

Swimming Cup Zennevallei 2025  
Sint-Pieters-Leeuw, 5/10/2025

Programmanr. 14  
5/10/2025 - 15:19

Dames, 400m vrije slag

11 jaar en ouder  
Resultaten

Punten: AQUA 2024

Rang					Inschr.	Tijd	Pnt
<b>11 - 12 jaar</b>							
1.	VAN ROY Onah				ALZV/21139/13	5:18.03	<b>5:07.86</b> 424
	50m:	34.78	34.78	150m:	250m:	350m:	
	100m:	1:13.26	38.48	200m:	300m:	400m:	5:07.86
2.	WYFFELS Louise Marie				DDAT/21150/13	5:17.91	<b>5:15.50</b> 394
	50m:	36.22	36.22	150m:	250m:	350m:	
	100m:	1:16.32	40.10	200m:	300m:	400m:	5:15.50
3.	PETKOVA Sofia				SCZ/21100/13	5:28.96	<b>5:34.65</b> 330
	50m:	37.85	37.85	150m:	250m:	350m:	
	100m:	1:20.49	42.64	200m:	300m:	400m:	5:34.65
4.	NDIAYE Maiï				DDAT/21170/14	5:46.59	<b>5:58.06</b> 269
	50m:	40.20	40.20	150m:	250m:	350m:	
	100m:	1:25.30	45.10	200m:	300m:	400m:	5:58.06
5.	VAN DER VEKEN Lara				ZIOS/21132/13	6:55.59	<b>6:17.78</b> 229
	50m:	41.04	41.04	150m:	250m:	350m:	
	100m:	1:28.21	47.17	200m:	300m:	400m:	6:17.78
6.	POENARU Maria				CNSN/014748/14	7:00.10	<b>6:19.30</b> 226
	50m:	40.83	40.83	150m:	250m:	350m:	
	100m:	1:27.83	47.00	200m:	300m:	400m:	6:19.30
7.	ANCOLET Laure				ZIOS/21140/14	NT	<b>7:27.72</b> 137
	50m:	47.70	47.70	150m:	250m:	350m:	
	100m:	1:44.27	56.57	200m:	300m:	400m:	7:27.72
<b>13 - 14 jaar</b>							
1.	BOXHO Valentine				ZORO/21168/11	5:09.75	<b>5:03.19</b> 443
	50m:	35.51	35.51	150m:	250m:	350m:	
	100m:	1:14.94	39.43	200m:	300m:	400m:	5:03.19
2.	NSUBUGA Sofia				DDAT/21172/11	5:03.38	<b>5:14.94</b> 396
	50m:	35.19	35.19	150m:	250m:	350m:	
	100m:	1:14.78	39.59	200m:	300m:	400m:	5:14.94
3.	FRANCKX Margaux				DDAT/21132/11	5:12.04	<b>5:16.14</b> 391
	50m:	35.64	35.64	150m:	250m:	350m:	
	100m:	1:15.56	39.92	200m:	300m:	400m:	5:16.14
4.	DE PRATER Juno				DDAT/21148/11	5:31.67	<b>5:30.48</b> 342
	50m:	36.44	36.44	150m:	250m:	350m:	
	100m:	1:17.44	41.00	200m:	300m:	400m:	5:30.48
5.	MAHU Amy				SCZ/21097/12	5:52.57	<b>5:45.27</b> 300
	50m:	40.28	40.28	150m:	250m:	350m:	
	100m:	1:25.44	45.16	200m:	300m:	400m:	5:45.27
6.	VERMOESEN Estée				DDAT/21169/12	6:20.18	<b>5:48.09</b> 293
	50m:	40.33	40.33	150m:	250m:	350m:	
	100m:	1:24.93	44.60	200m:	300m:	400m:	5:48.09
7.	BRAMS Ann-Sophie				ALZV/21149/11	6:21.42	<b>6:05.45</b> 253
	50m:	40.33	40.33	150m:	250m:	350m:	
	100m:	1:25.60	45.27	200m:	300m:	400m:	6:05.45
8.	DRIOUICHE Sawssane				ZIOS/21143/12	7:02.06	<b>6:05.83</b> 252
	50m:	39.43	39.43	150m:	250m:	350m:	
	100m:	1:25.73	46.30	200m:	300m:	400m:	6:05.83
9.	STROOBANTS Yinne				ALZV/21184/12	6:45.92	<b>6:25.48</b> 216
	50m:	44.06	44.06	150m:	250m:	350m:	
	100m:	1:31.55	47.49	200m:	300m:	400m:	6:25.48

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

Rang				Inschr.	Tijd	Pnt
10.	VAN DER POORTEN Elien			ZIOS/21128/12	6:51.38	<b>6:31.46</b> 206
	50m: 43.88	43.88	150m:	250m:		350m:
	100m: 1:31.96	48.08	200m: 3:12.80	300m: 4:53.56		400m: 6:31.46
11.	PEETERS Lorna			ALZV/21193/12	NT	<b>7:13.06</b> 152
	50m: 43.75	43.75	150m:	250m:		350m:
	100m: 1:35.70	51.95	200m: 3:27.30	300m: 5:23.17		400m: 7:13.06

15 - 16 jaar

1.	DYS Maja			CNSN/009447/09	4:46.86	<b>4:42.76</b> 547
	50m: 32.42	32.42	150m:	250m:		350m:
	100m: 1:08.14	35.72	200m: 2:20.76	300m: 3:33.07		400m: 4:42.76
2.	CIOBANU Anastasia			DDAT/21112/09	4:45.53	<b>4:45.24</b> 533
	50m: 32.05	32.05	150m:	250m:		350m:
	100m: 1:07.74	35.69	200m: 2:21.00	300m: 3:33.25		400m: 4:45.24
3.	LECHIFFLARD Léa			CNSN/013582/09	4:50.30	<b>4:51.92</b> 497
	50m: 33.24	33.24	150m:	250m:		350m:
	100m: 1:09.56	36.32	200m: 2:24.02	300m: 3:38.97		400m: 4:51.92
4.	NANNI Audrey			CNSN/013622/09	5:08.35	<b>4:57.54</b> 469
	50m: 33.88	33.88	150m:	250m:		350m:
	100m: 1:10.71	36.83	200m: 2:26.57	300m: 3:42.56		400m: 4:57.54
5.	BRACONI Margerita			CNSN/013673/10	5:13.16	<b>5:14.08</b> 399
	50m: 35.21	35.21	150m:	250m:		350m:
	100m: 1:14.34	39.13	200m: 2:34.04	300m: 3:54.34		400m: 5:14.08
6.	BELLEN Maya			ZORO/21173/09	6:00.26	<b>5:52.38</b> 282
	50m: 37.79	37.79	150m:	250m:		350m:
	100m: 1:20.46	42.67	200m: 2:50.29	300m: 4:21.60		400m: 5:52.38

17 - 18 jaar

1.	GAYTANT Mirthe			ZORO/21204/08	4:52.47	<b>4:59.48</b> 460
	50m: 33.09	33.09	150m:	250m:		350m:
	100m: 1:09.09	36.00	200m: 2:25.14	300m: 3:42.49		400m: 4:59.48
2.	GHISLAIN Emilie			STZ/21119/07	5:10.70	<b>5:10.59</b> 413
	50m: 34.28	34.28	150m:	250m:		350m:
	100m: 1:12.74	38.46	200m: 2:30.40	300m: 3:51.04		400m: 5:10.59