



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

Programmanr. 3
4/10/2025 - 14:31

400m vrije slag

9 - 10 jaar
Resultaten

Punten: FINA 2023

Rang			Geb.					Tijd	Pnt	
9 - 10 jaar, Meisjes										
1.	CANNIERE Erin		15	Rosc				5:46.76	296	
	50m:	37.65 37.65	150m:	2:04.66	44.49	250m:	3:34.89	44.82	350m:	5:05.54 44.98
	100m:	1:20.17 42.52	200m:	2:50.07	45.41	300m:	4:20.56	45.67	400m:	5:46.76 41.22
2.	ANTIERENS Louise		15	Rosc				5:55.16	276	
	50m:	38.63 38.63	150m:	2:07.28	44.98	250m:	3:38.96	46.12	350m:	5:11.07 45.94
	100m:	1:22.30 43.67	200m:	2:52.84	45.56	300m:	4:25.13	46.17	400m:	5:55.16 44.09
3.	VAN BREEDAM Lena		15	Zwemvereniging Lier				6:04.74	255	
	50m:	38.96 38.96	150m:	2:08.11	45.70	250m:	3:40.95	45.99	350m:	5:18.86 49.53
	100m:	1:22.41 43.45	200m:	2:54.96	46.85	300m:	4:29.33	48.38	400m:	6:04.74 45.88
4.	CLAESSENS Marie		15	Azk				6:15.07	234	
	50m:	41.02 41.02	150m:	2:16.28	48.61	250m:	3:50.66	46.63	350m:	5:22.20 44.80
	100m:	1:27.67 46.65	200m:	3:04.03	47.75	300m:	4:37.40	46.74	400m:	6:15.07 52.87
5.	VASQUEZ Anna		15	Zwemclub Schoten				6:17.75	229	
	50m:	40.27 40.27	150m:	2:14.42	47.90	250m:	3:53.63	50.01	350m:	5:31.28 48.68
	100m:	1:26.52 46.25	200m:	3:03.62	49.20	300m:	4:42.60	48.97	400m:	6:17.75 46.47
6.	ROZIERS Lily		15	Heistse Zwemclub Arduas				6:18.06	229	
	50m:	41.14 41.14	150m:	2:17.68	49.03	250m:	3:55.11	48.51	350m:	5:34.26 47.68
	100m:	1:28.65 47.51	200m:	3:06.60	48.92	300m:	4:46.58	51.47	400m:	6:18.06 43.80
7.	LEMBRECHTS Kaat		15	K. Aarschotse Zwemclub Schoonhoven				6:18.77	227	
	50m:	43.45 43.45	150m:	2:20.05	49.12	250m:	4:00.15	50.12	350m:	5:36.18 46.10
	100m:	1:30.93 47.48	200m:	3:10.03	49.98	300m:	4:50.08	49.93	400m:	6:18.77 42.59
8.	DE CLOEDT DELGADO Lisa		15	Rosc				6:19.21	226	
	50m:	41.53 41.53	150m:	2:17.52	47.99	250m:	3:55.90	49.75	350m:	5:33.20 47.80
	100m:	1:29.53 48.00	200m:	3:06.15	48.63	300m:	4:45.40	49.50	400m:	6:19.21 46.01
9.	VAN COTTHEM Nika		15	Arendonkse Zwemvereniging				6:22.01	221	
	50m:	41.99 41.99	150m:	2:18.79	48.55	250m:	3:56.79	48.91	350m:	5:35.62 49.49
	100m:	1:30.24 48.25	200m:	3:07.88	49.09	300m:	4:46.13	49.34	400m:	6:22.01 46.39
10.	PEETERS Lena		15	Arendonkse Zwemvereniging				6:43.41	188	
	50m:	44.78 44.78	150m:	2:25.04	51.27	250m:	4:09.03	51.79	350m:	5:53.53 52.13
	100m:	1:33.77 48.99	200m:	3:17.24	52.20	300m:	5:01.40	52.37	400m:	6:43.41 49.88
11.	DE BIE Apolline		16	ShaRK				6:56.12	171	
	50m:	42.35 42.35	150m:	2:29.47	52.74	250m:	4:20.92	56.20	350m:	6:05.67 50.65
	100m:	1:36.73 54.38	200m:	3:24.72	55.25	300m:	5:15.02	54.10	400m:	6:56.12 50.45
12.	WILLEN Lenthe		15	K. Aarschotse Zwemclub Schoonhoven				7:00.12	166	
	50m:	45.70 45.70	150m:	2:30.30	53.73	250m:	4:17.89	54.83	350m:	6:08.51 54.82
	100m:	1:36.57 50.87	200m:	3:23.06	52.76	300m:	5:13.69	55.80	400m:	7:00.12 51.61
13.	MATTHEEUSEN Olivia		16	Azk				7:00.72	166	
	50m:	46.01 46.01	150m:	2:32.08	53.90	250m:	4:21.31	55.37	350m:	6:08.02 51.02
	100m:	1:38.18 52.17	200m:	3:25.94	53.86	300m:	5:17.00	55.69	400m:	7:00.72 52.70
14.	DE VIJLDER Rikke		16	Zwemclub Nijlen				7:06.02	160	
	50m:	46.03 46.03	150m:	2:34.51	55.04	250m:	4:24.85	55.66	350m:	6:16.57 56.41
	100m:	1:39.47 53.44	200m:	3:29.19	54.68	300m:	5:20.16	55.31	400m:	7:06.02 49.45
15.	PUT Julie		15	K. Aarschotse Zwemclub Schoonhoven				7:24.49	140	
	50m:	46.40 46.40	150m:	2:37.87	57.25	250m:	4:34.14	58.33	350m:	6:29.12 55.65
	100m:	1:40.62 54.22	200m:	3:35.81	57.94	300m:	5:33.47	59.33	400m:	7:24.49 55.37





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Programmanr. 3, Meisjes, 400m vrije slag, 9 - 10 jaar

Rang		Geb.		Tijd	Pnt
16.	VANDER WAEREN Linn	15	K. Aarschotse Zwemclub Schoonhoven	7:26.89	138
	50m: 47.18 47.18	150m: 2:41.52 58.18	250m: 4:37.36 59.47	350m: 6:30.76 55.42	
	100m: 1:43.34 56.16	200m: 3:37.89 56.37	300m: 5:35.34 57.98	400m: 7:26.89 56.13	
17.	RAES Kaya	16	Molse Zwemclub "Mozka"	7:42.15	125
	50m: 44.16 44.16	150m: 2:38.97 59.80	250m: 4:37.43 57.97	350m: 6:45.72 1:02.36	
	100m: 1:39.17 55.01	200m: 3:39.46 1:00.49	300m: 5:43.36 1:05.93	400m: 7:42.15 56.43	
18.	VAN GORP Féline	16	ShaRK	7:44.99	123
	50m: 46.38 46.38	150m: 2:49.99 1:02.76	250m: 4:48.78 58.89	350m: 6:46.02 56.86	
	100m: 1:47.23 1:00.85	200m: 3:49.89 59.90	300m: 5:49.16 1:00.38	400m: 7:44.99 58.97	
19.	VAN VORST Marie	16	Arendonkse Zwemvereniging	8:24.30	96
	50m: 53.76 53.76	150m: 2:58.86 1:03.52	250m: 5:10.98 1:06.32	350m: 7:26.41 1:06.42	
	100m: 1:55.34 1:01.58	200m: 4:04.66 1:05.80	300m: 6:19.99 1:09.01	400m: 8:24.30 57.89	
FF	VAN GROOTEL Rikke	16	Zwemclub Nijlen		
FF	KENIS Lola	15	ShaRK		

9 - 10 jaar, Jongens

1.	DAUWE Lars	15	Rosc	5:08.88	324
	50m: 33.87 33.87	150m: 1:53.15 40.68	250m: 3:13.15 39.71	350m: 4:31.68 38.90	
	100m: 1:12.47 38.60	200m: 2:33.44 40.29	300m: 3:52.78 39.63	400m: 5:08.88 37.20	
2.	LAFORCE Lander	15	Rosc	5:25.41	277
	50m: 34.91 34.91	150m: 1:57.04 41.30	250m: 3:20.69 42.01	350m: 4:44.53 41.50	
	100m: 1:15.74 40.83	200m: 2:38.68 41.64	300m: 4:03.03 42.34	400m: 5:25.41 40.88	
3.	VAN OOSTERWYCK Alexander	15	Zwemclub Schoten	6:02.64	200
	50m: 43.25 43.25	150m: 2:14.44 44.83	250m: 3:46.19 45.78	350m: 5:18.12 46.58	
	100m: 1:29.61 46.36	200m: 3:00.41 45.97	300m: 4:31.54 45.35	400m: 6:02.64 44.52	
4.	WILLEMS Iwan	15	Arendonkse Zwemvereniging	6:05.20	196
	50m: 39.43 39.43	150m: 2:12.42 47.41	250m: 3:47.74 47.53	350m: 5:20.65 45.75	
	100m: 1:25.01 45.58	200m: 3:00.21 47.79	300m: 4:34.90 47.16	400m: 6:05.20 44.55	
5.	FERKET Aidan	15	Rosc	6:07.27	193
	50m: 41.10 41.10	150m: 2:17.80 49.24	250m: 3:52.02 46.80	350m: 5:25.29 47.69	
	100m: 1:28.56 47.46	200m: 3:05.22 47.42	300m: 4:37.60 45.58	400m: 6:07.27 41.98	
6.	MONTENY Kenzie	15	Rosc	6:15.53	180
	50m: 39.78 39.78	150m: 2:13.70 48.13	250m: 3:51.72 49.66	350m: 5:29.96 48.19	
	100m: 1:25.57 45.79	200m: 3:02.06 48.36	300m: 4:41.77 50.05	400m: 6:15.53 45.57	
7.	GYSEN Rayes	16	Zwemclub Schoten	6:31.16	159
	50m: 41.17 41.17	150m: 2:23.11 51.56	250m: 4:05.08 51.23	350m: 5:46.80 51.42	
	100m: 1:31.55 50.38	200m: 3:13.85 50.74	300m: 4:55.38 50.30	400m: 6:31.16 44.36	
8.	DE PUYDT Arthur	15	Zwemvereniging Lier	6:42.88	146
	50m: 44.29 44.29	150m: 2:26.82 51.01	250m: 4:12.53 53.00	350m: 5:54.90 52.04	
	100m: 1:35.81 51.52	200m: 3:19.53 52.71	300m: 5:02.86 50.33	400m: 6:42.88 47.98	
9.	DELVA Sam	16	Azk	6:45.21	143
	50m: 40.90 40.90	150m: 2:23.70 52.69	250m: 4:09.61 53.27	350m: 5:58.38 54.64	
	100m: 1:31.01 50.11	200m: 3:16.34 52.64	300m: 5:03.74 54.13	400m: 6:45.21 46.83	
10.	MEUNIER Emile	16	Heistse Zwemclub Arduas	6:54.57	134
	50m: 45.85 45.85	150m: 2:31.80 52.71	250m: 4:18.00 52.77	350m: 6:04.42 52.65	
	100m: 1:39.09 53.24	200m: 3:25.23 53.43	300m: 5:11.77 53.77	400m: 6:54.57 50.15	
11.	VERSTRAETEN Djurre	15	Arendonkse Zwemvereniging	7:06.72	123
	50m: 44.35 44.35	150m: 2:25.86 51.00	250m: 4:16.42 56.66	350m: 6:08.44 58.82	
	100m: 1:34.86 50.51	200m: 3:19.76 53.90	300m: 5:09.62 53.20	400m: 7:06.72 58.28	





Programmanr. 3, Jongens, 400m vrije slag, 9 - 10 jaar

Rang				Geb.					Tijd	Pnt
12.	COOLS Vince			16	Molse Zwemclub "Mozka"				7:09.95	120
	50m: 45.08	45.08	150m: 2:35.13	56.54	250m: 4:22.90	53.26	350m: 6:14.33	55.93		
	100m: 1:38.59	53.51	200m: 3:29.64	54.51	300m: 5:18.40	55.50	400m: 7:09.95	55.62		
13.	VERACHTEN Tijl			16	Molse Zwemclub "Mozka"				7:34.14	102
	50m: 45.77	45.77	150m: 2:37.47	57.18	250m: 4:35.52	1:00.32	350m: 6:34.89	1:01.31		
	100m: 1:40.29	54.52	200m: 3:35.20	57.73	300m: 5:33.58	58.06	400m: 7:34.14	59.25		
14.	WILMS Bram			15	ShaRK				7:35.88	100
	50m: 47.12	47.12	150m: 2:43.67	58.94	250m: 4:43.59	1:01.16	350m: 6:43.26	1:00.51		
	100m: 1:44.73	57.61	200m: 3:42.43	58.76	300m: 5:42.75	59.16	400m: 7:35.88	52.62		
15.	DHOOGHE Tristan			15	K. Aarschotse Zwemclub Schoonhoven				7:51.29	91
	50m: 46.42	46.42	150m: 2:44.56	1:01.42	250m: 4:49.73	1:01.97	350m: 6:53.19	1:02.27		
	100m: 1:43.14	56.72	200m: 3:47.76	1:03.20	300m: 5:50.92	1:01.19	400m: 7:51.29	58.10		
16.	PANKEN Mats			16	Heitse Zwemclub Arduas				7:55.73	88
	50m: 54.62	54.62	150m: 2:53.19	58.31	250m: 4:57.13	1:02.24	350m: 7:03.01	1:02.15		
	100m: 1:54.88	1:00.26	200m: 3:54.89	1:01.70	300m: 6:00.86	1:03.73	400m: 7:55.73	52.72		
17.	VAN GORP Thijs			15	Molse Zwemclub "Mozka"				8:50.60	64
	50m: 54.37	54.37	150m: 3:04.99	1:04.78	250m: 5:23.65	1:10.72	350m: 7:34.06	1:02.24		
	100m: 2:00.21	1:05.84	200m: 4:12.93	1:07.94	300m: 6:31.82	1:08.17	400m: 8:50.60	1:16.54		

