

Provinciale Kampioenschappen Korte Baan 2025  
Diksmuide, 11 - 12/10/2025

Programmanr. 10  
11/10/2025 - 14:00

400m vrije slag

10 jaar  
Resultaten

Punten: AQUA 2025

Rang				Inschr.	Tijd	Pnt			
10 jaar, Meisjes									
1.	CANNIERE, Erin			ROSC/21377/15	6:38.29	<b>5:43.09</b>	302		
	50m:	37.58	37.58	150m:	2:04.46	44.46	250m:	3:34.52	44.65
	100m:	1:20.00	42.42	200m:	2:49.87	45.41	300m:	4:16.87	42.35
							350m:	4:58.95	42.08
							400m:	5:43.09	44.14
2.	CALLEWAERT, Anthe			BZK/21426/15	NT	<b>5:44.15</b>	299		
	50m:	37.87	37.87	150m:	2:04.15	43.80	250m:	3:33.50	44.86
	100m:	1:20.35	42.48	200m:	2:48.64	44.49	300m:	4:18.80	45.30
							350m:	5:02.95	44.15
							400m:	5:44.15	41.20
3.	DECOMBLE, Lize			MZK/21150/15	5:49.33	<b>5:49.56</b>	285		
	50m:	37.50	37.50	150m:	2:04.99	44.78	250m:	3:35.45	45.72
	100m:	1:20.21	42.71	200m:	2:49.73	44.74	300m:	4:21.77	46.32
							350m:	5:07.88	46.11
							400m:	5:49.56	41.68
4.	SEYS, Louise			ISWIM/21132/15	6:28.59	<b>5:56.75</b>	268		
	50m:	39.33	39.33	150m:	2:10.03	46.34	250m:	3:44.26	46.93
	100m:	1:23.69	44.36	200m:	2:57.33	47.30	300m:	4:30.88	46.62
							350m:	5:16.35	45.47
							400m:	5:56.75	40.40
5.	ANTIERENS, Louise			ROSC/21376/15	6:46.90	<b>5:59.60</b>	262		
	50m:	39.69	39.69	150m:	2:10.44	46.30	250m:	3:44.33	47.07
	100m:	1:24.14	44.45	200m:	2:57.26	46.82	300m:	4:29.52	45.19
							350m:	5:16.60	47.08
							400m:	5:59.60	43.00
6.	BEELE, Saar			ISWIM/21130/15	6:09.17	<b>6:00.29</b>	261		
	50m:	38.11	38.11	150m:	2:08.16	45.93	250m:	3:42.39	47.29
	100m:	1:22.23	44.12	200m:	2:55.10	46.94	300m:	4:28.25	45.86
							350m:	5:15.10	46.85
							400m:	6:00.29	45.19
7.	DECAESTECKER, Oona			ZB/21106/15	6:22.65	<b>6:12.58</b>	236		
	50m:	39.87	39.87	150m:	2:10.43	46.86	250m:	3:48.23	49.16
	100m:	1:23.57	43.70	200m:	2:59.07	48.64	300m:	4:36.26	48.03
							350m:	5:26.19	49.93
							400m:	6:12.58	46.39
8.	DE CLOEDT DELGADO, Lisa			ROSC/21379/15	NT	<b>6:22.92</b>	217		
	50m:	42.24	42.24	150m:	2:21.38	50.44	250m:	3:59.09	49.24
	100m:	1:30.94	48.70	200m:	3:09.85	48.47	300m:	4:48.39	49.30
							350m:	5:36.08	47.69
							400m:	6:22.92	46.84
9.	BREDA, Maud			UZKZ/21187/15	6:24.00	<b>6:28.49</b>	208		
	50m:	40.31	40.31	150m:	2:17.70	49.96	250m:	3:59.72	51.54
	100m:	1:27.74	47.43	200m:	3:08.18	50.48	300m:	4:50.93	51.21
							350m:	5:40.02	49.09
							400m:	6:28.49	48.47
10.	NEYRINCK, Elody			VZV/21071/15	NT	<b>6:35.74</b>	196		
	50m:	44.09	44.09	150m:	2:23.59	49.70	250m:	4:05.55	51.33
	100m:	1:33.89	49.80	200m:	3:14.22	50.63	300m:	4:57.47	51.92
							350m:	5:47.96	50.49
							400m:	6:35.74	47.78
11.	VANDEVIJVERE, Lore			ROSC/21406/15	NT	<b>6:36.23</b>	196		
	50m:	42.66	42.66	150m:	2:23.95	51.67	250m:	4:05.56	48.63
	100m:	1:32.28	49.62	200m:	3:16.93	52.98	300m:	4:59.79	54.23
							350m:	5:49.56	49.77
							400m:	6:36.23	46.67
12.	DEMAREST, Jayda			ZB/21107/15	6:41.55	<b>6:36.28</b>	196		
	50m:	43.90	43.90	150m:	2:25.08	51.56	250m:	4:06.93	51.38
	100m:	1:33.52	49.62	200m:	3:15.55	50.47	300m:	4:58.22	51.29
							350m:	5:48.20	49.98
							400m:	6:36.28	48.08
13.	VANDENBULCKE, Feli			UZKZ/21182/15	6:37.56	<b>6:38.62</b>	192		
	50m:	43.34	43.34	150m:	2:22.12	49.69	250m:	4:05.41	52.06
	100m:	1:32.43	49.09	200m:	3:13.35	51.23	300m:	4:56.30	50.89
							350m:	5:49.28	52.98
							400m:	6:38.62	49.34
14.	JODTS, Lauren			TZT/21152/15	6:32.35	<b>6:38.88</b>	192		
	50m:	42.15	42.15	150m:	2:20.48	50.58	250m:	4:04.40	51.92
	100m:	1:29.90	47.75	200m:	3:12.48	52.00	300m:	4:56.59	52.19
							350m:	5:49.58	52.99
							400m:	6:38.88	49.30
15.	DUBOIS, Erin			MZK/21162/15	7:03.61	<b>6:53.98</b>	172		
	50m:	44.79	44.79	150m:	2:31.71	54.40	250m:	4:18.89	53.87
	100m:	1:37.31	52.52	200m:	3:25.02	53.31	300m:	5:11.79	52.90
							350m:	6:05.03	53.24
							400m:	6:53.98	48.95

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Programmanr. 10, Meisjes, 400m vrije slag, 10 jaar

Rang	Inschr.	Tijd	Pnt
16. DE DEYNE, Paulien	ZB/21119/15 NT	<b>7:14.77</b>	148
50m: 44.18 44.18	150m: 2:34.08 57.28	250m: 4:27.63 56.78	350m: 6:21.21 57.17
100m: 1:36.80 52.62	200m: 3:30.85 56.77	300m: 5:24.04 56.41	400m: 7:14.77 53.56
17. ROGIERS, Ella	ISWIM/21134/15 7:26.18	<b>7:16.42</b>	146
50m: 44.90 44.90	150m: 2:33.65 55.40	250m: 4:26.34 56.84	350m: 6:22.42 58.50
100m: 1:38.25 53.35	200m: 3:29.50 55.85	300m: 5:23.92 57.58	400m: 7:16.42 54.00
18. TANGHE, Marit	MZK/21166/15 NT	<b>7:24.49</b>	138
50m: 43.50 43.50	150m: 2:35.12 57.77	250m: 4:32.81 59.44	350m: 6:30.16 58.35
100m: 1:37.35 53.85	200m: 3:33.37 58.25	300m: 5:31.81 59.00	400m: 7:24.49 54.33

10 jaar, Jongens

1. DAUWE, Lars	ROSC/11396/15 5:39.08	<b>5:06.33</b>	332
50m: 35.47 35.47	150m: 1:53.87 39.60	250m: 3:13.36 39.65	350m: 4:31.05 39.30
100m: 1:14.27 38.80	200m: 2:33.71 39.84	300m: 3:51.75 38.39	400m: 5:06.33 35.28
2. LAFORCE, Lander	ROSC/11375/15 5:52.52	<b>5:19.20</b>	294
50m: 35.52 35.52	150m: 1:56.70 41.33	250m: 3:19.18 41.12	350m: 4:41.24 40.48
100m: 1:15.37 39.85	200m: 2:38.06 41.36	300m: 4:00.76 41.58	400m: 5:19.20 37.96
3. MOEYAERT, Alec	TZT/11144/15 5:39.00	<b>5:37.52</b>	248
50m: 37.07 37.07	150m: 2:03.04 43.19	250m: 3:29.65 42.60	350m: 4:55.74 43.46
100m: 1:19.85 42.78	200m: 2:47.05 44.01	300m: 4:12.28 42.63	400m: 5:37.52 41.78
4. BEHEYT, Maxim	ISWIM/11131/15 6:02.26	<b>5:54.52</b>	214
50m: 37.40 37.40	150m: 2:04.46 44.56	250m: 3:35.13 45.57	350m: 5:09.36 47.27
100m: 1:19.90 42.50	200m: 2:49.56 45.10	300m: 4:22.09 46.96	400m: 5:54.52 45.16
5. MOERMAN, Jasper	ZB/11109/15 6:02.11	<b>5:55.43</b>	212
50m: 38.22 38.22	150m: 2:07.76 45.59	250m: 3:43.88 44.69	350m: 5:12.77 43.73
100m: 1:22.17 43.95	200m: 2:59.19 51.43	300m: 4:29.04 45.16	400m: 5:55.43 42.66
6. CALLEWAERT, Jef	KZK/11173/15 6:32.95	<b>6:01.05</b>	203
50m: 39.34 39.34	150m: 2:10.18 45.61	250m: 3:45.58 47.83	350m: 5:19.35 47.51
100m: 1:24.57 45.23	200m: 2:57.75 47.57	300m: 4:31.84 46.26	400m: 6:01.05 41.70
7. FERKET, Aidan	ROSC/11393/15 7:18.23	<b>6:05.66</b>	195
50m: 39.55 39.55	150m: 2:14.04 48.14	250m: 3:46.92 46.15	350m: 5:20.66 46.69
100m: 1:25.90 46.35	200m: 3:00.77 46.73	300m: 4:33.97 47.05	400m: 6:05.66 45.00
8. DE BRUYNE, Senne	ISWIM/11140/15 6:08.29	<b>6:08.82</b>	190
50m: 38.03 38.03	150m: 2:10.63 47.65	250m: 3:47.63 48.13	350m: 5:23.56 48.14
100m: 1:22.98 44.95	200m: 2:59.50 48.87	300m: 4:35.42 47.79	400m: 6:08.82 45.26
9. BOHIJN, Naud	UZKZ/11162/15 6:18.80	<b>6:09.09</b>	190
50m: 39.42 39.42	150m: 2:12.11 47.42	250m: 3:47.27 48.15	350m: 5:24.15 48.61
100m: 1:24.69 45.27	200m: 2:59.12 47.01	300m: 4:35.54 48.27	400m: 6:09.09 44.94
10. MONTENY, Kenzie	ROSC/11398/15 6:58.03	<b>6:16.93</b>	178
50m: 40.24 40.24	150m: 2:15.05 48.96	250m: 3:51.91 48.07	350m: 5:29.71 49.12
100m: 1:26.09 45.85	200m: 3:03.84 48.79	300m: 4:40.59 48.68	400m: 6:16.93 47.22
11. GALLE, Elias	TiMe/11098/15 NT	<b>6:26.09</b>	166
50m: 42.31 42.31	150m: 2:18.89 49.33	250m: 3:57.76 49.92	350m: 5:37.79 50.61
100m: 1:29.56 47.25	200m: 3:07.84 48.95	300m: 4:47.18 49.42	400m: 6:26.09 48.30
12. VANMAELSAEKE, Leon	MZK/11164/15 6:33.94	<b>6:32.10</b>	158
50m: 42.06 42.06	150m: 2:19.55 49.94	250m: 4:01.21 51.51	350m: 5:44.61 52.18
100m: 1:29.61 47.55	200m: 3:09.70 50.15	300m: 4:52.43 51.22	400m: 6:32.10 47.49

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Rang				Inscr.			Tijd	Pnt				
13.	DURAND, Jack			BZK/11429/15			NT	<b>6:37.18</b>	152			
	50m:	45.23	45.23	150m:	2:28.08	51.87	250m:	4:13.04	53.58	350m:	5:50.32	45.12
	100m:	1:36.21	50.98	200m:	3:19.46	51.38	300m:	5:05.20	52.16	400m:	6:37.18	46.86
14.	SCHRAMME, Arthur			BZK/11430/15			NT	<b>6:45.53</b>	143			
	50m:	42.24	42.24	150m:	2:29.80	53.90	250m:	4:16.60	52.48	350m:	6:01.35	50.95
	100m:	1:35.90	53.66	200m:	3:24.12	54.32	300m:	5:10.40	53.80	400m:	6:45.53	44.18
15.	LAGACIE, Thibaut			TiMe/11106/15			6:56.02	<b>6:46.93</b>	141			
	50m:	43.55	43.55	150m:	2:27.91	52.97	250m:	4:11.67	51.54	350m:	5:56.94	50.42
	100m:	1:34.94	51.39	200m:	3:20.13	52.22	300m:	5:06.52	54.85	400m:	6:46.93	49.99
16.	LEMAN POTTER, Ayden			IKZ/11167/15			NT	<b>7:16.54</b>	114			
	50m:	47.25	47.25	150m:	2:38.00	57.04	250m:	4:30.68	57.29	350m:	6:23.05	56.74
	100m:	1:40.96	53.71	200m:	3:33.39	55.39	300m:	5:26.31	55.63	400m:	7:16.54	53.49
17.	T'JONCK, Mathijs			ZB/11123/15			7:36.75	<b>7:21.87</b>	110			
	50m:	46.31	46.31	150m:	2:39.53	57.44	250m:	4:35.73	58.31	350m:	6:30.57	56.31
	100m:	1:42.09	55.78	200m:	3:37.42	57.89	300m:	5:34.26	58.53	400m:	7:21.87	51.30
18.	GOETHALS, Lowie			VZV/11073/15			NT	<b>7:25.31</b>	108			
	50m:	45.62	45.62	150m:	2:36.83	58.31	250m:	4:34.08	58.75	350m:	6:30.65	57.28
	100m:	1:38.52	52.90	200m:	3:35.33	58.50	300m:	5:33.37	59.29	400m:	7:25.31	54.66
19.	WINDELS, Lucas			UZKZ/11183/15			8:15.21	<b>8:03.40</b>	84			
	50m:	51.76	51.76	150m:	2:57.60	1:05.15	250m:	5:01.49	1:00.44	350m:	7:08.41	1:02.94
	100m:	1:52.45	1:00.69	200m:	4:01.05	1:03.45	300m:	6:05.47	1:03.98	400m:	8:03.40	54.99