

GPSK 2025
Kortrijk, 3 - 4/5/2025

Programmanr. 4
3/05/2025 - 9:35

Dames, 400m wisselslag

11 jaar en ouder
Resultaten

Punten: AQUA 2024

Rang							Inschr.	Tijd	Pnt			
11 - 12 jaar												
1.	Lagacie Axelle			IKZ/21140/13			6:09.53	6:19.57	343			
	50m:	38.97	38.97	150m:	2:18.68	47.31	250m:	4:00.64	58.03	350m:	5:39.95	41.37
	100m:	1:31.37	52.40	200m:	3:02.61	43.93	300m:	4:58.58	57.94	400m:	6:19.57	39.62
2.	Saba Leila			BOUST/013371/16:			43.63	6:21.71	337			
	50m:	44.10	44.10	150m:	2:23.60	46.71	250m:	4:04.10	54.55	350m:	5:40.31	42.00
	100m:	1:36.89	52.79	200m:	3:09.55	45.95	300m:	4:58.31	54.21	400m:	6:21.71	41.40
dis	Saranchuk Milana			dis:BOUST/012048/17:			01.50	6:29.56				
	SW 8.2.a - armen niet boven water naar voor gebracht											
	50m:	39.28	39.28	150m:	2:19.09	47.96	250m:	4:05.67	59.87	350m:	5:48.73	42.46
	100m:	1:31.13	51.85	200m:	3:05.80	46.71	300m:	5:06.27	1:00.60	400m:	6:29.56	40.83

13 - 14 jaar

1.	Lammens Mary		TZT/21095/11		5:16.11	5:22.39	560
	50m:	32.18	32.18	150m:	1:52.47	43.42	250m: 3:22.60 49.13 350m: 4:48.11 37.09
	100m:	1:09.05	36.87	200m:	2:33.47	41.00	300m: 4:11.02 48.42 400m: 5:22.39 34.28
2.	Meulemeester Nore		TZT/21101/11		NT	5:30.02	522
	50m:	34.84	34.84	150m:	1:59.47	43.17	250m: 3:27.78 46.67 350m: 4:53.61 37.61
	100m:	1:16.30	41.46	200m:	2:41.11	41.64	300m: 4:16.00 48.22 400m: 5:30.02 36.41
3.	Vandamme Louna		DM/009393/11		5:32.29	5:30.26	521
	50m:	36.07	36.07	150m:	2:00.39	40.82	250m: 3:28.06 47.54 350m: 4:54.38 36.95
	100m:	1:19.57	43.50	200m:	2:40.52	40.13	300m: 4:17.43 49.37 400m: 5:30.26 35.88
4.	De Bruyne Silke		ISWIM/21138/11		6:15.86	5:48.19	445
	50m:	38.32	38.32	150m:	2:09.76	44.31	250m: 3:42.11 48.92 350m: 5:11.96 39.80
	100m:	1:25.45	47.13	200m:	2:53.19	43.43	300m: 4:32.16 50.05 400m: 5:48.19 36.23
5.	Rutsaert Emily		STA/21067/12		NT	5:49.01	442
	50m:	38.42	38.42	150m:	2:09.24	44.18	250m: 3:42.38 51.11 350m: 5:12.30 38.76
	100m:	1:25.06	46.64	200m:	2:51.27	42.03	300m: 4:33.54 51.16 400m: 5:49.01 36.71
6.	Van Doorne Lore		STA/21066/11		NT	5:53.28	426
	50m:	37.47	37.47	150m:	2:08.11	45.54	250m: 3:42.85 51.11 350m: 5:14.26 39.46
	100m:	1:22.57	45.10	200m:	2:51.74	43.63	300m: 4:34.80 51.95 400m: 5:53.28 39.02
7.	Billet Soline		DM/010475/12		6:01.24	6:12.94	362
	50m:	41.17	41.17	150m:	2:17.35	46.74	250m: 3:54.95 51.12 350m: 5:32.14 41.93
	100m:	1:30.61	49.44	200m:	3:03.83	46.48	300m: 4:50.21 55.26 400m: 6:12.94 40.80
8.	Philippron Carolina		BOUST/012334/16:15.37			6:15.45	355
	50m:	41.40	41.40	150m:	2:19.18	47.52	250m: 3:57.49 52.88 350m: 5:34.47 43.14
	100m:	1:31.66	50.26	200m:	3:04.61	45.43	300m: 4:51.33 53.84 400m: 6:15.45 40.98

15 - 16 jaar

1.	Notredame Ine		ZB/21064/09		NT	5:43.22	464
	50m:	34.84	34.84	150m:	2:02.06	44.93	250m: 3:34.61 50.54 350m: 5:05.60 39.70
	100m:	1:17.13	42.29	200m:	2:44.07	42.01	300m: 4:25.90 51.29 400m: 5:43.22 37.62
2.	Depuydt Hasse		IKZ/21166/09		5:44.79	6:03.77	390
	50m:	36.07	36.07	150m:	2:10.38	48.55	250m: 3:50.31 52.59 350m: 5:25.33 41.31
	100m:	1:21.83	45.76	200m:	2:57.72	47.34	300m: 4:44.02 53.71 400m: 6:03.77 38.44
3.	Vanden Baviere Margo		MZK/21096/09		6:12.93	6:18.43	346
	50m:	39.49	39.49	150m:	2:16.84	49.10	250m: 3:58.39 55.13 350m: 5:37.84 42.74
	100m:	1:27.74	48.25	200m:	3:03.26	46.42	300m: 4:55.10 56.71 400m: 6:18.43 40.59

Programmanr. 4, Dames, 400m wisselslag

17 jaar en ouder

1.	Debecker Charlotte			DMI/21010/08			5:11.81	5:14.27	605			
	50m:	33.38	33.38	150m:	1:52.58	40.93	250m:	3:17.42	45.03	350m:	4:39.24	35.37
	100m:	1:11.65	38.27	200m:	2:32.39	39.81	300m:	4:03.87	46.45	400m:	5:14.27	35.03