

Midwintertest 2024
Aalst, 21/12/2024

Programmanr. 13
21/12/2024 - 16:11

Dames, 400m vrije slag

open leeftijdsgroep
Resultaten

Punten: AQUA 2024

Rang	Geb.	Tijd	Pnt	100m	200m	300m	400m
1. Vanderbeke Hasse	08	AST/21052/08	4:55.04 507	1:08.86	1:15.97	1:16.40	1:13.81
50m: 32.74	32.74	150m: 1:46.82	37.96	250m: 3:02.95	38.12	350m: 4:19.59	38.36
100m: 1:08.86	36.12	200m: 2:24.83	38.01	300m: 3:41.23	38.28	400m: 4:55.04	35.45
2. Thys Lena	11	KAZS/21098/11	5:00.65 479	1:12.03	1:17.19	1:17.05	1:14.38
50m: 34.11	34.11	150m: 1:50.65	38.62	250m: 3:07.67	38.45	350m: 4:24.54	38.27
100m: 1:12.03	37.92	200m: 2:29.22	38.57	300m: 3:46.27	38.60	400m: 5:00.65	36.11
3. Rutsaert Emily	12	STA/21067/12	5:05.55 457	1:14.08	1:18.66	1:17.83	1:14.98
50m: 35.35	35.35	150m: 1:53.50	39.42	250m: 3:11.85	39.11	350m: 4:28.80	38.23
100m: 1:14.08	38.73	200m: 2:32.74	39.24	300m: 3:50.57	38.72	400m: 5:05.55	36.75
4. Bayens Nina	12	ZDKK/21014/12	5:18.06 405	1:15.51	1:22.25	1:23.07	1:17.23
50m: 34.99	34.99	150m: 1:56.67	41.16	250m: 3:19.26	41.50	350m: 4:41.82	40.99
100m: 1:15.51	40.52	200m: 2:37.76	41.09	300m: 4:00.83	41.57	400m: 5:18.06	36.24
5. Van Doorne Lore	11	STA/21066/11	5:24.25 382	1:18.56	1:23.30	1:23.07	1:19.32
50m: 37.02	37.02	150m: 2:00.30	41.74	250m: 3:23.24	41.38	350m: 4:45.48	40.55
100m: 1:18.56	41.54	200m: 2:41.86	41.56	300m: 4:04.93	41.69	400m: 5:24.25	38.77
6. Berkein Alessia	12	STA/21077/12	5:27.54 371	1:16.58	1:25.02	1:23.85	1:22.09
50m: 35.69	35.69	150m: 1:59.20	42.62	250m: 3:23.52	41.92	350m: 4:47.53	42.08
100m: 1:16.58	40.89	200m: 2:41.60	42.40	300m: 4:05.45	41.93	400m: 5:27.54	40.01
7. Bullen Lotte	11	ZDKK/21013/11	5:28.62 367	1:17.72	1:24.28	1:26.30	1:20.32
50m: 37.07	37.07	150m: 1:59.21	41.49	250m: 3:24.74	42.74	350m: 4:49.50	41.20
100m: 1:17.72	40.65	200m: 2:42.00	42.79	300m: 4:08.30	43.56	400m: 5:28.62	39.12
8. Loncke Jutta	13	STA/21068/13	5:29.02 366	1:20.09	1:25.66	1:25.05	1:18.22
50m: 37.73	37.73	150m: 2:02.42	42.33	250m: 3:28.16	42.41	350m: 4:51.03	40.23
100m: 1:20.09	42.36	200m: 2:45.75	43.33	300m: 4:10.80	42.64	400m: 5:29.02	37.99
9. Van De Winkel Lola	12	AZL/21106/12	5:30.83 360	1:17.85	1:25.43	1:24.56	1:22.99
50m: 36.30	36.30	150m: 2:00.75	42.90	250m: 3:25.39	42.11	350m: 4:50.32	42.48
100m: 1:17.85	41.55	200m: 2:43.28	42.53	300m: 4:07.84	42.45	400m: 5:30.83	40.51
10. De Jong Suzan	13	ZALM/21003/13	5:33.35 352	1:16.50	1:26.07	1:27.86	1:22.92
50m: 35.37	35.37	150m: 1:59.29	42.79	250m: 3:26.29	43.72	350m: 4:52.52	42.09
100m: 1:16.50	41.13	200m: 2:42.57	43.28	300m: 4:10.43	44.14	400m: 5:33.35	40.83
11. Buyle Laure	11	STA/21064/11	5:33.89 350	1:20.16	1:27.38	1:22.39	1:23.96
50m: 37.29	37.29	150m: 2:04.47	44.31	250m: 3:29.29	41.75	350m: 4:51.88	41.95
100m: 1:20.16	42.87	200m: 2:47.54	43.07	300m: 4:09.93	40.64	400m: 5:33.89	42.01
12. Van Ghelue Rinske	10	FIRST/21194/10	5:42.13 325	1:19.71	1:28.88	1:27.99	1:25.55
50m: 37.37	37.37	150m: 2:03.69	43.98	250m: 3:32.53	43.94	350m: 5:00.16	43.58
100m: 1:19.71	42.34	200m: 2:48.59	44.90	300m: 4:16.58	44.05	400m: 5:42.13	41.97
13. Vander Mijsbrugge Lore	12	AZL/21109/12	5:43.40 322	1:17.23	1:27.84	1:32.29	1:26.04
50m: 35.08	35.08	150m: 2:01.41	44.18	250m: 3:30.96	45.89	350m: 5:02.17	44.81
100m: 1:17.23	42.15	200m: 2:45.07	43.66	300m: 4:17.36	46.40	400m: 5:43.40	41.23
14. Degrande An	12	FIRST/21262/12	5:46.11 314	1:20.43	1:29.61	1:29.39	1:26.68
50m: 38.07	38.07	150m: 2:05.32	44.89	250m: 3:34.43	44.39	350m: 5:04.27	44.84
100m: 1:20.43	42.36	200m: 2:50.04	44.72	300m: 4:19.43	45.00	400m: 5:46.11	41.84
15. De Groote Liesl	10	ZDKK/21018/10	5:47.14 311	1:19.52	1:30.66	1:31.25	1:25.71
50m: 36.80	36.80	150m: 2:04.47	44.95	250m: 3:35.45	45.27	350m: 5:06.69	45.26
100m: 1:19.52	42.72	200m: 2:50.18	45.71	300m: 4:21.43	45.98	400m: 5:47.14	40.45
16. Velieva Eliz	09	FIRST/21322/09	5:55.98 289	1:24.90	1:31.68	1:31.45	1:27.95
50m: 40.37	40.37	150m: 2:10.57	45.67	250m: 3:42.54	45.96	350m: 5:12.12	44.09
100m: 1:24.90	44.53	200m: 2:56.58	46.01	300m: 4:28.03	45.49	400m: 5:55.98	43.86
17. Menu Nina	13	FIRST/21330/13	5:58.56 282	1:25.46	1:34.42	1:31.86	1:26.82
50m: 40.18	40.18	150m: 2:11.97	46.51	250m: 3:45.13	45.25	350m: 5:15.57	43.83
100m: 1:25.46	45.28	200m: 2:59.88	47.91	300m: 4:31.74	46.61	400m: 5:58.56	42.99
18. De Wulf Alexine	12	STA/21076/12	5:58.69 282	1:27.18	1:33.08	1:32.62	1:25.81
50m: 40.98	40.98	150m: 2:13.75	46.57	250m: 3:47.14	46.88	350m: 5:17.26	44.38
100m: 1:27.18	46.20	200m: 3:00.26	46.51	300m: 4:32.88	45.74	400m: 5:58.69	41.43
19. Van Dorpe Ada	11	ZNA/21372/11	5:59.10 281	1:22.70	1:32.80	1:35.10	1:28.50
50m: 38.52	38.52	150m: 2:08.77	46.07	250m: 3:42.71	47.21	350m: 5:16.21	45.61
100m: 1:22.70	44.18	200m: 2:55.50	46.73	300m: 4:30.60	47.89	400m: 5:59.10	42.89

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Aalst, 21/12/2024

Programmanr. 13, Dames, 400m vrije slag, open leeftijdsgroep

Rang	Geb.			Tijd		Pnt	100m	200m	300m	400m	
20. Velghe Lauren	12	FIRST/21331/12			6:05.12	267	1:27.42	1:34.93	1:33.93	1:28.84	
50m:	41.22	41.22	150m:	2:14.73	47.31	250m:	3:49.50	47.15	350m:	5:22.53	46.25
100m:	1:27.42	46.20	200m:	3:02.35	47.62	300m:	4:36.28	46.78	400m:	6:05.12	42.59
21. Hens Stien	12	FIRST/21324/12			6:07.27	263	1:29.83	1:33.81	1:35.15	1:28.48	
50m:	42.22	42.22	150m:	2:16.18	46.35	250m:	3:51.24	47.60	350m:	5:23.32	44.53
100m:	1:29.83	47.61	200m:	3:03.64	47.46	300m:	4:38.79	47.55	400m:	6:07.27	43.95
22. De Bock Aude	11	FIRST/21290/11			6:11.54	254	1:27.31	1:36.26	1:34.16	1:33.81	
50m:	40.68	40.68	150m:	2:14.86	47.55	250m:	3:50.16	46.59	350m:	5:25.27	47.54
100m:	1:27.31	46.63	200m:	3:03.57	48.71	300m:	4:37.73	47.57	400m:	6:11.54	46.27
23. Buyle Geike	13	STA/21078/13			6:12.23	252	1:28.24	1:33.84	1:36.69	1:33.46	
50m:	41.22	41.22	150m:	2:14.43	46.19	250m:	3:50.69	48.61	350m:	5:26.55	47.78
100m:	1:28.24	47.02	200m:	3:02.08	47.65	300m:	4:38.77	48.08	400m:	6:12.23	45.68
24. Mertens Xiana	12	FAST/21121/12			6:27.33	224	1:28.12	1:38.70	1:41.36	1:39.15	
50m:	40.54	40.54	150m:	2:16.82	48.70	250m:	3:57.32	50.50	350m:	5:38.81	50.63
100m:	1:28.12	47.58	200m:	3:06.82	50.00	300m:	4:48.18	50.86	400m:	6:27.33	48.52
25. Van Nieuwenhuyse Lotte	12	ZNA/21414/12			6:29.15	221	1:33.52	1:42.44	1:41.74	1:31.45	
50m:	43.81	43.81	150m:	2:25.25	51.73	250m:	4:07.41	51.45	350m:	5:45.72	48.02
100m:	1:33.52	49.71	200m:	3:15.96	50.71	300m:	4:57.70	50.29	400m:	6:29.15	43.43
26. Legrand Alicia	12	ZNA/21411/12			6:32.12	216	1:34.49	1:41.50	1:41.09	1:35.04	
50m:	44.86	44.86	150m:	2:25.05	50.56	250m:	4:06.51	50.52	350m:	5:45.32	48.24
100m:	1:34.49	49.63	200m:	3:15.99	50.94	300m:	4:57.08	50.57	400m:	6:32.12	46.80
27. Guldemont Nell	11	ZDKK/21030/11			6:35.36	211	1:22.01	1:34.78	1:38.68	1:59.89	
50m:	38.22	38.22	150m:	2:08.61	46.60	250m:	3:46.88	50.09	350m:	5:44.78	1:09.31
100m:	1:22.01	43.79	200m:	2:56.79	48.18	300m:	4:35.47	48.59	400m:	6:35.36	50.58