

Regiocup 8-2-2026 Beringen
Beringen, 8/2/2026

Programmanr. 10
8/02/2026 - 16:09

Dames, 400m vrije slag

11 jaar en ouder
Resultaten

Punten: AQUA 2024

Rang	Inschr.	Tijd	Pnt
11 jaar			
1. Beijnsberger Julie	DMB/21208/15 5:46.38	5:33.98	332
50m:	150m:	250m:	350m:
100m: 1:17.81	200m: 2:44.98	300m:	400m: 5:33.98
2. Van Eygen Louise	DMB/21210/15 6:12.97	5:54.66	277
50m:	150m:	250m:	350m:
100m: 1:22.91	200m: 2:54.81	300m:	400m: 5:54.66
3. Cremer Evianna	DBT/21211/15 6:27.23	6:06.19	252
50m:	150m:	250m:	350m:
100m: 1:23.65	200m: 2:57.53	300m:	400m: 6:06.19
4. Moons Charline	DBT/21236/15 6:23.45	6:11.55	241
50m:	150m:	250m:	350m:
100m: 1:28.51	200m: 3:02.81	300m:	400m: 6:11.55
5. Bianchi Maia	DMB/21222/15 6:53.27	6:11.88	240
50m:	150m:	250m:	350m:
100m: 1:25.01	200m: 3:00.93	300m:	400m: 6:11.88
6. Poel Oona	DBT/21215/15 6:20.80	6:14.23	236
50m:	150m:	250m:	350m:
100m: 1:24.89	200m: 2:59.61	300m:	400m: 6:14.23
7. Gerard Laure	ZPL/21007/15 6:57.53	6:23.28	219
50m:	150m:	250m:	350m:
100m: 1:31.46	200m: 3:09.57	300m:	400m: 6:23.28
8. Schrooten Lien	DMB/21211/15 6:42.81	6:23.97	218
50m:	150m:	250m:	350m:
100m: 1:30.78	200m: 3:10.30	300m:	400m: 6:23.97
9. Simons Fena	DBT/21223/15 6:14.36	6:32.57	204
50m:	150m:	250m:	350m:
100m: 1:31.34	200m: 3:12.89	300m:	400m: 6:32.57
10. Taibi Aya	HZS/21353/15 7:34.48	7:16.99	148
50m:	150m:	250m:	350m:
100m: 1:40.38	200m: 3:32.94	300m:	400m: 7:16.99
11. Lizin Nel	HZS/21349/15 7:18.97	7:54.33	115
50m:	150m:	250m:	350m:
100m: 1:52.52	200m: 3:56.00	300m:	400m: 7:54.33

12 jaar

1. Beijnsberger Louise	DMB/21184/14 5:17.05	5:09.72	416
50m:	150m:	250m:	350m:
100m: 1:11.89	200m: 2:31.59	300m:	400m: 5:09.72
2. Claes Janne	DBT/21185/14 5:32.28	5:25.70	358
50m:	150m:	250m:	350m:
100m: 1:16.69	200m: 2:40.65	300m:	400m: 5:25.70
3. Nulens Azzurra	DMB/21186/14 5:55.78	5:31.21	340
50m:	150m:	250m:	350m:
100m: 1:18.98	200m: 2:43.02	300m:	400m: 5:31.21
4. Moors Calista	DMB/21190/14 5:58.22	5:35.02	329
50m:	150m:	250m:	350m:
100m: 1:19.16	200m: 2:45.08	300m:	400m: 5:35.02
5. Swinnen Paulien	DBT/21189/14 5:59.99	5:40.72	312
50m:	150m:	250m:	350m:
100m: 1:20.74	200m: 2:49.36	300m:	400m: 5:40.72

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Programmanr. 10, Meisjes, 400m vrije slag, 12 jaar

Rang			Inschr.	Tijd	Pnt
6.	Meyers Trapman Annalina		DBT/21220/14	5:54.33	5:53.17 280
	50m:	150m:	250m:	350m:	
	100m: 1:23.61	200m: 2:55.13	300m:	400m: 5:53.17	
7.	Put Tyana		HZS/21283/14	6:37.62	6:12.28 239
	50m:	150m:	250m:	350m:	
	100m: 1:24.14	200m: 3:00.71	300m:	400m: 6:12.28	
8.	Hermans Félice		ZPL/21001/14	7:30.57	6:56.75 170
	50m:	150m:	250m:	350m:	
	100m: 1:36.57	200m: 3:27.94	300m:	400m: 6:56.75	
9.	Smeets Ella		DMB/21187/14	6:09.56	6:58.66 168
	50m:	150m:	250m:	350m:	
	100m: 1:37.76	200m: 3:26.84	300m:	400m: 6:58.66	

13 jaar

1.	Cremer Fotini		DBT/21165/13	5:24.18	5:06.81 428
	50m:	150m:	250m:	350m:	
	100m: 1:09.49	200m: 2:28.10	300m:	400m: 5:06.81	
2.	Vanheeswijck Amelea		DMB/21191/13	5:23.70	5:08.66 420
	50m:	150m:	250m:	350m:	
	100m: 1:10.39	200m: 2:30.26	300m:	400m: 5:08.66	
3.	Vandewaerde Oobe		DMB/21181/13	5:30.68	5:20.97 374
	50m:	150m:	250m:	350m:	
	100m: 1:15.03	200m: 2:38.33	300m:	400m: 5:20.97	
4.	Franssen Emily		DMB/21180/13	5:43.94	5:29.16 346
	50m:	150m:	250m:	350m:	
	100m: 1:16.21	200m: 2:40.05	300m:	400m: 5:29.16	
5.	Beerten Florence		DBT/21172/13	5:53.67	5:36.79 323
	50m:	150m:	250m:	350m:	
	100m: 1:19.02	200m: 2:45.08	300m:	400m: 5:36.79	
6.	Tamer Mohammed Karma		ZDKB/21151/13	NT	6:04.27 256
	50m:	150m:	250m:	350m:	
	100m: 1:24.16	200m: 2:58.69	300m:	400m: 6:04.27	
7.	Lenaerts Julia		HZS/21370/13	NT	6:05.58 253
	50m:	150m:	250m:	350m:	
	100m: 1:27.01	200m: 2:59.90	300m:	400m: 6:05.58	
8.	Jongen Jade		ZPL/21002/13	NT	6:39.89 193
	50m:	150m:	250m:	350m:	
	100m: 1:29.42	200m: 3:12.11	300m:	400m: 6:39.89	

14 jaar

1.	Ludwiczak Lena		DMB/21213/12	5:18.89	5:18.71 382
	50m:	150m:	250m:	350m:	
	100m: 1:13.59	200m: 2:34.58	300m:	400m: 5:18.71	
2.	Remans Quin		DMB/21146/12	5:26.57	5:19.01 381
	50m:	150m:	250m:	350m:	
	100m: 1:13.70	200m: 2:36.35	300m:	400m: 5:19.01	
3.	Vanbrabant Manon		DBT/21177/12	5:46.74	5:26.07 356
	50m:	150m:	250m:	350m:	
	100m: 1:12.89	200m: 2:36.07	300m:	400m: 5:26.07	

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Programmanr. 10, Dames, 400m vrije slag

15 - 16 jaar

1. Vandevenne Liah		DBT/21135/11	4:36.15	4:32.22	613
50m:	150m:	250m:	350m:		
100m: 1:04.47	200m: 2:13.72	300m:	400m: 4:32.22		
2. Brouwers Charlotte		DBT/21145/11	NT	4:35.22	593
50m:	150m:	250m:	350m:		
100m: 1:04.19	200m: 2:14.09	300m:	400m: 4:35.22		
3. Melotte Pia		DBT/21150/10	4:50.91	4:39.80	564
50m:	150m:	250m:	350m:		
100m: 1:04.85	200m: 2:16.27	300m:	400m: 4:39.80		
4. Wevers Gitte		DMB/21123/11	NT	4:42.93	546
50m:	150m:	250m:	350m:		
100m: 1:06.98	200m: 2:18.92	300m:	400m: 4:42.93		
5. Poel Maren		DBT/21173/11	5:02.28	4:49.98	507
50m:	150m:	250m:	350m:		
100m: 1:08.66	200m: 2:23.31	300m:	400m: 4:49.98		
6. Kerkhofs Kaat		DMB/21124/11	4:52.17	4:52.91	492
50m:	150m:	250m:	350m:		
100m: 1:10.02	200m: 2:24.82	300m:	400m: 4:52.91		
7. Hiel Lina		DBT/21117/10	NT	5:08.64	420
50m:	150m:	250m:	350m:		
100m: 1:11.89	200m: 2:31.14	300m:	400m: 5:08.64		
8. Bousson Julie		DMB/21140/11	5:07.99	5:10.18	414
50m:	150m:	250m:	350m:		
100m: 1:11.02	200m: 2:30.74	300m:	400m: 5:10.18		
9. Lambrigts Gitte		DMB/21215/11	5:10.78	5:11.96	407
50m:	150m:	250m:	350m:		
100m: 1:10.84	200m: 2:30.31	300m:	400m: 5:11.96		

17 jaar en ouder

1. Vanhees Ella		DBT/21090/09	4:53.87	4:42.18	550
50m:	150m:	250m:	350m:		
100m: 1:06.99	200m: 2:19.52	300m:	400m: 4:42.18		
2. Frederix Maya		DBT/21083/09	4:49.55	4:49.53	509
50m:	150m:	250m:	350m:		
100m: 1:06.21	200m: 2:20.28	300m:	400m: 4:49.53		
3. Renette Lena		DBT/21142/09	NT	4:51.81	497
50m:	150m:	250m:	350m:		
100m: 1:08.40	200m: 2:24.35	300m:	400m: 4:51.81		
4. Huybregts Jolien		DMB/21082/09	5:18.47	5:26.25	356
50m:	150m:	250m:	350m:		
100m: 1:15.26	200m: 2:38.93	300m:	400m: 5:26.25		
5. Claeskens Lina		DBT/21098/08	5:43.91	5:42.79	307
50m:	150m:	250m:	350m:		
100m: 1:21.29	200m: 2:49.54	300m:	400m: 5:42.79		
6. Paulussen Sabine		LIZV/21014/01	5:52.15	5:50.44	287
50m:	150m:	250m:	350m:		
100m: 1:23.15	200m: 2:52.97	300m:	400m: 5:50.44		