



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

Programmanr. 6
4/10/2025 - 18:30

Dames, 400m vrije slag

13 jaar en ouder
Resultaten

Punten: FINA 2023

Rang			Geb.					Tijd	Pnt
13 - 14 jaar									
1.	DEPAEPE Elize		11	Rosc				4:46.83	524
	50m:	32.65	32.65	150m:	1:46.44	37.32	250m:	3:00.13	36.68
	100m:	1:09.12	36.47	200m:	2:23.45	37.01	300m:	3:36.35	36.22
				350m:			400m:	4:46.83	34.74
2.	MERTENS Femke		11	ShaRK				4:48.91	513
	50m:	32.45	32.45	150m:	1:44.09	36.09	250m:	2:59.40	38.01
	100m:	1:08.00	35.55	200m:	2:21.39	37.30	300m:	3:37.17	37.77
				350m:			400m:	4:48.91	34.57
3.	BIERINCKX Mie		12	ShaRK				4:49.43	510
	50m:	31.44	31.44	150m:	1:42.91	36.14	250m:	2:56.60	37.35
	100m:	1:06.77	35.33	200m:	2:19.25	36.34	300m:	3:34.40	37.80
				350m:			400m:	4:49.43	37.12
4.	BELLENS Lore		11	ShaRK				4:52.19	496
	50m:	32.22	32.22	150m:	1:43.94	36.17	250m:	2:58.94	37.91
	100m:	1:07.77	35.55	200m:	2:21.03	37.09	300m:	3:37.16	38.22
				350m:			400m:	4:52.19	37.04
5.	GEYPEN Wies		11	Molse Zwemclub "Mozka"				4:53.93	487
	50m:	32.75	32.75	150m:	1:47.40	37.95	250m:	3:03.45	37.98
	100m:	1:09.45	36.70	200m:	2:25.47	38.07	300m:	3:41.98	38.53
				350m:			400m:	4:53.93	35.01
6.	VERDOOD Pip		11	Zwemvereniging Lier				4:53.97	487
	50m:	33.19	33.19	150m:	1:47.29	37.40	250m:	3:03.31	37.88
	100m:	1:09.89	36.70	200m:	2:25.43	38.14	300m:	3:41.23	37.92
				350m:			400m:	4:53.97	34.69
7.	ASSCHERICKX Chloé		11	K. Aarschotse Zwemclub Schoonhoven				4:54.11	486
	50m:	32.41	32.41	150m:	1:46.51	37.29	250m:	3:02.16	38.04
	100m:	1:09.22	36.81	200m:	2:24.12	37.61	300m:	3:39.97	37.81
				350m:			400m:	4:54.11	36.81
8.	SARGESJAN Nala		11	Hzs				4:55.10	481
	50m:	32.77	32.77	150m:	1:45.78	36.90	250m:	3:02.45	38.61
	100m:	1:08.88	36.11	200m:	2:23.84	38.06	300m:	3:41.31	38.86
				350m:			400m:	4:55.10	34.77
9.	DURT Reine		11	ShaRK				4:58.52	465
	50m:	33.29	33.29	150m:	1:47.31	37.35	250m:	3:04.01	38.61
	100m:	1:09.96	36.67	200m:	2:25.40	38.09	300m:	3:42.85	38.84
				350m:			400m:	4:58.52	37.42
10.	VERNIERS Nime		11	Zwemclub Schoten				5:01.80	450
	50m:	34.44	34.44	150m:	1:49.41	37.12	250m:	3:05.96	38.60
	100m:	1:12.29	37.85	200m:	2:27.36	37.95	300m:	3:45.35	39.39
				350m:			400m:	5:01.80	36.94
11.	CLAESSENS Ella-Louise		11	Hzs				5:02.20	448
	50m:	33.61	33.61	150m:	1:49.62	38.28	250m:	3:06.72	38.72
	100m:	1:11.34	37.73	200m:	2:28.00	38.38	300m:	3:46.08	39.36
				350m:			400m:	5:02.20	37.29
12.	VAN REETH Lieze		11	Zwemvereniging Lier				5:03.44	442
	50m:	34.06	34.06	150m:	1:49.83	38.30	250m:	3:07.67	39.46
	100m:	1:11.53	37.47	200m:	2:28.21	38.38	300m:	3:46.81	39.14
				350m:			400m:	5:03.44	37.20
13.	COPERMANS Sam		11	Hzs				5:04.45	438
	50m:	34.43	34.43	150m:	1:52.38	39.19	250m:	3:10.88	39.26
	100m:	1:13.19	38.76	200m:	2:31.62	39.24	300m:	3:49.73	38.85
				350m:			400m:	5:04.45	35.75
14.	BEUNCKENS Tess		11	Hzs				5:05.69	433
	50m:	33.59	33.59	150m:	1:48.67	37.87	250m:	3:06.73	39.25
	100m:	1:10.80	37.21	200m:	2:27.48	38.81	300m:	3:46.96	40.23
				350m:			400m:	5:05.69	39.02
15.	THEWISSEN Mirthe		11	Hzs				5:05.83	432
	50m:	34.96	34.96	150m:	1:52.05	38.89	250m:	3:09.66	38.83
	100m:	1:13.16	38.20	200m:	2:30.83	38.78	300m:	3:48.33	38.67
				350m:			400m:	5:05.83	38.66





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

Programmanr. 6, Meisjes, 400m vrije slag, 13 - 14 jaar

Rang					Geb.					Tijd	Pnt	
16.	LEMMENS Febe				11	Westerlo Swimming Team				5:06.37	430	
	50m:	33.30	33.30	150m:	1:49.80	38.54	250m:	3:08.01	39.08	350m:	4:27.82	39.88
	100m:	1:11.26	37.96	200m:	2:28.93	39.13	300m:	3:47.94	39.93	400m:	5:06.37	38.55
17.	VERLEYSSEN Noa				11	Hzs				5:07.91	423	
	50m:	35.68	35.68	150m:	1:54.17	39.59	250m:	3:12.43	39.17	350m:	4:31.40	39.69
	100m:	1:14.58	38.90	200m:	2:33.26	39.09	300m:	3:51.71	39.28	400m:	5:07.91	36.51
18.	BASSTANIE Liene				12	Zwemclub Nijlen				5:07.98	423	
	50m:	33.24	33.24	150m:	1:50.37	39.20	250m:	3:09.75	40.17	350m:	4:29.03	39.50
	100m:	1:11.17	37.93	200m:	2:29.58	39.21	300m:	3:49.53	39.78	400m:	5:07.98	38.95
19.	KOREN Zara				11	Hzs				5:10.04	415	
	50m:	33.85	33.85	150m:	1:52.86	39.83	250m:	3:12.15	39.47	350m:	4:32.54	40.34
	100m:	1:13.03	39.18	200m:	2:32.68	39.82	300m:	3:52.20	40.05	400m:	5:10.04	37.50
20.	VAN AERSCHOT Nel				11	Westerlo Swimming Team				5:13.27	402	
	50m:	33.45	33.45	150m:	1:50.84	39.62	250m:	3:11.53	40.53	350m:	4:33.64	41.05
	100m:	1:11.22	37.77	200m:	2:31.00	40.16	300m:	3:52.59	41.06	400m:	5:13.27	39.63
21.	VANIERSCHOT Nora				11	Hzs				5:17.60	386	
	50m:	37.09	37.09	150m:	1:59.01	41.50	250m:	3:21.38	40.98	350m:	4:41.44	39.58
	100m:	1:17.51	40.42	200m:	2:40.40	41.39	300m:	4:01.86	40.48	400m:	5:17.60	36.16
22.	GERARD Carys				11	K. Aarschotse Zwemclub Schoonhoven				5:17.95	384	
	50m:	34.83	34.83	150m:	1:56.69	41.08	250m:	3:18.17	41.09	350m:	4:39.28	40.01
	100m:	1:15.61	40.78	200m:	2:37.08	40.39	300m:	3:59.27	41.10	400m:	5:17.95	38.67
23.	DE VOCHT Anne-Julie				11	Zwemclub Schoten				5:18.94	381	
	50m:	35.30	35.30	150m:	1:56.07	41.21	250m:	3:17.46	41.21	350m:	4:41.79	42.51
	100m:	1:14.86	39.56	200m:	2:36.25	40.18	300m:	3:59.28	41.82	400m:	5:18.94	37.15
24.	VERMAELEN Miya				12	Zwemclub Nijlen				5:19.35	379	
	50m:	34.52	34.52	150m:	1:53.26	39.95	250m:	3:15.67	41.33	350m:	4:39.51	42.11
	100m:	1:13.31	38.79	200m:	2:34.34	41.08	300m:	3:57.40	41.73	400m:	5:19.35	39.84
25.	CLAES Jade				12	Zwemclub Nijlen				5:21.76	371	
	50m:	34.85	34.85	150m:	1:56.52	42.07	250m:	3:20.55	42.37	350m:	4:43.64	41.62
	100m:	1:14.45	39.60	200m:	2:38.18	41.66	300m:	4:02.02	41.47	400m:	5:21.76	38.12
26.	VAN ROOSBROECK Yuna				11	Westerlo Swimming Team				5:22.58	368	
	50m:	35.65	35.65	150m:	1:57.86	41.93	250m:	3:21.22	40.61	350m:	4:43.79	41.86
	100m:	1:15.93	40.28	200m:	2:40.61	42.75	300m:	4:01.93	40.71	400m:	5:22.58	38.79
27.	VAN RILLAER Yinthe				11	Heistse Zwemclub Arduas				5:23.36	365	
	50m:	36.32	36.32	150m:	1:58.92	41.83	250m:	3:22.91	41.92	350m:	4:44.49	40.18
	100m:	1:17.09	40.77	200m:	2:40.99	42.07	300m:	4:04.31	41.40	400m:	5:23.36	38.87
28.	VAN GINNEKEN Marit				11	Azk				5:24.65	361	
	50m:	35.03	35.03	150m:	1:54.55	40.45	250m:	3:19.26	42.82	350m:	4:44.10	42.15
	100m:	1:14.10	39.07	200m:	2:36.44	41.89	300m:	4:01.95	42.69	400m:	5:24.65	40.55
29.	DALEMANS Nel				12	Zwemvereniging Lier				5:25.70	358	
	50m:	35.96	35.96	150m:	1:58.05	41.45	250m:	3:22.15	42.25	350m:	4:46.27	42.06
	100m:	1:16.60	40.64	200m:	2:39.90	41.85	300m:	4:04.21	42.06	400m:	5:25.70	39.43
30.	VAN LOOVEREN Aster				12	Azk				5:27.56	352	
	50m:	35.81	35.81	150m:	1:57.88	42.26	250m:	3:21.55	41.71	350m:	4:47.16	43.00
	100m:	1:15.62	39.81	200m:	2:39.84	41.96	300m:	4:04.16	42.61	400m:	5:27.56	40.40
31.	VANDE SOMPELE Jits				11	Zola				5:29.32	346	
	50m:	36.11	36.11	150m:	1:59.53	42.30	250m:	3:24.59	42.52	350m:	4:48.82	41.92
	100m:	1:17.23	41.12	200m:	2:42.07	42.54	300m:	4:06.90	42.31	400m:	5:29.32	40.50





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

Programmanr. 6, Meisjes, 400m vrije slag, 13 - 14 jaar

Rang			Geb.						Tijd	Pnt
32.	VANDER MEER Amber		11	Hzs					5:30.33	343
	50m:	37.54 37.54	150m:	2:01.03 42.57	250m:	3:25.70 42.27	350m:	4:50.19 42.49		
	100m:	1:18.46 40.92	200m:	2:43.43 42.40	300m:	4:07.70 42.00	400m:	5:30.33 40.14		
33.	MEURRENS Lina		12	K. Aarschotse Zwemclub Schoonhoven					5:39.46	316
	50m:	38.01 38.01	150m:	2:04.35 43.53	250m:	3:31.12 43.57	350m:	4:57.78 42.99		
	100m:	1:20.82 42.81	200m:	2:47.55 43.20	300m:	4:14.79 43.67	400m:	5:39.46 41.68		
34.	GERAEDTS Maria		12	Zwemvereniging Lier					5:40.24	314
	50m:	37.00 37.00	150m:	2:03.73 43.74	250m:	3:31.18 44.19	350m:	4:58.90 44.09		
	100m:	1:19.99 42.99	200m:	2:46.99 43.26	300m:	4:14.81 43.63	400m:	5:40.24 41.34		
35.	CORTHOUT Mirte		11	Heistse Zwemclub Arduas					5:40.68	312
	50m:	36.91 36.91	150m:	2:02.56 43.87	250m:	3:31.59 44.63	350m:	5:00.49 44.25		
	100m:	1:18.69 41.78	200m:	2:46.96 44.40	300m:	4:16.24 44.65	400m:	5:40.68 40.19		
36.	GERETS Annelien		11	Hzs					5:40.90	312
	50m:	40.15 40.15	150m:	2:08.44 44.43	250m:	3:35.76 43.38	350m:	5:01.78 42.88		
	100m:	1:24.01 43.86	200m:	2:52.38 43.94	300m:	4:18.90 43.14	400m:	5:40.90 39.12		
37.	NULENS Lili		11	Zola					5:49.74	289
	50m:	40.34 40.34	150m:	2:11.08 45.37	250m:	3:40.64 44.48	350m:	5:10.75 44.68		
	100m:	1:25.71 45.37	200m:	2:56.16 45.08	300m:	4:26.07 45.43	400m:	5:49.74 38.99		
38.	EMBRECHTS Olivia		11	Molse Zwemclub "Mozka"					5:54.77	277
	50m:	37.66 37.66	150m:	2:05.62 45.27	250m:	3:37.34 45.46	350m:	5:10.42 45.78		
	100m:	1:20.35 42.69	200m:	2:51.88 46.26	300m:	4:24.64 47.30	400m:	5:54.77 44.35		
39.	KENIS Josephine		12	ShaRK					5:58.18	269
	50m:	38.93 38.93	150m:	2:08.91 45.65	250m:	3:43.10 47.38	350m:	5:15.99 46.35		
	100m:	1:23.26 44.33	200m:	2:55.72 46.81	300m:	4:29.64 46.54	400m:	5:58.18 42.19		
40.	MEEKERS Rania		11	Molse Zwemclub "Mozka"					6:02.79	259
	50m:	36.83 36.83	150m:	2:02.30 45.04	250m:	3:36.96 47.71	350m:	5:14.76 49.31		
	100m:	1:17.26 40.43	200m:	2:49.25 46.95	300m:	4:25.45 48.49	400m:	6:02.79 48.03		
41.	FRANSSEN Lyna		12	Hzs					6:03.22	258
	50m:	42.58 42.58	150m:	2:15.68 46.73	250m:	3:49.11 46.60	350m:	5:22.01 46.68		
	100m:	1:28.95 46.37	200m:	3:02.51 46.83	300m:	4:35.33 46.22	400m:	6:03.22 41.21		
42.	NAGHIU MATIS Izolda		12	Zola					6:18.32	228
	50m:	42.93 42.93	150m:	2:17.00 47.07	250m:	3:53.20 48.36	350m:	5:31.17 48.71		
	100m:	1:29.93 47.00	200m:	3:04.84 47.84	300m:	4:42.46 49.26	400m:	6:18.32 47.15		
43.	VAN NECK Lise		11	K. Aarschotse Zwemclub Schoonhoven					6:19.06	227
	50m:	38.94 38.94	150m:	2:11.64 47.27	250m:	3:50.72 50.30	350m:	5:30.54 49.20		
	100m:	1:24.37 45.43	200m:	3:00.42 48.78	300m:	4:41.34 50.62	400m:	6:19.06 48.52		
44.	JORIS Linde		12	Zwemvereniging Lier					6:21.56	222
	50m:	41.99 41.99	150m:	2:19.88 49.58	250m:	3:59.29 49.55	350m:	5:35.17 46.68		
	100m:	1:30.30 48.31	200m:	3:09.74 49.86	300m:	4:48.49 49.20	400m:	6:21.56 46.39		
45.	HERREMANS Elien		12	Zwemvereniging Lier					6:34.59	201
	50m:	42.05 42.05	150m:	2:21.93 51.27	250m:	4:04.24 51.11	350m:	5:45.68 50.29		
	100m:	1:30.66 48.61	200m:	3:13.13 51.20	300m:	4:55.39 51.15	400m:	6:34.59 48.91		
46.	DIRIX Lily		12	Molse Zwemclub "Mozka"					6:41.51	191
	50m:	43.51 43.51	150m:	2:26.14 52.26	250m:	4:14.12 54.23	350m:	5:53.91 48.85		
	100m:	1:33.88 50.37	200m:	3:19.89 53.75	300m:	5:05.06 50.94	400m:	6:41.51 47.60		
47.	VANGOIDSENHOVEN Caro		12	Kempisch Swimming Team					6:46.98	183
	50m:	42.32 42.32	150m:	2:25.74 52.89	250m:	4:13.44 53.43	350m:	5:50.17 44.59		
	100m:	1:32.85 50.53	200m:	3:20.01 54.27	300m:	5:05.58 52.14	400m:	6:46.98 56.81		





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

Programmanr. 6, Meisjes, 400m vrije slag, 13 - 14 jaar

Rang			Geb.						Tijd	Pnt		
48.	SAZAK Reyhan		12		Molse Zwemclub "Mozka"				6:50.94	178		
	50m:	40.01	40.01	150m:	2:19.44	52.47	250m:	4:08.83	54.66	350m:	5:56.89	54.44
	100m:	1:26.97	46.96	200m:	3:14.17	54.73	300m:	5:02.45	53.62	400m:	6:50.94	54.05
49.	VREYSEN Jana		12		Molse Zwemclub "Mozka"				6:52.61	176		
	50m:	45.47	45.47	150m:	2:30.59	53.50	250m:	4:16.00	53.22	350m:	6:02.30	52.40
	100m:	1:37.09	51.62	200m:	3:22.78	52.19	300m:	5:09.90	53.90	400m:	6:52.61	50.31
50.	LIEVENS Nona		11		Molse Zwemclub "Mozka"				7:09.72	155		
	50m:	45.60	45.60	150m:	2:33.57	55.44	250m:	4:25.57	56.61	350m:	6:15.66	53.52
	100m:	1:38.13	52.53	200m:	3:28.96	55.39	300m:	5:22.14	56.57	400m:	7:09.72	54.06
FF	VANDE SOMPELE Hasse		12		Zola							
FF	GEELEN Guusje		12		Zwemclub Nijlen							
FF	VANSINA Elle		12		K. Aarschotse Zwemclub Schoonhoven							

15 - 16 jaar

1.	MERTENS Helena		09		ShaRK				4:38.72	571		
	50m:	30.89	30.89	150m:	1:39.65	35.00	250m:	2:50.65	35.45	350m:	4:03.03	36.37
	100m:	1:04.65	33.76	200m:	2:15.20	35.55	300m:	3:26.66	36.01	400m:	4:38.72	35.69
2.	MEYER Thyrví		09		K. Aarschotse Zwemclub Schoonhoven				4:40.24	562		
	50m:	32.03	32.03	150m:	1:43.59	36.20	250m:	2:55.51	35.97	350m:	4:06.28	34.87
	100m:	1:07.39	35.36	200m:	2:19.54	35.95	300m:	3:31.41	35.90	400m:	4:40.24	33.96
3.	BOVEN Axelle		10		ShaRK				4:42.82	547		
	50m:	30.92	30.92	150m:	1:41.25	35.59	250m:	2:52.91	35.81	350m:	4:06.37	36.69
	100m:	1:05.66	34.74	200m:	2:17.10	35.85	300m:	3:29.68	36.77	400m:	4:42.82	36.45
4.	CLAEYS Ditte		10		Rosc				4:43.91	540		
	50m:	32.12	32.12	150m:	1:43.84	36.06	250m:	2:55.94	36.09	350m:	4:08.42	36.38
	100m:	1:07.78	35.66	200m:	2:19.85	36.01	300m:	3:32.04	36.10	400m:	4:43.91	35.49
5.	VINGERHOETS Madelief		09		Zwemclub Nijlen				4:44.47	537		
	50m:	32.33	32.33	150m:	1:44.23	36.38	250m:	2:57.35	36.54	350m:	4:09.79	36.04
	100m:	1:07.85	35.52	200m:	2:20.81	36.58	300m:	3:33.75	36.40	400m:	4:44.47	34.68
6.	SCHELLEMANS Charlotte		10		Zwemvereniging Lier				4:50.63	504		
	50m:	33.92	33.92	150m:	1:47.16	36.53	250m:	3:01.06	36.94	350m:	4:15.71	37.49
	100m:	1:10.63	36.71	200m:	2:24.12	36.96	300m:	3:38.22	37.16	400m:	4:50.63	34.92
7.	JACOBS Lotte		09		Zwemvereniging Lier				4:52.93	492		
	50m:	33.17	33.17	150m:	1:47.77	37.20	250m:	3:02.48	37.35	350m:	4:16.53	37.11
	100m:	1:10.57	37.40	200m:	2:25.13	37.36	300m:	3:39.42	36.94	400m:	4:52.93	36.40
8.	VAN BAELEN Yenthe		09		Molse Zwemclub "Mozka"				4:56.32	475		
	50m:	33.55	33.55	150m:	1:48.07	37.69	250m:	3:03.20	37.50	350m:	4:19.13	38.14
	100m:	1:10.38	36.83	200m:	2:25.70	37.63	300m:	3:40.99	37.79	400m:	4:56.32	37.19
9.	VANIERSCHOT Ella		10		Hzs				4:56.50	474		
	50m:	34.56	34.56	150m:	1:50.94	38.49	250m:	3:06.57	38.05	350m:	4:21.72	36.94
	100m:	1:12.45	37.89	200m:	2:28.52	37.58	300m:	3:44.78	38.21	400m:	4:56.50	34.78
10.	LUTS Emilia		10		Hzs				4:56.93	472		
	50m:	34.64	34.64	150m:	1:49.74	37.68	250m:	3:05.28	37.61	350m:	4:21.33	37.83
	100m:	1:12.06	37.42	200m:	2:27.67	37.93	300m:	3:43.50	38.22	400m:	4:56.93	35.60
11.	WOUTERS Stien		10		K. Aarschotse Zwemclub Schoonhoven				5:00.84	454		
	50m:	35.17	35.17	150m:	1:51.52	38.31	250m:	3:08.15	38.49	350m:	4:24.35	37.71
	100m:	1:13.21	38.04	200m:	2:29.66	38.14	300m:	3:46.64	38.49	400m:	5:00.84	36.49





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Programmanr. 6, Meisjes, 400m vrije slag, 15 - 16 jaar

Rang		Geb.						Tijd	Pnt
12.	VANHAESEBROECK Marie-Eline	09	Zwemclub Nijlen					5:05.56	433
	50m: 33.51 33.51	150m: 1:50.06	39.26	250m: 3:08.04	38.73	350m: 4:26.35	39.29		
	100m: 1:10.80 37.29	200m: 2:29.31	39.25	300m: 3:47.06	39.02	400m: 5:05.56	39.21		
13.	VAN DEN BERGH Anna	10	Zwemclub Schoten					5:08.93	419
	50m: 34.42 34.42	150m: 1:51.94	39.46	250m: 3:11.41	39.91	350m: 4:30.45	39.46		
	100m: 1:12.48 38.06	200m: 2:31.50	39.56	300m: 3:50.99	39.58	400m: 5:08.93	38.48		
14.	VAN WAELDEREN Hanne	09	Westerlo Swimming Team					5:10.80	412
	50m: 36.06 36.06	150m: 1:54.38	38.69	250m: 3:13.04	39.60	350m: 4:31.96	39.74		
	100m: 1:15.69 39.63	200m: 2:33.44	39.06	300m: 3:52.22	39.18	400m: 5:10.80	38.84		
15.	SELS Sofie	10	Zwemclub Nijlen					5:12.73	404
	50m: 33.70 33.70	150m: 1:51.64	39.35	250m: 3:12.29	40.38	350m: 4:33.25	40.48		
	100m: 1:12.29 38.59	200m: 2:31.91	40.27	300m: 3:52.77	40.48	400m: 5:12.73	39.48		
16.	CAMPFORTS Fien	09	Kempisch Swimming Team					5:14.57	397
	50m: 33.22 33.22	150m: 1:50.70	39.64	250m: 3:12.75	41.28	350m: 4:35.67	41.61		
	100m: 1:11.06 37.84	200m: 2:31.47	40.77	300m: 3:54.06	41.31	400m: 5:14.57	38.90		
17.	LAUREYS Xante	10	Westerlo Swimming Team					5:16.93	388
	50m: 35.57 35.57	150m: 1:57.08	41.41	250m: 3:18.48	40.82	350m: 4:40.45	41.25		
	100m: 1:15.67 40.10	200m: 2:37.66	40.58	300m: 3:59.20	40.72	400m: 5:16.93	36.48		
18.	DE CAT Do	10	K. Aarschotse Zwemclub Schoonhoven					5:22.70	368
	50m: 35.61 35.61	150m: 1:54.98	40.20	250m: 3:17.33	41.33	350m: 4:42.25	42.65		
	100m: 1:14.78 39.17	200m: 2:36.00	41.02	300m: 3:59.60	42.27	400m: 5:22.70	40.45		
19.	DE SCHEPPER Lara	10	Zola					5:23.35	366
	50m: 37.10 37.10	150m: 1:59.67	41.98	250m: 3:24.29	41.98	350m: 4:45.70	39.23		
	100m: 1:17.69 40.59	200m: 2:42.31	42.64	300m: 4:06.47	42.18	400m: 5:23.35	37.65		
20.	DE BOCK Marie	09	Heistse Zwemclub Arduas					5:25.10	360
	50m: 36.00 36.00	150m: 1:58.49	41.44	250m: 3:22.61	42.36	350m: 4:45.97	41.25		
	100m: 1:17.05 41.05	200m: 2:40.25	41.76	300m: 4:04.72	42.11	400m: 5:25.10	39.13		
21.	DIERCKX Femke	09	ShaRK					5:29.55	345
	50m: 34.71 34.71	150m: 1:54.35	40.68	250m: 3:18.75	42.58	350m: 4:46.75	44.41		
	100m: 1:13.67 38.96	200m: 2:36.17	41.82	300m: 4:02.34	43.59	400m: 5:29.55	42.80		
22.	HACHED Lina	09	Molse Zwemclub "Mozka"					5:33.21	334
	50m: 38.01 38.01	150m: 2:01.55	42.61	250m: 3:26.32	42.55	350m: 4:53.33	43.39		
	100m: 1:18.94 40.93	200m: 2:43.77	42.22	300m: 4:09.94	43.62	400m: 5:33.21	39.88		
23.	VAN MECHELEN Zoë	10	Kempisch Swimming Team					5:41.02	312
	50m: 36.56 36.56	150m: 2:03.30	44.29	250m: 3:31.37	43.33	350m: 4:58.91	43.79		
	100m: 1:19.01 42.45	200m: 2:48.04	44.74	300m: 4:15.12	43.75	400m: 5:41.02	42.11		
24.	CORNEZ Maylie	10	Zola					5:42.47	308
	50m: 38.07 38.07	150m: 2:04.85	43.74	250m: 3:32.76	44.11	350m: 5:00.68	43.48		
	100m: 1:21.11 43.04	200m: 2:48.65	43.80	300m: 4:17.20	44.44	400m: 5:42.47	41.79		
25.	FIQI Alexia	10	Westerlo Swimming Team					5:44.38	302
	50m: 34.93 34.93	150m: 1:56.00	41.38	250m: 3:23.74	44.39	350m: 4:56.89	47.39		
	100m: 1:14.62 39.69	200m: 2:39.35	43.35	300m: 4:09.50	45.76	400m: 5:44.38	47.49		
26.	VAN DEN BOSSCHE Lia	10	Zola					5:47.98	293
	50m: 39.52 39.52	150m: 2:07.25	43.83	250m: 3:37.40	45.53	350m: 5:08.12	44.74		
	100m: 1:23.42 43.90	200m: 2:51.87	44.62	300m: 4:23.38	45.98	400m: 5:47.98	39.86		
27.	BORREMANS Liz	10	Zwemvereniging Lier					5:52.31	282
	50m: 38.94 38.94	150m: 2:06.44	44.22	250m: 3:36.96	45.41	350m: 5:09.04	46.26		
	100m: 1:22.22 43.28	200m: 2:51.55	45.11	300m: 4:22.78	45.82	400m: 5:52.31	43.27		



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Programmanr. 6, Meisjes, 400m vrije slag, 15 - 16 jaar

Rang	Geb.	Tijd	Pnt
FF VAN GESTEL Fran	10	Kempisch Swimming Team	
FF VAN BUGGENHOUT Ishana	10	Zwemclub Nijlen	
FF BAYGUNES Defne	09	Molse Zwemclub "Mozka"	

17 jaar en ouder

1. SPRANGERS Kato	08	Molse Zwemclub "Mozka"	4:39.38	567
50m: 32.82 32.82	150m: 1:41.48 34.38	250m: 2:51.55 34.81	350m: 4:03.71 36.07	
100m: 1:07.10 34.28	200m: 2:16.74 35.26	300m: 3:27.64 36.09	400m: 4:39.38 35.67	
2. VRANKEN Dagmar	08	Zwemclub Nijlen	4:43.01	545
50m: 32.03 32.03	150m: 1:44.09 36.48	250m: 2:57.36 36.56	350m: 4:09.47 35.92	
100m: 1:07.61 35.58	200m: 2:20.80 36.71	300m: 3:33.55 36.19	400m: 4:43.01 33.54	
3. WOUTERS Briana	06	K. Aarschotse Zwemclub Schoonhoven	4:43.60	542
50m: 31.36 31.36	150m: 1:42.03 35.77	250m: 2:54.06 36.14	350m: 4:08.16 37.06	
100m: 1:06.26 34.90	200m: 2:17.92 35.89	300m: 3:31.10 37.04	400m: 4:43.60 35.44	
4. VAN OSTA Nomi	05	Zwemclub Schoten	4:44.71	536
50m: 30.79 30.79	150m: 1:40.73 35.47	250m: 2:54.57 37.31	350m: 4:09.98 37.84	
100m: 1:05.26 34.47	200m: 2:17.26 36.53	300m: 3:32.14 37.57	400m: 4:44.71 34.73	
5. DE RIDDER Sterre	08	Zwemclub Schoten	4:48.50	515
50m: 34.57 34.57	150m: 1:47.75 36.76	250m: 3:00.62 36.10	350m: 4:13.42 36.22	
100m: 1:10.99 36.42	200m: 2:24.52 36.77	300m: 3:37.20 36.58	400m: 4:48.50 35.08	
6. VAN LOOY Anke	06	Heitse Zwemclub Arduas	4:54.88	482
50m: 32.69 32.69	150m: 1:48.11 37.97	250m: 3:03.75 37.70	350m: 4:19.08 37.33	
100m: 1:10.14 37.45	200m: 2:26.05 37.94	300m: 3:41.75 38.00	400m: 4:54.88 35.80	
7. MICHIELSEN Jinthe	08	Azk	4:59.26	461
50m: 32.89 32.89	150m: 1:47.23 37.53	250m: 3:04.65 38.77	350m: 4:21.57 38.50	
100m: 1:09.70 36.81	200m: 2:25.88 38.65	300m: 3:43.07 38.42	400m: 4:59.26 37.69	
8. DE BECKER Loren	07	Zwemclub Schoten	5:02.26	448
50m: 33.65 33.65	150m: 1:47.70 37.37	250m: 3:04.72 38.96	350m: 4:23.18 39.45	
100m: 1:10.33 36.68	200m: 2:25.76 38.06	300m: 3:43.73 39.01	400m: 5:02.26 39.08	
9. ERTVELDT Klaartje	08	ShaRK	5:02.31	447
50m: 31.98 31.98	150m: 1:45.91 37.50	250m: 3:04.77 39.32	350m: 4:24.26 39.51	
100m: 1:08.41 36.43	200m: 2:25.45 39.54	300m: 3:44.75 39.98	400m: 5:02.31 38.05	
10. LAUWERS Lotte	08	Kempisch Swimming Team	5:08.00	423
50m: 33.37 33.37	150m: 1:48.07 38.18	250m: 3:07.57 40.12	350m: 4:28.63 40.67	
100m: 1:09.89 36.52	200m: 2:27.45 39.38	300m: 3:47.96 40.39	400m: 5:08.00 39.37	
11. VAN HOOFF Sara	08	Zwemclub Schoten	5:09.83	416
50m: 35.37 35.37	150m: 1:53.09 39.01	250m: 3:12.16 39.66	350m: 4:31.52 40.05	
100m: 1:14.08 38.71	200m: 2:32.50 39.41	300m: 3:51.47 39.31	400m: 5:09.83 38.31	
12. PEETERS Kaat	08	ShaRK	5:47.42	295
50m: 34.05 34.05	150m: 1:57.37 43.87	250m: 3:29.61 45.77	350m: 5:03.00 47.11	
100m: 1:13.50 39.45	200m: 2:43.84 46.47	300m: 4:15.89 46.28	400m: 5:47.42 44.42	
13. VERVOORT Mila	08	Zola	9:37.72	64
50m: 1:06.74 1:06.74	150m: 3:32.48 1:12.98	250m: 6:02.17 1:14.77	350m: 8:29.76 1:13.45	
100m: 2:19.50 1:12.76	200m: 4:47.40 1:14.92	300m: 7:16.31 1:14.14	400m: 9:37.72 1:07.96	
FF BRUGMAN Serena	08	K. Aarschotse Zwemclub Schoonhoven		
FF JOPPE Shanna	06	Zola		