



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

Programmanr. 4
4/10/2025 - 15:21

Meisjes, 400m vrije slag

11 - 12 jaar
Resultaten

Punten: FINA 2023

| Rang | | | | | Geb. | | | | | Tijd | Pnt | |
|------|----------------------|---------|-------|-------|---------|------------------------------------|-------|---------|-------|----------------|---------|-------|
| 1. | VOLDERS Ella | | | | 13 | Zwemvereniging Lier | | | | 5:07.63 | 425 | |
| | 50m: | 34.41 | 34.41 | 150m: | 1:51.87 | 39.30 | 250m: | 3:10.55 | 39.65 | 350m: | 4:30.61 | 39.95 |
| | 100m: | 1:12.57 | 38.16 | 200m: | 2:30.90 | 39.03 | 300m: | 3:50.66 | 40.11 | 400m: | 5:07.63 | 37.02 |
| 2. | VAN DE WOUWER Myrthe | | | | 13 | Heistse Zwemclub Arduas | | | | 5:07.65 | 424 | |
| | 50m: | 34.31 | 34.31 | 150m: | 1:52.21 | 39.54 | 250m: | 3:11.65 | 39.79 | 350m: | 4:31.35 | 39.74 |
| | 100m: | 1:12.67 | 38.36 | 200m: | 2:31.86 | 39.65 | 300m: | 3:51.61 | 39.96 | 400m: | 5:07.65 | 36.30 |
| 3. | DEVUYST Oona | | | | 13 | Rosc | | | | 5:07.94 | 423 | |
| | 50m: | 34.32 | 34.32 | 150m: | 1:52.33 | 39.66 | 250m: | 3:12.10 | 39.71 | 350m: | 4:31.93 | 39.34 |
| | 100m: | 1:12.67 | 38.35 | 200m: | 2:32.39 | 40.06 | 300m: | 3:52.59 | 40.49 | 400m: | 5:07.94 | 36.01 |
| 4. | RYCKEMAN Ella | | | | 14 | Rosc | | | | 5:09.07 | 419 | |
| | 50m: | 35.52 | 35.52 | 150m: | 1:54.15 | 39.76 | 250m: | 3:13.82 | 39.38 | 350m: | 4:33.19 | 39.10 |
| | 100m: | 1:14.39 | 38.87 | 200m: | 2:34.44 | 40.29 | 300m: | 3:54.09 | 40.27 | 400m: | 5:09.07 | 35.88 |
| 5. | MATTHEEUSEN Ella | | | | 13 | Azk | | | | 5:14.43 | 398 | |
| | 50m: | 34.19 | 34.19 | 150m: | 1:52.34 | 39.80 | 250m: | 3:12.35 | 40.12 | 350m: | 4:34.59 | 41.43 |
| | 100m: | 1:12.54 | 38.35 | 200m: | 2:32.23 | 39.89 | 300m: | 3:53.16 | 40.81 | 400m: | 5:14.43 | 39.84 |
| 6. | BROUWERS Phebe | | | | 13 | Azk | | | | 5:19.08 | 380 | |
| | 50m: | 34.79 | 34.79 | 150m: | 1:55.70 | 40.88 | 250m: | 3:17.12 | 40.63 | 350m: | 4:37.91 | 40.29 |
| | 100m: | 1:14.82 | 40.03 | 200m: | 2:36.49 | 40.79 | 300m: | 3:57.62 | 40.50 | 400m: | 5:19.08 | 41.17 |
| 7. | ADRIAENSEN Lena | | | | 13 | Molse Zwemclub "Mozka" | | | | 5:25.58 | 358 | |
| | 50m: | 36.20 | 36.20 | 150m: | 1:57.57 | 41.54 | 250m: | 3:22.20 | 42.68 | 350m: | 4:46.18 | 42.03 |
| | 100m: | 1:16.03 | 39.83 | 200m: | 2:39.52 | 41.95 | 300m: | 4:04.15 | 41.95 | 400m: | 5:25.58 | 39.40 |
| 8. | CLAESSENS Isa-Beau | | | | 14 | Hzs | | | | 5:32.49 | 336 | |
| | 50m: | 37.45 | 37.45 | 150m: | 2:01.71 | 42.07 | 250m: | 3:27.57 | 43.49 | 350m: | 4:51.80 | 41.94 |
| | 100m: | 1:19.64 | 42.19 | 200m: | 2:44.08 | 42.37 | 300m: | 4:09.86 | 42.29 | 400m: | 5:32.49 | 40.69 |
| 9. | LESSELIERS Emily | | | | 13 | Zwemclub Schoten | | | | 5:34.56 | 330 | |
| | 50m: | 36.96 | 36.96 | 150m: | 1:59.20 | 42.07 | 250m: | 3:25.92 | 43.47 | 350m: | 4:52.10 | 42.85 |
| | 100m: | 1:17.13 | 40.17 | 200m: | 2:42.45 | 43.25 | 300m: | 4:09.25 | 43.33 | 400m: | 5:34.56 | 42.46 |
| 10. | NEUVILLE Axelle | | | | 14 | Heistse Zwemclub Arduas | | | | 5:35.16 | 328 | |
| | 50m: | 37.38 | 37.38 | 150m: | 2:02.62 | 43.18 | 250m: | 3:31.19 | 44.62 | 350m: | 4:54.95 | 41.68 |
| | 100m: | 1:19.44 | 42.06 | 200m: | 2:46.57 | 43.95 | 300m: | 4:13.27 | 42.08 | 400m: | 5:35.16 | 40.21 |
| 11. | SARMI Sofia | | | | 13 | Zwemvereniging Lier | | | | 5:37.64 | 321 | |
| | 50m: | 39.23 | 39.23 | 150m: | 2:06.08 | 43.76 | 250m: | 3:31.98 | 42.74 | 350m: | 4:58.28 | 43.19 |
| | 100m: | 1:22.32 | 43.09 | 200m: | 2:49.24 | 43.16 | 300m: | 4:15.09 | 43.11 | 400m: | 5:37.64 | 39.36 |
| 12. | DIEUSAERT Roselien | | | | 14 | Rosc | | | | 5:39.06 | 317 | |
| | 50m: | 38.96 | 38.96 | 150m: | 2:05.17 | 43.35 | 250m: | 3:33.75 | 43.70 | 350m: | 4:59.86 | 42.89 |
| | 100m: | 1:21.82 | 42.86 | 200m: | 2:50.05 | 44.88 | 300m: | 4:16.97 | 43.22 | 400m: | 5:39.06 | 39.20 |
| 13. | SEGAERT Hanne | | | | 13 | Rosc | | | | 5:43.14 | 306 | |
| | 50m: | 37.56 | 37.56 | 150m: | 2:03.91 | 43.83 | 250m: | 3:33.41 | 44.95 | 350m: | 5:03.02 | 44.60 |
| | 100m: | 1:20.08 | 42.52 | 200m: | 2:48.46 | 44.55 | 300m: | 4:18.42 | 45.01 | 400m: | 5:43.14 | 40.12 |
| 14. | VAN LOMMEL Anthe | | | | 13 | ShaRK | | | | 5:43.79 | 304 | |
| | 50m: | 34.66 | 34.66 | 150m: | 1:59.83 | 44.16 | 250m: | 3:29.13 | 44.56 | 350m: | 5:00.05 | 45.31 |
| | 100m: | 1:15.67 | 41.01 | 200m: | 2:44.57 | 44.74 | 300m: | 4:14.74 | 45.61 | 400m: | 5:43.79 | 43.74 |
| 15. | LEMBRECHTS Sien | | | | 13 | K. Aarschotse Zwemclub Schoonhoven | | | | 5:44.56 | 302 | |
| | 50m: | 36.75 | 36.75 | 150m: | 2:02.64 | 44.37 | 250m: | 3:33.32 | 45.08 | 350m: | 5:02.61 | 44.16 |
| | 100m: | 1:18.27 | 41.52 | 200m: | 2:48.24 | 45.60 | 300m: | 4:18.45 | 45.13 | 400m: | 5:44.56 | 41.95 |
| 16. | VERSLEGERS Roxan | | | | 13 | Heistse Zwemclub Arduas | | | | 5:44.81 | 301 | |
| | 50m: | 36.15 | 36.15 | 150m: | 2:02.30 | 44.31 | 250m: | 3:33.28 | 45.26 | 350m: | 5:01.90 | 43.46 |
| | 100m: | 1:17.99 | 41.84 | 200m: | 2:48.02 | 45.72 | 300m: | 4:18.44 | 45.16 | 400m: | 5:44.81 | 42.91 |





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Programmanr. 4, Meisjes, 400m vrije slag, 11 - 12 jaar

| Rang | | | Geb. | | | | | Tijd | Pnt |
|------|-----------------------|-------|---------------|------------------------------------|---------------|-------|---------------|----------------|-----|
| 17. | WYNANTS Fré | | 14 | Zwemclub Nijlen | | | | 5:44.86 | 301 |
| | 50m: 38.30 | 38.30 | 150m: 2:05.04 | 43.93 | 250m: 3:34.04 | 44.25 | 350m: 5:02.37 | 44.49 | |
| | 100m: 1:21.11 | 42.81 | 200m: 2:49.79 | 44.75 | 300m: 4:17.88 | 43.84 | 400m: 5:44.86 | 42.49 | |
| 18. | DIRICKX Finne | | 13 | Zwemclub Nijlen | | | | 5:46.42 | 297 |
| | 50m: 36.67 | 36.67 | 150m: 2:05.04 | 44.97 | 250m: 3:35.23 | 44.91 | 350m: 5:05.52 | 45.12 | |
| | 100m: 1:20.07 | 43.40 | 200m: 2:50.32 | 45.28 | 300m: 4:20.40 | 45.17 | 400m: 5:46.42 | 40.90 | |
| 19. | DIERCKX Astrid | | 14 | Kempisch Swimming Team | | | | 5:48.21 | 293 |
| | 50m: 40.34 | 40.34 | 150m: 2:08.79 | 44.05 | 250m: 3:37.07 | 44.64 | 350m: 5:07.40 | 45.00 | |
| | 100m: 1:24.74 | 44.40 | 200m: 2:52.43 | 43.64 | 300m: 4:22.40 | 45.33 | 400m: 5:48.21 | 40.81 | |
| 20. | THEUNISSEN Jolien | | 13 | Zwemclub Schoten | | | | 5:51.85 | 284 |
| | 50m: 39.63 | 39.63 | 150m: 2:08.28 | 44.90 | 250m: 3:40.74 | 46.52 | 350m: 5:09.22 | 44.89 | |
| | 100m: 1:23.38 | 43.75 | 200m: 2:54.22 | 45.94 | 300m: 4:24.33 | 43.59 | 400m: 5:51.85 | 42.63 | |
| 21. | CROONEN Lize | | 13 | Zwemclub Nijlen | | | | 5:52.36 | 282 |
| | 50m: 37.02 | 37.02 | 150m: 2:06.05 | 44.66 | 250m: 3:37.14 | 44.74 | 350m: 5:06.89 | 43.62 | |
| | 100m: 1:21.39 | 44.37 | 200m: 2:52.40 | 46.35 | 300m: 4:23.27 | 46.13 | 400m: 5:52.36 | 45.47 | |
| 22. | NEUVILLE Alizée | | 14 | Heitse Zwemclub Arduas | | | | 5:55.41 | 275 |
| | 50m: 37.29 | 37.29 | 150m: 2:06.90 | 46.06 | 250m: 3:38.21 | 45.74 | 350m: 5:11.11 | 45.88 | |
| | 100m: 1:20.84 | 43.55 | 200m: 2:52.47 | 45.57 | 300m: 4:25.23 | 47.02 | 400m: 5:55.41 | 44.30 | |
| 23. | DESAIR Anna-Louise | | 13 | Hzs | | | | 5:57.38 | 271 |
| | 50m: 39.35 | 39.35 | 150m: 2:08.04 | 45.11 | 250m: 3:39.81 | 46.01 | 350m: 5:10.72 | 45.32 | |
| | 100m: 1:22.93 | 43.58 | 200m: 2:53.80 | 45.76 | 300m: 4:25.40 | 45.59 | 400m: 5:57.38 | 46.66 | |
| 24. | VAN CAUWENBERGE Norah | | 13 | Zwemclub Nijlen | | | | 6:03.11 | 258 |
| | 50m: 37.85 | 37.85 | 150m: 2:09.99 | 46.89 | 250m: 3:45.32 | 48.01 | 350m: 5:21.17 | 47.56 | |
| | 100m: 1:23.10 | 45.25 | 200m: 2:57.31 | 47.32 | 300m: 4:33.61 | 48.29 | 400m: 6:03.11 | 41.94 | |
| 25. | VANDER MEER Noor | | 13 | Hzs | | | | 6:03.20 | 258 |
| | 50m: 38.98 | 38.98 | 150m: 2:04.98 | 43.75 | 250m: 3:38.37 | 47.73 | 350m: 5:14.62 | 48.51 | |
| | 100m: 1:21.23 | 42.25 | 200m: 2:50.64 | 45.66 | 300m: 4:26.11 | 47.74 | 400m: 6:03.20 | 48.58 | |
| 26. | CUYPERS Leonie | | 13 | Westerlo Swimming Team | | | | 6:05.62 | 253 |
| | 50m: 40.95 | 40.95 | 150m: 2:17.34 | 48.24 | 250m: 3:53.31 | 47.80 | 350m: 5:27.33 | 46.60 | |
| | 100m: 1:29.10 | 48.15 | 200m: 3:05.51 | 48.17 | 300m: 4:40.73 | 47.42 | 400m: 6:05.62 | 38.29 | |
| 27. | MAVRIQI Arrita | | 13 | Azk | | | | 6:09.23 | 245 |
| | 50m: 39.94 | 39.94 | 150m: 2:12.86 | 47.45 | 250m: 3:48.07 | 47.27 | 350m: 5:24.04 | 48.30 | |
| | 100m: 1:25.41 | 45.47 | 200m: 3:00.80 | 47.94 | 300m: 4:35.74 | 47.67 | 400m: 6:09.23 | 45.19 | |
| 28. | DILLEN Lotte | | 14 | Zwemclub Nijlen | | | | 6:09.31 | 245 |
| | 50m: 41.78 | 41.78 | 150m: 2:15.71 | 47.69 | 250m: 3:50.34 | 47.61 | 350m: 5:22.55 | 47.09 | |
| | 100m: 1:28.02 | 46.24 | 200m: 3:02.73 | 47.02 | 300m: 4:35.46 | 45.12 | 400m: 6:09.31 | 46.76 | |
| 29. | LYTVYNIUK-HUL Sofia | | 14 | Zwemclub Schoten | | | | 6:09.54 | 245 |
| | 50m: 40.94 | 40.94 | 150m: 2:14.63 | 47.58 | 250m: 3:51.55 | 48.79 | 350m: 5:28.40 | 47.95 | |
| | 100m: 1:27.05 | 46.11 | 200m: 3:02.76 | 48.13 | 300m: 4:40.45 | 48.90 | 400m: 6:09.54 | 41.14 | |
| 30. | JANSSENS Romy | | 14 | Heitse Zwemclub Arduas | | | | 6:12.87 | 238 |
| | 50m: 42.39 | 42.39 | 150m: 2:18.18 | 49.09 | 250m: 3:54.64 | 47.87 | 350m: 5:32.40 | 48.91 | |
| | 100m: 1:29.09 | 46.70 | 200m: 3:06.77 | 48.59 | 300m: 4:43.49 | 48.85 | 400m: 6:12.87 | 40.47 | |
| 31. | BEVERNAGE Trix | | 14 | Hzs | | | | 6:12.91 | 238 |
| | 50m: 42.64 | 42.64 | 150m: 2:16.40 | 46.81 | 250m: 3:52.82 | 48.39 | 350m: 5:28.72 | 47.45 | |
| | 100m: 1:29.59 | 46.95 | 200m: 3:04.43 | 48.03 | 300m: 4:41.27 | 48.45 | 400m: 6:12.91 | 44.19 | |
| 32. | WILLEN Luna | | 13 | K. Aarschotse Zwemclub Schoonhoven | | | | 6:14.47 | 235 |
| | 50m: 42.76 | 42.76 | 150m: 2:19.14 | 47.97 | 250m: 3:54.09 | 47.42 | 350m: 5:28.66 | 46.18 | |
| | 100m: 1:31.17 | 48.41 | 200m: 3:06.67 | 47.53 | 300m: 4:42.48 | 48.39 | 400m: 6:14.47 | 45.81 | |





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Herentals, 4/10/2025

Programmanr. 4, Meisjes, 400m vrije slag, 11 - 12 jaar

| Rang | | | | | Geb. | | | | | Tijd | Pnt | |
|------|--------------------|---------|-------|-------|---------|------------------------------------|-------|---------|-------|----------------|---------|-------|
| 33. | GORIS Arwen | | | | 14 | Heitse Zwemclub Arduas | | | | 6:17.90 | 229 | |
| | 50m: | 41.04 | 41.04 | 150m: | 2:20.32 | 50.64 | 250m: | 3:59.49 | 49.81 | 350m: | 5:33.89 | 45.98 |
| | 100m: | 1:29.68 | 48.64 | 200m: | 3:09.68 | 49.36 | 300m: | 4:47.91 | 48.42 | 400m: | 6:17.90 | 44.01 |
| 34. | DILLEN Hanne | | | | 14 | Zwemclub Nijlen | | | | 6:18.68 | 227 | |
| | 50m: | 41.59 | 41.59 | 150m: | 2:18.76 | 49.33 | 250m: | 3:58.41 | 50.25 | 350m: | 5:34.56 | 47.67 |
| | 100m: | 1:29.43 | 47.84 | 200m: | 3:08.16 | 49.40 | 300m: | 4:46.89 | 48.48 | 400m: | 6:18.68 | 44.12 |
| 35. | VAN GUYSE Ada | | | | 13 | Hzs | | | | 6:19.57 | 226 | |
| | 50m: | 40.10 | 40.10 | 150m: | 2:13.70 | 47.84 | 250m: | 3:52.26 | 49.20 | 350m: | 5:32.10 | 49.53 |
| | 100m: | 1:25.86 | 45.76 | 200m: | 3:03.06 | 49.36 | 300m: | 4:42.57 | 50.31 | 400m: | 6:19.57 | 47.47 |
| 36. | VAN GINKEL Kaat | | | | 14 | Zwemclub Nijlen | | | | 6:29.35 | 209 | |
| | 50m: | 41.96 | 41.96 | 150m: | 2:21.80 | 50.82 | 250m: | 4:01.60 | 49.36 | 350m: | 5:41.31 | 49.72 |
| | 100m: | 1:30.98 | 49.02 | 200m: | 3:12.24 | 50.44 | 300m: | 4:51.59 | 49.99 | 400m: | 6:29.35 | 48.04 |
| 37. | FEYAERTS Savannah | | | | 13 | K. Aarschotse Zwemclub Schoonhoven | | | | 6:30.32 | 208 | |
| | 50m: | 39.67 | 39.67 | 150m: | 2:16.80 | 49.97 | 250m: | 4:00.32 | 53.13 | 350m: | 5:41.39 | 49.42 |
| | 100m: | 1:26.83 | 47.16 | 200m: | 3:07.19 | 50.39 | 300m: | 4:51.97 | 51.65 | 400m: | 6:30.32 | 48.93 |
| 38. | WOUTERS Fenna | | | | 14 | Molse Zwemclub "Mozka" | | | | 6:30.52 | 207 | |
| | 50m: | 43.45 | 43.45 | 150m: | 2:23.66 | 50.82 | 250m: | 4:07.44 | 51.98 | 350m: | 5:50.45 | 51.87 |
| | 100m: | 1:32.84 | 49.39 | 200m: | 3:15.46 | 51.80 | 300m: | 4:58.58 | 51.14 | 400m: | 6:30.52 | 40.07 |
| 39. | VANDER WAEREN Kato | | | | 14 | K. Aarschotse Zwemclub Schoonhoven | | | | 6:31.89 | 205 | |
| | 50m: | 41.97 | 41.97 | 150m: | 2:19.72 | 50.25 | 250m: | 4:02.81 | 51.82 | 350m: | 5:44.30 | 50.04 |
| | 100m: | 1:29.47 | 47.50 | 200m: | 3:10.99 | 51.27 | 300m: | 4:54.26 | 51.45 | 400m: | 6:31.89 | 47.59 |
| 40. | DEXTERS Mila | | | | 14 | K. Aarschotse Zwemclub Schoonhoven | | | | 6:35.44 | 200 | |
| | 50m: | 43.48 | 43.48 | 150m: | 2:22.09 | 49.34 | 250m: | 4:04.53 | 51.50 | 350m: | 5:47.40 | 51.43 |
| | 100m: | 1:32.75 | 49.27 | 200m: | 3:13.03 | 50.94 | 300m: | 4:55.97 | 51.44 | 400m: | 6:35.44 | 48.04 |
| 41. | PUT Tyana | | | | 14 | Hzs | | | | 6:37.62 | 196 | |
| | 50m: | 42.67 | 42.67 | 150m: | 2:21.11 | 49.71 | 250m: | 4:03.64 | 50.95 | 350m: | 5:48.07 | 52.94 |
| | 100m: | 1:31.40 | 48.73 | 200m: | 3:12.69 | 51.58 | 300m: | 4:55.13 | 51.49 | 400m: | 6:37.62 | 49.55 |
| 42. | SMEKENS Ella | | | | 14 | K. Aarschotse Zwemclub Schoonhoven | | | | 6:38.27 | 195 | |
| | 50m: | 43.05 | 43.05 | 150m: | 2:24.39 | 51.57 | 250m: | 4:08.03 | 51.19 | 350m: | 5:50.41 | 50.71 |
| | 100m: | 1:32.82 | 49.77 | 200m: | 3:16.84 | 52.45 | 300m: | 4:59.70 | 51.67 | 400m: | 6:38.27 | 47.86 |
| 43. | CLAES Sien | | | | 14 | Zwemclub Nijlen | | | | 6:39.66 | 193 | |
| | 50m: | 43.42 | 43.42 | 150m: | 2:24.39 | 51.15 | 250m: | 4:07.27 | 52.28 | 350m: | 5:51.62 | 52.55 |
| | 100m: | 1:33.24 | 49.82 | 200m: | 3:14.99 | 50.60 | 300m: | 4:59.07 | 51.80 | 400m: | 6:39.66 | 48.04 |
| 44. | VAN GINKEL Loes | | | | 14 | Zwemclub Nijlen | | | | 6:40.54 | 192 | |
| | 50m: | 42.25 | 42.25 | 150m: | 2:23.89 | 50.97 | 250m: | 4:07.24 | 51.62 | 350m: | 5:49.56 | 50.63 |
| | 100m: | 1:32.92 | 50.67 | 200m: | 3:15.62 | 51.73 | 300m: | 4:58.93 | 51.69 | 400m: | 6:40.54 | 50.98 |
| 45. | LAMBRECHTS Jade | | | | 14 | ShaRK | | | | 6:46.61 | 184 | |
| | 50m: | 41.30 | 41.30 | 150m: | 2:22.84 | 52.18 | 250m: | 4:08.63 | 53.61 | 350m: | 5:56.93 | 53.23 |
| | 100m: | 1:30.66 | 49.36 | 200m: | 3:15.02 | 52.18 | 300m: | 5:03.70 | 55.07 | 400m: | 6:46.61 | 49.68 |
| 46. | VAN MECHELEN Luna | | | | 13 | Kempisch Swimming Team | | | | 6:49.24 | 180 | |
| | 50m: | 43.94 | 43.94 | 150m: | 2:27.63 | 52.69 | 250m: | 4:15.02 | 52.80 | 350m: | 6:05.24 | 54.59 |
| | 100m: | 1:34.94 | 51.00 | 200m: | 3:22.22 | 54.59 | 300m: | 5:10.65 | 55.63 | 400m: | 6:49.24 | 44.00 |
| 47. | STRIGENZ Elien | | | | 13 | Hzs | | | | 7:02.27 | 164 | |
| | 50m: | 41.17 | 41.17 | 150m: | 2:25.11 | 54.26 | 250m: | 4:16.22 | 56.45 | 350m: | 6:07.83 | 55.43 |
| | 100m: | 1:30.85 | 49.68 | 200m: | 3:19.77 | 54.66 | 300m: | 5:12.40 | 56.18 | 400m: | 7:02.27 | 54.44 |
| 48. | WILLEM Nore | | | | 14 | K. Aarschotse Zwemclub Schoonhoven | | | | 7:23.19 | 142 | |
| | 50m: | 46.13 | 46.13 | 150m: | 2:39.12 | 57.95 | 250m: | 4:37.21 | 58.83 | 350m: | 6:31.21 | 56.59 |
| | 100m: | 1:41.17 | 55.04 | 200m: | 3:38.38 | 59.26 | 300m: | 5:34.62 | 57.41 | 400m: | 7:23.19 | 51.98 |





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Herentals, 4/10/2025

Programmanr. 4, Meisjes, 400m vrije slag, 11 - 12 jaar

| Rang | | Geb. | | Tijd | Pnt |
|------|-----------------------------|-----------------------|------------------------------------|-----------------------|-----|
| 49. | FLEERACKERS Mira | 14 | K. Aarschotse Zwemclub Schoonhoven | 7:49.17 | 119 |
| | 50m: 52.35 52.35 | 150m: 2:51.04 1:00.04 | 250m: 4:50.51 59.27 | 350m: 6:52.69 1:00.85 | |
| | 100m: 1:51.00 58.65 | 200m: 3:51.24 1:00.20 | 300m: 5:51.84 1:01.33 | 400m: 7:49.17 56.48 | |
| 50. | VETTERS GLUZA Nina | 14 | HeST | 7:53.74 | 116 |
| | 50m: 48.16 48.16 | 150m: 2:48.98 1:01.64 | 250m: 4:53.68 1:02.69 | 350m: 6:57.55 1:02.44 | |
| | 100m: 1:47.34 59.18 | 200m: 3:50.99 1:02.01 | 300m: 5:55.11 1:01.43 | 400m: 7:53.74 56.19 | |
| 51. | DEGREEF Emelie | 14 | K. Aarschotse Zwemclub Schoonhoven | 7:58.06 | 113 |
| | 50m: 45.51 45.51 | 150m: 2:46.88 1:00.99 | 250m: 4:51.11 1:03.77 | 350m: 6:57.22 1:03.48 | |
| | 100m: 1:45.89 1:00.38 | 200m: 3:47.34 1:00.46 | 300m: 5:53.74 1:02.63 | 400m: 7:58.06 1:00.84 | |
| 52. | VERHEYEN Charlotte | 14 | K. Aarschotse Zwemclub Schoonhoven | 8:02.99 | 109 |
| | 50m: 50.68 50.68 | 150m: 2:50.46 1:01.50 | 250m: 4:53.29 1:01.61 | 350m: 6:58.34 1:01.96 | |
| | 100m: 1:48.96 58.28 | 200m: 3:51.68 1:01.22 | 300m: 5:56.38 1:03.09 | 400m: 8:02.99 1:04.65 | |
| dis | FLEERACKERS Laura | 14 | Zwemclub Schoten | | |
| | <i>SW 4.4 - valse start</i> | | | | |
| FF | GEERTS Amélie | 14 | Molse Zwemclub "Mozka" | | |
| FF | LAUREYSENS Jutta | 14 | Zwemclub Nijlen | | |

