

Programmanr. 8
21/02/2020 - 10:45

Dames, 400m vrije slag

14 jaar en ouder
Resultaten Voorronde

Vlaams record	4:13.57	Goris Lotte	BRABO	Hodmezovasarhely (HUN)	7/07/2016
Belgisch record	4:10.72	Dumont Valentine	NOC	Antwerpen	18/05/2019

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

Punten: FINA 2019

Rang	Geb.	Tijd	Pnt	100m	200m	300m	400m
14 - 15 jaar							
1.	Vanotterdijk Roos	05 DMB BEL 4:35.56	4:28.50 Q 683	1:04.40	1:09.79	1:08.15	1:06.16
	50m: 30.24	30.24 150m: 1:39.39	250m: 2:48.12	33.93	350m: 3:55.88	33.54	
	100m: 1:04.40	34.16 200m: 2:14.19	300m: 3:22.34	34.22	400m: 4:28.50	32.62	
2.	Witters Marie-Alix	05 DBT BEL 4:36.48	4:30.22 Q 670	1:04.54	1:08.53	1:09.50	1:07.65
	50m: 30.91	30.91 150m: 1:38.74	250m: 2:47.69	34.62	350m: 3:57.46	34.89	
	100m: 1:04.54	33.63 200m: 2:13.07	300m: 3:22.57	34.88	400m: 4:30.22	32.76	
3.	Lazou Lente	05 GOLD BEL 4:28.76	4:31.22 Q 662	1:05.35	1:09.33	1:08.17	1:08.37
	50m: 31.09	31.09 150m: 1:39.94	250m: 2:48.58	33.90	350m: 3:56.89	34.04	
	100m: 1:05.35	34.26 200m: 2:14.68	300m: 3:22.85	34.27	400m: 4:31.22	34.33	
4.	Smeulders Lise	06 BEST BEL 4:38.12	4:36.03 Q 628	1:05.87	1:09.41	1:10.21	1:10.54
	50m: 31.81	31.81 150m: 1:40.42	250m: 2:50.49	35.21	350m: 4:01.18	35.69	
	100m: 1:05.87	34.06 200m: 2:15.28	300m: 3:25.49	35.00	400m: 4:36.03	34.85	
5.	Verdonck Fleur	06 ZGEEEL BEL 4:44.87	4:39.95 Q 602	1:07.07	1:11.41	1:11.64	1:09.83
	50m: 31.83	31.83 150m: 1:42.85	250m: 2:54.66	36.18	350m: 4:05.60	35.48	
	100m: 1:07.07	35.24 200m: 2:18.48	300m: 3:30.12	35.46	400m: 4:39.95	34.35	
6.	Raecke Jana	05 BZK BEL 4:45.86	4:42.15 Q 588	1:08.80	1:11.73	1:11.98	1:09.64
	50m: 32.74	32.74 150m: 1:44.36	250m: 2:56.15	35.62	350m: 4:08.03	35.52	
	100m: 1:08.80	36.06 200m: 2:20.53	300m: 3:32.51	36.36	400m: 4:42.15	34.12	
7.	Berx Marit	05 TRUST BEL 4:51.24	4:43.10 Q 582	1:07.93	1:12.97	1:12.08	1:10.12
	50m: 32.53	32.53 150m: 1:44.33	250m: 2:56.83	35.93	350m: 4:09.01	36.03	
	100m: 1:07.93	35.40 200m: 2:20.90	300m: 3:32.98	36.15	400m: 4:43.10	34.09	
8.	Verhelle Maegen	05 KZK BEL 4:46.20	4:43.13 Q 582	1:07.69	1:11.94	1:12.52	1:10.98
	50m: 32.07	32.07 150m: 1:43.08	250m: 2:55.54	35.91	350m: 4:08.33	36.18	
	100m: 1:07.69	35.62 200m: 2:19.63	300m: 3:32.15	36.61	400m: 4:43.13	34.80	
9.	Vandepoorte Pauline	06 RSC BEL 4:48.28	4:45.59 R 567	1:06.97	1:13.65	1:14.18	1:10.79
	50m: 31.58	31.58 150m: 1:43.81	250m: 2:57.92	37.30	350m: 4:11.99	37.19	
	100m: 1:06.97	35.39 200m: 2:20.62	300m: 3:34.80	36.88	400m: 4:45.59	33.60	
10.	Dumont Louisa	05 PERRON BEL 4:49.79	4:46.26 R 563	1:09.51	1:13.02	1:12.73	1:11.00
	50m: 33.40	33.40 150m: 1:45.94	250m: 2:58.98	36.45	350m: 4:11.74	36.48	
	100m: 1:09.51	36.11 200m: 2:22.53	300m: 3:35.26	36.28	400m: 4:46.26	34.52	
11.	Verroken Mirte	06 DDAT BEL 4:50.94	4:46.94 R 559	1:09.85	1:13.22	1:12.87	1:11.00
	50m: 33.35	33.35 150m: 1:45.94	250m: 2:59.26	36.19	350m: 4:11.53	35.59	
	100m: 1:09.85	36.50 200m: 2:23.07	300m: 3:35.94	36.68	400m: 4:46.94	35.41	
12.	Broux Elise	05 GZVN BEL 4:48.50	4:47.25 R 557	1:07.39	1:13.01	1:14.03	1:12.82
	50m: 31.79	31.79 150m: 1:43.60	250m: 2:57.10	36.70	350m: 4:11.55	37.12	
	100m: 1:07.39	35.60 200m: 2:20.40	300m: 3:34.43	37.33	400m: 4:47.25	35.70	
13.	Driesen Amber	05 DMB BEL 4:47.23	4:49.25 546	1:08.62	1:14.60	1:14.62	1:11.41
	50m: 32.26	32.26 150m: 1:45.64	250m: 3:00.23	37.01	350m: 4:14.56	36.72	
	100m: 1:08.62	36.36 200m: 2:23.22	300m: 3:37.84	37.61	400m: 4:49.25	34.69	
14.	Sempels Aurélie	05 TRUST BEL 4:58.47	4:50.49 539	1:09.83	1:14.70	1:13.74	1:12.22
	50m: 33.06	33.06 150m: 1:47.35	250m: 3:01.44	36.91	350m: 4:14.75	36.48	
	100m: 1:09.83	36.77 200m: 2:24.53	300m: 3:38.27	36.83	400m: 4:50.49	35.74	
15.	Corstjens Hanne	05 DMB BEL 4:57.08	4:53.80 521	1:08.61	1:14.25	1:16.15	1:14.79
	50m: 32.72	32.72 150m: 1:45.70	250m: 3:01.08	38.22	350m: 4:17.34	38.33	
	100m: 1:08.61	35.89 200m: 2:22.86	300m: 3:39.01	37.93	400m: 4:53.80	36.46	
16.	Goovaerts Ellen	05 STW BEL 5:00.80	4:54.87 515	1:08.69	1:14.74	1:16.66	1:14.78
	50m: 32.67	32.67 150m: 1:45.93	250m: 3:01.66	38.23	350m: 4:18.86	38.77	
	100m: 1:08.69	36.02 200m: 2:23.43	300m: 3:40.09	38.43	400m: 4:54.87	36.01	
17.	Van De Keere Anna	05 ZTZ BEL 4:56.02	4:55.78 510	1:09.76	1:15.61	1:15.98	1:14.43
	50m: 32.93	32.93 150m: 1:47.02	250m: 3:03.07	37.70	350m: 4:19.05	37.70	
	100m: 1:09.76	36.83 200m: 2:25.37	300m: 3:41.35	38.28	400m: 4:55.78	36.73	
18.	Mignauw Laura	05 UZKZ BEL 4:50.34	4:56.20 508	1:11.53	1:15.63	1:15.88	1:13.16
	50m: 34.27	34.27 150m: 1:49.32	250m: 3:04.55	37.39	350m: 4:20.55	37.51	
	100m: 1:11.53	37.26 200m: 2:27.16	300m: 3:43.04	38.49	400m: 4:56.20	35.65	

Programmanr. 8, Meisjes, 400m vrije slag, Voorrunde, 14 - 15 jaar

Rang	Geb.		Tijd	Pnt	100m	200m	300m	400m	
19.	Delhoute Yana	05 TRUST BEL	4:59.51	4:56.22	508	1:10.80	1:14.48	1:16.69	1:14.25
	50m: 33.87	33.87 150m: 1:47.72	36.92	250m: 3:03.51	38.23	350m: 4:20.11	38.14		
	100m: 1:10.80	36.93 200m: 2:25.28	37.56	300m: 3:41.97	38.46	400m: 4:56.22	36.11		
20.	Van Den Borre Elin	06 BRABO BEL	5:03.04	4:56.93	505	1:09.48	1:15.06	1:16.96	1:15.43
	50m: 33.44	33.44 150m: 1:46.68	37.20	250m: 3:02.54	38.00	350m: 4:19.88	38.38		
	100m: 1:09.48	36.04 200m: 2:24.54	37.86	300m: 3:41.50	38.96	400m: 4:56.93	37.05		
21.	Van Haverbeke Fenna	05 TZT BEL	5:01.36	4:57.05	504	1:10.40	1:15.43	1:16.30	1:14.92
	50m: 33.05	33.05 150m: 1:47.98	37.58	250m: 3:03.94	38.11	350m: 4:20.33	38.20		
	100m: 1:10.40	37.35 200m: 2:25.83	37.85	300m: 3:42.13	38.19	400m: 4:57.05	36.72		
22.	Marteleur Yelke	06 ZCT BEL	5:00.69	4:57.11	504	1:10.15	1:15.12	1:16.88	1:14.96
	50m: 33.20	33.20 150m: 1:47.62	37.47	250m: 3:03.66	38.39	350m: 4:20.60	38.45		
	100m: 1:10.15	36.95 200m: 2:25.27	37.65	300m: 3:42.15	38.49	400m: 4:57.11	36.51		
23.	Van den Eede Lisa	06 AZL BEL	5:04.12	4:57.41	502	1:11.17	1:16.11	1:16.46	1:13.67
	50m: 33.91	33.91 150m: 1:49.50	38.33	250m: 3:05.65	38.37	350m: 4:22.26	38.52		
	100m: 1:11.17	37.26 200m: 2:27.28	37.78	300m: 3:43.74	38.09	400m: 4:57.41	35.15		
24.	Van De Putte Laute	05 AST BEL	4:59.99	4:57.73	500	1:10.42	1:16.27	1:17.07	1:13.97
	50m: 33.28	33.28 150m: 1:48.18	37.76	250m: 3:05.01	38.32	350m: 4:21.79	38.03		
	100m: 1:10.42	37.14 200m: 2:26.69	38.51	300m: 3:43.76	38.75	400m: 4:57.73	35.94		
25.	Van Looveren Vila	06 BRABO BEL	5:07.21	4:58.45	497	1:09.31	1:15.53	1:17.59	1:16.02
	50m: 32.46	32.46 150m: 1:46.75	37.44	250m: 3:03.93	39.09	350m: 4:21.85	39.42		
	100m: 1:09.31	36.85 200m: 2:24.84	38.09	300m: 3:42.43	38.50	400m: 4:58.45	36.60		
26.	Loncke Febe	05 ZCK BEL	4:59.59	4:59.03	494	1:10.41	1:16.66	1:17.43	1:14.53
	50m: 33.09	33.09 150m: 1:48.68	38.27	250m: 3:05.55	38.48	350m: 4:22.92	38.42		
	100m: 1:10.41	37.32 200m: 2:27.07	38.39	300m: 3:44.50	38.95	400m: 4:59.03	36.11		
27.	Cerpentier Emma	05 STW BEL	4:58.00	4:59.31	493	1:09.99	1:15.69	1:17.07	1:16.56
	50m: 33.04	33.04 150m: 1:47.73	37.74	250m: 3:04.08	38.40	350m: 4:22.03	39.28		
	100m: 1:09.99	36.95 200m: 2:25.68	37.95	300m: 3:42.75	38.67	400m: 4:59.31	37.28		
28.	Noels Louise	05 ZCT BEL	4:55.70	4:59.34	492	1:10.86	1:16.23	1:17.00	1:15.25
	50m: 34.21	34.21 150m: 1:49.36	38.50	250m: 3:06.02	38.93	350m: 4:23.74	39.65		
	100m: 1:10.86	36.65 200m: 2:27.09	37.73	300m: 3:44.09	38.07	400m: 4:59.34	35.60		
29.	Ysenbaert Amélie	06 UZKZ BEL	4:59.72	4:59.70	491	1:11.34	1:16.15	1:17.16	1:15.05
	50m: 34.24	34.24 150m: 1:49.50	38.16	250m: 3:06.14	38.65	350m: 4:23.32	38.67		
	100m: 1:11.34	37.10 200m: 2:27.49	37.99	300m: 3:44.65	38.51	400m: 4:59.70	36.38		
30.	Cokelaere Marit	06 KZK BEL	5:06.53	4:59.92	490	1:13.48	1:17.95	1:16.45	1:12.04
	50m: 34.89	34.89 150m: 1:52.44	38.96	250m: 3:09.94	38.51	350m: 4:25.03	37.15		
	100m: 1:13.48	38.59 200m: 2:31.43	38.99	300m: 3:47.88	37.94	400m: 4:59.92	34.89		
31.	Oosterlynck Anaïs	06 GOLD BEL	4:56.66	5:00.41	487	1:11.40	1:16.61	1:17.27	1:15.13
	50m: 33.62	33.62 150m: 1:49.59	38.19	250m: 3:06.56	38.55	350m: 4:23.23	37.95		
	100m: 1:11.40	37.78 200m: 2:28.01	38.42	300m: 3:45.28	38.72	400m: 5:00.41	37.18		
32.	Deckers Maite	06 DMB BEL	5:02.76	5:00.84	485	1:09.25	1:15.33	1:17.59	1:18.67
	50m: 33.24	33.24 150m: 1:46.96	37.71	250m: 3:03.39	38.81	350m: 4:22.29	40.12		
	100m: 1:09.25	36.01 200m: 2:24.58	37.62	300m: 3:42.17	38.78	400m: 5:00.84	38.55		
33.	Vandeputte Jade	05 IKZ BEL	4:59.93	5:01.12	484	1:10.70	1:17.48	1:17.82	1:15.12
	50m: 33.44	33.44 150m: 1:49.29	38.59	250m: 3:07.41	39.23	350m: 4:24.41	38.41		
	100m: 1:10.70	37.26 200m: 2:28.18	38.89	300m: 3:46.00	38.59	400m: 5:01.12	36.71		
34.	Van Imschoot Emma	05 FIRST BEL	4:59.51	5:01.23	483	1:11.53	1:16.11	1:17.76	1:15.83
	50m: 34.00	34.00 150m: 1:49.13	37.60	250m: 3:06.48	38.84	350m: 4:23.50	38.10		
	100m: 1:11.53	37.53 200m: 2:27.64	38.51	300m: 3:45.40	38.92	400m: 5:01.23	37.73		
35.	van Outryve d'Ydewalle A.	05 AZ BEL	4:48.15	5:01.72	481	1:10.93	1:17.28	1:17.91	1:15.60
	50m: 33.10	33.10 150m: 1:49.21	38.28	250m: 3:06.65	38.44	350m: 4:24.67	38.55		
	100m: 1:10.93	37.83 200m: 2:28.21	39.00	300m: 3:46.12	39.47	400m: 5:01.72	37.05		
36.	Coffyn Margit	06 RYSC BEL	4:54.44	5:03.11	474	1:09.17	1:17.60	1:18.99	1:17.35
	50m: 31.99	31.99 150m: 1:47.53	38.36	250m: 3:06.31	39.54	350m: 4:25.03	39.27		
	100m: 1:09.17	37.18 200m: 2:26.77	39.24	300m: 3:45.76	39.45	400m: 5:03.11	38.08		
37.	Claes Phara	06 BRABO BEL	5:08.99	5:04.20	469	1:11.89	1:18.24	1:19.10	1:14.97
	50m: 34.08	34.08 150m: 1:50.69	38.80	250m: 3:09.62	39.49	350m: 4:28.17	38.94		
	100m: 1:11.89	37.81 200m: 2:30.13	39.44	300m: 3:49.23	39.61	400m: 5:04.20	36.03		
38.	Theuwis Nelle	06 OZV BEL	5:08.41	5:04.29	469	1:13.08	1:18.95	1:18.13	1:14.13
	50m: 34.53	34.53 150m: 1:52.27	39.19	250m: 3:11.42	39.39	350m: 4:28.76	38.60		
	100m: 1:13.08	38.55 200m: 2:32.03	39.76	300m: 3:50.16	38.74	400m: 5:04.29	35.53		

Programmanr. 8, Meisjes, 400m vrije slag, Voorrunde, 14 - 15 jaar

Rang	Geb.	Tijd	Pnt	100m	200m	300m	400m
39. Dams Sienna	06 ZS BEL 5:02.35	5:05.08	465	1:11.74	1:17.58	1:18.84	1:16.92
50m: 33.86	33.86 150m: 1:51.09	39.35	250m: 3:08.51	39.19	350m: 4:27.64	39.48	
100m: 1:11.74	37.88 200m: 2:29.32	38.23	300m: 3:48.16	39.65	400m: 5:05.08	37.44	
40. Van Laecke Lotte	06 MEGA BEL 5:05.65	5:05.10	465	1:12.31	1:17.82	1:18.50	1:16.47
50m: 34.40	34.40 150m: 1:50.85	38.54	250m: 3:09.21	39.08	350m: 4:27.13	38.50	
100m: 1:12.31	37.91 200m: 2:30.13	39.28	300m: 3:48.63	39.42	400m: 5:05.10	37.97	
41. Verhulst Lotte	06 STW BEL 5:06.55	5:05.27	464	1:12.48	1:18.39	1:17.82	1:16.58
50m: 34.60	34.60 150m: 1:51.68	39.20	250m: 3:09.69	38.82	350m: 4:28.03	39.34	
100m: 1:12.48	37.88 200m: 2:30.87	39.19	300m: 3:48.69	39.00	400m: 5:05.27	37.24	
42. Vandebogaerde Noor	06 UZKZ BEL 5:02.75	5:06.00	461	1:10.67	1:18.02	1:19.67	1:17.64
50m: 33.28	33.28 150m: 1:49.65	38.98	250m: 3:08.30	39.61	350m: 4:27.83	39.47	
100m: 1:10.67	37.39 200m: 2:28.69	39.04	300m: 3:48.36	40.06	400m: 5:06.00	38.17	
43. Snoekx Romy	06 DBT BEL 5:02.66	5:06.12	460	1:12.88	1:18.02	1:19.04	1:16.18
50m: 33.53	33.53 150m: 1:51.83	38.95	250m: 3:10.76	39.86	350m: 4:28.89	38.95	
100m: 1:12.88	39.35 200m: 2:30.90	39.07	300m: 3:49.94	39.18	400m: 5:06.12	37.23	
44. Rooman Sarah	05 BRABO BEL 4:57.09	5:09.70	445	1:10.57	1:19.83	1:21.38	1:17.92
50m: 32.99	32.99 150m: 1:50.40	39.83	250m: 3:11.27	40.87	350m: 4:31.91	40.13	
100m: 1:10.57	37.58 200m: 2:30.40	40.00	300m: 3:51.78	40.51	400m: 5:09.70	37.79	
45. Kennes Naomi	06 ZCK BEL 5:05.26	5:29.34	370	1:13.27	1:21.11	1:24.38	1:30.58
50m: 34.69	34.69 150m: 1:53.08	39.81	250m: 3:16.21	41.83	350m: 4:42.53	43.77	
100m: 1:13.27	38.58 200m: 2:34.38	41.30	300m: 3:58.76	42.55	400m: 5:29.34	46.81	

16 jaar en ouder

1. Goris Lotte	00 BRABO BEL 4:13.58	4:23.45 A	723	1:02.78	1:07.61	1:06.93	1:06.13
50m: 30.14	30.14 150m: 1:36.55	33.77	250m: 2:43.84	33.45	350m: 3:50.38	33.06	
100m: 1:02.78	32.64 200m: 2:10.39	33.84	300m: 3:17.32	33.48	400m: 4:23.45	33.07	
2. Franquinet Ambre	04 MOSAN BEL 4:35.29	4:24.22 A	716	1:02.66	1:07.30	1:07.77	1:06.49
50m: 29.83	29.83 150m: 1:36.11	33.45	250m: 2:43.86	33.90	350m: 3:51.56	33.83	
100m: 1:02.66	32.83 200m: 2:09.96	33.85	300m: 3:17.73	33.87	400m: 4:24.22	32.66	
3. Mattens Edith	97 KZK BEL 4:22.41	4:24.51 A	714	1:03.88	1:06.64	1:07.14	1:06.85
50m: 31.12	31.12 150m: 1:37.20	33.32	250m: 2:43.91	33.39	350m: 3:51.22	33.56	
100m: 1:03.88	32.76 200m: 2:10.52	33.32	300m: 3:17.66	33.75	400m: 4:24.51	33.29	
4. Bouden Camille	01 ZB BEL 4:21.05	4:25.06 A	709	1:03.37	1:07.14	1:07.34	1:07.21
50m: 30.28	30.28 150m: 1:36.92	33.55	250m: 2:44.21	33.70	350m: 3:52.00	34.15	
100m: 1:03.37	33.09 200m: 2:10.51	33.59	300m: 3:17.85	33.64	400m: 4:25.06	33.06	
5. Vallée Laurane	03 ESP BEL 4:26.60	4:27.50 A	690	1:03.46	1:07.88	1:08.23	1:07.93
50m: 30.41	30.41 150m: 1:37.13	33.67	250m: 2:45.19	33.85	350m: 3:53.73	34.16	
100m: 1:03.46	33.05 200m: 2:11.34	34.21	300m: 3:19.57	34.38	400m: 4:27.50	33.77	
6. Zelinskaya Anastasiya	04 UZB UZB 4:37.64	4:31.61 A	659	1:04.30	1:09.04	1:10.14	1:08.13
50m: 31.13	31.13 150m: 1:38.65	34.35	250m: 2:48.26	34.92	350m: 3:58.28	34.80	
100m: 1:04.30	33.17 200m: 2:13.34	34.69	300m: 3:23.48	35.22	400m: 4:31.61	33.33	
7. Garcia Zamora Ilona	03 PERRON BEL 4:23.16	4:31.77 A	658	1:03.78	1:09.26	1:09.37	1:09.36
50m: 30.50	30.50 150m: 1:38.20	34.42	250m: 2:47.56	34.52	350m: 3:57.35	34.94	
100m: 1:03.78	33.28 200m: 2:13.04	34.84	300m: 3:22.41	34.85	400m: 4:31.77	34.42	
8. Bourgois Karo	02 DM BEL 4:35.63	4:32.27 A	655	1:06.71	1:10.26	1:09.39	1:05.91
50m: 32.13	32.13 150m: 1:41.85	35.14	250m: 2:51.76	34.79	350m: 4:00.93	34.57	
100m: 1:06.71	34.58 200m: 2:16.97	35.12	300m: 3:26.36	34.60	400m: 4:32.27	31.34	
9. Feys Jutta	02 BZK BEL 4:37.72	4:33.14 B	648	1:05.87	1:09.19	1:09.95	1:08.13
50m: 31.21	31.21 150m: 1:40.38	34.51	250m: 2:50.06	35.00	350m: 3:59.84	34.83	
100m: 1:05.87	34.66 200m: 2:15.06	34.68	300m: 3:25.01	34.95	400m: 4:33.14	33.30	
10. Gries Laure	04 CNSW BEL 4:36.05	4:33.63 B	645	1:04.17	1:09.25	1:10.42	1:09.79
50m: 30.59	30.59 150m: 1:38.42	34.25	250m: 2:48.68	35.26	350m: 3:59.17	35.33	
100m: 1:04.17	33.58 200m: 2:13.42	35.00	300m: 3:23.84	35.16	400m: 4:33.63	34.46	
11. Inkaya Dalya	03 MEGA TUR 4:29.01	4:36.38 B	626	1:05.61	1:09.85	1:10.29	1:10.63
50m: 31.40	31.40 150m: 1:40.66	35.05	250m: 2:50.85	35.39	350m: 4:00.62	34.87	
100m: 1:05.61	34.21 200m: 2:15.46	34.80	300m: 3:25.75	34.90	400m: 4:36.38	35.76	
12. Loones Thuline	00 MEGA BEL 4:43.45	4:41.04 B	595	1:06.86	1:11.99	1:11.91	1:10.28
50m: 31.97	31.97 150m: 1:42.66	35.80	250m: 2:54.54	35.69	350m: 4:06.28	35.52	
100m: 1:06.86	34.89 200m: 2:18.85	36.19	300m: 3:30.76	36.22	400m: 4:41.04	34.76	

Programmanr. 8, Dames, 400m vrije slag, Voorrunde, 16 jaar en ouder

Rang	Geb.		Tijd		Pnt	100m	200m	300m	400m
13.	Ravelingien Kato	03 BRABO	BEL 4:44.05	4:41.23 B	594	1:07.37	1:12.08	1:11.54	1:10.24
	50m: 31.97	31.97	150m: 1:43.26	35.89	250m: 2:55.04	35.59	350m: 4:06.67	35.68	
	100m: 1:07.37	35.40	200m: 2:19.45	36.19	300m: 3:30.99	35.95	400m: 4:41.23	34.56	
14.	Theuwis Rune	02 OZV	BEL 4:42.16	4:42.29 B	587	1:07.81	1:11.91	1:12.20	1:10.37
	50m: 32.21	32.21	150m: 1:43.75	35.94	250m: 2:55.73	36.01	350m: 4:07.56	35.64	
	100m: 1:07.81	35.60	200m: 2:19.72	35.97	300m: 3:31.92	36.19	400m: 4:42.29	34.73	
15.	Truye Alexine	04 GOLD	BEL 4:43.23	4:42.34 B	587	1:07.44	1:11.87	1:13.05	1:09.98
	50m: 32.29	32.29	150m: 1:43.09	35.65	250m: 2:55.80	36.49	350m: 4:08.69	36.33	
	100m: 1:07.44	35.15	200m: 2:19.31	36.22	300m: 3:32.36	36.56	400m: 4:42.34	33.65	
16.	Kelchtermans Laura	04 HZS	BEL 4:46.77	4:42.79 B	584	1:08.87	1:12.51	1:12.20	1:09.21
	50m: 33.09	33.09	150m: 1:44.80	35.93	250m: 2:57.08	35.70	350m: 4:08.60	35.02	
	100m: 1:08.87	35.78	200m: 2:21.38	36.58	300m: 3:33.58	36.50	400m: 4:42.79	34.19	
17.	Cornelissen Dali	04 BRABO	BEL 4:41.47	4:44.03 R	577	1:05.49	1:10.78	1:13.41	1:14.35
	50m: 31.53	31.53	150m: 1:40.64	35.15	250m: 2:52.81	36.54	350m: 4:07.32	37.64	
	100m: 1:05.49	33.96	200m: 2:16.27	35.63	300m: 3:29.68	36.87	400m: 4:44.03	36.71	
18.	Trop Yana	04 SHARK	BEL 4:36.98	4:44.79 R	572	1:06.73	1:12.97	1:13.29	1:11.80
	50m: 31.70	31.70	150m: 1:42.76	36.03	250m: 2:56.42	36.72	350m: 4:09.77	36.78	
	100m: 1:06.73	35.03	200m: 2:19.70	36.94	300m: 3:32.99	36.57	400m: 4:44.79	35.02	
19.	Snepe Diede	03 DDAT	BEL 4:35.42	4:45.69 R	567	1:07.47	1:12.03	1:13.45	1:12.74
	50m: 32.43	32.43	150m: 1:43.23	35.76	250m: 2:56.18	36.68	350m: 4:09.66	36.71	
	100m: 1:07.47	35.04	200m: 2:19.50	36.27	300m: 3:32.95	36.77	400m: 4:45.69	36.03	
20.	Carlier Silke	03 ZCK	BEL 4:47.98	4:45.73 R	566	1:08.15	1:14.36	1:13.57	1:09.65
	50m: 31.74	31.74	150m: 1:44.83	36.68	250m: 2:58.67	36.16	350m: 4:11.32	35.24	
	100m: 1:08.15	36.41	200m: 2:22.51	37.68	300m: 3:36.08	37.41	400m: 4:45.73	34.41	
21.	Haegeman Karen	97 AST	BEL 4:49.03	4:45.93	565	1:07.73	1:12.07	1:13.65	1:12.48
	50m: 32.21	32.21	150m: 1:43.26	35.53	250m: 2:56.02	36.22	350m: 4:09.92	36.47	
	100m: 1:07.73	35.52	200m: 2:19.80	36.54	300m: 3:33.45	37.43	400m: 4:45.93	36.01	
22.	Kennis Nathalie	02 KST	BEL 4:47.66	4:46.69	561	1:05.91	1:13.54	1:13.77	1:13.47
	50m: 31.17	31.17	150m: 1:42.53	36.62	250m: 2:56.34	36.89	350m: 4:10.87	37.65	
	100m: 1:05.91	34.74	200m: 2:19.45	36.92	300m: 3:33.22	36.88	400m: 4:46.69	35.82	
23.	Verstraete Tyana	99 ROSC	BEL 4:50.71	4:47.15	558	1:07.61	1:13.34	1:14.44	1:11.76
	50m: 32.47	32.47	150m: 1:43.93	36.32	250m: 2:57.90	36.95	350m: 4:11.91	36.52	
	100m: 1:07.61	35.14	200m: 2:20.95	37.02	300m: 3:35.39	37.49	400m: 4:47.15	35.24	
24.	Van Hyfte Isaura	99 MEGA	BEL 4:36.59	4:47.44	556	1:06.23	1:12.50	1:14.24	1:14.47
	50m: 31.35	31.35	150m: 1:42.21	35.98	250m: 2:56.04	37.31	350m: 4:10.94	37.97	
	100m: 1:06.23	34.88	200m: 2:18.73	36.52	300m: 3:32.97	36.93	400m: 4:47.44	36.50	
25.	Daemen Emma	03 DMB	BEL 4:47.49	4:48.04	553	1:08.18	1:14.25	1:14.28	1:11.33
	50m: 32.04	32.04	150m: 1:45.25	37.07	250m: 2:59.47	37.04	350m: 4:13.46	36.75	
	100m: 1:08.18	36.14	200m: 2:22.43	37.18	300m: 3:36.71	37.24	400m: 4:48.04	34.58	
26.	Becker Elles	96 MEGA	NED 4:47.45	4:48.98	547	1:08.10	1:13.53	1:14.33	1:13.02
	50m: 32.55	32.55	150m: 1:44.76	36.66	250m: 2:58.63	37.00	350m: 4:13.22	37.26	
	100m: 1:08.10	35.55	200m: 2:21.63	36.87	300m: 3:35.96	37.33	400m: 4:48.98	35.76	
27.	Lammens Louise	04 OZEKA	BEL 4:46.86	4:49.80	543	1:08.62	1:13.47	1:13.88	1:13.83
	50m: 32.90	32.90	150m: 1:45.04	36.42	250m: 2:58.87	36.78	350m: 4:13.07	37.10	
	100m: 1:08.62	35.72	200m: 2:22.09	37.05	300m: 3:35.97	37.10	400m: 4:49.80	36.73	
28.	Pigeon Kelly	03 KVZP	BEL 4:46.91	4:50.95	536	1:09.27	1:13.88	1:14.37	1:13.43
	50m: 33.27	33.27	150m: 1:46.23	36.96	250m: 3:00.53	37.38	350m: 4:14.99	37.47	
	100m: 1:09.27	36.00	200m: 2:23.15	36.92	300m: 3:37.52	36.99	400m: 4:50.95	35.96	
29.	Keppens Mare	04 AST	BEL 4:40.48	4:51.97	531	1:08.04	1:13.83	1:14.82	1:15.28
	50m: 31.98	31.98	150m: 1:44.80	36.76	250m: 2:58.84	36.97	350m: 4:14.88	38.19	
	100m: 1:08.04	36.06	200m: 2:21.87	37.07	300m: 3:36.69	37.85	400m: 4:51.97	37.09	
30.	Mastsiapan Darya	04 MEGA	BEL 4:44.02	4:52.98	525	1:08.76	1:13.56	1:16.33	1:14.33
	50m: 33.11	33.11	150m: 1:45.41	36.65	250m: 3:00.62	38.30	350m: 4:16.76	38.11	
	100m: 1:08.76	35.65	200m: 2:22.32	36.91	300m: 3:38.65	38.03	400m: 4:52.98	36.22	
31.	Morren Maaïke	03 BEST	BEL 4:48.02	4:53.75	521	1:10.26	1:14.66	1:15.41	1:13.42
	50m: 33.70	33.70	150m: 1:47.57	37.31	250m: 3:02.66	37.74	350m: 4:18.01	37.68	
	100m: 1:10.26	36.56	200m: 2:24.92	37.35	300m: 3:40.33	37.67	400m: 4:53.75	35.74	
32.	Puttaert Elien	04 DDAT	BEL 4:45.90	4:55.14	514	1:08.72	1:14.70	1:16.18	1:15.54
	50m: 32.70	32.70	150m: 1:45.70	36.98	250m: 3:01.00	37.58	350m: 4:17.84	38.24	
	100m: 1:08.72	36.02	200m: 2:23.42	37.72	300m: 3:39.60	38.60	400m: 4:55.14	37.30	

Programmanr. 8, Dames, 400m vrije slag, Voorronde, 16 jaar en ouder

Rang			Geb.			Tijd	Pnt	100m	200m	300m	400m	
33.	Quanjard Manon		02	SCSG	BEL	4:50.20	4:55.38	513	1:09.28	1:14.60	1:15.28	1:16.22
	50m:	33.02	33.02	150m:	1:46.74	37.46	250m:	3:01.64	37.76	350m:	4:18.65	39.49
	100m:	1:09.28	36.26	200m:	2:23.88	37.14	300m:	3:39.16	37.52	400m:	4:55.38	36.73
34.	Gabriëls Sarah		04	BRABO	BEL	4:56.34	4:56.08	509	1:11.41	1:15.39	1:15.05	1:14.23
	50m:	34.31	34.31	150m:	1:49.25	37.84	250m:	3:04.69	37.89	350m:	4:19.76	37.91
	100m:	1:11.41	37.10	200m:	2:26.80	37.55	300m:	3:41.85	37.16	400m:	4:56.08	36.32
35.	Van Avermaet Merel		01	TSZ	BEL	4:52.79	4:56.11	509	1:09.30	1:15.26	1:16.07	1:15.48
	50m:	32.78	32.78	150m:	1:46.83	37.53	250m:	3:02.36	37.80	350m:	4:18.90	38.27
	100m:	1:09.30	36.52	200m:	2:24.56	37.73	300m:	3:40.63	38.27	400m:	4:56.11	37.21
36.	Crabbe Lore		04	AST	BEL	4:57.26	4:57.02	504	1:10.26	1:15.13	1:16.02	1:15.61
	50m:	32.94	32.94	150m:	1:47.69	37.43	250m:	3:03.08	37.69	350m:	4:19.53	38.12
	100m:	1:10.26	37.32	200m:	2:25.39	37.70	300m:	3:41.41	38.33	400m:	4:57.02	37.49
37.	Peeters Marte		01	BRABO	BEL	4:54.17	5:05.11	465	1:10.72	1:17.27	1:18.45	1:18.67
	50m:	33.70	33.70	150m:	1:49.19	38.47	250m:	3:07.01	39.02	350m:	4:26.13	39.69
	100m:	1:10.72	37.02	200m:	2:27.99	38.80	300m:	3:46.44	39.43	400m:	5:05.11	38.98
38.	Deleuze Céline		98	SCWR	BEL	6:12.04	6:15.12	250	1:29.59	1:36.04	1:35.66	1:33.83
	50m:	42.77	42.77	150m:	2:17.64	48.05	250m:	3:53.75	48.12	350m:	5:28.67	47.38
	100m:	1:29.59	46.82	200m:	3:05.63	47.99	300m:	4:41.29	47.54	400m:	6:15.12	46.45
39.	Vens Hannelore		90	ROSC	BEL	6:21.42	6:25.26	231	1:30.08	1:37.40	1:39.42	1:38.36
	50m:	43.42	43.42	150m:	2:18.71	48.63	250m:	3:57.64	50.16	350m:	5:37.17	50.27
	100m:	1:30.08	46.66	200m:	3:07.48	48.77	300m:	4:46.90	49.26	400m:	6:25.26	48.09