

AST Midzomertest 2024  
Aalst, 22/6/2024

Programmanr. 13  
22/06/2024 - 17:00

Dames, 400m wisselslag

alg. leeftijdsgroep  
Resultaten

Punten: FINA 2023

Rang	Geb.			Tijd			Pnt	100m	200m	300m	400m
1. Verluyten Leni	10	Temse Schelde Zwemmers			<b>5:30.28</b>	524	1:15.06	1:22.76	1:35.44	1:17.02	
50m:	34.68	34.68	150m:	1:56.31	41.25	250m:	3:24.36	46.54	350m:	4:52.46	39.20
100m:	1:15.06	40.38	200m:	2:37.82	41.51	300m:	4:13.26	48.90	400m:	5:30.28	37.82
2. Van Avondt Lina	09	Swimming Team Aalter			<b>5:30.92</b>	521	1:15.63	1:24.81	1:37.99	1:12.49	
50m:	34.78	34.78	150m:	1:58.17	42.54	250m:	3:29.35	48.91	350m:	4:56.09	37.66
100m:	1:15.63	40.85	200m:	2:40.44	42.27	300m:	4:18.43	49.08	400m:	5:30.92	34.83
3. Waelput Elodie	10	Temse Schelde Zwemmers			<b>5:40.83</b>	477	1:19.92	1:28.33	1:35.22	1:17.36	
50m:	36.80	36.80	150m:	2:04.37	44.45	250m:	3:34.83	46.58	350m:	5:03.48	40.01
100m:	1:19.92	43.12	200m:	2:48.25	43.88	300m:	4:23.47	48.64	400m:	5:40.83	37.35
4. Renders Charlotte	09	Temse Schelde Zwemmers			<b>5:44.67</b>	461	1:24.89	1:19.43	1:43.91	1:16.44	
50m:	37.59	37.59	150m:	2:04.47	39.58	250m:	3:36.04	51.72	350m:	5:06.30	38.07
100m:	1:24.89	47.30	200m:	2:44.32	39.85	300m:	4:28.23	52.19	400m:	5:44.67	38.37
5. Maes Marthe	09	Aalsters Swimming Team			<b>5:51.56</b>	434	1:23.33	1:22.57	1:47.63	1:18.03	
50m:	36.93	36.93	150m:	2:05.21	41.88	250m:	3:37.89	51.99	350m:	5:15.19	41.66
100m:	1:23.33	46.40	200m:	2:45.90	40.69	300m:	4:33.53	55.64	400m:	5:51.56	36.37
6. Vlamijnck Lore	09	Swimming Team Aalter			<b>5:55.00</b>	422	1:20.21	1:29.21	1:45.65	1:19.93	
50m:	36.38	36.38	150m:	2:06.07	45.86	250m:	3:42.29	52.87	350m:	5:15.96	40.89
100m:	1:20.21	43.83	200m:	2:49.42	43.35	300m:	4:35.07	52.78	400m:	5:55.00	39.04
7. De Mulder Chloë	10	Swimming Team Aalter			<b>6:00.54</b>	403	1:22.12	1:33.03	1:47.04	1:18.35	
50m:	36.50	36.50	150m:	2:09.66	47.54	250m:	3:48.29	53.14	350m:	5:22.75	40.56
100m:	1:22.12	45.62	200m:	2:55.15	45.49	300m:	4:42.19	53.90	400m:	6:00.54	37.79