

Provinciale Kampioenschappen Lange baan
Genk, 31/1 - 1/2/2026

Programmanr. 28
1/02/2026 - 11:16

Dames, 400m wisselslag

13 jaar en ouder
Resultaten

Punten: AQUA 2025

Rang	Geb.			Tijd		Pnt	100m	200m	300m	400m		
Jeugd 2												
1.	Put Fien		12	DBT		5:31.29	508	1:14.03	1:27.01	1:32.79	1:17.46	
	50m:	33.97	33.97	150m:	1:58.26	44.23	250m:	3:26.94	45.90	350m:	4:54.20	40.37
	100m:	1:14.03	40.06	200m:	2:41.04	42.78	300m:	4:13.83	46.89	400m:	5:31.29	37.09
2.	Engelen Floor		12	DBT		5:41.67	463	1:14.24	1:27.91	1:40.50	1:19.02	
	50m:	35.01	35.01	150m:	1:59.46	45.22	250m:	3:31.44	49.29	350m:	5:03.21	40.56
	100m:	1:14.24	39.23	200m:	2:42.15	42.69	300m:	4:22.65	51.21	400m:	5:41.67	38.46
3.	Ruelens Cobien		12	DMB		6:09.82	365	1:24.50	1:44.53	1:40.07	1:20.72	
	50m:	39.21	39.21	150m:	2:17.86	53.36	250m:	3:58.74	49.71	350m:	5:32.57	43.47
	100m:	1:24.50	45.29	200m:	3:09.03	51.17	300m:	4:49.10	50.36	400m:	6:09.82	37.25

Jeugd 3

1. Beunckens Tess	11	HZS	5:42.53	459	1:21.69	1:27.65	1:36.89	1:16.30
50m: 37.92	37.92	150m: 2:05.78	44.09	250m: 3:37.84	48.50	350m: 5:04.96	38.73	
100m: 1:21.69	43.77	200m: 2:49.34	43.56	300m: 4:26.23	48.39	400m: 5:42.53	37.57	
2. Verleysen Noa	11	HZS	5:48.95	434	1:17.52	1:26.22	1:42.45	1:22.76
50m: 35.56	35.56	150m: 2:01.53	44.01	250m: 3:34.76	51.02	350m: 5:08.56	42.37	
100m: 1:17.52	41.96	200m: 2:43.74	42.21	300m: 4:26.19	51.43	400m: 5:48.95	40.39	
3. Bollen Gitte	11	PZC	5:50.88	427	1:22.18	1:31.94	1:38.47	1:18.29
50m: 37.52	37.52	150m: 2:08.29	46.11	250m: 3:42.62	48.50	350m: 5:12.08	39.49	
100m: 1:22.18	44.66	200m: 2:54.12	45.83	300m: 4:32.59	49.97	400m: 5:50.88	38.80	

Junioren

1. Evens Noor	09	HZS	5:24.13	542	1:13.60	1:26.11	1:29.74	1:14.68
50m: 33.58	33.58	150m: 1:57.52	43.92	250m: 3:24.06	44.35	350m: 4:47.86	38.41	
100m: 1:13.60	40.02	200m: 2:39.71	42.19	300m: 4:09.45	45.39	400m: 5:24.13	36.27	

Senioren

1. Theuwis Rune	02	DMB	5:48.63	436	1:20.69	1:30.27	1:37.65	1:20.02
50m: 35.95	35.95	150m: 2:06.59	45.90	250m: 3:40.00	49.04	350m: 5:09.22	40.61	
100m: 1:20.69	44.74	200m: 2:50.96	44.37	300m: 4:28.61	48.61	400m: 5:48.63	39.41	