



ShaRK 400m 2025 v4
Herentals, 4/10/2025

Programmanr. 1
4/10/2025 - 13:30

Dames, 400m wisselslag

11 jaar en ouder
Resultaten

Punten: FINA 2023

Rang			Geb.						Tijd	Pnt		
11 - 12 jaar												
1.	LEMBRECHTS Sien		13	K. Aarschotse Zwemclub Schoonhoven				6:38.66	274			
	50m:	43.49	43.49	150m:	3:16.59	1:36.92	250m:	4:11.92	350m:	5:55.07	46.07	
	100m:	1:39.67	56.18	200m:			300m:	5:09.00	57.08	400m:	6:38.66	43.59
2.	WILLEN Luna		13	K. Aarschotse Zwemclub Schoonhoven				7:13.07	213			
	50m:	51.90	51.90	150m:	2:47.19	52.82	250m:	4:39.99	1:01.64	350m:	6:30.62	48.70
	100m:	1:54.37	1:02.47	200m:	3:38.35	51.16	300m:	5:41.92	1:01.93	400m:	7:13.07	42.45
13 - 14 jaar												
1.	MERTENS Femke		11	ShaRK				5:22.63	516			
	50m:	33.59	33.59	150m:	1:54.54	40.25	250m:	3:21.21	46.96	350m:	4:45.98	37.39
	100m:	1:14.29	40.70	200m:	2:34.25	39.71	300m:	4:08.59	47.38	400m:	5:22.63	36.65
2.	BELLENS Lore		11	ShaRK				5:27.17	495			
	50m:	33.89	33.89	150m:	1:55.14	42.20	250m:	3:23.10	46.58	350m:	4:49.27	38.35
	100m:	1:12.94	39.05	200m:	2:36.52	41.38	300m:	4:10.92	47.82	400m:	5:27.17	37.90
3.	ASSCHERICKX Chloé		11	K. Aarschotse Zwemclub Schoonhoven				5:43.50	428			
	50m:	36.27	36.27	150m:	2:01.12	42.56	250m:	3:34.16	51.84	350m:	5:05.80	38.94
	100m:	1:18.56	42.29	200m:	2:42.32	41.20	300m:	4:26.86	52.70	400m:	5:43.50	37.70
4.	LEMMENS Febe		11	Westerlo Swimming Team				5:53.25	393			
	50m:	35.35	35.35	150m:	2:04.03	44.53	250m:	3:39.21	50.42	350m:	5:13.68	42.80
	100m:	1:19.50	44.15	200m:	2:48.79	44.76	300m:	4:30.88	51.67	400m:	5:53.25	39.57
5.	LAMBRECHTS Loes		11	Arendonkse Zwemvereniging				6:01.83	366			
	50m:	39.24	39.24	150m:	2:15.04	48.62	250m:	3:51.84	50.37	350m:	5:23.51	41.11
	100m:	1:26.42	47.18	200m:	3:01.47	46.43	300m:	4:42.40	50.56	400m:	6:01.83	38.32
6.	SILVERANS Mila		11	K. Aarschotse Zwemclub Schoonhoven				6:01.86	366			
	50m:	36.29	36.29	150m:	2:09.22	47.13	250m:	3:46.17	51.67	350m:	5:21.71	42.94
	100m:	1:22.09	45.80	200m:	2:54.50	45.28	300m:	4:38.77	52.60	400m:	6:01.86	40.15
7.	LAZEROMS Sien		12	Azk				6:09.07	345			
	50m:	38.03	38.03	150m:	2:12.81	49.51	250m:	3:52.90	51.94	350m:	5:28.53	42.92
	100m:	1:23.30	45.27	200m:	3:00.96	48.15	300m:	4:45.61	52.71	400m:	6:09.07	40.54
8.	BROUWERS Mischa		12	Azk				6:09.53	344			
	50m:	34.93	34.93	150m:	2:11.31	49.09	250m:	3:52.66	52.75	350m:	5:28.54	42.53
	100m:	1:22.22	47.29	200m:	2:59.91	48.60	300m:	4:46.01	53.35	400m:	6:09.53	40.99
9.	GERARD Carys		11	K. Aarschotse Zwemclub Schoonhoven				6:16.19	326			
	50m:	40.42	40.42	150m:	2:18.42	48.04	250m:	3:58.95	54.23	350m:	5:37.39	42.55
	100m:	1:30.38	49.96	200m:	3:04.72	46.30	300m:	4:54.84	55.89	400m:	6:16.19	38.80
10.	FAES Elyne		12	Heitse Zwemclub Arduas				6:18.19	320			
	50m:	38.67	38.67	150m:	2:13.00	46.90	250m:	3:54.26	55.54	350m:	5:35.78	44.58
	100m:	1:26.10	47.43	200m:	2:58.72	45.72	300m:	4:51.20	56.94	400m:	6:18.19	42.41
FF	VERRET Julie		12	Zwemclub Schoten								
FF	VANSINA Elle		12	K. Aarschotse Zwemclub Schoonhoven								





Programmanr. 1, Dames, 400m wisselslag

15 - 16 jaar

1.	MEYER Thyrv		09	K. Aarschotse Zwemclub Schoonhoven	5:17.86	540		
	50m: 34.57	34.57	150m: 1:54.27	39.94	250m: 3:19.43	45.59	350m: 4:42.55	36.07
	100m: 1:14.33	39.76	200m: 2:33.84	39.57	300m: 4:06.48	47.05	400m: 5:17.86	35.31
2.	JANSSENS Elisabeth		10	ShaRK	5:42.27	433		
	50m: 37.93	37.93	150m: 2:07.04	40.92	250m: 3:37.67	48.56	350m: 5:05.33	40.21
	100m: 1:26.12	48.19	200m: 2:49.11	42.07	300m: 4:25.12	47.45	400m: 5:42.27	36.94
3.	LAUREYS Xante		10	Westerlo Swimming Team	6:10.32	341		
	50m: 40.87	40.87	150m: 2:17.04	44.28	250m: 3:55.78	55.32	350m: 5:31.99	40.56
	100m: 1:32.76	51.89	200m: 3:00.46	43.42	300m: 4:51.43	55.65	400m: 6:10.32	38.33
4.	VAN MECHELEN Zoë		10	Kempisch Swimming Team	6:19.26	318		
	50m: 40.75	40.75	150m: 2:17.45	46.57	250m: 3:59.18	55.82	350m: 5:37.92	43.24
	100m: 1:30.88	50.13	200m: 3:03.36	45.91	300m: 4:54.68	55.50	400m: 6:19.26	41.34
5.	DE CAT Do		10	K. Aarschotse Zwemclub Schoonhoven	6:19.76	317		
	50m: 40.98	40.98	150m: 2:17.96	46.37	250m: 3:58.36	54.87	350m: 5:38.06	43.95
	100m: 1:31.59	50.61	200m: 3:03.49	45.53	300m: 4:54.11	55.75	400m: 6:19.76	41.70

17 jaar en ouder

1.	LAUWERS Lotte		08	Kempisch Swimming Team	5:55.31	387		
	50m: 35.33	35.33	150m: 2:05.30	45.66	250m: 3:42.71	52.63	350m: 5:17.24	40.46
	100m: 1:19.64	44.31	200m: 2:50.08	44.78	300m: 4:36.78	54.07	400m: 5:55.31	38.07
2.	KENNIS Nathalie		02	Arendonkse Zwemvereniging	5:59.13	374		
	50m: 34.83	34.83	150m: 2:03.24	46.34	250m: 3:41.24	51.50	350m: 5:17.92	43.99
	100m: 1:16.90	42.07	200m: 2:49.74	46.50	300m: 4:33.93	52.69	400m: 5:59.13	41.21

