

# Uitslag 400m 2024

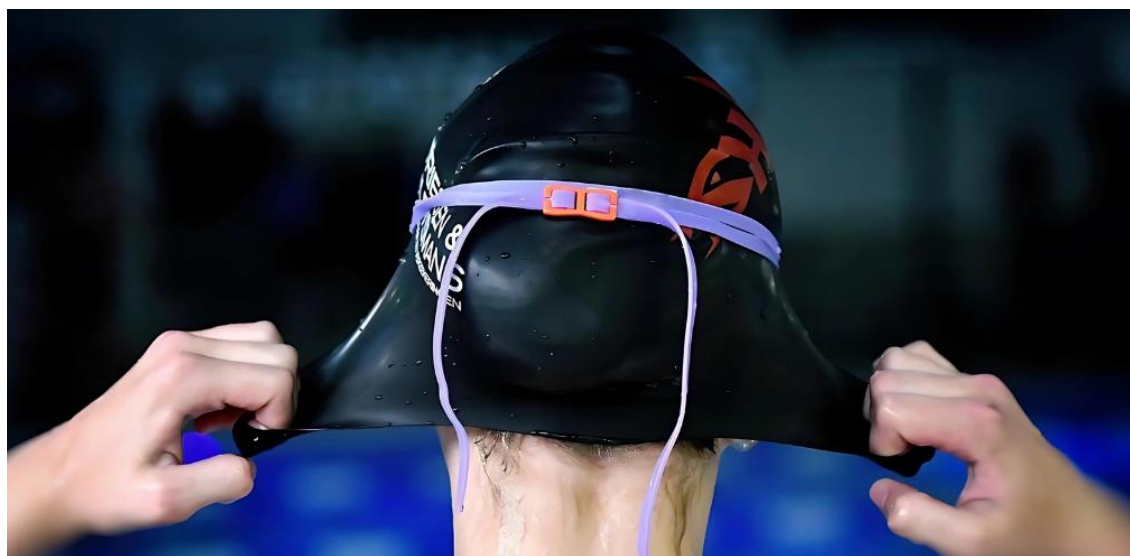
Tot volgende wedstrijd ShaRK

Proficiat en bedankt zwemmers, vrijwilligers en sponsors voor de leuke sfeer en de mooie prestaties !

400m ShaRK wedstrijd te Herentals

Datum: zaterdag 5 oktober 2024

Volgende ShaRK wedstrijd voor competitiezwemmers: 14<sup>e</sup> MFB op een zaterdag in mei 2025.



ABITARE  
MOOI WONEN





ShaRK 400m  
Herentals, 5/10/2024

1 - zaterdag 5 oktober 2024

5/10/2024 - 13:30

Programmanr. 1  
5/10/2024 - 13:30

Dames, 400m wisselslag

11 jaar en ouder  
Resultaten

Punten: FINA 2023

Rang	Geb.		Tijd	Pnt	100m	200m	300m	400m
11 - 12 jaar								
1.	FAES Elyne	12 HZA	NT	<b>6:24.10</b>	306	1:25.85	3:02.15	4:55.56 6:24.10
13 - 14 jaar								
1.	JANSSENS Elisabeth	10 SHARK	5:43.51	<b>5:39.18</b>	444	1:21.16	2:46.36	4:23.33 5:39.18
2.	DURT Reine	11 SHARK	5:57.80	<b>5:39.37</b>	444	1:17.64	2:47.89	4:23.28 5:39.37
3.	KEMPS Elize	11 MOZKA	6:15.65	<b>5:58.15</b>	377	1:18.99	2:49.81	4:37.27 5:58.15
4.	LAUWERS Sofie	11 KST	5:49.40	<b>6:03.71</b>	360	1:28.92	2:57.84	4:44.00 6:03.71
5.	VAN AERSCHOT Nel	11 WST	6:18.73	<b>6:12.69</b>	335	1:28.91	2:59.55	4:44.91 6:12.69
6.	LAUREYS Xante	10 WST	6:15.37	<b>6:16.95</b>	324	1:32.19	3:03.85	4:56.22 6:16.95
dis	MERTENS Femke	11 SHARK	5:34.65					
	<i>SW 8.3.b - afwisselende bewegingen met benen/voeten gemaakt</i>							
dis	LEMMENS Febe	11 WST	NT					
	<i>SW 7.2.c - armbewegingen niet gelijktijdig uitgevoerd</i>							
15 - 16 jaar								
1.	WIJCKMANS Lene	09 HZA	NT	<b>5:40.63</b>	439	1:23.12	2:44.37	4:24.87 5:40.63
2.	VAN WAELDEREN Hanne	09 WST	6:11.35	<b>5:51.86</b>	398	1:25.95	3:45.43	5:13.47 5:51.86
dis	BOEYKENS Emma	09 KST	NT					
	<i>SW 8.3.b - afwisselende bewegingen met benen/voeten gemaakt</i>							
FF	LAUWERS Lotte	08 KST	5:59.18					
FF	VANDERLINDEN Siri	09 LAQUA	4:51.66					
17 jaar en ouder								
1.	GRAHAM Jil	06 LAQUA	NT	<b>5:17.19</b>	544	1:12.41	2:32.52	4:07.27 5:17.19
2.	JOPPE Shanna	06 ZOLA	5:39.08	<b>5:52.73</b>	395	1:23.57	2:54.59	4:32.22 5:52.73

Programmanr. 2  
5/10/2024 - 13:50

Heren, 400m wisselslag

11 jaar en ouder  
Resultaten

Punten: FINA 2023

Rang	Geb.		Tijd	Pnt	100m	200m	300m	400m
13 - 14 jaar								
1.	BERLAMONT Daan	10 LAQUA	5:21.52	<b>5:11.20</b>	429	1:10.36	2:29.17	4:00.15 5:11.20
2.	HUFKENS Ilian	11 SHARK	5:24.96	<b>5:20.12</b>	394	1:16.19	2:35.69	4:08.83 5:20.12
3.	JANSSENS Talle	10 WST	5:50.68	<b>5:20.84</b>	391	1:10.74	2:35.22	4:08.74 5:20.84
4.	WYNANTS Ward	10 ZN	NT	<b>5:40.24</b>	328	1:20.22	2:45.74	4:22.48 5:40.24
5.	VAN DIJK Gido	11 14-060	6:19.30	<b>6:14.19</b>	247	1:32.23	3:05.18	4:54.95 6:14.19
6.	LAUREYS Milan	10 WST	NT	<b>6:25.11</b>	226	1:39.48	4:10.20	5:44.51 6:25.11



ShaRK 400m  
Herentals, 5/10/2024

Programmanr. 2, Heren, 400m wisselslag

15 - 16 jaar

1. SAZONOV Fedor	09	KST	5:13.51	<b>5:00.36</b>	477	1:07.75	2:25.64	3:49.54	5:00.36
dis VERDONCK Marius	08	ZOLA	NT						

SW 6.4.c - Keerpunt niet dadelijk ingezet na borstligging en/of armtrek beweging

17 jaar en ouder

1. HOROVYI Mykyta	07	ZOLA	NT	<b>4:58.41</b>	487	1:03.16	2:24.59	3:50.94	4:58.41
2. BOEYKENS Stijn	07	KST	NT	<b>5:30.46</b>	358	1:10.90	2:37.10	4:11.02	5:30.46
3. SURKYN Staf	07	KST	NT	<b>5:37.24</b>	337	1:19.38	2:46.60	4:26.50	5:37.24
dis CLAASSEN Ilario	07	AZV	4:43.18						

SW 7.6 - Niet met 2 handen gelijktijdig muur geraakt of handen op elkaar gelegd bij KP of A

FF FLORUS Mathias 07 SHARK NT

Programmanr. 3  
5/10/2024 - 14:10

400m vrije slag

9 - 10 jaar  
Resultaten

Punten: FINA 2023

Rang	Geb.		Tijd	Pnt		100m	200m	300m	400m	
9 - 10 jaar, Meisjes										
1.	ROGIERS Layla	14	LAQUA	5:52.10	<b>5:40.96</b>	312	1:22.69	2:51.06	4:19.10	5:40.96
2.	PEERSMAN Malin	14	LAQUA	5:56.28	<b>5:44.04</b>	303	1:21.92	2:48.73	4:18.93	5:44.04
3.	RYCKEMAN Ella	14	ROSC	6:12.27	<b>5:47.18</b>	295	1:22.21	2:50.63	4:19.49	5:47.18
4.	CLAESSENS Isa-Beau	14	GZVN	6:25.92	<b>6:03.73</b>	257	1:25.26	3:00.30	4:35.92	6:03.73
5.	SOARES ALMEIDA Anna	14	LAQUA	6:12.05	<b>6:10.59</b>	243	1:25.75	2:59.75	4:36.17	6:10.59
6.	MELIS Fee	14	KST	6:29.99	<b>6:17.71</b>	229	1:29.15	3:06.46	4:45.16	6:17.71
7.	LAUREYSENS Jutta	14	ZN	NT	<b>6:22.97</b>	220	1:23.35	3:02.82	4:42.18	6:22.97
8.	WYNANTS Fré	14	ZN	NT	<b>6:23.37</b>	219	1:29.18	3:06.32	4:43.69	6:23.37
9.	DIEUSAERT Roselien	14	ROSC	7:32.28	<b>6:24.77</b>	217	1:31.04	3:10.66	4:50.08	6:24.77
10.	DIERCKX Astrid	14	KST	6:41.19	<b>6:37.61</b>	196	1:29.79	3:15.12	4:55.96	6:37.61
11.	VANDERBEKE Marilou	14	ROSC	7:26.06	<b>6:37.95</b>	196	1:33.17	3:17.80	5:02.19	6:37.95
12.	KENIS Lola	15	SHARK	NT	<b>6:38.97</b>	194	1:33.21	3:15.92	5:00.22	6:38.97
13.	CLAESSENS Marie	15	AZK	NT	<b>6:40.92</b>	192	1:33.49	3:18.34	4:59.12	6:40.92
14.	NEUVILLE Axelle	14	HZA	NT	<b>6:40.98</b>	191	1:31.76	3:14.13	4:56.76	6:40.98
15.	ANTIERENS Louise	15	ROSC	NT	<b>6:46.90</b>	183	1:35.78	3:21.16	5:05.54	6:46.90
16.	CASTELEYN Dieuwertje	14	HZA	7:26.35	<b>6:46.92</b>	183	1:35.97	3:20.82	5:06.49	6:46.92
17.	VASQUEZ Anna	15	ZS	NT	<b>6:50.06</b>	179	1:32.98	3:17.03	5:01.74	6:50.06
18.	NEUVILLE Alizée	14	HZA	NT	<b>6:51.79</b>	177	1:35.14	3:22.46	5:09.10	6:51.79
19.	KEMPS Amelia	14	MOZKA	NT	<b>7:01.02</b>	165	1:40.07	3:28.39	5:16.76	7:01.02
20.	CANNIERE Erin	15	ROSC	NT	<b>7:01.51</b>	165	1:36.91	3:25.43	5:15.52	7:01.51
21.	DILLEN Hanne	14	ZN	NT	<b>7:09.19</b>	156	1:37.13	3:27.73	5:20.09	7:09.19
22.	WOUTERS Fenna	14	MOZKA	NT	<b>7:19.42</b>	145	1:44.92	3:41.02	5:37.11	7:19.42
23.	GEERTS Amélie	14	MOZKA	NT	<b>7:20.56</b>	144	1:43.53	3:36.45		7:20.56
24.	MEERBERGEN Flo	15	RSCM	NT	<b>7:21.05</b>	144	1:46.65	3:41.00	5:33.98	7:21.05
25.	LYTVYNIUK-HUL Sofia	14	ZS	8:19.85	<b>7:24.61</b>	140	1:39.42	3:32.49	5:32.03	7:24.61
26.	DILLEN Lotte	14	ZN	NT	<b>7:25.11</b>	140	1:42.82	3:36.07	5:33.18	7:25.11
27.	CLAES Sien	14	ZN	NT	<b>7:28.55</b>	137	1:42.53	3:38.18	5:35.60	7:28.55
28.	VAN GINKEL Loes	14	ZN	NT	<b>7:50.59</b>	118	1:48.29	3:49.24	5:51.54	7:50.59
29.	VAN GINKEL Kaat	14	ZN	NT	<b>8:10.00</b>	105	1:55.28	4:01.54	6:09.22	8:10.00
FF	LUKIN Arina	14	KST	7:17.95						



ShaRK 400m  
Herentals, 5/10/2024

Programmanr. 3, 400m vrije slag

9 - 10 jaar, Jongens

1.	GINKELS Robbe	14	LAQUA	5:43.50	<b>5:23.00</b>	283	1:16.42	2:39.56	4:02.90	5:23.00
2.	MERTENS Dieter	14	SHARK	5:42.32	<b>5:27.53</b>	272	1:16.82	2:41.20	4:05.21	5:27.53
3.	LEYSEN Benjamin	14	KST	5:48.31	<b>5:32.27</b>	260	1:16.53	2:41.01	4:06.12	5:32.27
4.	STAELENS Tyler	14	ROSC	NT	<b>5:57.22</b>	209	1:25.32	2:58.23	4:30.35	5:57.22
5.	DAUWE Lars	15	ROSC	NT	<b>5:58.27</b>	207	1:25.44	2:57.39	4:30.92	5:58.27
6.	LAFORCE Lander	15	ROSC	NT	<b>6:15.09</b>	181	1:31.25	3:06.81	4:44.75	6:15.09
7.	VLEEMING Biagio	14	ZS	6:59.59	<b>6:35.32</b>	154	1:31.76	3:11.63	4:56.27	6:35.32
8.	VANHAESEBROECK L.	14	ZN	NT	<b>6:39.69</b>	149	1:31.19	3:13.24	4:57.46	6:39.69
9.	JOOSEN Cis	14	AZK	NT	<b>6:40.38</b>	148	1:33.66	3:12.70	4:53.08	6:40.38
10.	TILLEUIL Nathan	14	ZN	NT	<b>6:43.64</b>	145	1:31.13	3:16.05	5:00.51	6:43.64
11.	CAMBRÉ Arthur	14	ZN	NT	<b>6:48.74</b>	140	1:36.71	3:22.42	5:09.35	6:48.74
12.	VAN OOSTERWYCK A.	15	ZS	NT	<b>6:51.71</b>	137	1:36.57	3:21.25	5:07.70	6:51.71
13.	ROOSEN Mathijs	14	BRABO	NT	<b>6:52.75</b>	135	1:34.75	3:20.69	5:07.32	6:52.75
14.	JANSSENS Alexander	14	SHARK	NT	<b>6:54.56</b>	134	1:32.73	3:21.76	5:11.70	6:54.56
15.	VANRUSSELT Rafaël	14	GZVN	7:18.77	<b>6:57.10</b>	131	1:33.41	3:17.45	5:03.84	6:57.10
16.	VAN HOVE Nand	14	MOZKA	NT	<b>7:03.02</b>	126	1:45.16	3:32.24	5:20.73	7:03.02
17.	POORTERS Arne	14	GZVN	NT	<b>7:05.09</b>	124	1:38.03	3:26.79	5:17.45	7:05.09
18.	MAES Milan	15	SHARK	NT	<b>7:07.96</b>	121	1:40.04	3:33.57	5:28.67	7:07.96
19.	KÄHLER Mathias	14	GZVN	NT	<b>7:18.93</b>	113	1:32.80	3:24.79	5:23.43	7:18.93

Programmanr. 4  
5/10/2024 - 15:25

Meisjes, 400m vrije slag

11 - 12 jaar  
Resultaten

Punten: FINA 2023

Rang	Geb.	Tijd	Pnt	100m	200m	300m	400m			
1.	BIERINCKX Mie	12	ZN	4:58.42	<b>4:49.24</b>	511	1:08.83	2:22.53	3:36.87	4:49.24
2.	MELIS Vlinder	12	KST	5:18.94	<b>5:12.29</b>	406	1:11.11	2:31.26	3:53.09	5:12.29
3.	GINKELS Febe	12	LAQUA	5:28.28	<b>5:19.72</b>	378	1:15.67	2:37.30	4:00.03	5:19.72
4.	NELISSEN Jana	12	14-060	5:28.55	<b>5:20.31</b>	376	1:13.21	2:35.10	3:59.17	5:20.31
5.	DEVUYST Oona	13	ROSC	5:36.53	<b>5:22.14</b>	370	1:16.34	2:39.11	4:02.29	5:22.14
6.	VAN LOOVEREN Aster	12	AZK	5:35.71	<b>5:30.66</b>	342	1:19.83	2:44.62	4:09.01	5:30.66
7.	CUYPERS Manon	12	GZVN	5:38.88	<b>5:34.91</b>	329	1:15.36	2:39.46	4:07.75	5:34.91
8.	SOARES ALMEIDA Lisa	12	LAQUA	5:42.89	<b>5:39.42</b>	316	1:19.72	2:47.18	4:14.34	5:39.42
9.	GEELLEN Guusje	12	ZN	5:52.38	<b>5:40.29</b>	314	1:20.37	2:47.99	4:14.93	5:40.29
10.	VAN DE WOUWER Myrthe	13	HZA	5:53.38	<b>5:43.01</b>	306	1:21.93	2:51.21	4:19.61	5:43.01
11.	LAZEROMS Sien	12	AZK	5:53.43	<b>5:44.00</b>	303	1:19.01	2:46.61	4:15.46	5:44.00
12.	BROUWERS Mischa	12	AZK	6:01.11	<b>5:44.39</b>	302	1:16.28	2:47.05	4:18.13	5:44.39
13.	MATTHEEUSEN Ella	13	AZK	6:06.46	<b>5:45.60</b>	299	1:22.18	2:51.75	4:21.72	5:45.60
14.	VOLDERS Ella	13	ZVL	5:48.92	<b>5:47.27</b>	295	1:22.15	2:51.52	4:20.94	5:47.27
15.	ADRIAENSEN Lena	13	MOZKA	NT	<b>5:51.85</b>	284	1:26.07	2:11.95	3:41.82	5:51.85
16.	BROUWERS Phebe	13	AZK	5:59.30	<b>5:52.68</b>	282	1:19.49	2:50.44	4:21.58	5:52.68
17.	LESSELIERS Emily	13	ZS	6:02.97	<b>5:59.01</b>	267	1:25.06	2:57.67	4:28.28	5:59.01
18.	VAN CAUWENBERGE Lio	13	ROSC	6:33.98	<b>6:05.47</b>	253	1:26.25	3:00.67	4:34.26	6:05.47
19.	GORIS Zita	12	BRABO	6:01.78	<b>6:06.83</b>	250	1:25.69	3:00.79	4:34.70	6:06.83
20.	LEMBRECHTS Lara	13	HZA	6:27.69	<b>6:07.73</b>	248	1:26.92	3:03.68	4:39.52	6:07.73
21.	MEYSMANS Axelle	13	RSCM	6:27.49	<b>6:12.72</b>	238	1:28.68	3:04.51	4:40.26	6:12.72
22.	CLAES Jade	12	ZN	NT	<b>6:13.00</b>	238	1:31.30	3:08.34	5:29.71	6:13.00
23.	DIRICKX Finne	13	ZN	6:44.56	<b>6:15.61</b>	233	1:28.52	3:04.31	4:42.05	6:15.61
24.	DREESSEN Lyana	12	GZVN	6:30.67	<b>6:16.98</b>	230	1:25.26	3:04.58	4:42.65	6:16.98
25.	VAN LOMMEL Anthe	13	SHARK	6:52.20	<b>6:19.22</b>	226	1:25.70	3:04.17	4:45.71	6:19.22
26.	RATSITSKA Irini	13	GZVN	6:47.34	<b>6:20.70</b>	224	1:21.98	2:57.92	4:36.82	6:20.70
27.	THEUNISSEN Jolien	13	ZS	6:25.83	<b>6:22.79</b>	220	1:28.37	3:06.57	4:46.63	6:22.79
28.	DOUWEN Alexia	12	RSCM	NT	<b>6:27.86</b>	212	1:31.77	3:11.86	4:52.56	6:27.86
29.	VAN MEERBEECK Lisa	13	LAQUA	6:34.99	<b>6:28.03</b>	211	1:26.90	3:07.67	4:50.25	6:28.03





ShaRK 400m  
Herentals, 5/10/2024

Programmanr. 4, Meisjes, 400m vrije slag, 11 - 12 jaar

Rang	Geb.		Tijd	Pnt	100m	200m	300m	400m	
30.	VERSLEGERS	Roxan 13 HZA	6:21.19	<b>6:29.51</b>	209	1:29.61	3:11.93	4:54.19	6:29.51
31.	HERBOTS	Eleonore 13 LAQUA	6:25.09	<b>6:33.32</b>	203	1:31.49	3:13.57	4:55.81	6:33.32
32.	KENIS	Josephine 12 SHARK		NT	194	1:32.25	3:15.18	5:00.03	6:39.31
33.	NAGHIU	Izolda 12 ZOLA	6:28.29	<b>6:41.17</b>	191	1:31.20	3:12.85	4:57.51	6:41.17
34.	AVONTS	Ilena 12 RSCM	7:05.46	<b>6:42.12</b>	190	1:34.74	3:20.79	5:03.94	6:42.12
35.	VANHEULE	Léa 13 LAQUA	6:48.22	<b>6:45.75</b>	185	1:32.58	3:19.23	5:57.91	6:45.75
36.	GADEYNE	Olivia 13 LAQUA	6:56.39	<b>6:48.75</b>	181	1:36.42	3:21.55	5:07.79	6:48.75
37.	CROONEN	Lize 13 ZN		NT	169	1:41.27	3:26.47	5:07.85	6:57.59
38.	LOQUET	Kato 12 KST	7:07.37	<b>6:58.04</b>	169	1:35.57	3:26.09	5:15.29	6:58.04
39.	VAN CAUWENBERGE	N. 13 ZN		NT	166	1:39.51	3:26.44	5:15.15	7:00.11
40.	VAN DE BORNE	Niemke 13 HZA	7:10.47	<b>7:00.98</b>	165	1:40.89	3:30.21	5:19.70	7:00.98
41.	SEYMUS	Helena 13 HZA	7:07.84	<b>7:01.59</b>	165	1:41.26	3:28.84	5:17.03	7:01.59
42.	BOBEVA	Dara 13 LAQUA		NT	164	1:38.98	3:28.98	5:18.10	7:02.11
43.	BERGHMANS	Lauren 13 GZVN		NT	164	1:39.93	3:27.22	5:19.00	7:02.53
44.	VAN SEVEREN	Hasse 13 BRABO		NT	158	1:36.81	3:26.60	5:17.88	7:07.22
45.	ODINYA	Tayra 12 BRABO		NT	157	1:31.70	3:23.16	5:16.90	7:08.22
46.	CAUTAERT-KNUTSSON	L. 12 BRABO		NT	151	1:39.78	3:29.71	5:22.06	7:14.02
47.	NIEWENWEG	Sterre 12 KST		NT	147	1:40.80	2:31.71		7:18.17
dis	BASSTANIE	Liene 12 ZN	5:55.94						
SW 4.4 - valse start									
FF	VERRET	Julie 12 ZS	5:09.86						
FF	VREYSEN	Jana 12 MOZKA		NT					

Programmanr. 5  
5/10/2024 - 16:25

Jongens, 400m vrije slag

11 - 12 jaar  
Resultaten

Punten: FINA 2023

Rang	Geb.		Tijd	Pnt	100m	200m	300m	400m	
1.	DE RIDDER	Arne 12 ZS	4:59.48	<b>4:50.02</b>	391	1:08.73	2:22.97	3:37.93	4:50.02
2.	DEVOS	Mathis 12 ROSC	4:53.48	<b>4:52.62</b>	381	1:09.60	2:24.86	3:39.55	4:52.62
3.	CLERCKX	Thomas 12 AZV	5:08.64	<b>5:12.75</b>	312	1:15.69	2:37.04	3:57.93	5:12.75
4.	VERVLOET	Finn 12 GZVN	5:17.79	<b>5:13.49</b>	310	1:13.98	2:33.71	3:55.25	5:13.49
5.	VERACHTEN	Louis 13 MOZKA	5:18.97	<b>5:13.61</b>	310	1:16.92	2:37.39	3:57.03	5:13.61
6.	TORDEUR	Kilian 13 GZVN	5:43.78	<b>5:22.59</b>	284	1:15.61	2:38.19	4:01.79	5:22.59
7.	VERDONCK	Stan 13 ZN	5:34.07	<b>5:28.08</b>	270	1:18.47	2:43.58	4:05.77	5:28.08
8.	DERAEMAECKER	Mathias 12 LAQUA	5:25.52	<b>5:28.69</b>	269	1:15.96	2:39.70	4:05.55	5:28.69
9.	VAN SEVEREN	Merlijn 12 BRABO	6:23.53	<b>5:29.60</b>	267	1:17.36	2:41.77	4:07.48	5:29.60
10.	VERNIMMEN	Nicholas 12 LAQUA	5:26.69	<b>5:30.64</b>	264	1:17.78	2:42.57	4:07.51	5:30.64
11.	DE WEERDT	Bent 13 ZVL	6:00.14	<b>5:35.87</b>	252	1:19.51	2:45.86	4:12.99	5:35.87
12.	PIETERS	Kobe 12 HZA	6:06.97	<b>5:38.59</b>	246	1:20.29	2:47.01	4:14.66	5:38.59
13.	VERBEEK	Matts 12 HZA	5:51.59	<b>5:40.23</b>	242	1:22.12	2:49.65	4:17.61	5:40.23
14.	BETTENS	Stan 12 ZOLA	5:57.88	<b>5:42.31</b>	238	1:19.30	2:46.32	4:15.18	5:42.31
15.	JAMMAER	Tijl 12 BRABO		NT	233	1:20.51	2:48.11	4:17.40	5:44.57
16.	LEYSER	Jeroen 13 KST	6:03.03	<b>5:47.16</b>	228	1:22.39	2:53.90	4:22.18	5:47.16
17.	VANDEVIJVERE	Lars 13 ROSC	6:18.17	<b>5:47.49</b>	227	1:20.93	2:50.74	4:21.45	5:47.49
18.	HOYBERGHS	Mil 12 MOZKA	7:14.66	<b>5:50.80</b>	221	1:23.34	2:53.49	4:25.11	5:50.80
19.	CLAESSENS	Vic 13 AZK	6:09.84	<b>5:52.25</b>	218	1:26.59	2:57.99	4:28.35	5:52.25
20.	SEYMUS	Axel 13 HZA	6:15.12	<b>5:57.15</b>	209	1:20.16	2:52.16	4:26.85	5:57.15
21.	PEETERS	Samuel 12 ZS	6:39.35	<b>5:59.05</b>	206	1:24.79	2:55.91	4:29.97	5:59.05
22.	CUYPERS	Maxime 13 GZVN	6:12.81	<b>6:03.70</b>	198	1:25.41	2:59.31	4:33.40	6:03.70
23.	BELLENS	Pieter 13 SHARK	6:41.28	<b>6:04.79</b>	196	1:25.40	2:59.06	4:33.48	6:04.79
24.	BROUNS	Pryam 12 SHARK		NT	196	1:28.64	3:03.69	4:40.49	6:04.96
25.	NAUDÉ	Daniël 13 LAQUA	5:57.48	<b>6:08.19</b>	191	1:21.86	2:57.71	4:34.17	6:08.19
26.	STABEL	Jonathan 13 KST	6:23.13	<b>6:11.37</b>	186	1:26.55	3:01.23	4:38.20	6:11.37



ShaRK 400m  
Herentals, 5/10/2024

Programmanr. 5, Jongens, 400m vrije slag, 11 - 12 jaar

Rang	Geb.	Tijd	Pnt	100m	200m	300m	400m	
27.	DERAEMAECKER Lander 13	LAQUA	6:51.82	<b>6:15.48</b>	180	1:29.27	3:08.15	6:15.48
28.	VAN DOOREN Witse 13	ZN	7:27.59	<b>6:19.71</b>	174	1:31.39	3:09.93	4:49.46 6:19.71
29.	VAN DEN KEYBUS Siënn 13	ZN	6:49.58	<b>6:22.95</b>	170	1:30.42	3:09.49	4:49.61 6:22.95
30.	SERNEELS Roan 13	SHARK	NT	<b>6:25.44</b>	166	1:30.95	3:13.11	4:53.98 6:25.44
31.	LECOMTE Florentin 13	MOZKA	NT	<b>6:29.47</b>	161	1:32.30	3:14.10	4:54.43 6:29.47
32.	LAUWERS Kamiel 12	RSCM	NT	<b>6:31.77</b>	159	1:32.54	3:14.76	4:55.93 6:31.77
33.	VAN HOVE Victor 13	MOZKA	NT	<b>6:31.83</b>	158	1:30.12	3:08.25	4:49.24 6:31.83
34.	PANNEMANS Wouter 13	GZVN	7:15.70	<b>6:32.30</b>	158	1:33.13	3:14.03	4:56.54 6:32.30
35.	ILGAZ Emre 13	GZVN	NT	<b>6:34.98</b>	155	1:33.00	3:15.78	5:01.08 6:34.98
36.	VINGERHOETS Martijn 13	ZN	7:16.38	<b>6:44.49</b>	144	1:33.36	3:18.68	5:04.82 6:44.49
37.	CELEN Lars 13	SHARK	NT	<b>6:45.81</b>	143	1:34.51	3:22.08	5:09.99 6:45.81
38.	MERTENS Gijs 12	WST	NT	<b>6:49.09</b>	139	1:34.42	3:18.66	5:04.33 6:49.09
39.	VAN CAMFORT Olivier 13	BRABO	NT	<b>6:59.28</b>	129	1:32.21	3:22.98	5:13.45 6:59.28
40.	MAES Lars 13	SHARK	NT	<b>7:01.94</b>	127	1:37.08	3:25.73	5:15.24 7:01.94
41.	VAN STEENBERGEN Aror 13	SHARK	NT	<b>7:09.41</b>	120	1:40.06	3:30.14	5:25.25 7:09.41
42.	GORIS Finn 13	BRABO	NT	<b>7:14.38</b>	116	1:43.72	3:38.40	5:25.03 7:14.38
43.	PANKEN Lex 13	HZA	7:20.24	<b>7:18.75</b>	113	1:44.14	3:37.95	5:28.11 7:18.75
44.	DE MESSEMAEKER Zydric 13	MOZKA	NT	<b>7:30.66</b>	104	1:41.39	3:37.48	5:37.03 7:30.66
45.	CARPENTIER Thibo 13	BRABO	NT	<b>7:47.94</b>	93	1:44.26	3:47.35	5:46.61 7:47.94
dis	THOELEN Simon 13	GZVN	NT					

SW 4.4 - valse start

2 - zaterdag 5 oktober 2024

5/10/2024 - 18:35

Programmanr. 6  
5/10/2024 - 18:35

Dames, 400m vrije slag

13 jaar en ouder  
Resultaten

Punten: FINA 2023

Rang	Geb.	Tijd	Pnt	100m	200m	300m	400m	
13 - 14 jaar								
1.	DEPAEPE Elize 11	ROSC	4:57.68	<b>4:51.75</b>	498	1:09.18	2:24.82	3:40.06 4:51.75
2.	BOVEN Axelle 10	SHARK	4:47.19	<b>4:57.50</b>	469	1:09.54	2:25.61	3:42.16 4:57.50
3.	SHELLEMANS Charlotte 10	ZVL	5:06.10	<b>4:57.88</b>	468	1:11.17	2:26.60	3:42.66 4:57.88
4.	VAN CAUWENBERGE C. 10	ROSC	4:59.69	<b>4:58.80</b>	463	1:11.46	2:27.86	3:43.70 4:58.80
5.	VERDOOD Pip 11	ZVL	5:05.02	<b>5:04.58</b>	437	1:11.90	2:30.16	3:48.75 5:04.58
6.	LAUWERS Sofie 11	KST	5:04.93	<b>5:05.06</b>	435	1:12.89	2:31.24	3:49.72 5:05.06
7.	LEMMENS Febe 11	WST	5:15.44	<b>5:06.53</b>	429	1:12.48	2:32.40	3:52.87 5:06.53
8.	LEMBRECHTS Sophie 10	ZN	5:05.24	<b>5:07.12</b>	427	1:10.09	2:28.96	3:49.71 5:07.12
9.	VAN REETH Lieze 11	ZVL	5:09.81	<b>5:09.79</b>	416	1:13.74	2:33.56	3:53.14 5:09.79
10.	CLAESSENS Ella-Louise 11	GZVN	5:13.13	<b>5:12.96</b>	403	1:11.87	2:33.06	3:53.99 5:12.96
11.	VERNIERS Nime 11	ZS	5:19.00	<b>5:13.85</b>	400	1:13.49	2:32.89	3:53.90 5:13.85
12.	VAN DEN BERGH Anna 10	ZS	5:15.80	<b>5:13.94</b>	399	1:14.05	2:35.21	3:55.47 5:13.94
13.	BEUNCKENS Tess 11	GZVN	5:16.76	<b>5:14.26</b>	398	1:12.34	2:32.69	3:54.59 5:14.26
14.	GEYPEN Wies 11	MOZKA	5:10.92	<b>5:15.75</b>	393	1:15.12	2:36.12	3:57.05 5:15.75
15.	MEERTENS Jessy 11	GZVN	5:18.40	<b>5:15.92</b>	392	1:10.70	2:30.68	3:53.53 5:15.92
16.	KOREN Zara 11	GZVN	5:23.07	<b>5:16.34</b>	390	1:14.29	2:34.39	3:56.75 5:16.34
17.	LAUREYS Xante 10	WST	5:37.91	<b>5:18.43</b>	383	1:15.28	2:36.26	4:00.16 5:18.43
18.	MARTENS Ries 11	GZVN	5:27.06	<b>5:20.24</b>	376	1:13.85	2:34.35	3:58.14 5:20.24
19.	LUYTEN Julie 11	AZK	5:21.11	<b>5:20.37</b>	376	1:12.82	2:34.31	3:57.03 5:20.37
20.	BLATON Ikaterini 10	RSCM	NT	<b>5:20.51</b>	375	1:14.15	2:36.81	3:58.97 5:20.51
21.	BURSSSENS Emma 11	LAQUA	5:25.49	<b>5:22.48</b>	368	1:15.29	2:38.51	4:01.74 5:22.48
22.	VAN AERSCHOT Nel 11	WST	5:17.26	<b>5:23.02</b>	367	1:14.55	2:36.42	4:00.16 5:23.02



ShaRK 400m  
Herentals, 5/10/2024

Programmanr. 6, Meisjes, 400m vrije slag, 13 - 14 jaar

Rang	Geb.		Tijd	Pnt	100m	200m	300m	400m		
23.	VAN RILLAER	Yinthe 11	HZA	5:27.35	<b>5:23.05</b>	367	1:15.20	2:37.55	4:01.43	5:23.05
24.	DE VOCHT	Anne-Julie 11	ZS	5:20.17	<b>5:23.57</b>	365	1:15.03	2:37.95	4:02.19	5:23.57
25.	VAN GINNEKEN	Marit 11	AZK	5:31.71	<b>5:25.86</b>	357	1:14.01	2:36.27	4:02.08	5:25.86
26.	MARCELIS	Fien 10	SHARK	5:48.98	<b>5:26.20</b>	356	1:16.55	2:40.06	4:04.45	5:26.20
27.	VAES	Elisabeth 11	HZA	5:51.02	<b>5:28.39</b>	349	1:16.74	2:42.54	4:08.12	5:28.39
28.	VAN BUGGENHOUT	I. 10	ZN	5:47.78	<b>5:31.22</b>	340	1:17.72	2:42.70	4:09.35	5:31.22
29.	KENNES	Sterre 11	ZVL	NT	<b>5:40.87</b>	312	1:19.48	2:47.55	4:16.66	5:40.87
30.	VAN ROOSBROECK	Yuna11	WST	NT	<b>5:42.12</b>	309	1:18.74	2:47.09	4:18.25	5:42.12
31.	HOUVENAGHEL	Elien 10	BRABO	6:13.86	<b>5:43.77</b>	304	1:19.93	2:49.08	4:18.87	5:43.77
32.	FIQI	Alexia 10	WST	NT	<b>5:48.01</b>	293	1:16.25	2:44.52	4:15.66	5:48.01
33.	VAN MECHELEN	Zoë 10	KST	5:58.77	<b>5:51.36</b>	285	1:23.49	2:54.63		5:51.36
34.	VAN TENDELOO	Marie 11	BRABO	6:22.07	<b>5:51.79</b>	284	1:18.89	2:47.92	4:20.14	5:51.79
35.	VAN DE BORNE	Aukje 10	HZA	6:00.48	<b>5:58.36</b>	268	1:22.14	2:55.63	4:29.46	5:58.36
36.	VAN REETH	Lisse 11	BRABO	6:11.60	<b>5:58.64</b>	268	1:22.63	2:54.22	4:27.88	5:58.64
37.	VAN GESTEL	Fran 10	KST	6:34.16	<b>6:02.52</b>	259	1:20.42	2:53.20	4:29.29	6:02.52
38.	GERS	Josephine 10	KST	6:07.94	<b>6:05.08</b>	254	1:26.08	2:59.57	4:35.49	6:05.08
39.	DEBEUF	Nore 11	KST	6:06.12	<b>6:17.40</b>	230	1:25.21	3:00.82	4:41.08	6:17.40
40.	EMBRECHTS	Olivia 11	MOZKA	NT	<b>6:57.35</b>	170	1:34.02	3:20.50	5:09.12	6:57.35
41.	LIEVENS	Nona 11	MOZKA	NT	<b>7:53.18</b>	116	1:46.26	3:47.91		7:53.18
dis	CORNEZ	Maylie 10	BRABO	5:48.40						
<i>SW 10.2 - Niet de volledige afstand gezwommen</i>										
FF	SMETS	Maram 11	KST	6:29.72						
FF	VAN DEN BOSSCHE	Lia 10	ZOLA	6:09.75						

15 - 16 jaar

1.	VAN HEUGTEN	Hanne 09	ZN	4:27.21	<b>4:32.70</b>	610	1:04.69	2:13.16	3:23.11	4:32.70
2.	VRANKEN	Dagmar 08	ZN	4:36.78	<b>4:34.95</b>	595	1:04.64	2:14.20	3:25.33	4:34.95
3.	MERTENS	Helena 09	SHARK	4:39.29	<b>4:37.76</b>	577	1:04.71	2:14.81	3:26.80	4:37.76
4.	SPRANGERS	Kato 08	MOZKA	4:38.88	<b>4:43.30</b>	544	1:07.67	2:19.63	3:30.93	4:43.30
5.	DE RIDDER	Sterre 08	ZS	4:54.04	<b>4:49.79</b>	508	1:11.76	2:25.78	3:38.25	4:49.79
6.	VINGERHOETS	Madelief 09	ZN	4:49.69	<b>4:49.84</b>	508	1:09.65	2:24.38	3:37.39	4:49.84
7.	VAN HOOFF	Floor 08	LAQUA	4:51.84	<b>4:50.89</b>	502	1:09.49	2:24.08	3:38.27	4:50.89
8.	CEULEMANS	Hanne 08	AZK	4:40.96	<b>4:52.31</b>	495	1:08.41	2:21.35	3:36.08	4:52.31
9.	BIERINCKX	Lienne 09	ZN	4:52.30	<b>4:55.41</b>	480	1:09.85	2:24.84	3:40.11	4:55.41
10.	DEPOND-VELTER	Nette09	ROSC	5:03.00	<b>4:55.77</b>	478	1:11.68	2:28.00	3:43.11	4:55.77
11.	JACOBS	Lotte 09	ZVL	5:24.82	<b>4:56.12</b>	476	1:13.48	2:29.61	3:45.44	4:56.12
12.	VAN BAELEN	Yenthe 09	MOZKA	4:55.17	<b>4:59.20</b>	462	1:12.36	2:30.44	3:45.94	4:59.20
13.	DEPOND-VELTER	Tille 09	ROSC	4:54.25	<b>5:00.14</b>	457	1:11.91	2:27.85	3:45.53	5:00.14
14.	VANHAESEBROECK	M. 09	ZN	5:08.84	<b>5:04.73</b>	437	1:11.32	2:30.03	3:50.17	5:04.73
15.	VAN ESPEN	Lotte 09	HZA	5:03.92	<b>5:05.10</b>	435	1:10.31	2:27.14	3:46.84	5:05.10
16.	VAN WAELDEREN	Hanne09	WST	5:16.85	<b>5:10.69</b>	412	1:16.56	2:35.72	3:54.17	5:10.69
17.	ERTVELDT	Klaartje 08	SHARK	5:20.91	<b>5:14.74</b>	396	1:11.82	2:33.23	3:54.75	5:14.74
18.	AERNOOTS	Roos 08	AZK	5:10.77	<b>5:17.20</b>	387	1:15.07	2:37.18	3:58.43	5:17.20
19.	JUNGBLUTH	Elise 09	ROSC	5:20.94	<b>5:19.30</b>	380	1:15.78	2:36.99	3:59.00	5:19.30
20.	DE BOO	Helge 08	ZVL	5:24.65	<b>5:19.77</b>	378	1:14.73	2:36.84	3:58.63	5:19.77
21.	CAMPFORTS	Fien 09	KST	5:37.13	<b>5:20.22</b>	376	1:14.25	2:36.42	4:00.02	5:20.22
22.	BAYGUNES	Defne 09	MOZKA	5:39.87	<b>5:24.52</b>	362	1:18.16	2:41.14	4:04.58	5:24.52
23.	HACHED	Lina 09	MOZKA	5:40.43	<b>5:32.15</b>	337	1:18.52	2:43.32	4:06.60	5:32.15
24.	MARCKX	Lore 09	BRABO	5:52.18	<b>5:32.16</b>	337	1:17.87	2:41.50	4:06.76	5:32.16
25.	DE BOCK	Marie 09	HZA	5:43.84	<b>5:32.76</b>	335	1:18.05	2:44.07	4:09.70	5:32.76
26.	BOEYKENS	Emma 09	KST	5:37.77	<b>5:34.28</b>	331	1:18.85	2:44.14	4:10.20	5:34.28
27.	DE BONDT	Kim 08	ZVL	5:40.88	<b>5:35.80</b>	326	1:20.46	2:48.15	4:11.83	5:35.80
28.	DIERCKX	Femke 09	SHARK	5:29.01	<b>5:36.01</b>	326	1:15.47	2:40.81	4:09.37	5:36.01
29.	VERHOEVEN	Liese 09	ZVL	6:00.39	<b>5:46.76</b>	296	1:23.38	2:50.90	4:19.45	5:46.76
30.	STEFANOVA	Gabriela 09	ZVL	5:54.38	<b>5:48.72</b>	291	1:23.18	2:53.73	4:23.81	5:48.72



ShaRK 400m  
Herentals, 5/10/2024

Programmanr. 6, Meisjes, 400m vrije slag, 15 - 16 jaar

Rang	Geb.		Tijd	Pnt	100m	200m	300m	400m			
31.	VERVOORT	Mila	08	ZOLA	9:38.28	<b>9:49.23</b>	60	2:22.16	4:52.95	7:25.30	9:49.23
	FF LAUWERS	Lotte	08	KST	5:01.09						

17 jaar en ouder

1.	VAN OSTA	Nomi	05	ZS	4:42.53	<b>4:42.87</b>	546	1:05.67	2:16.76	3:30.32	4:42.87
2.	PAVEL	Anna	07	LAQUA	4:42.83	<b>4:44.03</b>	540	1:08.69	2:21.34	3:32.95	4:44.03
3.	VANHOOF	Marieke	07	RSCM	4:31.58	<b>4:44.48</b>	537	1:05.97	2:17.98	3:31.39	4:44.48
4.	SCHOLLAERT	Jolijn	07	ROSC	4:45.98	<b>4:48.00</b>	518	1:08.08	2:20.91	3:34.54	4:48.00
5.	VAN DEN BOSCH	Maxine	06	RSCM	4:48.03	<b>4:48.22</b>	516	1:07.34	2:20.39	3:34.21	4:48.22
6.	KENNIS	Nathalie	02	AZV	4:56.33	<b>4:52.19</b>	496	1:06.38	2:20.03	3:37.22	4:52.19
7.	VAN LOOY	Anke	06	HZA	4:51.69	<b>4:55.63</b>	478	1:09.87	2:25.16	3:41.42	4:55.63
8.	WOUTERS	Lieze	07	SHARK	5:01.35	<b>5:00.62</b>	455	1:10.16	2:25.54	3:43.53	5:00.62
9.	JANSSENS	Blue	07	ZN	4:55.09	<b>5:02.21</b>	448	1:11.27	2:28.04	3:45.69	5:02.21
10.	JOPPE	Shanna	06	ZOLA	4:57.27	<b>5:06.29</b>	430	1:11.85	2:29.67	3:49.02	5:06.29
11.	DE BECKER	Loren	07	ZS	4:42.90	<b>5:12.91</b>	403	1:12.70	2:32.14	3:52.81	5:12.91
12.	CHIHAB	Sanna	07	MOZKA	5:56.27	<b>5:35.57</b>	327	1:23.51	2:48.89	4:11.96	5:35.57
13.	STEFANOVA	Silvia	07	ZVL	6:01.94	<b>6:01.63</b>	261	1:26.63	3:01.35	4:34.18	6:01.63

Programmanr. 7  
5/10/2024 - 20:10

Heren, 400m vrije slag

13 jaar en ouder  
Resultaten

Punten: FINA 2023

Rang	Geb.		Tijd	Pnt	100m	200m	300m	400m			
13 - 14 jaar											
1.	LISSENS	Tuur	10	LAQUA	4:32.84	<b>4:21.40</b>	535	1:02.56	2:09.16	3:16.41	4:21.40
2.	BETTENS	Lucas	10	ZOLA	4:47.74	<b>4:41.26</b>	429	1:06.97	2:18.28	3:30.55	4:41.26
3.	NAEGELS	Reza	10	ZOLA	4:48.48	<b>4:47.95</b>	400	1:07.30	2:20.22	3:34.37	4:47.95
4.	VANDERLINDEN	Roald	11	LAQUA	4:58.84	<b>4:52.42</b>	382	1:09.93	2:24.47	3:39.45	4:52.42
5.	JANSSENS	Talle	10	WST	4:59.63	<b>4:55.14</b>	371	1:08.27	2:21.47	3:36.53	4:55.14
6.	VAN DOOREN	Warre	11	ZN	5:03.12	<b>4:56.07</b>	368	1:08.19	2:24.38	3:41.93	4:56.07
7.	BOBEV	Boyan	10	LAQUA	5:10.66	<b>4:57.58</b>	362	1:08.87	2:25.48	3:42.81	4:57.58
8.	QUARTIER	Matisse	11	ROSC	5:09.50	<b>4:59.00</b>	357	1:09.92	2:26.24	3:43.26	4:59.00
9.	GYULNAZARYAN	Max	11	WST	4:56.62	<b>5:00.17</b>	353	1:10.88	2:28.58	3:46.62	5:00.17
10.	VAN EGDOM	Sieb	10	ZN	NT	<b>5:00.39</b>	352	1:11.50	2:30.28	3:47.55	5:00.39
11.	DEWULF	Joep	11	RSCM	5:22.81	<b>5:00.92</b>	350	1:12.27	2:28.97	3:45.12	5:00.92
12.	SLOOTMAEKERS	Matteo	10	LAQUA	4:59.33	<b>5:01.48</b>	348	1:11.73	2:29.00	3:46.53	5:01.48
13.	SLUYTS	Tibe	11	WST	4:59.32	<b>5:01.61</b>	348	1:10.79	2:27.63	3:46.04	5:01.61
14.	JACOB	Qingkun	10	ZVL	5:17.16	<b>5:04.01</b>	340	1:12.46	2:31.14	3:48.24	5:04.01
15.	WIJSGEER	Viktor	10	ZVL	5:39.51	<b>5:04.52</b>	338	1:12.91	2:32.51	3:49.10	5:04.52
16.	LEMMENS	Noah	10	AZV	5:00.92	<b>5:04.79</b>	337	1:15.37	2:33.51	3:51.45	5:04.79
17.	WILLEMS	Ruben	10	AZV	5:17.47	<b>5:05.09</b>	336	1:11.22	2:29.67	3:47.58	5:05.09
18.	MERTENS	Gerben	11	ZVL	5:10.29	<b>5:05.53</b>	335	1:12.26	2:29.64	3:47.57	5:05.53
19.	STABEL	Jasper	11	KST	5:21.99	<b>5:06.73</b>	331	1:11.31	2:29.12	3:49.03	5:06.73
20.	SPADEA	Mattia	11	LAQUA	5:31.02	<b>5:13.50</b>	310	1:16.62	2:37.00	3:56.82	5:13.50
21.	HUYSMANS	Seppe	10	MOZKA	NT	<b>5:13.85</b>	309	1:13.86	2:35.34		5:13.85
22.	CASTEELS	Vic	10	RSCM	NT	<b>5:14.85</b>	306	1:17.63	2:39.45	3:58.60	5:14.85
23.	OTTEVAERE	Benjamin	10	AZK	5:31.60	<b>5:15.05</b>	305	1:15.83	2:38.03	3:59.77	5:15.05
24.	TORDEUR	Ilias	11	GZVN	5:27.44	<b>5:23.50</b>	282	1:15.12	2:38.19	4:02.00	5:23.50
25.	VRANCKX	Boudewijn	11	LAQUA	5:21.96	<b>5:23.99</b>	281	1:13.23	2:36.11	4:00.50	5:23.99
26.	SZABO	Peter	11	BRABO	NT	<b>5:24.17</b>	280	1:13.43	2:33.59	3:55.82	5:24.17
27.	WENÉ	Finn	10	BRABO	6:27.68	<b>5:24.83</b>	278	1:12.01	2:34.34	3:59.47	5:24.83
28.	OFFECIERS	Harry	10	BRABO	5:19.99	<b>5:25.63</b>	276	1:14.54	2:37.54	4:02.37	5:25.63
29.	PAZMANY	Andreas	10	BRABO	5:48.19	<b>5:25.67</b>	276	1:13.33	2:35.74	4:00.88	5:25.67





ShaRK 400m  
Herentals, 5/10/2024

Programmanr. 7, Jongens, 400m vrije slag, 13 - 14 jaar

Rang	Geb.	Tijd	Pnt	100m	200m	300m	400m		
30.	DUMON Ilan	11 LAQUA	5:28.25	<b>5:26.62</b>	274	1:16.98	2:40.18	4:02.96	5:26.62
31.	LENAERTS Damian	10 MOZKA	5:54.79	<b>5:27.17</b>	273	1:19.53	2:44.18	4:08.13	5:27.17
32.	VAN GEEL Cis	11 WST	5:31.46	<b>5:29.46</b>	267	1:14.64	2:37.12	4:03.03	5:29.46
33.	MEULEMANS Lars	11 WST	NT	<b>5:31.58</b>	262	1:17.64	2:43.31	4:09.04	5:31.58
34.	LAUREYS Milan	10 WST	5:32.46	<b>5:35.16</b>	253	1:21.03	2:45.98	4:12.08	5:35.16
35.	GEENTJENS Kobe	10 RSCM	5:47.48	<b>5:35.92</b>	252	1:17.09	2:43.00	4:09.83	5:35.92
36.	VANRUSSELT Lucas	11 GZVN	5:54.59	<b>5:39.46</b>	244	1:20.63	2:46.85	4:14.96	5:39.46
37.	CEUPPENS Mats	10 WST	5:59.39	<b>5:39.73</b>	243	1:19.26	2:46.36	4:13.34	5:39.73
38.	NIJS Lennert	10 MOZKA	7:04.93	<b>5:44.86</b>	233	1:22.81	2:48.68	4:15.46	5:44.86
39.	FEYEN Aeden	10 SHARK	6:38.48	<b>5:53.12</b>	217	1:21.06	2:50.89	4:22.75	5:53.12
40.	PAUL Arthur	11 RSCM	NT	<b>5:55.71</b>	212	1:23.51	2:55.63	4:27.53	5:55.71
41.	GISCA Daniil	11 ZN	NT	<b>6:24.53</b>	168	1:28.76	3:08.54	4:49.20	6:24.53
42.	DE CLIPPELE Léon	10 KST	6:40.83	<b>6:28.04</b>	163	1:28.65	3:07.59	5:40.29	6:28.04
43.	THYS Rohan	10 WST	6:29.04	<b>6:28.30</b>	163	1:28.17	3:06.47	4:46.84	6:28.30
44.	KEMPS Vince	11 MOZKA	NT	<b>6:50.12</b>	138	1:32.30	3:18.88	5:06.86	6:50.12
45.	LAUWERS Ruben	10 RSCM	NT	<b>6:53.33</b>	135	1:27.38	3:02.19	4:36.40	6:53.33
dis	GORIS Finn	11 HZA	NT						
	SW 4.4 - valse start								
FF	VAN DIJK Gido	11 14-060	5:20.91						

15 - 16 jaar

1.	VAN EGDOM Wout	08 ZN	4:09.05	<b>4:00.64</b>	686	56.52	1:59.08	3:00.77	4:00.64
2.	SPAEDA Tommaso	08 LAQUA	4:06.17	<b>4:04.60</b>	653	55.92	1:56.93	3:00.08	4:04.60
3.	SNEYERS Liam	08 ZN	4:33.94	<b>4:17.97</b>	556	1:00.98	2:06.78	3:13.22	4:17.97
4.	VERMEYLEN Emiel	08 ZN	4:32.50	<b>4:25.22</b>	512	1:03.82	2:11.20	3:19.13	4:25.22
5.	PROVOOST Dajo	08 ROSC	4:27.66	<b>4:29.28</b>	489	1:04.67	2:13.62	3:21.93	4:29.28
6.	VAN DEN BOSCH Frederik	08 RSCM	4:34.59	<b>4:30.47</b>	483	1:02.54	2:11.27	3:21.92	4:30.47
7.	CLAEYS Mauro	08 ROSC	4:33.95	<b>4:34.81</b>	460	1:04.41	2:14.04	3:24.33	4:34.81
8.	SAZONOV Fedor	09 KST	4:43.49	<b>4:35.79</b>	455	1:02.56	2:11.97	3:23.52	4:35.79
9.	DEVOS Rhune	09 ROSC	4:50.48	<b>4:36.09</b>	454	1:06.41	2:17.35	3:26.73	4:36.09
10.	VAN LOON Wies	09 AZK	4:47.11	<b>4:40.06</b>	435	1:05.30	2:17.78	3:30.85	4:40.06
11.	DOOMEN Marnix	09 ZVL	4:55.07	<b>4:43.59</b>	419	1:04.03	2:16.90	3:31.72	4:43.59
12.	LAMBRECHTS Ian	08 ZN	4:40.31	<b>4:47.22</b>	403	1:06.70	2:19.02	3:33.59	4:47.22
13.	SLUYTS Jenne	09 WST	4:41.09	<b>4:47.49</b>	402	1:08.91	2:21.12	3:35.23	4:47.49
14.	LAEREMANS Sebastiaan	09 SHARK	4:58.85	<b>4:48.44</b>	398	1:06.56	2:19.45	3:34.31	4:48.44
15.	JORISSEN Quinten	09 AZK	5:10.20	<b>4:52.01</b>	384	1:09.07	2:24.11	3:39.82	4:52.01
16.	KEKEC Samir	09 ZN	5:08.92	<b>4:52.11</b>	383	1:08.00	2:23.71	3:39.19	4:52.11
17.	LAEREMANS Simon	09 SHARK	5:00.10	<b>4:54.87</b>	372	1:05.17	2:20.75	3:37.94	4:54.87
18.	VERDONCK Marius	08 ZOLA	5:04.58	<b>5:00.59</b>	352	1:09.32	2:25.94	3:44.38	5:00.59
19.	SLAETS Caz	09 ZVL	5:15.06	<b>5:06.54</b>	331	1:13.71	2:33.30	3:51.53	5:06.54
20.	BERTELS Quillan	09 SHARK	4:56.83	<b>5:09.32</b>	323	1:04.69	2:25.23	3:49.65	5:09.32
21.	VERCAMMEN Daan	09 ZVL	5:33.94	<b>5:18.39</b>	296	1:17.19	2:39.22	4:00.67	5:18.39
22.	NAGHIU Patrik	09 ZOLA	5:23.93	<b>5:20.46</b>	290	1:14.19	2:36.36	3:58.34	5:20.46
23.	LADEWIG Seth	09 ZOLA	5:26.38	<b>5:22.94</b>	283	1:14.23	2:36.22	4:01.14	5:22.94
dis	DIRICKX Pepijn	09 SHARK	4:48.29						
	SW 4.4 - valse start								
dis	BROWN Quinten	09 SHARK	5:07.32						
	SW 4.4 - valse start								
dis	EL HADDOUCHI Haroun	08 ZOLA	5:21.64						
	SW 4.4 - valse start								
FF	LAUREYSSENS Lukas	08 ZS	4:20.47						
FF	VAN STEENBERGEN Victor	09 SHARK	5:13.67						
FF	KHOMENKO Ignat	09 ZOLA	5:54.18						



ShaRK 400m  
Herentals, 5/10/2024

Programmanr. 7, Heren, 400m vrije slag

17 jaar en ouder

1. HAESSEN Adriaan	07	RSCM	4:19.77	<b>4:12.34</b>	595	1:00.15	2:04.86	3:09.81	4:12.34
2. CLAASSEN Ilario	07	AZV	4:08.48	<b>4:15.54</b>	573	58.25	2:02.13	3:09.02	4:15.54
3. VAN HISSENHOVEN K.	06	RSCM	4:22.26	<b>4:16.47</b>	566	1:01.92	2:07.53	3:13.29	4:16.47
4. VAN WAELDEREN Thom	05	WST	4:26.22	<b>4:25.01</b>	513	1:02.00	2:07.54	3:15.98	4:25.01
5. HUYGENS Arne	03	MOZKA	4:31.35	<b>4:28.83</b>	492	1:07.74	2:15.41	3:21.84	4:28.83
6. BAECKELMANS Jarne	00	RSCM	NT	<b>4:32.59</b>	472	1:03.89	2:13.52	3:23.55	4:32.59
7. VAN GORP Lowie	06	RSCM	4:33.73	<b>4:40.33</b>	434	1:05.21	2:16.18	3:28.66	4:40.33
8. SURKYN Staf	07	KST	NT	<b>4:46.69</b>	405	1:06.44	2:20.64	3:35.84	4:46.69
9. BOEYKENS Stijn	07	KST	5:15.36	<b>4:50.23</b>	391	1:06.52	2:21.37	3:38.35	4:50.23
FF MATHIEU Jack	07	ZS	4:19.02						
FF MESTARI Abderrahmane	07	ZOLA	5:28.70						