

4° dag Regionaal Criterium "H.Lecluyse"
Stedelijk Zwembad " DE Pluimen", 9/3/2025

Programmanr. 4
9/03/2025 - 15:06

Dames, 400m wisselslag

11 jaar en ouder
Resultaten

Punten: AQUA 2024

Rang							Inschr.	Tijd	Pnt				
11 jaar													
1.	VANSTEENKISTE, Marilou						IKZ/21156/14	NT	7:03.40	228			
	50m:	48.18	48.18	150m:	2:42.08	53.66	250m:	4:32.73	58.12	350m:	6:18.21	47.31	
	100m:	1:48.42	1:00.24	200m:	3:34.61	52.53	300m:	5:30.90	58.17	400m:	7:03.40	45.19	
2.	DERVAUX, Ella						MZK/21161/14	NT	7:43.63	174			
	50m:	55.26	55.26	150m:	3:00.32	1:01.40	250m:	4:56.72	57.24	350m:	6:49.39	54.80	
	100m:	1:58.92	1:03.66	200m:	3:59.48	59.16	300m:	5:54.59	57.87	400m:	7:43.63	54.24	
12 jaar													
1.	LAGACIE, Axelle						IKZ/21140/13	6:32.18	6:09.53	344			
	50m:	41.05	41.05	150m:	2:17.99	44.99	250m:	3:56.44	54.45	350m:	5:33.17	41.50	
	100m:	1:33.00	51.95	200m:	3:01.99	44.00	300m:	4:51.67	55.23	400m:	6:09.53	36.36	
2.	BARTHOLOMEUS, Florianne						VZV/21061/13	NT	6:17.46	322			
	50m:	43.76	43.76	150m:	2:22.83	47.49	250m:	4:02.25	53.19	350m:	5:37.70	41.43	
	100m:	1:35.34	51.58	200m:	3:09.06	46.23	300m:	4:56.27	54.02	400m:	6:17.46	39.76	
3.	DE WEVER, Maud						IKZ/21138/13	6:50.05	6:33.43	285			
	50m:	47.81	47.81	150m:	2:31.27	49.03	250m:	4:12.48	52.84	350m:	5:49.54	43.51	
	100m:	1:42.24	54.43	200m:	3:19.64	48.37	300m:	5:06.03	53.55	400m:	6:33.43	43.89	
4.	LOWAGIE, Lola						VZV/21067/13	NT	6:35.36	280			
	50m:	47.91	47.91	150m:	2:34.13	51.02	250m:	4:14.04	51.87	350m:	5:54.16	46.33	
	100m:	1:43.11	55.20	200m:	3:22.17	48.04	300m:	5:07.83	53.79	400m:	6:35.36	41.20	
5.	SEYS, Orphee						ZB/21117/13	NT	6:49.88	252			
	50m:	47.14	47.14	150m:	2:33.21	52.00	250m:	4:18.89	54.53	350m:	6:03.27	47.84	
	100m:	1:41.21	54.07	200m:	3:24.36	51.15	300m:	5:15.43	56.54	400m:	6:49.88	46.61	
6.	BOLLAERT, Amelie						IKZ/21158/13	NT	6:53.12	246			
	50m:	50.62	50.62	150m:	2:37.94	49.07	250m:	4:24.79	58.36	350m:	6:10.78	47.45	
	100m:	1:48.87	58.25	200m:	3:26.43	48.49	300m:	5:23.33	58.54	400m:	6:53.12	42.34	
7.	VERPLANCKE, Mara						MZK/21140/13	NT	6:54.61	243			
	50m:	46.46	46.46	150m:	2:34.51	49.86	250m:	4:22.01	58.19	350m:	6:07.88	45.42	
	100m:	1:44.65	58.19	200m:	3:23.82	49.31	300m:	5:22.46	1:00.45	400m:	6:54.61	46.73	
8.	DEFEVER, Auwke						IKZ/21143/13	NT	7:12.04	215			
	50m:	57.69	57.69	150m:	2:53.61	50.15	250m:	4:40.13	53.17	350m:	6:26.62	50.07	
	100m:	2:03.46	1:05.77	200m:	3:46.96	53.35	300m:	5:36.55	56.42	400m:	7:12.04	45.42	
13 jaar													
1.	VELGHE, Laura						IKZ/21118/12	5:38.49	5:24.35	508			
	50m:	35.51	35.51	150m:	1:58.47	41.06	250m:	3:23.74	45.91	350m:	4:47.92	38.06	
	100m:	1:17.41	41.90	200m:	2:37.83	39.36	300m:	4:09.86	46.12	400m:	5:24.35	36.43	
2.	LIBBRECHT, Zoë						UZKZ/21176/12	NT	5:24.77	506			
	50m:	35.64	35.64	150m:	1:58.48	42.84	250m:	3:26.54	46.47	350m:	4:50.23	36.59	
	100m:	1:15.64	40.00	200m:	2:40.07	41.59	300m:	4:13.64	47.10	400m:	5:24.77	34.54	
3.	DEMAREST, Hailey						ZB/21082/12	5:58.11	5:39.49	443			
	50m:			150m:	2:10.77	44.99	250m:	3:37.57	43.93	350m:	5:02.09	40.14	
	100m:	1:25.78		200m:	2:53.64	42.87	300m:	4:21.95	44.38	400m:	5:39.49	37.40	
4.	DELPORTE, Elle						ZB/21080/12	6:13.10	5:43.36	428			
	50m:			150m:	2:10.00	41.66	250m:			350m:			
	100m:	1:28.34		200m:			300m:	4:26.03		400m:	5:43.36		
5.	VERSTRAETE, Linde						IKZ/21128/12	6:00.60	5:46.67	416			
	50m:	39.06	39.06	150m:			250m:			350m:	5:09.25	38.66	
	100m:	1:24.16	45.10	200m:	2:51.34		300m:	4:30.59		400m:	5:46.67	37.42	

4° dag Regionaal Criterium "H.Lecluyse"
Stedelijk Zwembad " DE Pluimen", 9/3/2025

Programmanr. 4, Meisjes, 400m wisselslag, 13 jaar

Rang	Inschr.	Tijd	Pnt
6. SPILLEBEEN, Jutta	KZK/21136/12 NT	5:58.88	375
50m: 39.52 39.52	150m: 2:14.45 46.90	250m: 3:50.19 48.95	350m: 5:20.44 40.13
100m: 1:27.55 48.03	200m: 3:01.24 46.79	300m: 4:40.31 50.12	400m: 5:58.88 38.44
7. NOPPE, Pauline	IKZ/21126/12 6:30.70	6:09.78	343
50m: 43.64 43.64	150m: 2:24.28 45.48	250m: 4:02.20 53.58	350m: 5:35.17 38.84
100m: 1:38.80 55.16	200m: 3:08.62 44.34	300m: 4:56.33 54.13	400m: 6:09.78 34.61
8. DESCAN, Hanne	IKZ/21127/12 NT	6:21.73	312
50m: 46.95 46.95	150m: 2:29.37 46.85	250m: 4:07.18 52.02	350m: 5:42.69 42.95
100m: 1:42.52 55.57	200m: 3:15.16 45.79	300m: 4:59.74 52.56	400m: 6:21.73 39.04
9. POLLENTIER, Mila	ZB/21098/12 NT	6:27.32	298
50m: 41.18 41.18	150m: 2:17.26 45.41	250m: 4:03.50 1:00.93	350m: 5:45.00 41.55
100m: 1:31.85 50.67	200m: 3:02.57 45.31	300m: 5:03.45 59.95	400m: 6:27.32 42.32
10. HUYSENTRUYT, Flore-Marie	UZKZ/21126/12 NT	6:58.80	236
50m: 47.68 47.68	150m: 2:37.55 53.30	250m: 4:30.05 1:00.11	350m: 6:14.48 45.07
100m: 1:44.25 56.57	200m: 3:29.94 52.39	300m: 5:29.41 59.36	400m: 6:58.80 44.32
11. HOORNE, Elise	ZB/21110/12 NT	7:04.40	227
50m: 45.69 45.69	150m: 2:38.89 57.23	250m: 4:28.24 55.67	350m: 6:18.33 50.58
100m: 1:41.66 55.97	200m: 3:32.57 53.68	300m: 5:27.75 59.51	400m: 7:04.40 46.07
12. DEJONCKHEERE, Floor	ZB/21118/12 NT	7:10.40	217
50m: 46.65 46.65	150m: 2:40.47 55.37	250m: 4:32.31 57.11	350m: 6:19.32 47.62
100m: 1:45.10 58.45	200m: 3:35.20 54.73	300m: 5:31.70 59.39	400m: 7:10.40 51.08
13. HOSTEN, Iris	ZB/21111/12 NT	7:20.95	202
50m: 52.29 52.29	150m: 2:50.34 55.29	250m: 4:45.41 1:04.31	350m: 6:34.84 47.81
100m: 1:55.05 1:02.76	200m: 3:41.10 50.76	300m: 5:47.03 1:01.62	400m: 7:20.95 46.11
14. BECUWE, Alexia	ZB/21113/12 NT	7:26.41	195
50m: 53.89 53.89	150m: 2:52.06 56.32	250m: 4:44.83 1:01.59	350m: 6:36.56 50.32
100m: 1:55.74 1:01.85	200m: 3:43.24 51.18	300m: 5:46.24 1:01.41	400m: 7:26.41 49.85
dis CASTELEYN, Yana	di:ZB/21081/12 6:19.84		
<i>SW 6.4.c - Keerpunt niet dadelijk ingezet na borstligging en/of armtrek beweging</i>			
50m:	150m: 2:20.72 48.22	250m: 3:56.58	350m:
100m: 1:32.50	200m:	300m: 4:47.22 50.64	400m:
dis LEMAHIEU, Liese	di:KZK/21175/12 NT		
<i>SW 4.4 - valse start</i>			

14 jaar

1. SCHACHT, Hanne	IKZ/21104/11 5:33.93	5:22.78	516
50m: 36.32 36.32	150m: 1:59.57 40.46	250m: 3:23.85 44.55	350m: 4:46.62 37.38
100m: 1:19.11 42.79	200m: 2:39.30 39.73	300m: 4:09.24 45.39	400m: 5:22.78 36.16
2. HAUTEKIET, Nanoe	BZK/21285/11 NT	5:37.15	453
50m: 36.87 36.87	150m: 2:02.80 42.06	250m: 3:32.98 49.45	350m: 5:00.66 38.45
100m: 1:20.74 43.87	200m: 2:43.53 40.73	300m: 4:22.21 49.23	400m: 5:37.15 36.49
3. GANTOIS, Janne	BZK/21324/11 NT	5:41.02	437
50m: 36.12 36.12	150m: 2:03.99 44.75	250m: 3:35.89 49.53	350m: 5:02.98 38.37
100m: 1:19.24 43.12	200m: 2:46.36 42.37	300m: 4:24.61 48.72	400m: 5:41.02 38.04
4. VERHELST, Tiele	IKZ/21113/11 6:08.63	6:03.21	362
50m:	150m:	250m:	350m:
100m: 1:36.18	200m:	300m: 4:45.60	400m: 6:03.21
5. VANDEMAELE, Ellie	UZKZ/21123/11 NT	6:17.08	323
50m: 41.82 41.82	150m: 2:22.44 49.08	250m: 4:02.54 52.30	350m: 5:37.06 42.96
100m: 1:33.36 51.54	200m: 3:10.24 47.80	300m: 4:54.10 51.56	400m: 6:17.08 40.02
6. VANDAMME, Britt	ZB/21114/11 NT	7:06.02	224
50m: 50.61 50.61	150m: 2:37.96 51.34	250m: 4:29.61 59.21	350m: 6:20.35 48.50
100m: 1:46.62 56.01	200m: 3:30.40 52.44	300m: 5:31.85 1:02.24	400m: 7:06.02 45.67

4° dag Regionaal Criterium "H.Lecluyse"
Stedelijk Zwembad " DE Pluimen", 9/3/2025

Programmanr. 4, Dames, 400m wisselslag

15 jaar

1.	DESCHOEMAEKER, Rani	ZB/21074/10	6:31.92	6:08.44	347				
	50m: 44.11 44.11	150m: 2:21.28 45.71	250m: 3:56.16 50.01	350m: 5:28.60 42.31					
	100m: 1:35.57 51.46	200m: 3:06.15 44.87	300m: 4:46.29 50.13	400m: 6:08.44 39.84					
2.	TOMMISSEN, Simonah	ZB/21085/10	NT	6:34.86	282				
	50m: 43.35 43.35	150m: 2:25.10 48.20	250m: 4:05.66 54.82	350m: 5:50.00 48.05					
	100m: 1:36.90 53.55	200m: 3:10.84 45.74	300m: 5:01.95 56.29	400m: 6:34.86 44.86					

16 jaar

1.	NOTREDAME, Ine	ZB/21064/09	5:54.43	5:31.99	474				
	50m: 37.46 37.46	150m:	250m:	350m: 4:57.12 37.41					
	100m:	200m:	300m: 4:19.71	400m: 5:31.99 34.87					
2.	ANDRIES, Febe	BZK/21384/09	5:49.56	5:39.24	444				
	50m: 34.67 34.67	150m: 2:00.32 44.56	250m: 3:32.22 48.33	350m: 5:01.51 39.78					
	100m: 1:15.76 41.09	200m: 2:43.89 43.57	300m: 4:21.73 49.51	400m: 5:39.24 37.73					
3.	BOUTTELEGIER, Anaïs	ZB/21071/09	5:56.20	5:39.60	443				
	50m: 38.15 38.15	150m: 2:06.43	250m: 3:35.13	350m:					
	100m:	200m:	300m:	400m: 5:39.60					
4.	DEMUYNCK, Margot	ZB/21073/09	5:40.39	5:41.26	436				
	50m: 37.82 37.82	150m: 2:08.85 46.07	250m: 3:38.28 45.82	350m: 5:03.93 39.90					
	100m: 1:22.78 44.96	200m: 2:52.46 43.61	300m: 4:24.03 45.75	400m: 5:41.26 37.33					
5.	DEPUYDT, Hasse	IKZ/21166/09	5:58.36	5:44.79	423				
	50m: 35.64 35.64	150m:	250m: 3:37.43	350m: 5:08.04					
	100m: 1:19.26 43.62	200m:	300m:	400m: 5:44.79 36.75					
6.	GOEMAERE, Alizée	ZB/21088/09	NT	5:53.84	391				
	50m: 37.23 37.23	150m: 2:04.67 43.33	250m: 3:38.26 51.72	350m: 5:13.10 41.75					
	100m: 1:21.34 44.11	200m: 2:46.54 41.87	300m: 4:31.35 53.09	400m: 5:53.84 40.74					

17 jaar

1.	RYSMAN, Aurélie	KWZC/21061/08	5:31.83	5:24.61	507				
	50m: 35.74 35.74	150m: 2:00.16 41.41	250m: 3:25.38 44.25	350m: 4:48.33 37.83					
	100m: 1:18.75 43.01	200m: 2:41.13 40.97	300m: 4:10.50 45.12	400m: 5:24.61 36.28					
2.	EECKHOUT, Fleur	ZB/21048/08	5:27.22	5:25.28	504				
	50m: 36.75 36.75	150m: 2:01.31 42.45	250m: 3:27.43 45.35	350m: 4:50.39 37.03					
	100m: 1:18.86 42.11	200m: 2:42.08 40.77	300m: 4:13.36 45.93	400m: 5:25.28 34.89					
3.	BITU, Marie	BZK/21277/08	NT	5:58.22	377				
	50m: 37.38 37.38	150m: 2:10.98 48.22	250m: 3:47.42 50.62	350m: 5:19.76 41.20					
	100m: 1:22.76 45.38	200m: 2:56.80 45.82	300m: 4:38.56 51.14	400m: 5:58.22 38.46					

18 jaar en ouder

1.	OVAERE, Luna	MZK/21040/06	5:23.01	5:27.88	492				
	50m: 32.70 32.70	150m: 1:52.10 41.69	250m: 3:22.01 48.56	350m: 4:49.98 38.78					
	100m: 1:10.41 37.71	200m: 2:33.45 41.35	300m: 4:11.20 49.19	400m: 5:27.88 37.90					
2.	VANDEPUTTE, Jade	IKZ/21005/05	NT	6:01.21	368				
	50m: 36.32 36.32	150m: 2:08.63 47.66	250m: 3:45.49 50.84	350m: 5:20.01 43.30					
	100m: 1:20.97 44.65	200m: 2:54.65 46.02	300m: 4:36.71 51.22	400m: 6:01.21 41.20					
3.	DESCHOEMAEKER, Zara	ZB/21040/07	NT	6:04.81	357				
	50m: 39.38 39.38	150m: 2:11.16 45.59	250m: 3:48.85 54.15	350m: 5:25.45 42.62					
	100m: 1:25.57 46.19	200m: 2:54.70 43.54	300m: 4:42.83 53.98	400m: 6:04.81 39.36					
4.	OVERBERGH, Lisa	VZV/21027/05	6:20.98	6:08.98	345				
	50m: 41.51 41.51	150m: 2:17.16 47.18	250m: 3:55.09 51.77	350m: 5:29.21 41.71					
	100m: 1:29.98 48.47	200m: 3:03.32 46.16	300m: 4:47.50 52.41	400m: 6:08.98 39.77					

4° dag Regionaal Criterium "H.Lecluyse"
Stedelijk Zwembad " DE Pluimen", 9/3/2025

Programmanr. 4, Dames, 400m wisselslag, 18 jaar en ouder

Rang							Inschr.	Tijd	Pnt			
5.	DESMET, Manon						KWZC/21057/06 NT	6:23.87	306			
	50m:	43.47	43.47	150m:	2:25.19	50.07	250m:	4:05.67	52.32	350m:	5:42.53	44.41
	100m:	1:35.12	51.65	200m:	3:13.35	48.16	300m:	4:58.12	52.45	400m:	6:23.87	41.34