

SHARK 400m 2021
Herentals, 9/10/2021

Programmanr. 1
9/10/2021 - 14:30

400m vrije slag

9 - 10 jaar
Resultaten

Punten: FINA 2021

Rang			Tijd	Pnt	100m	200m	300m	400m
9 jaar, Meisjes								
1.	GINKELS, F.	LAQUA/21494/12	NT	7:47.60	1:47.68	2:00.32	1:58.58	2:01.02
2.	SOARES ALMEIDA, L.	LAQUA/21488/12	NT	8:12.35	2:00.88	2:08.05	2:03.96	1:59.46
dis	OOMS, B.	HOZT/21059/12	NT		dis 1:48.86	1:55.57	1:56.41	

SW 10.2 - niet de volledige afstand gezwommen

10 jaar, Meisjes

1.	NIJZIEL, F.	ZGEEL/21129/11	NT	6:09.66	1:29.89	1:36.39	1:34.63	1:28.75
2.	VERDOOD, P.	ZVL/21086/11	7:16.15	6:13.21	1:28.34	1:37.36	1:36.90	1:30.61
3.	BELLENS, L.	SHARK/21186/11	NT	6:17.27	1:28.91	1:36.32	1:37.29	1:34.75
4.	DURT, R.	SHARK/21178/11	7:26.51	6:17.47	1:27.80	1:36.52	1:38.43	1:34.72
5.	LAUWERS, S.	KST/21054/11	NT	6:25.86	1:33.00	1:40.47	1:39.03	1:33.36
6.	VAN RILLAER, Y.	HZA/21084/11	NT	6:27.08	1:26.01	1:43.79	1:44.98	1:32.30
7.	VAN REETH, L.	ZVL/21093/11	NT	6:36.83	1:33.13	1:42.32	1:43.25	1:38.13
8.	KEMPS, E.	MOZKA/21083/11	NT	7:03.42	1:36.55	1:47.72	1:50.45	1:48.70
9.	OTCHENASHKO, D.	ZS/21106/11	NT	7:11.15	1:32.63	1:47.19	1:54.54	1:56.79
10.	VAN DEN BOSCH, E.	ZS/21109/11	NT	7:32.28	1:42.59	1:57.59	1:59.78	1:52.32
11.	BURSSSENS, E.	LAQUA/21490/11	NT	7:43.45	1:50.85	2:00.09	1:58.61	1:53.90
12.	HAEST, L.	HOZT/21058/11	NT	7:46.77	1:49.19	2:01.05	2:01.23	1:55.30

9 jaar, Jongens

1.	FRED, C.	HOZT/11060/12	NT	6:06.62	1:26.71	1:35.16	1:36.51	1:28.24
2.	DILLEN, F.	ZGEEL/11130/12	NT	6:26.51	1:31.71	1:40.42	1:40.75	1:33.63
3.	CLERCKX, T.	AZV/	NT	6:32.56	1:34.51	1:39.56	1:40.57	1:37.92
4.	VERNIMMEN, N.	LAQUA/11480/12	NT	6:58.27	1:38.92	1:47.63	1:49.08	1:42.64

10 jaar, Jongens

1.	HUFKENS, I.	SHARK/11194/11	NT	5:51.95	1:19.30	1:30.98	1:30.55	1:31.12
2.	KEUSTERMANS, L.	HOZT/11054/11	NT	5:58.05	1:23.99	1:34.40	1:29.43	1:30.23
3.	ROOMAN, H.	LAQUA/11463/11	NT	6:08.47	1:26.23	1:36.37	1:35.19	1:30.68
4.	VANDERLINDEN, R.	LAQUA/11441/11	NT	6:12.60	1:26.82	1:37.20	1:38.86	1:29.72
5.	MERTENS, G.	ZVL/11097/11	NT	6:13.09	1:28.52	1:35.53	1:37.00	1:32.04
6.	ROOMAN, E.	LAQUA/11462/11	NT	6:30.95	1:29.30	1:41.71	1:41.24	1:38.70
7.	DE VALCK, T.	KST/11065/11	NT	6:41.58	1:32.33	1:43.03	1:45.02	1:41.20
8.	DUMON, I.	LAQUA/11452/11	NT	6:43.19	1:36.36	1:43.38	1:40.90	1:42.55
9.	SPADEA, M.	LAQUA/11461/11	NT	6:55.25	1:40.30	1:45.97	1:46.46	1:42.52
10.	DIERICK, O.	LAQUA/11495/11	NT	7:03.54	1:43.51	1:49.97	1:43.23	1:46.83
11.	VRANCKX, B.	LAQUA/11449/11	NT	7:08.07	1:38.29	1:52.62	1:52.62	1:44.54
12.	STABEL, J.	KST/11063/11	NT	7:41.12	1:43.43	1:58.69	2:01.99	1:57.01
FF	HUYBRIGHS, T.	ZS/11110/11	NT					

FF

Programmanr. 2
9/10/2021 - 15:20

Meisjes, 400m vrije slag

11 - 12 jaar
Resultaten

Punten: FINA 2021

Rang			Tijd	Pnt	100m	200m	300m	400m
11 jaar								
1.	VAN DE CLOOT, E.	HOZT/21043/10	5:12.84	5:15.98	1:14.08	1:20.20	1:20.54	1:21.16
2.	ADELMANN, C.	LAQUA/21382/10	5:34.78	5:29.53	1:18.45	1:23.79	1:24.13	1:23.16
3.	TEIRLINCK, L.	LAQUA/21392/10	5:45.60	5:30.73	1:19.86	1:25.16	1:23.91	1:21.80
4.	BOVEN, A.	SHARK/21179/10	7:03.16	5:40.42	1:22.09	1:27.52	1:27.62	1:23.19
5.	DE MEYER, J.	ZS/21088/10	5:40.17	5:49.99	1:22.38	1:27.82	1:30.36	1:29.43
6.	VAN STEIRTEGHEM, L.	ZS/21102/10	6:00.93	5:56.10	1:23.70	1:31.80	1:33.41	1:27.19

SHARK 400m 2021
Herentals, 9/10/2021

Programmanr. 2, Meisjes, 400m vrije slag, 11 jaar

Rang			Tijd	Pnt	100m	200m	300m	400m
7.	MEDLAND, L.	LAQUA/21388/10	5:57.84	6:05.57	1:26.56	1:34.52	1:37.03	1:27.46
8.	BORGHS, L.	ZGEEL/21123/10	7:34.48	6:06.05	1:28.39	1:35.65	1:34.29	1:27.72
9.	LANDA, L.	ZS/21107/10	NT	6:07.52	1:26.04	1:34.55	1:35.53	1:31.40
10.	SOUVLERIS, S.	GZVN/21260/10	6:22.28	6:09.05	1:23.97	1:34.62	1:36.58	1:33.88
11.	OLIESLAGERS, N.	SHARK/21174/10	7:13.05	6:18.11	1:26.13	1:36.09	1:38.71	1:37.18
12.	VAN DEN BERGH, A.	zs/21116/10	NT	6:27.99	1:32.40	1:39.71	1:37.89	1:37.99
13.	MAES, J.	ZGEEL/21105/10	7:00.15	6:31.66	1:28.54	1:41.92	1:42.27	1:38.93
14.	HABRAKEN, A.	GZVN/21258/10	NT	6:33.22	1:27.22	1:44.01	1:43.91	1:38.08
15.	KLAASEN, L.	KST/21060/10	NT	6:33.52	1:32.14	1:39.99	1:41.42	1:39.97
16.	LEMBRECHTS, S.	ZVL/21096/10	NT	6:39.30	1:34.61	1:42.92	1:43.01	1:38.76
17.	MARCELIS, F.	SHARK/21192/10	NT	6:39.72	1:31.57	1:40.83	1:45.22	1:42.10
18.	ROOSENBOECK, H.	ZGEEL/21124/10	6:50.85	6:40.58	1:34.44	1:44.27	1:44.93	1:36.94
19.	VAN MEERBEECK, O.	LAQUA/21448/10	NT	7:42.76	1:46.32	1:59.32	1:59.84	1:57.28
	FF CONTAN, R.	KST/21051/10	6:16.29					

FF

12 jaar

1.	WILLAERT, A.	HOZT/21038/09	4:56.54	5:02.19	1:12.59	1:17.89	1:17.61	1:14.10
2.	VINGERHOETS, M.	WST/21066/09	5:09.81	5:14.52	1:13.85	1:20.29	1:21.27	1:19.11
3.	VERSCHUEREN, L.	HOZT/21032/09	5:19.94	5:20.28	1:18.00	1:23.26	1:20.59	1:18.43
4.	WIJCKMANS, L.	HZA/21054/09	5:50.63	5:21.37	1:13.51	1:22.93	1:24.56	1:20.37
5.	VAN ESPEN, L.	HZA/21074/09	5:45.39	5:33.51	1:18.77	1:25.81	1:27.20	1:21.73
6.	AERTS, L.	HOZT/21034/09	6:22.47	5:36.23	1:20.25	1:25.88	1:26.66	1:23.44
7.	MEERTENS, J.	GZVN/21267/09	5:43.66	5:41.54	1:21.10	1:26.60	1:27.55	1:26.29
8.	ROMBOUTS, F.	HOZT/21051/09	5:57.12	5:54.98	1:24.04	1:31.38	1:32.15	1:27.41
9.	HANNES, A.	AZV/21040/09	5:54.12	5:55.62	1:24.51	1:30.74	1:30.94	1:29.43
10.	MICHELSEN, N.	AZV/21048/09	6:27.65	5:57.21	1:20.72	1:31.74	1:31.44	1:33.31
11.	JACOBS, L.	ZVL/21061/09	6:38.19	5:57.77	1:24.94	1:32.53	1:32.29	1:28.01
12.	VAN WAELDEREN, H.	WST/21082/09	6:10.20	6:00.01	1:26.73	1:33.31	1:31.92	1:28.05
13.	VAN LAETHEM, Z.	ZGEEL/21118/09	6:04.60	6:01.23	1:24.97	1:34.36	1:32.16	1:29.74
14.	CAMPFORTS, F.		7:16.23	6:14.99	1:23.18	1:35.25	1:39.69	1:36.87
15.	SAHIN, D.	ZGEEL/21128/09	6:16.38	6:15.42	1:25.14	1:36.13	1:38.31	1:35.84
16.	GEYPEN, F.	MOZKA/21092/09	NT	6:17.52	1:28.43	1:38.55	1:38.51	1:32.03
17.	BOEYKENS, E.	KST/21040/09	6:33.37	6:24.06	1:31.28	1:39.45	1:39.19	1:34.14
18.	VAN BAELEN, Y.	MOZKA/21075/09	NT	6:32.33	1:30.47	1:39.93	1:41.99	1:39.94
19.	DE BOCK, M.	HZA/21085/09	7:17.86	6:43.82	1:32.79	1:44.28	1:45.71	1:41.04
20.	DIERCKX, F.	SHARK/21176/09	7:31.99	6:52.61	1:34.07	1:45.33	1:49.56	1:43.65
21.	STEFANOVA, G.	ZVL/21073/09	7:19.72	6:53.73	1:36.28	1:48.14	1:47.24	1:42.07
22.	KOCX, C.	KST/21062/09	NT	6:54.31	1:36.17			1:42.75
23.	VAN DEN BERGH, Z.	zs/21115/09	NT	6:56.62	1:36.31	1:43.56	1:46.34	1:50.41
	FF VERCAMMEN, F.	ZS/21082/09	5:26.11					

FF

Programmanr. 3
9/10/2021 - 16:15

Jongens, 400m vrije slag

11 - 12 jaar
Resultaten

Punten: FINA 2021

Rang			Tijd	Pnt	100m	200m	300m	400m
11 jaar								
1.	LISSENS, T.	LAQUA/11393/10	5:43.75	5:42.60	1:22.32	1:27.78	1:28.21	1:24.29
2.	LIANG, W.	LAQUA/11389/10	NT	6:01.89	1:26.61	1:34.31	2:18.96	42.01
3.	VAN EGDOM, S.	HZA/11078/10	7:28.77	6:03.43	1:24.91	1:35.57	1:36.82	1:26.13
4.	SLOOTMAEKERS, M.	LAQUA/11387/10	NT	6:08.00	1:26.15	1:34.14	1:33.16	1:34.55
5.	VOLDERS, A.	ZVL/11085/10	7:10.76	6:10.20	1:28.24	1:37.32	1:36.95	1:27.69
6.	BOBEV, B.	LAQUA/11400/10	NT	6:17.36	1:27.33	1:36.51	1:37.83	1:35.69
7.	JANSSENS, T.	ZVL/11095/10	NT	6:28.39	1:31.09	1:39.77	1:40.70	1:36.83
8.	GULLENTOPS, A.	HZA/11080/10	7:03.75	6:32.70	1:30.09	1:42.16	1:42.17	1:38.28
9.	VAN NOOTEN, V.	LAQUA/11454/10	NT	6:33.95	1:32.40	1:41.71	1:43.41	1:36.43
10.	WILLEMS, R.	AZV/11041/10	NT	6:56.49	1:34.47	1:49.65	1:49.42	1:42.95
11.	LI, Y.	LAQUA/11405/10	NT	7:08.26	1:39.79	1:50.06	1:50.37	1:48.04

SHARK 400m 2021
Herentals, 9/10/2021

Programmanr. 3, Jongens, 400m vrije slag, 11 jaar

Rang			Tijd	Pnt	100m	200m	300m	400m
12.	STOEV, M.	LAQUA/11459/10	NT	7:31.50	1:37.30	1:54.92	1:54.45	2:04.83
13.	JACOB, Q.	ZVL/11089/10	NT	8:09.97	1:51.27	2:06.69	2:06.56	2:05.45
dis	LEMMENS, N.	AZV/11046/10	6:05.90	6:13.49	dis 1:28.03	1:35.58	1:37.12	1:32.76
	<i>SW 5.2 - muur niet geraakt bij KP of A</i>							
FF	MPITZILIS, I.	GZVN/11227/10	6:24.30					FF

12 jaar

1.	VAN TILBURG, M.	ZGEEL/11084/09	4:57.15	4:58.95	1:12.24	1:17.21	1:16.19	1:13.31
2.	BERTELS, Q.	SHARK/11147/09	5:00.86	5:04.13	1:13.03	1:17.54	1:18.21	1:15.35
3.	LAEREMANS, S.	SHARK/11150/09	5:05.74	5:15.03	1:13.89	1:20.25	1:21.07	1:19.82
4.	LAEREMANS, S.	SHARK/11149/09	5:14.99	5:23.41	1:16.76	1:23.37	1:24.39	1:18.89
5.	DIRICKX, P.	SHARK/11161/09	6:08.85	5:28.41	1:15.44	1:24.68	1:25.45	1:22.84
6.	MEEUS, D.	ZGEEL/11120/09	5:25.23	5:33.19	1:17.40	1:25.77	1:26.85	1:23.17
7.	MORRENS, J.	ZS/11104/09	5:56.28	5:34.36	1:19.65	1:26.08	1:26.93	1:21.70
8.	KENIS, J.	KST/11039/09	7:00.83	5:34.47	1:20.09	1:26.22	1:26.20	1:21.96
9.	KEKEÇ, S.	ZVL/11068/09	6:06.60	5:34.78	1:18.81	1:26.84	1:26.45	1:22.68
10.	DE POOTER, J.	SHARK/11173/09	6:22.76	5:39.47	1:18.51	1:28.01	1:27.88	1:25.07
11.	CUYPERS, A.	GZVN/11197/09	5:37.97	5:40.23	1:19.44	1:27.88	1:28.63	1:24.28
12.	DUBOIS, K.	GZVN/11196/09	5:49.14	5:47.44	1:23.25	1:28.47	1:30.26	1:25.46
13.	ARIJS, K.	HZA/11083/09	6:42.21	5:48.56	1:20.79	1:31.36	1:31.48	1:24.93
14.	VAN STEENBERGEN, V.	SHARK/11198/09	NT	5:53.30	1:25.33	1:30.48	1:31.20	1:26.29
15.	DOOMEN, M.	ZVL/11080/09	NT	5:59.41	1:20.14	1:30.61	1:33.54	1:35.12
dis	DE BACKER, R.	ZVL/11092/09	NT	6:18.84	dis 1:27.86	1:37.18	1:38.26	1:35.54
	<i>SW 4.4 - valse start</i>							
FF	DOLHAIN, Eli	ZVL/11094/09	NT					FF

Programmanr. 4
9/10/2021 - 19:00

Dames, 400m vrije slag

13 jaar en ouder
Resultaten

Punten: FINA 2021

Rang			Tijd	Pnt	100m	200m	300m	400m
13 - 14 jaar								
1.	VANHOOF, M.	RSCM/21147/07	4:45.27	4:41.52	1:06.40	1:12.09	1:11.62	1:11.41
2.	NIJZIEL, N.	ZGEEL/21085/08	5:11.65	4:43.32	1:07.45	1:12.77	1:12.34	1:10.76
3.	KUZNETCOVA, S.	LAQUA/21329/07	4:51.28	4:45.49	1:08.20	1:13.01	1:12.52	1:11.76
4.	SPRANGERS, K.	ZGEEL/21076/08	4:40.80	4:46.10	1:07.11	1:12.65	1:13.42	1:12.92
5.	DILLEN, N.	ZGEEL/21099/08	5:19.38	4:58.42	1:10.17	1:16.27	1:17.04	1:14.94
6.	BOON, B.	LAQUA/21230/07	5:03.86	5:00.48	1:09.37	1:16.54	1:17.70	1:16.87
7.	MEYSMANS, L.	RSCM/21235/07	5:13.80	5:03.05	1:09.08	1:16.01	1:18.65	1:19.31
8.	DE BECKER, L.	ZS/21043/07	5:06.35	5:04.21	1:11.96	1:17.27	1:17.68	1:17.30
9.	PUT, A.	WST/21067/07	5:07.25	5:04.56	1:11.93	1:17.44	1:18.42	1:16.77
10.	DRIES, S.	ZGEEL/21072/07	5:33.13	5:06.81	1:11.91	1:18.02	1:18.69	1:18.19
11.	LEYTEN, L.	ZGEEL/21044/07	5:04.67	5:11.05	1:12.37	1:19.16	1:20.06	1:19.46
12.	DE RIDDER, S.	ZS/21080/08	5:40.71	5:11.15	1:14.05	1:19.30	1:19.41	1:18.39
13.	DE BONT, S.	HOZT/21016/08	5:07.17	5:11.38	1:13.53	1:19.42	1:19.21	1:19.22
14.	ADRIAENSEN, L.	HOZT/21021/08	5:19.70	5:17.17	1:13.17	1:20.11	1:21.98	1:21.91
15.	VAN HOOF, F.	LAQUA/21254/08	5:14.11	5:17.66	1:14.63	1:21.90	1:21.90	1:19.23
16.	CUSTERS, K.	LAQUA/21258/07	5:38.15	5:20.65	1:15.54	1:21.77	1:21.38	1:21.96
17.	MEERTS, K.	WST/21065/07	5:25.59	5:22.23	1:16.48	1:21.45	1:23.61	1:20.69
18.	DE BAERDEMAEKER, P.	LAQUA/21299/08	5:23.00	5:24.63	1:17.95	1:22.57	1:23.69	1:20.42
19.	MEEUS, F.	ZGEEL/21111/07	5:18.93	5:24.90	1:14.23	1:22.29	1:24.61	1:23.77
20.	CORNELIS, M.	HOZT/21019/08	5:21.43	5:26.60	1:13.95	1:22.03	1:25.17	1:25.45
21.	AERTS, M.	HOZT/21026/08	5:20.77	5:26.80	1:17.63	1:23.38	1:23.57	1:22.22
22.	COESEMANS, A.	ZGEEL/21119/08	5:25.99	5:32.14	1:16.68	1:23.83	1:25.76	1:25.87
23.	ERTVELDT, K.	SHARK/21154/08	6:15.79	5:34.64	1:17.89	1:27.23	1:25.75	1:23.77
24.	LAUWERS, L.	KST/21049/08	6:33.30	5:35.08	1:20.59	1:27.15	1:25.40	1:21.94
25.	POELS, N.	ZGEEL/21095/08	6:02.87	5:38.49	1:18.46	1:27.01	1:27.01	1:26.01

SHARK 400m 2021
Herentals, 9/10/2021

Programmanr. 4, Meisjes, 400m vrije slag, 13 - 14 jaar

Rang			Tijd	Pnt	100m	200m	300m	400m
26.	VAN HOOFF, S.	ZS/21081/08	NT	5:43.77	1:20.43	1:25.96	1:28.82	1:28.56
27.	HUBERLAND, L.	ZVL/21079/08	6:24.21	5:47.01	1:20.61	1:28.65	1:30.43	1:27.32
28.	DE BOO, H.	ZVL/21058/08	6:24.64	5:50.22	1:22.74	1:28.77	1:30.51	1:28.20
29.	WOUTERS, S.	HZA/21077/08	6:34.31	6:03.38	1:26.19	1:32.53	1:32.89	1:31.77
30.	VAN GELDER, I.	KST/21058/08	7:03.53	6:11.32	1:21.71	1:33.02	1:38.02	1:38.57
31.	STEFANOVA, S.	ZVL/21074/07	7:05.63	6:36.47	1:33.98	1:42.26	1:42.65	1:37.58

15 - 16 jaar

1.	VERDONCK, F.	ZGEEL/21025/06	4:25.51	4:19.27	1:02.74	1:05.42	1:05.68	1:05.43
2.	GRAHAM, Jil	HOZT/21023/06	4:53.75	4:41.33	1:08.58	1:12.69	1:09.45	1:10.61
3.	WOUTERS, B.	HZA/21026/06	4:55.51	4:43.66	1:08.75	1:11.69	1:12.73	1:10.49
4.	VAN OSTA, N.	ZS/21047/05	4:58.15	4:45.94	1:07.36	1:13.66	1:14.13	1:10.79
5.	NIJZIEL, M.	ZGEEL/21074/06	5:01.15	4:49.31	1:09.39	1:14.04	1:13.59	1:12.29
6.	COEKAERTS, J.	RSCM/21099/05	4:54.60	4:54.80	1:10.40	1:14.95	1:14.89	1:14.56
7.	ROMONT, L.	HZA/21035/06	NT	4:56.76	1:09.50	1:16.03	1:16.09	1:15.14
8.	VAN LOOY, A.	HZA/21029/06	5:08.42	4:59.37	1:11.52	1:16.11	1:17.22	1:14.52
9.	VAN DE VEN, N.	SHARK/21098/06	5:24.46	5:09.26	1:14.78	1:19.20	1:20.37	1:14.91
10.	VANDENBEMPT, L.	LAQUA/21164/05	4:59.17	5:09.59	1:12.96	1:18.25	1:19.48	1:18.90
11.	LIEKENS, L.	HZA/21041/05	5:27.69	5:12.11	1:12.59	1:20.24	1:21.28	1:18.00
12.	KEUSTERMANS, M.	HOZT/21022/06	5:12.57	5:17.43	1:13.30	1:21.50	1:22.67	1:19.96
13.	KENIS, N.	KST/21056/05	5:24.60	5:17.89	1:14.64	1:21.91	1:22.47	1:18.87
14.	JACOB, M.	ZVL/21016/05	5:11.53	5:19.19	1:12.52	1:19.47	1:23.50	1:23.70
15.	GIJSELS, N.	SHARK/21044/05	5:11.70	5:25.98	1:13.41	1:24.66	1:25.67	1:22.24
16.	ARIJS, L.	HZA/21055/06	NT	5:27.78	1:14.91	1:25.34	1:26.86	1:20.67
17.	VERSTREPEN, R.	SHARK/21043/06	5:23.21	5:29.09	1:13.29	1:24.61	1:26.88	1:24.31
18.	VERWERFT, M.	ZS/21074/06	NT	5:29.34	1:17.19	1:23.60	1:25.29	1:23.26
19.	OSSENBLOK, H.	KST/21005/05	5:37.41	5:31.33	1:15.27	1:24.01	1:25.25	1:26.80
20.	LAUWAERT, N.	KST/21020/05	5:47.28	5:42.28	1:17.35	1:26.43	1:28.92	1:29.58
21.	VERVOORT, J.	ZOLA/21101/05	NT	6:01.71	1:22.90	1:33.32	1:36.04	1:29.45
22.	VAN DEN BERGH, E.	ZVL/21048/06	6:08.68	6:02.50	1:20.98	1:33.18	1:34.31	1:34.03
	FF VAN BREE, M.	MOZKA/21032/06	5:02.17		FF			
	FF CAMBRÉ, F.	WST/21088/06	5:33.51		FF			
	FF MOLKENS, A.	WST/21090/05	5:34.98		FF			
	FF MOLKENS, D.	WST/21089/05	5:12.20		FF			

17 jaar en ouder

1.	DOM, Y.	SHARK/20170/95	4:24.98	4:28.12	1:03.40	1:07.06	1:08.63	1:09.03
2.	SCHOEFS, E.	LAQUA/21439/98	NT	4:39.21	1:05.24	1:10.91	1:11.98	1:11.08
3.	CUSTERS, E.	LAQUA/21142/04	4:36.98	4:41.72	1:05.87	1:11.03	1:11.81	1:13.01
4.	VAN BELLINGEN, L.	MOZKA/21020/04	4:54.41	4:43.62	1:08.66	1:12.31	1:12.08	1:10.57
5.	KENNIS, N.	AZV/21035/02	4:40.08	4:43.87	1:05.15	1:12.00	1:13.87	1:12.85
6.	TOTTÉ, J.	ZS/21050/04	4:56.48	4:58.76	1:11.25	1:16.12	1:16.48	1:14.91
7.	VAN DYCK, L.	KST/20137/03	4:55.69	4:58.79	1:09.03	1:15.60	1:17.29	1:16.87
8.	ARIJS, Y.	HZA/21070/04	NT	5:09.72	1:12.27	1:19.26	1:21.47	1:16.72
9.	VAN DER WEYDEN, L.	SHARK/21038/04	5:20.04	5:28.15	1:17.76	1:23.77	1:23.86	1:22.76
10.	SUTHERLAND, S.	KST/20153/04	5:20.80	5:32.12	1:18.73	1:26.42	1:26.56	1:20.41
11.	SWAANS, J.	KST/20142/02	5:26.03	5:33.73	1:17.11	1:25.40	1:26.65	1:24.57

SHARK 400m 2021
Herentals, 9/10/2021

Programmanr. 5
9/10/2021 - 20:15

Heren, 400m vrije slag

13 jaar en ouder
Resultaten

Punten: FINA 2021

Rang			Tijd	Pnt	100m	200m	300m	400m
13 - 14 jaar								
1.	LAEREMANS, P.	SHARK/11101/07	4:30.47	4:33.27	1:02.54	1:09.38	1:10.80	1:10.55
2.	DRIES, K.	ZGEEL/11071/07	4:33.02	4:33.98	1:05.62	1:10.28	1:10.31	1:07.77
3.	VAN EGDOM, W.	HZA/11052/08	5:01.63	4:35.05	1:04.47	1:10.52	1:11.63	1:08.43
4.	VAN DEN BOSCH, F.	RSCM/11142/08	4:33.42	4:35.28	1:05.56	1:10.84	1:11.50	1:07.38
5.	VERDONCK, B.	ZGEEL/11061/07	4:33.56	4:35.80	1:07.46	1:10.56	1:09.92	1:07.86
6.	VAN WELLEN, J.	HOZT/11017/08	4:37.75	4:40.46	1:05.16	1:12.54	1:11.10	1:11.66
7.	LAUREYSSENS, L.	ZS/11058/08	5:02.53	4:42.24	1:06.03	1:11.22	1:13.58	1:11.41
8.	HAESEN, A.	RSCM/11098/07	5:00.18	4:51.73	1:07.69	1:14.31	1:15.88	1:13.85
9.	MATHIEU, J.	ZS/11069/07	5:25.72	4:51.98	1:07.99	1:14.59	1:15.18	1:14.22
10.	HAXELMANS, L.	SHARK/11086/07	5:13.77	4:54.28	1:08.07	1:15.92	1:16.90	1:13.39
11.	HUFKENS, I.	SHARK/11197/07	4:55.39	4:57.43	1:08.62	1:16.64	1:17.60	1:14.57
12.	DE BAERDEMAEKER, L.	LAQUA/11145/07	NT	4:58.83	1:11.01	1:16.64	1:15.86	1:15.32
13.	DELSAERDT, B.	SHARK/11188/07	5:14.49	4:58.97	1:09.78	1:16.01	1:16.90	1:16.28
14.	FRANSSSENS, B.	ZS/11105/07	5:17.57	5:04.84	1:10.07	1:17.68	1:18.44	1:18.65
15.	VERMEYLEN, E.	HZA/11076/08	5:34.92	5:06.98	1:12.71	1:19.28	1:19.95	1:15.04
16.	FLORUS, W.	SHARK/11095/08	NT	5:12.87	1:12.57	1:19.99	1:20.99	1:19.32
17.	HAESSENDONCKX, J.	ZGEEL/11117/08	5:15.65	5:13.70	1:11.79	1:19.72	1:20.74	1:21.45
18.	VAN STEIRTEGHEM, W.	ZS/11059/08	5:11.25	5:14.26	1:14.26	1:20.76	1:19.73	1:19.51
19.	TIELEMANS, W.	LAQUA/11257/08	NT	5:15.70	1:15.78	1:20.55	1:21.69	1:17.68
20.	KENENS, S.	GZVN/11171/08	5:24.06	5:19.17	1:13.62	1:21.29	1:23.34	1:20.92
21.	INTHOF, L.	GZVN/11170/08	5:51.61	5:19.53	1:15.12	1:20.62	1:23.57	1:20.22
22.	HANNES, Q.	AZV/11043/07	5:25.04	5:22.78	1:15.61	1:21.18	1:23.21	1:22.78
23.	BOEYKENS, S.	KST/11032/07	5:59.28	5:26.12	1:15.57	1:22.87	1:25.47	1:22.21
24.	DE MAERTELAERE, V.	ZGEEL/11078/08	5:15.89	5:27.45	1:15.73	1:22.61	1:24.40	1:24.71
25.	VAN HOOFF, A.	ZVL/11091/07	NT	5:32.56	1:15.92	1:25.14	1:26.94	1:24.56
26.	VIDYARTHI, A.	ZGEEL/11104/07	6:24.44	6:04.57	1:22.22	1:33.68	1:35.80	1:32.87
	FF ENKHTUVSHIN, S.	ZOLA/11119/08	NT		FF			
	FF BROUWERS, L.	SHARK/11148/07	5:29.52		FF			
	FF FRANKFORT, V.	SHARK/11162/08	NT		FF			
15 - 16 jaar								
1.	WOUTERS, J.	SHARK/11010/05	4:27.08	4:22.64	59.58	1:07.07	1:08.72	1:07.27
2.	VANHOVE, M.	ZGEEL/11015/05	4:19.86	4:25.59	1:02.37	1:08.05	1:07.71	1:07.46
3.	WILLEMS, D.	AZV/11038/06	4:33.73	4:27.04	1:01.87	1:09.12	1:09.10	1:06.95
4.	DE GRAVE, T.	KST/11022/05	4:34.63	4:28.92	1:01.31	1:08.57	1:10.07	1:08.97
5.	DE JONGE, D.	SHARK/11007/05	4:38.27	4:29.45	1:02.64	1:09.06	1:10.01	1:07.74
6.	LAEREMANS, M.	SHARK/11119/05	4:26.84	4:29.57	1:03.26	1:08.95	1:09.93	1:07.43
7.	D'HONDT, C.	SHARK/11088/05	4:24.57	4:31.14	1:03.60	1:10.43	1:10.18	1:06.93
8.	FLORUS, B.	SHARK/11067/05	4:36.05	4:31.75	1:03.18	1:09.31	1:10.22	1:09.04
9.	WYNANTS, R.	SHARK/11069/06	4:31.94	4:31.85	1:04.26	1:10.23	1:09.74	1:07.62
10.	LEIRS, L.	HZA/11045/05	NT	4:35.13	1:04.32	1:11.44	1:12.03	1:07.34
11.	BAUWENS, A.	ZOLA/11075/06	4:33.65	4:35.55	1:04.03	1:10.55	1:11.87	1:09.10
12.	OST, R.	HOZT/11012/06	4:32.21	4:35.63	1:06.24	1:08.75	1:11.05	1:09.59
13.	VAN HISSENHOVEN, K.	RSCM/11133/06	4:44.72	4:38.39	1:06.21	1:10.54	1:11.16	1:10.48
14.	VAN DER AUWERA, R.	HZA/11047/05	4:57.64	4:38.72	1:04.78	1:10.33	1:13.30	1:10.31
15.	VAN DER DONCKT, J.	LAQUA/11172/05	NT	4:44.98	1:07.32	1:13.86	1:12.53	1:11.27
16.	BEECKMANS, F.	MOZKA/11066/05	5:16.80	4:46.50	1:06.40	1:12.53	1:14.27	1:13.30
17.	VAN DEN EYNDE, W.	WST/11049/05	4:39.82	4:48.51	1:07.15	1:13.93	1:15.40	1:12.03
18.	LEIRS, E.	HZA/11046/06	NT	4:49.32	1:10.31	1:14.94	1:15.76	1:08.31
19.	VANDENBERGH, L.	MOZKA/11090/05	5:06.59	4:50.28	1:04.74	1:13.09	1:16.07	1:16.38
20.	SCHWERIN, A.	SHARK/11048/05	NT	4:50.68	1:05.80	1:15.87	1:16.42	1:12.59
21.	VAN GORP, L.	RSCM/11082/06	4:50.35	4:51.30	1:09.36	1:14.08	1:15.41	1:12.45
22.	VAN WAELDEREN, T.	WST/11080/05	5:12.44	4:53.07	1:10.41	1:16.11	1:16.48	1:10.07
23.	DURT, A.	SHARK/11066/06	5:05.71	4:55.63	1:07.69	1:15.80	1:16.43	1:15.71
24.	VANHAMEL, Y.	ZOLA/1110/05	NT	4:55.80	1:08.16	1:16.92	1:17.48	1:13.24
25.	DE POOTER, T.	SHARK/11089/06	5:14.54	4:55.92	1:07.12	1:14.44	1:17.34	1:17.02

SHARK 400m 2021
Herentals, 9/10/2021

Programmanr. 5, Jongens, 400m vrije slag, 15 - 16 jaar

Rang			Tijd	Pnt	100m	200m	300m	400m
26.	PELLICCIOTTA, L.	ZGEEL/11062/05	NT	4:57.53	1:07.74	1:13.44	1:15.89	1:20.46
27.	NAESSENS, M.	LAQUA/11137/05	NT	4:57.87	1:09.90	1:17.13	1:16.98	1:13.86
28.	GHIJSEN, M.	WST/11047/06	5:10.07	4:58.85	1:10.66	1:16.68	1:17.44	1:14.07
29.	KEUSTERMANS, A.	HOZT/11003/06	4:59.85	4:59.89	1:07.21	1:17.54	1:17.09	1:18.05
30.	VANDENBERGH, L.	MOZKA/11089/06	5:50.92	5:06.32	1:13.08	1:18.36	1:18.51	1:16.37
31.	FRANKFORT, T.	SHARK/11109/05	NT	5:09.63	1:07.39	1:17.54	1:22.76	1:21.94
32.	BHATIA, Y.	ZGEEL/11089/06	5:32.56	5:16.47	1:12.99	1:20.31	1:21.77	1:21.40
FF	LEMMENS, M.	AZV/11042/06	4:22.82					
FF	TIELEMANS, M.	ZOLA/11084/06	NT					

17 jaar en ouder

1.	THIJS, T.	ZGEEL/10061/97	3:50.26	3:53.62	54.01	58.36	59.69	1:01.56
2.	LAVDANITI, Z.	ZS/11039/03	NT	4:08.73	57.65	1:03.19	1:04.12	1:03.77
3.	LAUREYSSENS, D.	ZS/11001/04	NT	4:10.57	59.10	1:03.00	1:04.69	1:03.78
4.	VAN GENECHTEN, S.	LAQUA/11460/03	4:14.52	4:18.80	1:02.16	1:05.43	1:05.72	1:05.49
5.	VAN DYCK, B.	KST/10123/02	4:28.20	4:19.38	59.92	1:05.31	1:07.63	1:06.52
6.	VAN DYCK, N.	KST/10145/03	4:18.29	4:23.83	1:02.02	1:08.35	1:07.74	1:05.72
7.	HAEST, J.	AZV/11036/01	4:22.41	4:28.12	1:02.15	1:08.20	1:09.13	1:08.64
8.	OOMS, J.	ZGEEL/11042/04	4:30.73	4:29.45	1:03.26	1:09.29	1:09.68	1:07.22
9.	HEREMANS, N.	HZA/11021/04	4:31.11	4:29.67	1:02.37	1:08.85	1:10.29	1:08.16
10.	MOORS, W.	ZOLA/11048/04	NT	4:42.72	1:02.78	1:48.16	1:15.12	36.66
11.	CLIJSTERS, J.	LAQUA/11140/04	NT	4:44.40	1:05.74	1:12.48	1:14.39	1:11.79
12.	LAUWAERT, A.	KST/10155/02	4:48.24	4:58.96	1:06.70	1:16.06	1:19.07	1:17.13
13.	KENIS, J.	ZGEEL/11052/04	4:45.93	5:01.34	1:11.67	1:17.62	1:18.24	1:13.81
14.	FIERENS, J.	ZVL/11035/02	NT	5:11.98	1:08.26	1:20.22	1:22.89	1:20.61
FF	KENIS, B.	KST/11030/03	4:54.05					

Programmanr. 6
9/10/2021 - 21:30

Dames, 400m wisselslag

11 jaar en ouder
Resultaten

Punten: FINA 2021

Rang			Tijd	Pnt	100m	200m	300m	400m
1.	CLAASSEN, A.	AZV/21044/04	5:12.51	5:14.88	1:12.95	1:19.17	1:29.40	1:13.36
2.	PEETERS, E.	SHARK/21042/05	5:08.52	5:21.93	1:12.61	1:22.32	1:34.35	1:12.65
3.	MEYVISCH, F.	LAQUA/21219/07	5:26.72	5:31.43	1:15.24	1:23.02	1:36.48	1:16.69
4.	WOUTERS, L.	SHARK/21068/07	5:58.17	5:35.15	1:14.60	1:24.11	1:39.77	1:16.67
5.	VAN DYCK, L.	HZA/21025/05	5:57.68	5:42.58	1:21.49	1:30.78	1:34.26	1:16.05
dis	ALIBALIC, U.	ZOLA/21056/04	NT	6:19.62	dis 1:25.13	1:39.88	1:44.15	1:30.46

SW 7.2.b - armbeweging wordt niet gevolgd door beenbeweging = schoolslagcyclus (behalve bij KP of A)

Programmanr. 7
9/10/2021 - 21:40

Heren, 400m wisselslag

11 jaar en ouder
Resultaten

Punten: FINA 2021

Rang			Tijd	Pnt	100m	200m	300m	400m
1.	THIJS, T.	ZGEEL/10061/97	4:34.47	4:36.16	1:02.16	1:10.24	1:22.09	1:01.67
2.	JASPERS, S.	HZS/11047/03	4:37.78	4:44.87	1:04.11	1:12.31	1:22.93	1:05.52
3.	VERBEEK, S.	SHARK/11008/04	4:46.06	4:50.39	1:03.37	1:15.58	1:24.96	1:06.48
4.	CLAASSEN, I.	AZV/11045/07	4:56.68	5:01.32	1:04.22	1:17.15	1:31.83	1:08.12
5.	VAN HOOFF, D.	LAQUA/11168/05	NT	5:03.34	1:09.83	1:17.80	1:26.39	1:09.32
6.	VAN GORP, F.	LAQUA/11049/05	4:57.15	5:12.52	1:12.29	1:19.81	1:26.03	1:14.39
7.	NELIS, M.	SHARK/11046/06	NT	5:13.17	1:14.79	1:23.35	1:25.52	1:09.51
8.	SPADEA, T.	LAQUA/11260/08	NT	5:30.93	1:16.02	1:19.96	1:38.52	1:16.43
FF	LEIRS, B.	HZA/11044/06	NT					
FF	GOS, C.	HZS/11095/06	5:05.04					
FF	VANSPAUWEN, A.	HZS/10549/03	5:09.50					