

Programmanr. 25 **Dames, 400m vrije slag** open leeftijdsgroep
19/01/2020 - 10:14 Resultaten Voorronde

BK	4:10.72	Dumont Valentine	NOC	Antwerpen	18/05/2019
Vlaams record	4:13.57	Goris Lotte	BRABO	Hodmezovasarhely (HUN)	7/07/2016
Meeting records FSC	4:06.68	Carlin Jazmin	GBR	Antwerpen	26/01/2014

Limieten OS : 4:07.90 / Limieten EK : 4:13.26 / Limieten EJK 17: 4:18.12; 14 - 16: 4:20.08

Punten: FINA 2020

Rang			Inschr.	Tijd	Pnt			
1.	Hibbott Holly		STPM	4:05.01	4:20.30	749	A	
	50m: 28.45	28.45	150m: 1:31.64	32.09	250m: 2:38.34	34.51	350m: 3:46.93	34.18
	100m: 59.55	31.10	200m: 2:03.83	32.19	300m: 3:12.75	34.41	400m: 4:20.30	33.37
2.	Rieder Celine		NSU	4:15.32	4:21.82	736	A	
	50m: 30.33	30.33	150m: 1:35.89	33.12	250m: 2:42.79	33.66	350m: 3:49.18	33.31
	100m: 1:02.77	32.44	200m: 2:09.13	33.24	300m: 3:15.87	33.08	400m: 4:21.82	32.64
3.	Almeida Nathalia		BRA	4:17.28	4:22.15	733	A	
	50m: 29.84	29.84	150m: 1:35.12	33.18	250m: 2:41.74	33.25	350m: 3:49.10	33.84
	100m: 1:01.94	32.10	200m: 2:08.49	33.37	300m: 3:15.26	33.52	400m: 4:22.15	33.05
4.	Wetherell Lauren		TITANS	4:18.36	4:22.80	728	A	
	50m: 29.98	29.98	150m: 1:36.15	33.16	250m: 2:42.84	32.99	350m: 3:49.73	33.17
	100m: 1:02.99	33.01	200m: 2:09.85	33.70	300m: 3:16.56	33.72	400m: 4:22.80	33.07
5.	Goris Lotte		BRABO	4:13.58	4:23.98	718	A	
	50m: 29.46	29.46	150m: 1:35.25	33.37	250m: 2:40.87	32.15	350m: 3:50.40	35.06
	100m: 1:01.88	32.42	200m: 2:08.72	33.47	300m: 3:15.34	34.47	400m: 4:23.98	33.58
6.	Mattens Edith		KZK	4:22.41	4:25.71	704	A	
	50m: 30.76	30.76	150m: 1:36.82	33.50	250m: 2:44.66	34.04	350m: 3:52.40	34.03
	100m: 1:03.32	32.56	200m: 2:10.62	33.80	300m: 3:18.37	33.71	400m: 4:25.71	33.31
7.	Griffiths Phoebe		TITANS	4:25.25	4:25.94	702	A	
	50m: 30.57	30.57	150m: 1:37.93	33.72	250m: 2:45.40	33.74	350m:	
	100m: 1:04.21	33.64	200m: 2:11.66	33.73	300m: 3:19.65	34.25	400m: 4:25.94	
8.	Bouden Camille		Zb	4:21.05	4:26.90	695	A	
	50m: 30.96	30.96	150m: 1:38.01	33.74	250m: 2:45.83	33.88	350m: 3:54.08	34.01
	100m: 1:04.27	33.31	200m: 2:11.95	33.94	300m: 3:20.07	34.24	400m: 4:26.90	32.82
9.	Rodd Amelia		TITANS	4:20.37	4:28.35	684	B	
	50m: 30.77	30.77	150m: 1:37.28	33.48	250m: 2:44.92	33.72	350m: 3:53.82	34.45
	100m: 1:03.80	33.03	200m: 2:11.20	33.92	300m: 3:19.37	34.45	400m: 4:28.35	34.53
10.	Lazou Lente		GOLD	4:33.62	4:28.76	681	B	
	50m: 31.55	31.55	150m: 1:40.13	33.91	250m: 2:48.18	33.68	350m: 3:55.87	33.47
	100m: 1:06.22	34.67	200m: 2:14.50	34.37	300m: 3:22.40	34.22	400m: 4:28.76	32.89
11.	Steenbergen Marrit		KNZB	4:24.89	4:31.58	660	B	
	50m:		150m: 1:37.72	33.97	250m: 2:47.39	34.85	350m: 3:57.12	34.59
	100m: 1:03.75		200m: 2:12.54	34.82	300m: 3:22.53	35.14	400m: 4:31.58	34.46
12.	Dickson Emma		MANN	4:29.28	4:33.65	645	B	
	50m: 31.24	31.24	150m: 1:39.98	34.29	250m: 2:49.51	34.71	350m: 3:59.59	34.87
	100m: 1:05.69	34.45	200m: 2:14.80	34.82	300m: 3:24.72	35.21	400m: 4:33.65	34.06
13.	Green Jennifer		WBEN	4:28.69	4:38.66	611	B	
	50m: 31.43	31.43	150m: 1:40.66	35.06	250m: 2:52.00	35.84	350m: 4:04.22	36.10
	100m: 1:05.60	34.17	200m: 2:16.16	35.50	300m: 3:28.12	36.12	400m: 4:38.66	34.44
14.	Smeulders Lise		BEST	4:39.74	4:39.29	606	B	
	50m: 32.51	32.51	150m: 1:42.98	35.39	250m: 2:53.90	35.51	350m: 4:05.07	35.64
	100m: 1:07.59	35.08	200m: 2:18.39	35.41	300m: 3:29.43	35.53	400m: 4:39.29	34.22

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Rang					Inschr.	Tijd	Pnt					
15.	Van Esch Manon				PSV	4:33.89	4:41.43	593	B			
	50m:	31.67	31.67	150m:	1:41.32	35.02	250m:	2:53.27	35.91	350m:	4:06.13	36.38
	100m:	1:06.30	34.63	200m:	2:17.36	36.04	300m:	3:29.75	36.48	400m:	4:41.43	35.30
16.	Theuwis Rune				OZV	4:42.17	4:42.83	584	B			
	50m:	31.96	31.96	150m:	1:43.64	36.34	250m:	2:56.19	36.50	350m:	4:08.34	36.31
	100m:	1:07.30	35.34	200m:	2:19.69	36.05	300m:	3:32.03	35.84	400m:	4:42.83	34.49
17.	Cornelissen Dali				BRABO	4:47.91	4:44.70	572	R			
	50m:	32.31	32.31	150m:	1:43.79	35.81	250m:	2:56.29	36.14	350m:	4:08.86	36.12
	100m:	1:07.98	35.67	200m:	2:20.15	36.36	300m:	3:32.74	36.45	400m:	4:44.70	35.84
18.	Ravelingien Kato				BRABO	4:44.05	4:44.94	571	R			
	50m:	32.35	32.35	150m:	1:44.17	36.40	250m:	2:56.78	36.35	350m:	4:09.87	36.59
	100m:	1:07.77	35.42	200m:	2:20.43	36.26	300m:	3:33.28	36.50	400m:	4:44.94	35.07
19.	Truye Alexine				GOLD	4:43.23	4:45.47	568	R			
	50m:	32.12	32.12	150m:	1:43.83	36.28	250m:	2:57.22	36.70	350m:	4:10.20	35.63
	100m:	1:07.55	35.43	200m:	2:20.52	36.69	300m:	3:34.57	37.35	400m:	4:45.47	35.27
20.	Trop Yana				SHARK	4:36.98	4:45.66	567	R			
	50m:	31.46	31.46	150m:	1:42.86	36.50	250m:	2:56.90	37.40	350m:	4:11.03	37.27
	100m:	1:06.36	34.90	200m:	2:19.50	36.64	300m:	3:33.76	36.86	400m:	4:45.66	34.63
21.	Raecke Jana				BZK	4:51.29	4:45.86	565				
	50m:	33.29	33.29	150m:	1:45.24	36.17	250m:	2:57.82	36.21	350m:	4:10.74	35.70
	100m:	1:09.07	35.78	200m:	2:21.61	36.37	300m:	3:35.04	37.22	400m:	4:45.86	35.12
22.	Peeters Eva				SHARK	4:47.27	4:46.96	559				
	50m:	32.82	32.82	150m:	1:45.31	36.47	250m:	2:59.28	36.87	350m:	4:12.37	36.26
	100m:	1:08.84	36.02	200m:	2:22.41	37.10	300m:	3:36.11	36.83	400m:	4:46.96	34.59
23.	Feyen Lindsay				BRABO	4:54.17	4:47.55	556				
	50m:	31.96	31.96	150m:	1:44.72	37.13	250m:	2:59.35	37.19	350m:	4:13.06	36.12
	100m:	1:07.59	35.63	200m:	2:22.16	37.44	300m:	3:36.94	37.59	400m:	4:47.55	34.49
24.	Pardon Maite				TRUST	4:52.06	4:47.71	555				
	50m:	32.07	32.07	150m:	1:44.96	37.08	250m:	2:59.40	37.02	350m:	4:13.30	36.51
	100m:	1:07.88	35.81	200m:	2:22.38	37.42	300m:	3:36.79	37.39	400m:	4:47.71	34.41
25.	Carlier Silke				ZCK	4:47.98	4:48.61	549				
	50m:	31.66	31.66	150m:	1:43.88	37.14	250m:	2:58.64	37.61	350m:	4:12.79	36.59
	100m:	1:06.74	35.08	200m:	2:21.03	37.15	300m:	3:36.20	37.56	400m:	4:48.61	35.82
26.	Keppens Mare				AST	4:40.48	4:49.21	546				
	50m:	32.27	32.27	150m:	1:44.33	36.13	250m:	2:58.11	37.22	350m:	4:12.51	37.31
	100m:	1:08.20	35.93	200m:	2:20.89	36.56	300m:	3:35.20	37.09	400m:	4:49.21	36.70
27.	Dehaut Malou				GOLD	4:51.25	4:49.43	545				
	50m:	31.81	31.81	150m:	1:42.07	35.56	250m:	2:54.90	36.65	350m:	4:10.99	38.25
	100m:	1:06.51	34.70	200m:	2:18.25	36.18	300m:	3:32.74	37.84	400m:	4:49.43	38.44
28.	Kozulya Naya				GZVN	4:52.97	4:50.03	541				
	50m:	33.05	33.05	150m:	1:46.08	36.86	250m:	2:59.94	37.26	350m:	4:14.37	36.77
	100m:	1:09.22	36.17	200m:	2:22.68	36.60	300m:	3:37.60	37.66	400m:	4:50.03	35.66
29.	Broux Elise				GZVN	4:48.50	4:51.04	536				
	50m:	32.95	32.95	150m:	1:46.38	36.63	250m:	3:01.52	37.24	350m:	4:15.93	36.88
	100m:	1:09.75	36.80	200m:	2:24.28	37.90	300m:	3:39.05	37.53	400m:	4:51.04	35.11
30.	Lammens Louise				OZEKA	4:46.86	4:51.17	535				
	50m:	32.99	32.99	150m:	1:45.71	36.51	250m:	2:59.74	37.17	350m:	4:14.57	37.43
	100m:	1:09.20	36.21	200m:	2:22.57	36.86	300m:	3:37.14	37.40	400m:	4:51.17	36.60

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Rang					Inschr.	Tijd	Pnt					
31.	Bex Marit				TRUST	4:51.24	4:52.05	530				
	50m:	31.80	31.80	150m:	1:44.82	36.84	250m:	3:00.11	37.43	350m:	4:16.18	37.35
	100m:	1:07.98	36.18	200m:	2:22.68	37.86	300m:	3:38.83	38.72	400m:	4:52.05	35.87
32.	Van Steen Yinthe				TRUST	4:45.52	4:52.16	530				
	50m:	32.97	32.97	150m:	1:46.03	37.03	250m:	3:01.43	37.90	350m:	4:16.77	37.85
	100m:	1:09.00	36.03	200m:	2:23.53	37.50	300m:	3:38.92	37.49	400m:	4:52.16	35.39
33.	Van De Goor Sterre				PSV	4:44.93	4:52.67	527				
	50m:	33.41	33.41	150m:	1:47.35	37.24	250m:	3:02.17	37.39	350m:	4:17.00	37.30
	100m:	1:10.11	36.70	200m:	2:24.78	37.43	300m:	3:39.70	37.53	400m:	4:52.67	35.67
34.	Gerharher Alyssa				CNS	4:47.58	4:52.68	527				
	50m:	32.28	32.28	150m:	1:45.71	37.80	250m:	3:01.76	38.09	350m:	4:17.36	37.91
	100m:	1:07.91	35.63	200m:	2:23.67	37.96	300m:	3:39.45	37.69	400m:	4:52.68	35.32
35.	Verstraete Tyana				ROSC	4:50.71	4:53.03	525				
	50m:	32.18	32.18	150m:	1:44.94	36.95	250m:	3:00.92	37.99	350m:	4:16.21	37.02
	100m:	1:07.99	35.81	200m:	2:22.93	37.99	300m:	3:39.19	38.27	400m:	4:53.03	36.82
36.	Quanjard Manon				SCSG	4:50.20	4:58.24	498				
	50m:	34.42	34.42	150m:	1:50.53	38.37	250m:	3:07.35	38.44	350m:	4:23.22	38.30
	100m:	1:12.16	37.74	200m:	2:28.91	38.38	300m:	3:44.92	37.57	400m:	4:58.24	35.02