

AST Midzomertest 2024  
Aalst, 22/6/2024

Programmanr. 11  
22/06/2024 - 16:18

Dames, 400m vrije slag

alg. leeftijdsgroep  
Resultaten

Punten: FINA 2023

Rang	Geb.	Tijd	Pnt	100m	200m	300m	400m
1. De Wolf Tine	09	Aalsters Swimming Team	<b>5:05.21</b> 464	1:12.05	1:18.15	1:18.39	1:16.62
50m: 34.06	34.06	150m: 1:51.02	38.97	39.10	350m: 4:27.42	38.83	
100m: 1:12.05	37.99	200m: 2:30.20	39.18	39.29	400m: 5:05.21	37.79	
2. Maes Noor	11	Aalsters Swimming Team	<b>5:14.05</b> 426	1:13.81	1:20.93	1:22.47	1:16.84
50m: 34.94	34.94	150m: 1:54.22	40.41	41.46	350m: 4:36.94	39.73	
100m: 1:13.81	38.87	200m: 2:34.74	40.52	41.01	400m: 5:14.05	37.11	
3. De Backer Mirthe	06	Koninklijke Zwemclub Nept	<b>5:16.94</b> 414	1:15.72	1:22.88	1:21.88	1:16.46
50m: 35.98	35.98	150m: 1:56.60	40.88	40.56	350m: 4:40.08	39.60	
100m: 1:15.72	39.74	200m: 2:38.60	42.00	41.32	400m: 5:16.94	36.86	
4. Stessens Emma-Louise	11	Temse Schelde Zwemmers	<b>5:17.39</b> 413	1:15.09	1:21.79	1:21.40	1:19.11
50m: 35.60	35.60	150m: 1:56.02	40.93	40.74	350m: 4:39.08	40.80	
100m: 1:15.09	39.49	200m: 2:36.88	40.86	40.66	400m: 5:17.39	38.31	
5. Schelfaut Nell	10	Temse Schelde Zwemmers	<b>5:20.37</b> 401	1:16.83	1:21.99	1:22.11	1:19.44
50m: 36.52	36.52	150m: 1:58.05	41.22	41.03	350m: 4:41.21	40.28	
100m: 1:16.83	40.31	200m: 2:38.82	40.77	41.08	400m: 5:20.37	39.16	
6. Koren Zara	11	Genker Zwemvereniging N	<b>5:23.03</b> 391	1:17.71	1:22.26	1:22.70	1:20.36
50m: 36.17	36.17	150m: 1:58.79	41.08	40.92	350m: 4:43.80	41.13	
100m: 1:17.71	41.54	200m: 2:39.97	41.18	41.78	400m: 5:23.03	39.23	
7. Filimonov Vlada	10	Swem Vrienden	<b>5:31.47</b> 362	1:19.95	1:25.81	1:24.44	1:21.27
50m: 37.35	37.35	150m: 2:02.46	42.51	42.05	350m: 4:52.87	42.67	
100m: 1:19.95	42.60	200m: 2:45.76	43.30	42.39	400m: 5:31.47	38.60	
8. Boterbergh Lieke	12	Aalsters Swimming Team	<b>5:33.03</b> 357	1:17.27	1:24.35	1:26.07	1:25.34
50m: 35.87	35.87	150m: 1:59.11	41.84	42.64	350m: 4:51.38	43.69	
100m: 1:17.27	41.40	200m: 2:41.62	42.51	43.43	400m: 5:33.03	41.65	
9. Van Daele Josefien	11	Swimming Team Waasland	<b>5:34.96</b> 351	1:17.22	1:28.59	1:26.85	1:22.30
50m: 36.07	36.07	150m: 2:01.19	43.97	44.27	350m: 4:54.71	42.05	
100m: 1:17.22	41.15	200m: 2:45.81	44.62	42.58	400m: 5:34.96	40.25	
10. De Smet Lily	12	Zwemclub De Kikkertjes Ni	<b>5:37.86</b> 342	1:19.90	1:27.17	1:26.83	1:23.96
50m: 37.24	37.24	150m: 2:03.40	43.50	42.92	350m: 4:58.32	44.42	
100m: 1:19.90	42.66	200m: 2:47.07	43.67	43.91	400m: 5:37.86	39.54	
11. Loncke Jutta	13	Swimming Team Aalter	<b>5:38.43</b> 340	1:23.14	1:28.78	1:25.76	1:20.75
50m: 38.97	38.97	150m: 2:07.79	44.65	42.83	350m: 4:58.72	41.04	
100m: 1:23.14	44.17	200m: 2:51.92	44.13	42.93	400m: 5:38.43	39.71	
12. Colpaert Julie	11	Swem Vrienden	<b>5:40.59</b> 334	1:22.39	1:28.49	1:28.45	1:21.26
50m: 38.74	38.74	150m: 2:06.74	44.35	44.05	350m: 5:01.46	42.13	
100m: 1:22.39	43.65	200m: 2:50.88	44.14	44.40	400m: 5:40.59	39.13	
13. Vander Mijsbrugge Lore	12	Aquarius Zwemclub Lebbe	<b>5:46.77</b> 316	1:20.24	1:29.60	1:29.57	1:27.36
50m: 36.80	36.80	150m: 2:05.12	44.88	44.38	350m: 5:04.09	44.68	
100m: 1:20.24	43.44	200m: 2:49.84	44.72	45.19	400m: 5:46.77	42.68	
14. Lammens Alix	13	Lokerse Zwemvereniging	<b>5:52.23</b> 302	1:24.56	1:30.94	1:30.01	1:26.72
50m: 39.63	39.63	150m: 2:10.39	45.83	45.63	350m: 5:10.46	44.95	
100m: 1:24.56	44.93	200m: 2:55.50	45.11	44.38	400m: 5:52.23	41.77	
15. Van Hul Emma	11	Swimming Team Waasland	<b>5:52.55</b> 301	1:22.53	1:31.66	1:32.32	1:26.04
50m: 38.61	38.61	150m: 2:07.96	45.43	46.69	350m: 5:11.05	44.54	
100m: 1:22.53	43.92	200m: 2:54.19	46.23	45.63	400m: 5:52.55	41.50	
16. Maes Hanne	13	Aalsters Swimming Team	<b>5:55.17</b> 294	1:26.03	1:32.77	1:30.98	1:25.39
50m: 40.52	40.52	150m: 2:12.21	46.18	45.34	350m: 5:14.25	44.47	
100m: 1:26.03	45.51	200m: 2:58.80	46.59	45.64	400m: 5:55.17	40.92	
17. Taelman Yade	11	Swem Vrienden	<b>5:55.93</b> 292	1:26.96	1:30.39	1:30.99	1:27.59
50m: 41.60	41.60	150m: 2:12.12	45.16	45.42	350m: 5:14.02	45.68	
100m: 1:26.96	45.36	200m: 2:57.35	45.23	45.57	400m: 5:55.93	41.91	
18. Vereecken Lara	10	Groot Beverse Zwemclub	<b>6:01.30</b> 280	1:24.42	1:33.47	1:35.35	1:28.06
50m: 39.26	39.26	150m: 2:11.15	46.73	47.81	350m: 5:20.17	46.93	
100m: 1:24.42	45.16	200m: 2:57.89	46.74	47.54	400m: 6:01.30	41.13	
19. Osselaer Geike	12	Koninklijke Zwemclub Nept	<b>6:02.69</b> 276	1:26.35	1:35.48	1:34.21	1:26.65
50m: 40.35	40.35	150m: 2:14.10	47.75	47.03	350m: 5:21.44	45.40	
100m: 1:26.35	46.00	200m: 3:01.83	47.73	47.18	400m: 6:02.69	41.25	

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Aalst, 22/6/2024

Programmanr. 11, Dames, 400m vrije slag, alg. leeftijdsgroep

Rang			Geb.			Tijd	Pnt	100m	200m	300m	400m	
20.	De Groote Liesl		10	Zwemclub De Kikkertjes Nijmegen		6:08.30	264	1:26.54	1:33.97	1:35.00	1:32.79	
	50m:	40.36	40.36	150m:	2:13.41	46.87	250m:	3:47.32	46.81	350m:	5:22.97	47.46
	100m:	1:26.54	46.18	200m:	3:00.51	47.10	300m:	4:35.51	48.19	400m:	6:08.30	45.33
21.	Ottoy Lili		11	Zwemclub De Kikkertjes Nijmegen		6:09.56	261	1:24.92	1:35.80	1:37.82	1:31.02	
	50m:	39.26	39.26	150m:	2:11.87	46.95	250m:	3:50.62	49.90	350m:	5:25.89	47.35
	100m:	1:24.92	45.66	200m:	3:00.72	48.85	300m:	4:38.54	47.92	400m:	6:09.56	43.67
22.	Verhulst Noor		12	Swimming Team Waasland		6:15.90	248	1:25.80	1:37.18	1:40.37	1:32.55	
	50m:	39.77	39.77	150m:	2:13.43	47.63	250m:	3:53.69	50.71	350m:	5:32.45	49.10
	100m:	1:25.80	46.03	200m:	3:02.98	49.55	300m:	4:43.35	49.66	400m:	6:15.90	43.45
23.	Cowie Lore		11	Swem Vrienden		6:31.45	220	1:36.15	1:42.16	1:38.66	1:34.48	
	50m:	45.64	45.64	150m:	2:27.20	51.05	250m:	4:07.44	49.13	350m:	5:46.09	49.12
	100m:	1:36.15	50.51	200m:	3:18.31	51.11	300m:	4:56.97	49.53	400m:	6:31.45	45.36
DIS	Verhofstede Lena		11	Groot Beverse Zwemclub		6:04.36		1:26.58	1:35.50	1:35.06	1:27.22	
	SW 4.4 - valse start											
	50m:	40.69	40.69	150m:	2:14.56	47.98	250m:	3:49.54	47.46	350m:	5:21.99	44.85
	100m:	1:26.58	45.89	200m:	3:02.08	47.52	300m:	4:37.14	47.60	400m:	6:04.36	42.37