:14.98 | |
| | 50m: 35.35 | 35.35 | 150m: 1:53.50 | 39.42 | 250m: 3:11.85 | 39.11 | 350m: 4:28.80 | 38.23 |
| | 100m: 1:14.08 | 38.73 | 200m: 2:32.74 | 39.24 | 300m: 3:50.57 | 38.72 | 400m: 5:05.55 | 36.75 |
| 4. | Bayens Nina 12 | Zwemclub De Kikkertjes Ni | 5:18.06 410 | 1:15.51 | 1:22.25 | 1:23.07 | 1:17.23 | |
| | 50m: 34.99 | 34.99 | 150m: 1:56.67 | 41.16 | 250m: 3:19.26 | 41.50 | 350m: 4:41.82 | 40.99 |
| | 100m: 1:15.51 | 40.52 | 200m: 2:37.76 | 41.09 | 300m: 4:00.83 | 41.57 | 400m: 5:18.06 | 36.24 |
| 5. | Van Doorne Lore 11 | Swimming Team Aalter | 5:24.25 387 | 1:18.56 | 1:23.30 | 1:23.07 | 1:19.32 | |
| | 50m: 37.02 | 37.02 | 150m: 2:00.30 | 41.74 | 250m: 3:23.24 | 41.38 | 350m: 4:45.48 | 40.55 |
| | 100m: 1:18.56 | 41.54 | 200m: 2:41.86 | 41.56 | 300m: 4:04.93 | 41.69 | 400m: 5:24.25 | 38.77 |
| 6. | Berkein Alessia 12 | Swimming Team Aalter | 5:27.54 375 | 1:16.58 | 1:25.02 | 1:23.85 | 1:22.09 | |
| | 50m: 35.69 | 35.69 | 150m: 1:59.20 | 42.62 | 250m: 3:23.52 | 41.92 | 350m: 4:47.53 | 42.08 |
| | 100m: 1:16.58 | 40.89 | 200m: 2:41.60 | 42.40 | 300m: 4:05.45 | 41.93 | 400m: 5:27.54 | 40.01 |
| 7. | Bullen Lotte 11 | Zwemclub De Kikkertjes Ni | 5:28.62 372 | 1:17.72 | 1:24.28 | 1:26.30 | 1:20.32 | |
| | 50m: 37.07 | 37.07 | 150m: 1:59.21 | 41.49 | 250m: 3:24.74 | 42.74 | 350m: 4:49.50 | 41.20 |
| | 100m: 1:17.72 | 40.65 | 200m: 2:42.00 | 42.79 | 300m: 4:08.30 | 43.56 | 400m: 5:28.62 | 39.12 |
| 8. | Loncke Jutta 13 | Swimming Team Aalter | 5:29.02 370 | 1:20.09 | 1:25.66 | 1:25.05 | 1:18.22 | |
| | 50m: 37.73 | 37.73 | 150m: 2:02.42 | 42.33 | 250m: 3:28.16 | 42.41 | 350m: 4:51.03 | 40.23 |
| | 100m: 1:20.09 | 42.36 | 200m: 2:45.75 | 43.33 | 300m: 4:10.80 | 42.64 | 400m: 5:29.02 | 37.99 |
| 9. | Van De Winkel Lola 12 | Aquarius Zwemclub Lebbel | 5:30.83 364 | 1:17.85 | 1:25.43 | 1:24.56 | 1:22.99 | |
| | 50m: 36.30 | 36.30 | 150m: 2:00.75 | 42.90 | 250m: 3:25.39 | 42.11 | 350m: 4:50.32 | 42.48 |
| | 100m: 1:17.85 | 41.55 | 200m: 2:43.28 | 42.53 | 300m: 4:07.84 | 42.45 | 400m: 5:30.83 | 40.51 |
| 10. | De Jong Suzan 13 | Zwemschool Antwerpen Lie | 5:33.35 356 | 1:16.50 | 1:26.07 | 1:27.86 | 1:22.92 | |
| | 50m: 35.37 | 35.37 | 150m: 1:59.29 | 42.79 | 250m: 3:26.29 | 43.72 | 350m: 4:52.52 | 42.09 |
| | 100m: 1:16.50 | 41.13 | 200m: 2:42.57 | 43.28 | 300m: 4:10.43 | 44.14 | 400m: 5:33.35 | 40.83 |
| 11. | Buyle Laure 11 | Swimming Team Aalter | 5:33.89 354 | 1:20.16 | 1:27.38 | 1:22.39 | 1:23.96 | |
| | 50m: 37.29 | 37.29 | 150m: 2:04.47 | 44.31 | 250m: 3:29.29 | 41.75 | 350m: 4:51.88 | 41.95 |
| | 100m: 1:20.16 | 42.87 | 200m: 2:47.54 | 43.07 | 300m: 4:09.93 | 40.64 | 400m: 5:33.89 | 42.01 |
| 12. | Van Ghelue Rinske 10 | Flanders Inter Regio Swim | 5:42.13 329 | 1:19.71 | 1:28.88 | 1:27.99 | 1:25.55 | |
| | 50m: 37.37 | 37.37 | 150m: 2:03.69 | 43.98 | 250m: 3:32.53 | 43.94 | 350m: 5:00.16 | 43.58 |
| | 100m: 1:19.71 | 42.34 | 200m: 2:48.59 | 44.90 | 300m: 4:16.58 | 44.05 | 400m: 5:42.13 | 41.97 |
| 13. | Vander Mijsbrugge Lore 12 | Aquarius Zwemclub Lebbel | 5:43.40 326 | 1:17.23 | 1:27.84 | 1:32.29 | 1:26.04 | |
| | 50m: 35.08 | 35.08 | 150m: 2:01.41 | 44.18 | 250m: 3:30.96 | 45.89 | 350m: 5:02.17 | 44.81 |
| | 100m: 1:17.23 | 42.15 | 200m: 2:45.07 | 43.66 | 300m: 4:17.36 | 46.40 | 400m: 5:43.40 | 41.23 |
| 14. | Degrande An 12 | Flanders Inter Regio Swim | 5:46.11 318 | 1:20.43 | 1:29.61 | 1:29.39 | 1:26.68 | |
| | 50m: 38.07 | 38.07 | 150m: 2:05.32 | 44.89 | 250m: 3:34.43 | 44.39 | 350m: 5:04.27 | 44.84 |
| | 100m: 1:20.43 | 42.36 | 200m: 2:50.04 | 44.72 | 300m: 4:19.43 | 45.00 | 400m: 5:46.11 | 41.84 |
| 15. | De Groote Liesl 10 | Zwemclub De Kikkertjes Ni | 5:47.14 315 | 1:19.52 | 1:30.66 | 1:31.25 | 1:25.71 | |
| | 50m: 36.80 | 36.80 | 150m: 2:04.47 | 44.95 | 250m: 3:35.45 | 45.27 | 350m: 5:06.69 | 45.26 |
| | 100m: 1:19.52 | 42.72 | 200m: 2:50.18 | 45.71 | 300m: 4:21.43 | 45.98 | 400m: 5:47.14 | 40.45 |
| 16. | Velieva Eliz 09 | Flanders Inter Regio Swim | 5:55.98 292 | 1:24.90 | 1:31.68 | 1:31.45 | 1:27.95 | |
| | 50m: 40.37 | 40.37 | 150m: 2:10.57 | 45.67 | 250m: 3:42.54 | 45.96 | 350m: 5:12.12 | 44.09 |
| | 100m: 1:24.90 | 44.53 | 200m: 2:56.58 | 46.01 | 300m: 4:28.03 | 45.49 | 400m: 5:55.98 | 43.86 |
| 17. | Menu Nina 13 | Flanders Inter Regio Swim | 5:58.56 286 | 1:25.46 | 1:34.42 | 1:31.86 | 1:26.82 | |
| | 50m: 40.18 | 40.18 | 150m: 2:11.97 | 46.51 | 250m: 3:45.13 | 45.25 | 350m: 5:15.57 | 43.83 |
| | 100m: 1:25.46 | 45.28 | 200m: 2:59.88 | 47.91 | 300m: 4:31.74 | 46.61 | 400m: 5:58.56 | 42.99 |
| 18. | De Wulf Alexine 12 | Swimming Team Aalter | 5:58.69 286 | 1:27.18 | 1:33.08 | 1:32.62 | 1:25.81 | |
| | 50m: 40.98 | 40.98 | 150m: 2:13.75 | 46.57 | 250m: 3:47.14 | 46.88 | 350m: 5:17.26 | 44.38 |
| | 100m: 1:27.18 | 46.20 | 200m: 3:00.26 | 46.51 | 300m: 4:32.88 | 45.74 | 400m: 5:58.69 | 41.43 |
| 19. | Van Dorpe Ada 11 | Koninklijke Zwemclub Nept | 5:59.10 285 | 1:22.70 | 1:32.80 | 1:35.10 | 1:28.50 | |
| | 50m: 38.52 | 38.52 | 150m: 2:08.77 | 46.07 | 250m: 3:42.71 | 47.21 | 350m: 5:16.21 | 45.61 |
| | 100m: 1:22.70 | 44.18 | 200m: 2:55.50 | 46.73 | 300m: 4:30.60 | 47.89 | 400m: 5:59.10 | 42.89 |

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Aalst, 21/12/2024

Programmanr. 13, Dames, 400m vrije slag, open leeftijdsgroep

| Rang | Geb. | Tijd | Pnt | 100m | 200m | 300m | 400m | | |
|-----------------------------|------|--|-------|---------------|---------|---------------|---------|---------------|---------|
| 20. Velghe Lauren | 12 | Flanders Inter Regio Swim 6:05.12 | | 271 | 1:27.42 | 1:34.93 | 1:33.93 | 1:28.84 | |
| | | 50m: 41.22 | 41.22 | 150m: 2:14.73 | 47.31 | 250m: 3:49.50 | 47.15 | 350m: 5:22.53 | 46.25 |
| | | 100m: 1:27.42 | 46.20 | 200m: 3:02.35 | 47.62 | 300m: 4:36.28 | 46.78 | 400m: 6:05.12 | 42.59 |
| 21. Hens Stien | 12 | Flanders Inter Regio Swim 6:07.27 | | 266 | 1:29.83 | 1:33.81 | 1:35.15 | 1:28.48 | |
| | | 50m: 42.22 | 42.22 | 150m: 2:16.18 | 46.35 | 250m: 3:51.24 | 47.60 | 350m: 5:23.32 | 44.53 |
| | | 100m: 1:29.83 | 47.61 | 200m: 3:03.64 | 47.46 | 300m: 4:38.79 | 47.55 | 400m: 6:07.27 | 43.95 |
| 22. De Bock Aude | 11 | Flanders Inter Regio Swim 6:11.54 | | 257 | 1:27.31 | 1:36.26 | 1:34.16 | 1:33.81 | |
| | | 50m: 40.68 | 40.68 | 150m: 2:14.86 | 47.55 | 250m: 3:50.16 | 46.59 | 350m: 5:25.27 | 47.54 |
| | | 100m: 1:27.31 | 46.63 | 200m: 3:03.57 | 48.71 | 300m: 4:37.73 | 47.57 | 400m: 6:11.54 | 46.27 |
| 23. Buyle Geike | 13 | Swimming Team Aalter 6:12.23 | | 256 | 1:28.24 | 1:33.84 | 1:36.69 | 1:33.46 | |
| | | 50m: 41.22 | 41.22 | 150m: 2:14.43 | 46.19 | 250m: 3:50.69 | 48.61 | 350m: 5:26.55 | 47.78 |
| | | 100m: 1:28.24 | 47.02 | 200m: 3:02.08 | 47.65 | 300m: 4:38.77 | 48.08 | 400m: 6:12.23 | 45.68 |
| 24. Mertens Xiana | 12 | Flemish Ardennes Swimmi 6:27.33 | | r227 | 1:28.12 | 1:38.70 | 1:41.36 | 1:39.15 | |
| | | 50m: 40.54 | 40.54 | 150m: 2:16.82 | 48.70 | 250m: 3:57.32 | 50.50 | 350m: 5:38.81 | 50.63 |
| | | 100m: 1:28.12 | 47.58 | 200m: 3:06.82 | 50.00 | 300m: 4:48.18 | 50.86 | 400m: 6:27.33 | 48.52 |
| 25. Van Nieuwenhuysen Lotte | 12 | Koninklijke Zwemclub Neptunus 6:29.15 | | 224 | 1:33.52 | 1:42.44 | 1:41.74 | 1:31.45 | |
| | | 50m: 43.81 | 43.81 | 150m: 2:25.25 | 51.73 | 250m: 4:07.41 | 51.45 | 350m: 5:45.72 | 48.02 |
| | | 100m: 1:33.52 | 49.71 | 200m: 3:15.96 | 50.71 | 300m: 4:57.70 | 50.29 | 400m: 6:29.15 | 43.43 |
| 26. Legrand Alicia | 12 | Koninklijke Zwemclub Neptunus 6:32.12 | | 219 | 1:34.49 | 1:41.50 | 1:41.09 | 1:35.04 | |
| | | 50m: 44.86 | 44.86 | 150m: 2:25.05 | 50.56 | 250m: 4:06.51 | 50.52 | 350m: 5:45.32 | 48.24 |
| | | 100m: 1:34.49 | 49.63 | 200m: 3:15.99 | 50.94 | 300m: 4:57.08 | 50.57 | 400m: 6:32.12 | 46.80 |
| 27. Guldemont Nell | 11 | Zwemclub De Kikkertjes Neptunus 6:35.36 | | 213 | 1:22.01 | 1:34.78 | 1:38.68 | 1:59.89 | |
| | | 50m: 38.22 | 38.22 | 150m: 2:08.61 | 46.60 | 250m: 3:46.88 | 50.09 | 350m: 5:44.78 | 1:09.31 |
| | | 100m: 1:22.01 | 43.79 | 200m: 2:56.79 | 48.18 | 300m: 4:35.47 | 48.59 | 400m: 6:35.36 | 50.58 |