

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

Programmanr. 17  
11/10/2025 - 16:49

Dames, 400m vrije slag

11 jaar en ouder  
Resultaten

Punten: AQUA 2025

Rang	Inscr.	Tijd	Pnt
<b>11 jaar</b>			
1.	VERNIEUWE, Leanne TZT/21126/14	5:35.98	<b>5:31.49</b> 335
	50m: 37.10 37.10 150m: 2:01.84 42.93 250m: 3:27.01 42.28 350m: 4:51.49 41.92		41.92
	100m: 1:18.91 41.81 200m: 2:44.73 42.89 300m: 4:09.57 42.56 400m: 5:31.49 40.00		40.00
2.	HUYBEN, Stien TZT/21141/14	5:39.16	<b>5:34.87</b> 325
	50m: 36.98 36.98 150m: 2:02.47 43.48 250m: 3:29.53 43.47 350m: 4:52.89 41.65		41.65
	100m: 1:18.99 42.01 200m: 2:46.06 43.59 300m: 4:11.24 41.71 400m: 5:34.87 41.98		41.98
3.	VANPOUCKE, Lotte TZT/21125/14	5:49.06	<b>6:01.29</b> 258
	50m: 39.99 39.99 150m: 2:10.50 45.08 250m: 3:43.17 46.41 350m: 5:15.87 46.36		46.36
	100m: 1:25.42 45.43 200m: 2:56.76 46.26 300m: 4:29.51 46.34 400m: 6:01.29 45.42		45.42
4.	TACK, Cataleya TiMe/21068/14	6:12.89	<b>6:12.86</b> 235
	50m: 41.33 41.33 150m: 2:15.57 47.69 250m: 3:50.43 48.34 350m: 5:27.86 48.94		48.94
	100m: 1:27.88 46.55 200m: 3:02.09 46.52 300m: 4:38.92 48.49 400m: 6:12.86 45.00		45.00
5.	VANDERBEKE, Marilou ROSC/21346/14	6:37.95	<b>6:13.74</b> 233
	50m: 40.72 40.72 150m: 2:14.49 46.95 250m: 3:50.27 48.01 350m: 5:26.35 47.71		47.71
	100m: 1:27.54 46.82 200m: 3:02.26 47.77 300m: 4:38.64 48.37 400m: 6:13.74 47.39		47.39
6.	HEYTENS, Jorien TiMe/21095/14	6:25.06	<b>6:27.52</b> 209
	50m: 42.57 42.57 150m: 2:24.09 51.37 250m: 4:04.57 49.72 350m: 5:42.85 47.41		47.41
	100m: 1:32.72 50.15 200m: 3:14.85 50.76 300m: 4:55.44 50.87 400m: 6:27.52 44.67		44.67
<b>12 jaar</b>			
1.	LAGACIE, Axelle TiMe/21105/13	5:04.95	<b>5:06.23</b> 425
	50m: 34.38 34.38 150m: 1:51.83 39.18 250m: 3:10.78 39.42 350m: 4:29.28 39.20		39.20
	100m: 1:12.65 38.27 200m: 2:31.36 39.53 300m: 3:50.08 39.30 400m: 5:06.23 36.95		36.95
2.	KIELB, Kornelia BZK/21405/13	5:33.50	<b>5:12.01</b> 401
	50m: 35.07 35.07 150m: 1:53.92 40.13 250m: 3:15.11 40.48 350m: 4:35.04 39.59		39.59
	100m: 1:13.79 38.72 200m: 2:34.63 40.71 300m: 3:55.45 40.34 400m: 5:12.01 36.97		36.97
3.	VANDENBROUCKE, Febe TZT/21137/13	5:21.46	<b>5:14.71</b> 391
	50m: 35.82 35.82 150m: 1:54.13 39.31 250m: 3:14.64 40.00 350m: 4:35.57 40.43		40.43
	100m: 1:14.82 39.00 200m: 2:34.64 40.51 300m: 3:55.14 40.50 400m: 5:14.71 39.14		39.14
4.	VAN STEENKISTE, Lia TZT/21138/13	5:18.83	<b>5:15.03</b> 390
	50m: 35.67 35.67 150m: 1:54.03 39.67 250m: 3:15.02 40.48 350m: 4:36.11 40.17		40.17
	100m: 1:14.36 38.69 200m: 2:34.54 40.51 300m: 3:55.94 40.92 400m: 5:15.03 38.92		38.92
5.	VAN CAUWENBERGE, Lio ROSC/21340/13	5:59.25	<b>5:22.56</b> 363
	50m: 35.70 35.70 150m: 1:56.11 41.11 250m: 3:18.85 41.52 350m: 4:42.05 41.35		41.35
	100m: 1:15.00 39.30 200m: 2:37.33 41.22 300m: 4:00.70 41.85 400m: 5:22.56 40.51		40.51
6.	DE WEVER, Maud IKZ/21138/13	5:31.48	<b>5:24.45</b> 357
	50m: 37.13 37.13 150m: 1:58.89 41.00 250m: 3:21.16 41.46 350m: 4:44.50 41.84		41.84
	100m: 1:17.89 40.76 200m: 2:39.70 40.81 300m: 4:02.66 41.50 400m: 5:24.45 39.95		39.95
7.	DESOMER, Marie ISWIM/21104/13	6:11.41	<b>5:27.39</b> 347
	50m: 36.35 36.35 150m: 1:59.60 42.40 250m: 3:23.61 41.69 350m: 4:47.07 41.41		41.41
	100m: 1:17.20 40.85 200m: 2:41.92 42.32 300m: 4:05.66 42.05 400m: 5:27.39 40.32		40.32
8.	DECEUNINCK, Emma TZT/21122/13	5:29.54	<b>5:31.27</b> 335
	50m: 38.05 38.05 150m: 2:03.51 42.39 250m: 3:29.14 42.82 350m: 4:52.65 40.61		40.61
	100m: 1:21.12 43.07 200m: 2:46.32 42.81 300m: 4:12.04 42.90 400m: 5:31.27 38.62		38.62

Provinciale Kampioenschappen Korte Baan 2025  
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Programmanr. 17, Meisjes, 400m vrije slag, 12 jaar

Rang	Inschr.	Tijd	Pnt
9. ZEPHIRIN, Astrid	KZK/21174/13	5:37.83	<b>5:31.50</b> 335
50m: 36.26 36.26	150m: 2:01.43 42.88	250m: 3:26.73 42.90	350m: 4:52.44 42.96
100m: 1:18.55 42.29	200m: 2:43.83 42.40	300m: 4:09.48 42.75	400m: 5:31.50 39.06
10. DEKEYSER, Norah	ROSC/21342/13	6:59.35	<b>5:43.43</b> 301
50m: 37.20 37.20	150m: 2:03.32 43.87	250m: 3:31.34 44.07	350m: 5:01.23 45.13
100m: 1:19.45 42.25	200m: 2:47.27 43.95	300m: 4:16.10 44.76	400m: 5:43.43 42.20
11. VERPLANCKE, Mara	MZK/21140/13	6:01.99	<b>5:46.83</b> 292
50m: 36.65 36.65	150m: 2:03.23 44.47	250m: 3:33.95 44.34	350m: 5:03.09 45.24
100m: 1:18.76 42.11	200m: 2:49.61 46.38	300m: 4:17.85 43.90	400m: 5:46.83 43.74
12. BOLLAERT, Amélie	TiMe/21100/13	6:01.88	<b>5:53.71</b> 275
50m: 38.95 38.95	150m: 2:09.01 45.76	250m: 3:41.36 45.79	350m: 5:12.47 44.72
100m: 1:23.25 44.30	200m: 2:55.57 46.56	300m: 4:27.75 46.39	400m: 5:53.71 41.24
13. DEFEVER, Auwke	TiMe/21101/13	6:34.81	<b>6:13.80</b> 233
50m: 40.85 40.85	150m: 2:13.36 46.35	250m: 3:49.23 47.94	350m: 5:27.43 49.13
100m: 1:27.01 46.16	200m: 3:01.29 47.93	300m: 4:38.30 49.07	400m: 6:13.80 46.37

13 jaar

1. VELGHE, Laura	IKZ/21118/12	4:54.92	<b>4:42.68</b> 540
50m: 32.19 32.19	150m: 1:42.67 35.50	250m: 2:54.85 36.23	350m: 4:08.20 36.80
100m: 1:07.17 34.98	200m: 2:18.62 35.95	300m: 3:31.40 36.55	400m: 4:42.68 34.48
2. HUYBEN, Isolde	TZT/21123/12	5:06.53	<b>4:55.65</b> 472
50m: 34.20 34.20	150m: 1:48.91 37.87	250m: 3:04.97 37.99	350m: 4:20.50 37.42
100m: 1:11.04 36.84	200m: 2:26.98 38.07	300m: 3:43.08 38.11	400m: 4:55.65 35.15
3. VERSTRAETE, Linde	IKZ/21128/12	5:07.56	<b>4:55.67</b> 472
50m: 33.93 33.93	150m: 1:49.30 37.83	250m: 3:05.03 38.16	350m: 4:20.18 37.45
100m: 1:11.47 37.54	200m: 2:26.87 37.57	300m: 3:42.73 37.70	400m: 4:55.67 35.49
4. DECUPERE, Laurence	KZK/21142/12	5:00.44	<b>4:56.93</b> 466
50m: 33.85 33.85	150m: 1:48.23 37.65	250m: 3:04.21 38.18	350m: 4:20.37 37.65
100m: 1:10.58 36.73	200m: 2:26.03 37.80	300m: 3:42.72 38.51	400m: 4:56.93 36.56
5. VERNIEUWE, Irene	TZT/21110/12	5:10.37	<b>5:06.54</b> 423
50m: 33.85 33.85	150m: 1:48.98 37.99	250m: 3:06.81 39.28	350m: 4:27.68 40.71
100m: 1:10.99 37.14	200m: 2:27.53 38.55	300m: 3:46.97 40.16	400m: 5:06.54 38.86
6. NOPPE, Pauline	IKZ/21126/12	5:09.59	<b>5:08.63</b> 415
50m: 35.01 35.01	150m: 1:54.06 40.07	250m: 3:13.37 39.91	350m: 4:32.23 39.29
100m: 1:13.99 38.98	200m: 2:33.46 39.40	300m: 3:52.94 39.57	400m: 5:08.63 36.40
7. THIENPOND, Nina	TiMe/21056/12	5:13.07	<b>5:11.16</b> 405
50m: 35.23 35.23	150m: 1:53.74 39.67	250m: 3:13.79 40.04	350m: 4:34.44 40.31
100m: 1:14.07 38.84	200m: 2:33.75 40.01	300m: 3:54.13 40.34	400m: 5:11.16 36.72
8. CASTELEYN, Yana	ZB/21081/12	5:02.52	<b>5:12.20</b> 401
50m: 34.39 34.39	150m: 1:51.95 39.66	250m: 3:12.06 40.62	350m: 4:32.91 40.16
100m: 1:12.29 37.90	200m: 2:31.44 39.49	300m: 3:52.75 40.69	400m: 5:12.20 39.29
9. ROMBAUT, Céline	KZK/21155/12	5:28.92	<b>5:17.93</b> 379
50m: 36.98 36.98	150m: 1:57.16 40.28	250m: 3:17.38 39.77	350m: 4:38.33 40.68
100m: 1:16.88 39.90	200m: 2:37.61 40.45	300m: 3:57.65 40.27	400m: 5:17.93 39.60
10. VAN ISEGHEM, Phéline	BZK/21323/12	5:24.65	<b>5:21.10</b> 368
50m: 37.09 37.09	150m: 1:56.48 39.73	250m: 3:17.42 40.74	350m: 4:40.71 41.70
100m: 1:16.75 39.66	200m: 2:36.68 40.20	300m: 3:59.01 41.59	400m: 5:21.10 40.39

Provinciale Kampioenschappen Korte Baan 2025  
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Programmanr. 17, Meisjes, 400m vrije slag, 13 jaar

Rang				Inscr.		Tijd	Pnt		
11.	HUYSENTRUYT, Flore-Marie			UZKZ/21126/12	5:22.57	<b>5:25.64</b>	353		
	50m:	37.24	37.24	150m:	1:59.82	41.89	350m:	4:46.14	41.05
	100m:	1:18.26	41.02	200m:	2:41.80	41.98	300m:	4:05.09	41.40
						41.40	400m:	5:25.64	39.50

14 jaar

1.	LAMMENS, Mary			TZT/21095/11	4:30.28	<b>4:37.64</b>	570		
	50m:	31.26	31.26	150m:	1:40.33	35.49	350m:	4:03.00	36.08
	100m:	1:05.20	33.94	200m:	2:15.49	35.16	300m:	3:26.92	35.94
						35.94	400m:	4:37.64	34.64
2.	GANTOIS, Janne			TZT/21162/11	4:45.18	<b>4:40.08</b>	555		
	50m:	31.82	31.82	150m:	1:41.72	35.85	350m:	4:05.16	36.45
	100m:	1:06.72	34.90	200m:	2:16.66	36.20	300m:	3:28.71	36.20
						36.20	400m:	4:40.08	34.92
3.	VANDEKERCKHOVE, Juliette			TZT/21114/11	4:45.29	<b>4:40.97</b>	550		
	50m:	32.27	32.27	150m:	1:43.66	35.89	350m:	4:07.43	35.87
	100m:	1:07.45	35.18	200m:	2:19.32	36.35	300m:	3:31.56	36.35
						36.35	400m:	4:40.97	33.54
4.	VANDERMARLIERE, Juna			ISWIM/21090/11	4:49.29	<b>4:41.08</b>	549		
	50m:	32.15	32.15	150m:	1:43.90	35.60	350m:	4:07.32	35.84
	100m:	1:07.62	35.47	200m:	2:19.89	35.99	300m:	3:31.48	35.99
						35.99	400m:	4:41.08	33.76
5.	VAN HOUCKE, Imke			KWZC/21078/11	4:55.47	<b>4:50.70</b>	496		
	50m:	33.29	33.29	150m:	1:47.03	37.20	350m:	4:15.63	36.65
	100m:	1:09.93	36.64	200m:	2:24.50	37.28	300m:	3:38.98	37.28
						37.28	400m:	4:50.70	35.07
6.	MEULEMEESTER, Nore			TZT/21101/11	4:49.05	<b>4:53.14</b>	484		
	50m:	32.14	32.14	150m:	1:44.97	37.99	350m:	4:16.10	37.67
	100m:	1:07.50	35.36	200m:	2:22.70	37.74	300m:	3:38.43	37.74
						37.74	400m:	4:53.14	37.04
7.	BONASSI, H��l��ne			UZKZ/21124/11	4:57.86	<b>4:55.81</b>	471		
	50m:	33.21	33.21	150m:	1:47.77	38.20	350m:	4:19.73	37.77
	100m:	1:10.16	36.95	200m:	2:25.76	38.00	300m:	3:41.96	38.00
						38.00	400m:	4:55.81	36.08
8.	CLAEYS, Inna			ISWIM/21085/11	5:10.36	<b>5:08.10</b>	417		
	50m:	35.28	35.28	150m:	1:51.84	39.27	350m:	4:30.17	39.53
	100m:	1:12.99	37.71	200m:	2:31.55	39.82	300m:	3:50.64	39.82
						39.82	400m:	5:08.10	37.93
9.	TUYTENS, Aglaya			TiMe/21071/11	5:28.52	<b>5:28.65</b>	343		
	50m:	35.47	35.47	150m:	1:56.14	43.47	350m:	4:48.84	43.50
	100m:	1:14.77	39.30	200m:	2:38.00	43.87	300m:	4:05.34	43.87
						43.87	400m:	5:28.65	39.81

15 - 16 jaar

1.	CLAEYS, Ditte			ROSC/21418/10	4:35.55	<b>4:47.65</b>	512		
	50m:	32.78	32.78	150m:	1:44.33	36.28	350m:	4:10.82	37.38
	100m:	1:08.42	35.64	200m:	2:20.48	36.68	300m:	3:33.44	36.68
						36.68	400m:	4:47.65	36.83
2.	ANDRIES, Febe			BZK/21384/09	4:41.95	<b>4:52.48</b>	487		
	50m:	32.77	32.77	150m:	1:45.17	37.87	350m:	4:15.98	37.67
	100m:	1:08.59	35.82	200m:	2:22.27	38.17	300m:	3:38.31	38.17
						38.17	400m:	4:52.48	36.50
3.	DEPUYDT, Hasse			IKZ/21166/09	5:03.14	<b>4:58.75</b>	457		
	50m:	34.34	34.34	150m:	1:49.25	38.16	350m:	4:21.74	38.26
	100m:	1:11.69	37.35	200m:	2:26.98	38.34	300m:	3:43.48	38.34
						38.34	400m:	4:58.75	37.01
4.	RAMBOUR, Elyne			KWZC/21095/09	5:12.19	<b>5:03.34</b>	437		
	50m:	35.08	35.08	150m:	1:51.86	37.64	350m:	4:25.83	38.67
	100m:	1:12.92	37.84	200m:	2:31.17	38.35	300m:	3:47.16	38.35
						38.35	400m:	5:03.34	37.51

Provinciale Kampioenschappen Korte Baan 2025  
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Programmanr. 17, Meisjes, 400m vrije slag, 15 - 16 jaar

Rang				Inshr.				Tijd	Pnt			
5.	FILIMONOV, Vlada			BZK/21385/10	5:13.13			<b>5:14.01</b>	394			
	50m:	35.58	35.58	150m:	1:54.11	39.72	250m:	3:14.58	40.27	350m:	4:35.64	40.59
	100m:	1:14.39	38.81	200m:	2:34.31	40.20	300m:	3:55.05	40.47	400m:	5:14.01	38.37
6.	DE LAERE, Gisèle			BZK/21255/10	5:23.14			<b>5:14.87</b>	391			
	50m:	35.38	35.38	150m:	1:54.06	39.87	250m:	3:14.52	40.26	350m:	4:35.63	40.41
	100m:	1:14.19	38.81	200m:	2:34.26	40.20	300m:	3:55.22	40.70	400m:	5:14.87	39.24
7.	VANDEN BAVIERE, Margo			MZK/21096/09	5:05.47			<b>5:14.89</b>	390			
	50m:	34.61	34.61	150m:	1:52.31	39.39	250m:	3:13.67	41.10	350m:	4:35.60	40.66
	100m:	1:12.92	38.31	200m:	2:32.57	40.26	300m:	3:54.94	41.27	400m:	5:14.89	39.29
8.	DESCHOEMAEKER, Rani			ZB/21074/10	5:47.58			<b>5:34.56</b>	325			
	50m:	38.11	38.11	150m:	2:03.87	43.12	250m:	3:28.66	42.18	350m:	4:53.96	41.91
	100m:	1:20.75	42.64	200m:	2:46.48	42.61	300m:	4:12.05	43.39	400m:	5:34.56	40.60
9.	DEPAEPE, Lana			KWZC/21088/09	6:04.40			<b>5:36.79</b>	319			
	50m:	38.49	38.49	150m:	2:03.07	42.24	250m:	3:29.35	43.27	350m:	4:55.60	42.85
	100m:	1:20.83	42.34	200m:	2:46.08	43.01	300m:	4:12.75	43.40	400m:	5:36.79	41.19

17 jaar en ouder

1.	ROSSEAU, Rinske			KWZC/21051/07	5:20.92			<b>5:25.49</b>	353			
	50m:	36.37	36.37	150m:	1:57.01	41.12	250m:	3:21.12	42.32	350m:	4:45.62	41.92
	100m:	1:15.89	39.52	200m:	2:38.80	41.79	300m:	4:03.70	42.58	400m:	5:25.49	39.87
2.	DESMET, Manon			KWZC/21057/06	5:45.44			<b>5:47.45</b>	291			
	50m:	38.85	38.85	150m:	2:08.36	45.02	250m:	3:36.80	43.79	350m:	5:05.01	43.93
	100m:	1:23.34	44.49	200m:	2:53.01	44.65	300m:	4:21.08	44.28	400m:	5:47.45	42.44