



ShaRK 400m
Netepark Herentals, 7-10-2023

1 - zaterdag 7 oktober 2023

7-10-2023 - 13:30

Programmanr. 1
7-10-2023 - 13:30

Dames, 400m wisselslag

11 jaar en ouder
Resultaten

Punten: FINA 2023

Rang			Geb.						Tijd	Pnt		
1.	VANDERLINDEN Siri		09	Leuven Aquatics				4:58.29	654			
	50m:	30.91 30.91	150m:	1:46.24	38.74	250m:	3:08.24	44.45	350m:	4:25.80	33.23	
	100m:	1:07.50	36.59	200m:	2:23.79	37.55	300m:	3:52.57	44.33	400m:	4:58.29	32.49
2.	BROUX Elise		05	Gzvn				5:24.00	510			
	50m:	34.07 34.07	150m:	1:55.74	42.87	250m:	3:22.49	44.92	350m:	4:47.40	38.68	
	100m:	1:12.87	38.80	200m:	2:37.57	41.83	300m:	4:08.72	46.23	400m:	5:24.00	36.60
3.	MERTENS Helena		09	ShaRK				5:28.97	487			
	50m:	35.71 35.71	150m:	1:58.76	42.43	250m:	3:28.08	48.03	350m:	4:53.12	36.80	
	100m:	1:16.33	40.62	200m:	2:40.05	41.29	300m:	4:16.32	48.24	400m:	5:28.97	35.85
4.	TORDEUR Lucie		09	Gzvn				5:39.71	442			
	50m:	33.79 33.79	150m:	1:57.19	43.63	250m:	3:29.62	49.99	350m:	4:59.88	39.62	
	100m:	1:13.56	39.77	200m:	2:39.63	42.44	300m:	4:20.26	50.64	400m:	5:39.71	39.83
5.	BELLENS Lore		11	ShaRK				5:41.95	434			
	50m:	34.90 34.90	150m:	2:01.93	45.62	250m:	3:33.25	46.79	350m:	5:03.22	41.28	
	100m:	1:16.31	41.41	200m:	2:46.46	44.53	300m:	4:21.94	48.69	400m:	5:41.95	38.73
6.	TEIRLINCK Louise		10	Leuven Aquatics				5:42.01	433			
	50m:	36.40 36.40	150m:	2:02.20	43.35	250m:	3:35.38	50.79	350m:	5:05.00	38.73	
	100m:	1:18.85	42.45	200m:	2:44.59	42.39	300m:	4:26.27	50.89	400m:	5:42.01	37.01
7.	DURT Reine		11	ShaRK				5:57.80	379			
	50m:	38.61 38.61	150m:	2:11.95	48.14	250m:	3:46.27	47.56	350m:	5:17.90	41.56	
	100m:	1:23.81	45.20	200m:	2:58.71	46.76	300m:	4:36.34	50.07	400m:	5:57.80	39.90
8.	WATELLE Nona		10	Leuven Aquatics				6:04.41	358			
	50m:	41.95 41.95	150m:	2:16.32	46.58	250m:	3:51.61	50.05	350m:	5:22.92	42.29	
	100m:	1:29.74	47.79	200m:	3:01.56	45.24	300m:	4:40.63	49.02	400m:	6:04.41	41.49
9.	MEERTS Kira		07	Westerlo Swimming Team				6:05.49	355			
	50m:	38.92 38.92	150m:	2:11.35	44.95	250m:	3:49.35	54.44	350m:	5:25.98	41.37	
	100m:	1:26.40	47.48	200m:	2:54.91	43.56	300m:	4:44.61	55.26	400m:	6:05.49	39.51
10.	JANSSENS Elisabeth		10	ShaRK				6:06.30	353			
	50m:	39.39 39.39	150m:	2:16.49	48.07	250m:	3:52.99	50.39	350m:	5:27.03	42.65	
	100m:	1:28.42	49.03	200m:	3:02.60	46.11	300m:	4:44.38	51.39	400m:	6:06.30	39.27
11.	CUYPERS Linne		10	Gzvn				6:11.18	339			
	50m:	36.54 36.54	150m:	2:13.49	49.52	250m:	3:55.08	53.85	350m:	5:33.40	41.94	
	100m:	1:23.97	47.43	200m:	3:01.23	47.74	300m:	4:51.46	56.38	400m:	6:11.18	37.78
12.	WILLEKENS Kaat		08	Molse Zwemclub "Mozka"				6:12.94	334			
	50m:	39.47 39.47	150m:	2:16.06	47.41	250m:	3:53.01	51.01	350m:	5:31.78	45.03	
	100m:	1:28.65	49.18	200m:	3:02.00	45.94	300m:	4:46.75	53.74	400m:	6:12.94	41.16
13.	VAN RILLAER Yinthe		11	Heitse Zwemclub Arduas				6:32.01	288			
	50m:	42.15 42.15	150m:	2:26.50	49.44	250m:	4:08.20	56.34	350m:	5:50.81	44.38	
	100m:	1:37.06	54.91	200m:	3:11.86	45.36	300m:	5:06.43	58.23	400m:	6:32.01	41.20
14.	LAUREYS Xante		10	Westerlo Swimming Team				6:34.37	283			
	50m:	41.57 41.57	150m:	3:12.58	1:37.54	250m:	5:07.78	57.30	350m:	6:34.37	41.41	
	100m:	1:35.04	53.47	200m:	4:10.48	57.90	300m:	5:52.96	45.18	400m:	6:34.37	





ShaRK 400m
Netepark Herentals, 7-10-2023

Programmanr. 1, Dames, 400m wisselslag, 11 jaar en ouder

Rang	Geb.	Tijd	Pnt
dis JACOBS Filippa	09 Gzvn		
<i>SW 6.4.c - Keerpunt niet dadelijk ingezet na borstligging en/of armtrek beweging</i>			
dis VAN WAELDEREN Hanne	09 Westerlo Swimming Team		
<i>SW 8.4 - niet met 2 handen gelijktijdig muur geraakt en/of handen op elkaar gelegd bij KP of A</i>			
FF BOON Birte	07 Leuven Aquatics		

Programmanr. 2
7-10-2023 - 13:50

Heren, 400m wisselslag

11 jaar en ouder
Resultaten

Punten: FINA 2023

Rang	Geb.	Tijd	Pnt
1. CLAASSEN Ilario	07 Arendonkse Zwemvereniging	4:46.21	552
50m: 29.16 29.16	150m: 1:40.63 37.45	250m: 2:58.84 42.35	350m: 4:14.23 32.40
100m: 1:03.18 34.02	200m: 2:16.49 35.86	300m: 3:41.83 42.99	400m: 4:46.21 31.98
2. BUTTARELLI Claudio	09 Leuven Aquatics	4:47.96	542
50m: 30.01 30.01	150m: 1:41.22 37.02	250m: 3:00.51 43.36	350m: 4:16.14 32.71
100m: 1:04.20 34.19	200m: 2:17.15 35.93	300m: 3:43.43 42.92	400m: 4:47.96 31.82
3. LAUREYSSENS Lukas	08 Zwemclub Schoten	4:53.65	511
50m: 30.93 30.93	150m: 1:46.00 38.32	250m: 3:03.60 41.70	350m: 4:20.75 34.38
100m: 1:07.68 36.75	200m: 2:21.90 35.90	300m: 3:46.37 42.77	400m: 4:53.65 32.90
4. LISSENS Tuur	10 Leuven Aquatics	5:07.01	447
50m: 31.65 31.65	150m: 1:47.23 38.95	250m: 3:12.26 46.33	350m: 4:33.89 34.53
100m: 1:08.28 36.63	200m: 2:25.93 38.70	300m: 3:59.36 47.10	400m: 5:07.01 33.12
5. MATHIEU Jack	07 Zwemclub Schoten	5:10.50	432
50m: 33.08 33.08	150m: 1:51.68 39.67	250m: 3:14.54 45.93	350m: 4:37.27 35.71
100m: 1:12.01 38.93	200m: 2:28.61 36.93	300m: 4:01.56 47.02	400m: 5:10.50 33.23
6. VERBEEK Sem	04 ShaRK	5:10.57	432
50m: 30.39 30.39	150m: 1:47.77 39.88	250m: 3:10.13 43.94	350m: 4:35.20 38.55
100m: 1:07.89 37.50	200m: 2:26.19 38.42	300m: 3:56.65 46.52	400m: 5:10.57 35.37
7. VAN WAELDEREN Thomas	05 Westerlo Swimming Team	5:11.87	426
50m: 30.65 30.65	150m: 1:47.11 40.12	250m: 3:14.40 47.94	350m: 4:39.04 35.79
100m: 1:06.99 36.34	200m: 2:26.46 39.35	300m: 4:03.25 48.85	400m: 5:11.87 32.83
8. WILLEMS Dieter	06 Arendonkse Zwemvereniging	5:13.36	420
50m: 30.71 30.71	150m: 1:50.88 42.55	250m: 3:17.55 46.53	350m: 4:39.90 35.72
100m: 1:08.33 37.62	200m: 2:31.02 40.14	300m: 4:04.18 46.63	400m: 5:13.36 33.46
9. SAZONOV Fedor	09 Kempisch Swimming Team	5:13.51	420
50m: 33.63 33.63	150m: 1:54.66 41.26	250m: 3:18.88 43.18	350m: 4:39.90 37.05
100m: 1:13.40 39.77	200m: 2:35.70 41.04	300m: 4:02.85 43.97	400m: 5:13.51 33.61
10. POULS Roderik	07 Gzvn	5:21.27	390
50m: 32.14 32.14	150m: 1:53.15 43.30	250m: 3:22.28 46.84	350m: 4:46.74 36.06
100m: 1:09.85 37.71	200m: 2:35.44 42.29	300m: 4:10.68 48.40	400m: 5:21.27 34.53
11. VANDENBERGH Lars	05 Molse Zwemclub "Mozka"	5:27.66	368
50m: 33.82 33.82	150m: 1:54.94 41.09	250m: 3:22.41 47.73	350m: 4:50.35 39.30
100m: 1:13.85 40.03	200m: 2:34.68 39.74	300m: 4:11.05 48.64	400m: 5:27.66 37.31
12. FLORUS Willem	08 ShaRK	5:32.50	352
50m: 35.30 35.30	150m: 2:02.21 45.06	250m: 3:31.16 45.37	350m: 4:55.86 38.94
100m: 1:17.15 41.85	200m: 2:45.79 43.58	300m: 4:16.92 45.76	400m: 5:32.50 36.64





ShaRK 400m
Netepark Herentals, 7-10-2023

Programmanr. 2, Heren, 400m wisselslag, 11 jaar en ouder

Rang		Geb.		Tijd	Pnt
13.	INTHOF Lars	08	Gzvn	5:33.14	350
	50m: 37.18 37.18	150m: 2:03.06 41.77	250m: 3:30.04 46.36	350m: 4:55.92 39.61	
	100m: 1:21.29 44.11	200m: 2:43.68 40.62	300m: 4:16.31 46.27	400m: 5:33.14 37.22	
14.	BOBEV Boyan	10	Leuven Aquatics	5:44.93	315
	50m: 36.81 36.81	150m: 2:06.80 45.09	250m: 3:39.89 50.90	350m: 5:07.91 38.60	
	100m: 1:21.71 44.90	200m: 2:48.99 42.19	300m: 4:29.31 49.42	400m: 5:44.93 37.02	
15.	SLOOTMAEKERS Matteo	10	Leuven Aquatics	5:46.92	310
	50m: 40.22 40.22	150m: 2:10.93 43.79	250m: 3:40.73 46.94	350m: 5:08.26 39.52	
	100m: 1:27.14 46.92	200m: 2:53.79 42.86	300m: 4:28.74 48.01	400m: 5:46.92 38.66	
16.	MEREMANS Mathys	10	Leuven Aquatics	5:48.60	305
	50m: 39.55 39.55	150m: 2:06.44 42.09	250m: 3:41.28 51.93	350m: 5:11.19 38.97	
	100m: 1:24.35 44.80	200m: 2:49.35 42.91	300m: 4:32.22 50.94	400m: 5:48.60 37.41	
17.	VANDERLINDEN Roald	11	Leuven Aquatics	5:50.24	301
	50m: 40.18 40.18	150m: 2:12.16 43.68	250m: 3:45.07 48.84	350m: 5:13.51 39.42	
	100m: 1:28.48 48.30	200m: 2:56.23 44.07	300m: 4:34.09 49.02	400m: 5:50.24 36.73	
18.	BROUX Alexander	07	Gzvn	5:50.84	299
	50m: 33.12 33.12	150m: 1:57.15 43.11	250m: 3:34.64 53.46	350m: 5:12.50 42.77	
	100m: 1:14.04 40.92	200m: 2:41.18 44.03	300m: 4:29.73 55.09	400m: 5:50.84 38.34	
19.	JANSSENS Tale	10	Westerlo Swimming Team	6:03.12	270
	50m: 37.33 37.33	150m: 2:09.92 48.80	250m: 3:48.24 51.70	350m: 5:24.20 41.99	
	100m: 1:21.12 43.79	200m: 2:56.54 46.62	300m: 4:42.21 53.97	400m: 6:03.12 38.92	
20.	VRANCKX Boudewijn	11	Leuven Aquatics	6:30.39	217
	50m: 44.24 44.24	150m: 2:28.24 46.25	250m: 4:09.55 54.20	350m: 5:45.09 40.90	
	100m: 1:41.99 57.75	200m: 3:15.35 47.11	300m: 5:04.19 54.64	400m: 6:30.39 45.30	
dis	LAVDANITI Zhulian Xhoi	03	Zwemclub Schoten		
	<i>SW 9.4 - een wedstrijdgedeelte (stijl) niet beëindigd (= A) zoals voorgeschreven voor die stijl</i>				
dis	JORISSEN Rube	08	Gzvn		
	<i>SW 6.4.c - Keerpunt niet dadelijk ingezet na borstligging en/of armtrek beweging</i>				
dis	KEISERS Tibo	09	Arendonkse Zwemvereniging		
	<i>SW 9.4 - een wedstrijdgedeelte (stijl) niet beëindigd (= A) zoals voorgeschreven voor die stijl</i>				
dis	KENENS Simon	08	Gzvn		
	<i>SW 7.6 - Niet met 2 handen gelijktijdig muur geraakt en/of handen op elkaar gelegd bij KP of A</i>				
FF	GHIJSEN Mateo	06	Westerlo Swimming Team		

Programmanr. 3
7-10-2023 - 14:20

400m vrije slag

9 - 10 jaar
Resultaten

Punten: FINA 2023

Rang		Geb.		Tijd	Pnt
9 jaar, Meisjes					
1.	MELIS Fee	14	Kempisch Swimming Team	6:51.19	177
	50m: 44.24 44.24	150m: 2:30.86 53.90	250m: 4:15.02 52.60	350m: 6:01.86 53.32	
	100m: 1:36.96 52.72	200m: 3:22.42 51.56	300m: 5:08.54 53.52	400m: 6:51.19 49.33	
2.	CASTELEYN Dieuwertje	14	Heitse Zwemclub Arduas	7:26.35	139
	50m: 46.79 46.79	150m: 2:39.74 57.81	250m: 4:36.00 58.64	350m: 6:31.36 57.09	
	100m: 1:41.93 55.14	200m: 3:37.36 57.62	300m: 5:34.27 58.27	400m: 7:26.35 54.99	





ShaRK 400m
Netepark Herentals, 7-10-2023

Programmanr. 3, Meisjes, 400m vrije slag, 9 jaar

Rang	Geb.	Tijd	Pnt
FF VANHEES Hannah	14 Gzvn		
9 jaar, Jongens			
1. MERTENS Dieter	14 ShaRK	5:56.86	210
50m: 39.79 39.79	150m: 2:10.78 46.41	250m: 3:44.28 47.30	350m: 5:15.31 44.90
100m: 1:24.37 44.58	200m: 2:56.98 46.20	300m: 4:30.41 46.13	400m: 5:56.86 41.55
2. LEYSEN Benjamin	14 Kempisch Swimming Team	6:24.86	167
50m: 40.03 40.03	150m: 2:15.31 47.92	250m: 3:54.62 50.15	350m: 5:32.56 48.46
100m: 1:27.39 47.36	200m: 3:04.47 49.16	300m: 4:44.10 49.48	400m: 6:24.86 52.30
3. ADAMS Mathis	14 Kempisch Swimming Team	7:55.59	88
50m: 48.94 48.94	150m: 2:49.09	250m:	350m: 6:55.57
100m:	200m: 3:50.39 1:01.30	300m:	400m: 7:55.59 1:00.02

10 jaar, Meisjes

1. MATTHEEUSEN Ella	13 Azk	6:42.52	189
50m: 45.99 45.99	150m: 2:28.65 52.25	250m: 4:12.46 51.53	350m: 5:56.37 53.00
100m: 1:36.40 50.41	200m: 3:20.93 52.28	300m: 5:03.37 50.91	400m: 6:42.52 46.15
2. VAN DE WOUWER Myrthe	13 Heitse Zwemclub Arduas	6:51.34	177
50m: 43.50 43.50	150m: 2:26.89 53.04	250m: 4:13.93 53.71	350m: 6:00.42 52.70
100m: 1:33.85 50.35	200m: 3:20.22 53.33	300m: 5:07.72 53.79	400m: 6:51.34 50.92
3. VAN LOMMEL Anthe	13 ShaRK	6:52.20	176
50m: 44.73 44.73	150m: 2:28.36 53.30	250m: 4:16.81 55.52	350m: 6:06.62 54.91
100m: 1:35.06 50.33	200m: 3:21.29 52.93	300m: 5:11.71 54.90	400m: 6:52.20 45.58
4. THEUNISSEN Jolien	13 Zwemclub Schoten	6:59.89	167
50m: 46.12 46.12	150m: 2:30.61 53.37	250m: 4:19.54 54.76	350m: 6:07.67 54.14
100m: 1:37.24 51.12	200m: 3:24.78 54.17	300m: 5:13.53 53.99	400m: 6:59.89 52.22
5. RATSITKA Irimi Dimitra	13 Gzvn	7:20.06	145
50m: 42.08 42.08	150m: 2:29.06 54.51	250m: 4:24.50 58.25	350m: 6:23.41 58.82
100m: 1:34.55 52.47	200m: 3:26.25 57.19	300m: 5:24.59 1:00.09	400m: 7:20.06 56.65
6. VERSLEGERS Roxan	13 Heitse Zwemclub Arduas	7:21.55	143
50m: 46.45 46.45	150m: 2:39.06 57.98	250m: 4:35.31 58.26	350m: 6:30.41 57.71
100m: 1:41.08 54.63	200m: 3:37.05 57.99	300m: 5:32.70 57.39	400m: 7:21.55 51.14
7. KEKEÇ Jenna	13 Zwemvereniging Lier	7:39.69	127
50m: 50.67 50.67	150m: 2:47.64 58.65	250m: 4:45.43 59.09	350m: 6:42.18 58.32
100m: 1:48.99 58.32	200m: 3:46.34 58.70	300m: 5:43.86 58.43	400m: 7:39.69 57.51
8. VAN DE BORNE Niemke	13 Heitse Zwemclub Arduas	8:29.80	93
50m: 56.87 56.87	150m: 3:07.43 1:06.95	250m: 5:19.28 1:06.22	350m: 7:30.96 1:04.91
100m: 2:00.48 1:03.61	200m: 4:13.06 1:05.63	300m: 6:26.05 1:06.77	400m: 8:29.80 58.84

10 jaar, Jongens

1. TORDEUR Kilian	13 Gzvn	5:56.34	211
50m: 37.49 37.49	150m: 2:06.67 45.10	250m: 3:39.39 46.24	350m: 5:13.42 46.87
100m: 1:21.57 44.08	200m: 2:53.15 46.48	300m: 4:26.55 47.16	400m: 5:56.34 42.92
2. LEYSEN Jeroen	13 Kempisch Swimming Team	6:29.10	162
50m: 41.29 41.29	150m:	250m: 4:03.22	350m: 5:43.13 49.06
100m:	200m:	300m: 4:54.07 50.85	400m: 6:29.10 45.97
3. CUYPERS Maxime	13 Gzvn	6:30.05	161
50m: 44.80 44.80	150m: 2:24.86 50.37	250m: 4:04.89 49.71	350m: 5:43.91 49.10
100m: 1:34.49 49.69	200m: 3:15.18 50.32	300m: 4:54.81 49.92	400m: 6:30.05 46.14





ShaRK 400m
Netepark Herentals, 7-10-2023

Programmanr. 3, Jongens, 400m vrije slag, 10 jaar

Rang			Geb.						Tijd	Pnt		
4.	DE WEERDT Bent		13		Zwemvereniging Lier				6:30.65	160		
	50m:	42.92	42.92	150m:	2:20.87	49.74	250m:	4:00.04	49.65	350m:	5:39.10	49.79
	100m:	1:31.13	48.21	200m:	3:10.39	49.52	300m:	4:49.31	49.27	400m:	6:30.65	51.55
5.	THIJSBAERT Nio		13		Zwemclub Nijlen				6:32.06	158		
	50m:	43.04	43.04	150m:	2:23.44	50.93	250m:	4:03.78	49.92	350m:	5:43.33	49.63
	100m:	1:32.51	49.47	200m:	3:13.86	50.42	300m:	4:53.70	49.92	400m:	6:32.06	48.73
6.	VERVAEKE Owen		13		Heistse Zwemclub Arduas				6:40.55	148		
	50m:	42.52	42.52	150m:	2:26.47	53.56	250m:	4:11.64	53.27	350m:	5:55.60	52.13
	100m:	1:32.91	50.39	200m:	3:18.37	51.90	300m:	5:03.47	51.83	400m:	6:40.55	44.95
7.	BELLENS Pieter		13		ShaRK				6:41.28	147		
	50m:	43.49	43.49	150m:	2:27.89	53.20	250m:	4:10.40	51.60	350m:	5:53.95	51.64
	100m:	1:34.69	51.20	200m:	3:18.80	50.91	300m:	5:02.31	51.91	400m:	6:41.28	47.33
8.	SEYMUS Axel		13		Heistse Zwemclub Arduas				6:45.92	142		
	50m:	42.69	42.69	150m:	2:23.77	51.98	250m:	4:12.26	53.66	350m:	5:58.57	51.51
	100m:	1:31.79	49.10	200m:	3:18.60	54.83	300m:	5:07.06	54.80	400m:	6:45.92	47.35
9.	VAN DEN KEYBUS Siënn		13		Zwemclub Nijlen				6:49.58	139		
	50m:	43.27	43.27	150m:	2:27.45	53.40	250m:	4:15.33	54.18	350m:	6:00.56	52.27
	100m:	1:34.05	50.78	200m:	3:21.15	53.70	300m:	5:08.29	52.96	400m:	6:49.58	49.02
10.	STABEL Jonathan		13		Kempisch Swimming Team				6:49.63	139		
	50m:	45.02	45.02	150m:	2:29.78	53.71	250m:	4:15.74	52.56	350m:	6:02.49	52.75
	100m:	1:36.07	51.05	200m:	3:23.18	53.40	300m:	5:09.74	54.00	400m:	6:49.63	47.14
11.	CLAESSENS Vic		13		Azk				6:49.89	138		
	50m:	44.89	44.89	150m:	2:27.22	51.27	250m:	4:11.89	52.11	350m:	5:56.89	54.34
	100m:	1:35.95	51.06	200m:	3:19.78	52.56	300m:	5:02.55	50.66	400m:	6:49.89	53.00
12.	VINGERHOETS Martijn		13		Zwemclub Nijlen				7:16.38	115		
	50m:	47.45	47.45	150m:	2:39.48	56.59	250m:	4:33.60	56.92	350m:	6:26.96	57.42
	100m:	1:42.89	55.44	200m:	3:36.68	57.20	300m:	5:29.54	55.94	400m:	7:16.38	49.42
13.	VAN DOOREN Witse		13		Zwemclub Nijlen				7:27.59	106		
	50m:	46.56	46.56	150m:			250m:			350m:		
	100m:	1:43.82	57.26	200m:	3:38.19		300m:	5:36.40		400m:	7:27.59	
FF	DE VOS Senne		13		Zwemclub Schoten							

Programmanr. 4
7-10-2023 - 15:00

Meisjes, 400m vrije slag

11 - 12 jaar
Resultaten

Punten: FINA 2023

Rang			Geb.						Tijd	Pnt		
11 jaar												
1.	BIERINCKX Mie		12		Zwemclub Nijlen				5:20.26	376		
	50m:	36.10	36.10	150m:	1:56.78	40.90	250m:	3:19.81	41.56	350m:	4:43.04	41.46
	100m:	1:15.88	39.78	200m:	2:38.25	41.47	300m:	4:01.58	41.77	400m:	5:20.26	37.22
2.	MELIS Vlinder		12		Kempisch Swimming Team				5:38.06	320		
	50m:	34.65	34.65	150m:	1:58.58	43.01	250m:	3:27.79	45.02	350m:	4:56.16	44.76
	100m:	1:15.57	40.92	200m:	2:42.77	44.19	300m:	4:11.40	43.61	400m:	5:38.06	41.90
3.	CUYPERS Manon		12		Gzvn				5:38.88	317		
	50m:	38.67	38.67	150m:	2:06.13	44.66	250m:	3:36.75	45.88	350m:		
	100m:	1:21.47	42.80	200m:	2:50.87	44.74	300m:			400m:	5:38.88	





ShaRK 400m
Netepark Herentals, 7-10-2023

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

Rang			Geb.					Tijd	Pnt
4.	GINKELS Febe		12	Leuven Aquatics				5:45.64	299
	50m: 39.85	39.85	150m: 2:07.90	44.02	250m: 3:36.62	44.19	350m: 5:03.92	43.21	
	100m: 1:23.88	44.03	200m: 2:52.43	44.53	300m: 4:20.71	44.09	400m: 5:45.64	41.72	
5.	BASSTANIE Liene		12	Zwemclub Nijlen				5:55.94	274
	50m: 39.34	39.34	150m: 2:09.24	45.70	250m: 3:41.10	45.79	350m: 5:11.90	45.03	
	100m: 1:23.54	44.20	200m: 2:55.31	46.07	300m: 4:26.87	45.77	400m: 5:55.94	44.04	
6.	VERRET Julie		12	Zwemclub Schoten				5:59.20	267
	50m: 39.56	39.56	150m: 2:10.23	46.29	250m: 3:41.97	45.98	350m: 5:15.07	46.06	
	100m: 1:23.94	44.38	200m: 2:55.99	45.76	300m: 4:29.01	47.04	400m: 5:59.20	44.13	
7.	VERMAELEN Miya		12	Zwemvereniging Lier				6:03.17	258
	50m: 41.69	41.69	150m: 2:12.92	45.56	250m: 3:45.10	46.54	350m: 5:18.97	46.75	
	100m: 1:27.36	45.67	200m: 2:58.56	45.64	300m: 4:32.22	47.12	400m: 6:03.17	44.20	
8.	JANSSEN Lauren		12	Gzvn				6:03.95	256
	50m: 38.77	38.77	150m: 2:11.27	46.88	250m: 3:45.37	47.63	350m: 5:20.61	47.72	
	100m: 1:24.39	45.62	200m: 2:57.74	46.47	300m: 4:32.89	47.52	400m: 6:03.95	43.34	
9.	SOARES ALMEIDA Lisa		12	Leuven Aquatics				6:06.04	252
	50m: 40.76	40.76	150m: 2:14.16	47.02	250m: 3:47.84	46.46	350m: 5:21.16	46.67	
	100m: 1:27.14	46.38	200m: 3:01.38	47.22	300m: 4:34.49	46.65	400m: 6:06.04	44.88	
10.	FAES Elyne		12	Heistse Zwemclub Arduas				6:09.47	245
	50m: 41.33	41.33	150m: 2:17.25	47.89	250m: 3:54.41	47.75	350m: 5:27.92	44.10	
	100m: 1:29.36	48.03	200m: 3:06.66	49.41	300m: 4:43.82	49.41	400m: 6:09.47	41.55	
11.	HOFMANS Elise		12	Leuven Aquatics				6:11.88	240
	50m: 40.74	40.74	150m: 2:14.86	47.36	250m: 3:51.36	48.07	350m: 5:27.12	47.66	
	100m: 1:27.50	46.76	200m: 3:03.29	48.43	300m: 4:39.46	48.10	400m: 6:11.88	44.76	
12.	LAZEROMS Sien		12	Azk				6:16.06	232
	50m: 41.73	41.73	150m: 2:18.29	48.13	250m: 3:53.52	47.32	350m: 5:30.90	48.40	
	100m: 1:30.16	48.43	200m: 3:06.20	47.91	300m: 4:42.50	48.98	400m: 6:16.06	45.16	
13.	DREESSEN Lyana		12	Gzvn				6:41.19	191
	50m: 39.80	39.80	150m: 2:19.49	51.99	250m: 4:05.50	53.65	350m: 5:52.41	52.74	
	100m: 1:27.50	47.70	200m: 3:11.85	52.36	300m: 4:59.67	54.17	400m: 6:41.19	48.78	
14.	DALEMANS Nel		12	Zwemvereniging Lier				6:47.08	183
	50m: 44.40	44.40	150m: 2:26.00	51.74	250m: 4:11.88	53.09	350m: 5:58.83	53.57	
	100m: 1:34.26	49.86	200m: 3:18.79	52.79	300m: 5:05.26	53.38	400m: 6:47.08	48.25	
15.	SOUVLERIS Anna		12	Gzvn				6:58.31	169
	50m: 47.33	47.33	150m:		250m:		350m: 6:09.09	54.11	
	100m: 1:40.01	52.68	200m: 3:28.00		300m: 5:14.98		400m: 6:58.31	49.22	
16.	CLAES Jade		12	Zwemclub Nijlen				6:58.65	168
	50m: 46.28	46.28	150m: 2:33.68	54.97	250m: 4:21.32	54.32	350m: 6:07.28	50.87	
	100m: 1:38.71	52.43	200m: 3:27.00	53.32	300m: 5:16.41	55.09	400m: 6:58.65	51.37	
17.	GEELLEN Guusje		12	Zwemclub Nijlen				6:59.81	167
	50m: 44.64	44.64	150m: 2:27.83	53.74	250m: 4:14.82	53.12	350m: 6:05.16	55.47	
	100m: 1:34.09	49.45	200m: 3:21.70	53.87	300m: 5:09.69	54.87	400m: 6:59.81	54.65	
dis	DE LAET Eline		12	Heistse Zwemclub Arduas					
	<i>SW 10.2 - Niet de volledige afstand gezwommen</i>								
dis	VAN LOOVEREN Aster		12	Azk					
	<i>SW 4.4 - valse start</i>								



ShaRK 400m
Netepark Herentals, 7-10-2023

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

Rang	Geb.	Tijd	Pnt
dis	GORIS Zita SW 4.4 - valse start	12	Brabo Zwemclub Antwerpen
dis	VAES Charlotte SW 4.4 - valse start	12	Heistse Zwemclub Arduas
FF	BERGHS Jinse	12	Gzvn

12 jaar

1.	LAUWERS Sofie	11	Kempisch Swimming Team	5:06.47	429
	50m: 34.57 34.57	150m: 1:52.90	39.71 250m: 3:12.04	39.97	350m: 4:30.46 39.12
	100m: 1:13.19 38.62	200m: 2:32.07	39.17 300m: 3:51.34	39.30	400m: 5:06.47 36.01
2.	MERTENS Femke	11	ShaRK	5:08.74	420
	50m: 34.27 34.27	150m: 1:52.60	39.45 250m: 3:12.23	39.97	350m: 4:32.24 40.02
	100m: 1:13.15 38.88	200m: 2:32.26	39.66 300m: 3:52.22	39.99	400m: 5:08.74 36.50
3.	VAN HEUGTEN Marie	11	Zwemclub Nijlen	5:19.40	379
	50m: 35.47 35.47	150m: 1:55.88	40.75 250m: 3:18.59	41.31	350m: 4:42.88 42.58
	100m: 1:15.13 39.66	200m: 2:37.28	41.40 300m: 4:00.30	41.71	400m: 5:19.40 36.52
4.	VAN AERSCHOT Nel	11	Westerlo Swimming Team	5:25.46	358
	50m: 37.26 37.26	150m: 2:00.05	41.68 250m: 3:24.14	41.43	350m: 4:48.06 41.67
	100m: 1:18.37 41.11	200m: 2:42.71	42.66 300m: 4:06.39	42.25	400m: 5:25.46 37.40
5.	CLAESSENS Ella-Louise	11	Gzvn	5:26.28	356
	50m: 36.09 36.09	150m: 1:58.46	41.89 250m: 3:23.06	42.23	350m: 4:47.22 42.42
	100m: 1:16.57 40.48	200m: 2:40.83	42.37 300m: 4:04.80	41.74	400m: 5:26.28 39.06
6.	KOREN Zara	11	Gzvn	5:28.29	349
	50m: 36.99 36.99	150m: 2:00.44	42.06 250m: 3:24.05	41.81	350m: 4:48.60 42.24
	100m: 1:18.38 41.39	200m: 2:42.24	41.80 300m: 4:06.36	42.31	400m: 5:28.29 39.69
7.	VAN REETH Lieze	11	Zwemvereniging Lier	5:30.74	342
	50m: 37.50 37.50	150m: 2:01.72	41.93 250m: 3:28.24	43.09	350m: 4:53.91 42.33
	100m: 1:19.79 42.29	200m: 2:45.15	43.43 300m: 4:11.58	43.34	400m: 5:30.74 36.83
8.	VAN GINNEKEN Marit	11	Azk	5:31.71	339
	50m: 36.07 36.07	150m: 1:59.46	42.64 250m: 3:26.61	43.83	350m: 4:52.20 42.68
	100m: 1:16.82 40.75	200m: 2:42.78	43.32 300m: 4:09.52	42.91	400m: 5:31.71 39.51
9.	MEERTENS Jessy	11	Gzvn	5:31.88	338
	50m: 35.78 35.78	150m: 1:56.72	41.66 250m: 3:22.27	42.87	350m: 4:50.19 44.61
	100m: 1:15.06 39.28	200m: 2:39.40	42.68 300m: 4:05.58	43.31	400m: 5:31.88 41.69
10.	LUYTEN Julie	11	Azk	5:33.31	334
	50m: 36.82 36.82	150m: 2:01.35	42.60 250m: 3:27.93	43.38	350m: 4:52.73 41.64
	100m: 1:18.75 41.93	200m: 2:44.55	43.20 300m: 4:11.09	43.16	400m: 5:33.31 40.58
11.	LEMMENS Febe	11	Westerlo Swimming Team	5:34.12	331
	50m: 37.56 37.56	150m: 2:06.80	45.45 250m: 3:35.47	43.09	350m: 4:57.81 41.14
	100m: 1:21.35 43.79	200m: 2:52.38	45.58 300m: 4:16.67	41.20	400m: 5:34.12 36.31
12.	VERDOOD Pip	11	Zwemvereniging Lier	5:34.28	331
	50m: 36.19 36.19	150m: 1:58.39	42.12 250m: 3:24.44	43.64	350m: 4:52.25 43.93
	100m: 1:16.27 40.08	200m: 2:40.80	42.41 300m: 4:08.32	43.88	400m: 5:34.28 42.03
13.	VERNIERS Nime	11	Zwemclub Schoten	5:40.78	312
	50m: 38.67 38.67	150m: 2:05.99	44.90 250m: 3:35.44	44.81	350m: 5:01.86 41.12
	100m: 1:21.09 42.42	200m: 2:50.63	44.64 300m: 4:20.74	45.30	400m: 5:40.78 38.92
14.	MARTENS Ries	11	Gzvn	5:43.85	304
	50m: 36.49 36.49	150m: 2:00.64	43.19 250m: 3:29.89	44.66	350m: 4:59.66 44.26
	100m: 1:17.45 40.96	200m: 2:45.23	44.59 300m: 4:15.40	45.51	400m: 5:43.85 44.19





ShaRK 400m
Netepark Herentals, 7-10-2023

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

Rang			Geb.						Tijd	Pnt		
15.	LAMBRECHTS Loes		11		Arendonkse Zwemvereniging				5:45.72	299		
	50m:	38.49	38.49	150m:	2:07.21	45.07	250m:	3:37.16	44.98	350m:	5:05.67	44.77
	100m:	1:22.14	43.65	200m:	2:52.18	44.97	300m:	4:20.90	43.74	400m:	5:45.72	40.05
16.	CORTHOUT Mirte		11		Heistse Zwemclub Arduas				5:46.39	297		
	50m:	37.04	37.04	150m:	2:06.11	45.46	250m:	3:35.91	44.87	350m:	5:04.74	43.11
	100m:	1:20.65	43.61	200m:	2:51.04	44.93	300m:	4:21.63	45.72	400m:	5:46.39	41.65
17.	MÜLLER Rena		11		Gzvn				5:52.34	282		
	50m:	38.74	38.74	150m:	2:05.87	43.78	250m:	3:36.26	45.52	350m:	5:08.04	45.85
	100m:	1:22.09	43.35	200m:	2:50.74	44.87	300m:	4:22.19	45.93	400m:	5:52.34	44.30
18.	BURSSENS Emma		11		Leuven Aquatics				5:59.95	265		
	50m:	40.66	40.66	150m:	2:13.19	46.94	250m:	3:47.25	47.06	350m:	5:20.27	46.59
	100m:	1:26.25	45.59	200m:	3:00.19	47.00	300m:	4:33.68	46.43	400m:	5:59.95	39.68
19.	VAN WAELDEREN Sarah		11		Westerlo Swimming Team				6:11.71	240		
	50m:	43.81	43.81	150m:	2:19.33	48.16	250m:	3:56.46	47.76	350m:	5:30.89	47.32
	100m:	1:31.17	47.36	200m:	3:08.70	49.37	300m:	4:43.57	47.11	400m:	6:11.71	40.82
20.	SMETS Maram		11		Kempisch Swimming Team				6:39.07	194		
	50m:	44.78	44.78	150m:	2:24.80	50.86	250m:	4:09.44	52.38	350m:	5:51.95	48.51
	100m:	1:33.94	49.16	200m:	3:17.06	52.26	300m:	5:03.44	54.00	400m:	6:39.07	47.12
21.	VAN REETH Lisse		11		Brabo Zwemclub Antwerpen				6:40.19	193		
	50m:	42.13	42.13	150m:	2:22.03	51.11	250m:	4:06.00	52.33	350m:	5:51.69	53.05
	100m:	1:30.92	48.79	200m:	3:13.67	51.64	300m:	4:58.64	52.64	400m:	6:40.19	48.50
FF	BEUNCKENS Tess		11		Gzvn							
FF	DE VOCHT Anne-Julie		11		Zwemclub Schoten							
FF	VAN DEN BOSCH Elise		11		Zwemclub Schoten							
FF	VANDE SOMPELE Jits		11		Zola							

Programmanr. 5
7-10-2023 - 15:55

Jongens, 400m vrije slag

11 - 12 jaar
Resultaten

Punten: FINA 2023

Rang			Geb.						Tijd	Pnt		
11 jaar												
1.	VERVLOET Finn		12		Gzvn				5:17.79	297		
	50m:	34.81	34.81	150m:	1:53.33	39.70	250m:	3:15.66	41.29	350m:	4:38.93	41.54
	100m:	1:13.63	38.82	200m:	2:34.37	41.04	300m:	3:57.39	41.73	400m:	5:17.79	38.86
2.	CLERCKX Thomas		12		Arendonkse Zwemvereniging				5:38.04	247		
	50m:	38.49	38.49	150m:	2:05.45	44.22	250m:	3:33.01	43.65	350m:	4:59.36	42.87
	100m:	1:21.23	42.74	200m:	2:49.36	43.91	300m:	4:16.49	43.48	400m:	5:38.04	38.68
3.	VANSPAUWEN Viktor		12		Gzvn				5:41.05	241		
	50m:	39.75	39.75	150m:	2:06.33	43.37	250m:	3:33.86	44.21	350m:	5:00.03	42.42
	100m:	1:22.96	43.21	200m:	2:49.65	43.32	300m:	4:17.61	43.75	400m:	5:41.05	41.02
4.	DERAEMAECCKER Mathias		12		Leuven Aquatics				5:57.69	208		
	50m:	38.58	38.58	150m:	2:08.72	45.78	250m:	3:39.75	45.26	350m:	5:12.32	46.56
	100m:	1:22.94	44.36	200m:	2:54.49	45.77	300m:	4:25.76	46.01	400m:	5:57.69	45.37
5.	MICHELS Linus		12		Brabo Zwemclub Antwerpen				6:06.39	194		
	50m:	41.03	41.03	150m:	2:14.58	47.14	250m:	3:49.73	47.73	350m:	5:23.64	46.59
	100m:	1:27.44	46.41	200m:	3:02.00	47.42	300m:	4:37.05	47.32	400m:	6:06.39	42.75





ShaRK 400m
Netepark Herentals, 7-10-2023

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

Rang					Geb.					Tijd	Pnt	
6.	VERBEEK Matts				12	Heitse Zwemclub Arduas				6:15.03	181	
	50m:	40.27	40.27	150m:	2:12.76	47.43	250m:	3:51.92	49.94	350m:	5:30.08	48.81
	100m:	1:25.33	45.06	200m:	3:01.98	49.22	300m:	4:41.27	49.35	400m:	6:15.03	44.95
7.	PIETERS Kobe				12	Heitse Zwemclub Arduas				6:15.28	180	
	50m:	42.81	42.81	150m:	2:17.40	47.62	250m:	3:54.56	48.20	350m:	5:30.97	47.73
	100m:	1:29.78	46.97	200m:	3:06.36	48.96	300m:	4:43.24	48.68	400m:	6:15.28	44.31
8.	BETTENS Stan				12	Zola				6:16.33	179	
	50m:	40.82	40.82	150m:	2:15.30	47.89	250m:	3:52.04	48.18	350m:	5:29.74	48.79
	100m:	1:27.41	46.59	200m:	3:03.86	48.56	300m:	4:40.95	48.91	400m:	6:16.33	46.59
9.	VAN SEVEREN Merlijn				12	Brabo Zwemclub Antwerpen				6:24.99	167	
	50m:	39.53	39.53	150m:	2:15.82	48.34	250m:	3:54.54	49.61	350m:	5:35.69	50.27
	100m:	1:27.48	47.95	200m:	3:04.93	49.11	300m:	4:45.42	50.88	400m:	6:24.99	49.30
10.	ERTVELDT Rogier				12	ShaRK				6:26.95	165	
	50m:	40.55	40.55	150m:	2:17.09	49.36	250m:	3:57.90	50.60	350m:	5:39.64	50.91
	100m:	1:27.73	47.18	200m:	3:07.30	50.21	300m:	4:48.73	50.83	400m:	6:26.95	47.31

12 jaar

1.	HUFKENS Ilian				11	ShaRK				4:57.47	363	
	50m:	33.18	33.18	150m:	1:48.78	38.29	250m:	3:05.33	38.38	350m:	4:21.82	38.25
	100m:	1:10.49	37.31	200m:	2:26.95	38.17	300m:	3:43.57	38.24	400m:	4:57.47	35.65
2.	DE VALCK Thibault				11	Kempisch Swimming Team				5:10.29	320	
	50m:	35.29	35.29	150m:	1:54.92	39.93	250m:	3:15.44	40.54	350m:	4:34.45	38.51
	100m:	1:14.99	39.70	200m:	2:34.90	39.98	300m:	3:55.94	40.50	400m:	5:10.29	35.84
3.	GYULNAZARYAN Max				11	Westerlo Swimming Team				5:15.58	304	
	50m:	35.93	35.93	150m:	1:54.96	40.37	250m:	3:16.55	40.63	350m:	4:37.76	40.61
	100m:	1:14.59	38.66	200m:	2:35.92	40.96	300m:	3:57.15	40.60	400m:	5:15.58	37.82
4.	SLUYTS Tibe				11	Westerlo Swimming Team				5:16.46	301	
	50m:	36.96	36.96	150m:	1:57.38	39.75	250m:	3:18.63	40.16	350m:	4:38.58	39.84
	100m:	1:17.63	40.67	200m:	2:38.47	41.09	300m:	3:58.74	40.11	400m:	5:16.46	37.88
5.	TORDEUR Ilias				11	Gzvn				5:30.82	264	
	50m:	36.55	36.55	150m:	1:59.93	41.96	250m:	3:25.62	42.96	350m:	4:50.88	42.37
	100m:	1:17.97	41.42	200m:	2:42.66	42.73	300m:	4:08.51	42.89	400m:	5:30.82	39.94
6.	STABEL Jasper				11	Kempisch Swimming Team				5:32.97	259	
	50m:	35.14	35.14	150m:	1:56.87	41.90	250m:	3:23.63	44.05	350m:	4:50.76	43.88
	100m:	1:14.97	39.83	200m:	2:39.58	42.71	300m:	4:06.88	43.25	400m:	5:32.97	42.21
7.	DIERICK Oscar				11	Leuven Aquatics				5:37.20	249	
	50m:	36.88	36.88	150m:	2:01.95	42.70	250m:	3:28.26	43.23	350m:	4:53.13	42.25
	100m:	1:19.25	42.37	200m:	2:45.03	43.08	300m:	4:10.88	42.62	400m:	5:37.20	44.07
8.	VAN DOOREN Warre				11	Zwemclub Nijlen				5:39.22	244	
	50m:	37.26	37.26	150m:	2:01.41	43.20	250m:	3:28.26	43.69	350m:	4:57.33	44.18
	100m:	1:18.21	40.95	200m:	2:44.57	43.16	300m:	4:13.15	44.89	400m:	5:39.22	41.89
9.	VAN GEEL Cis				11	Westerlo Swimming Team				5:57.72	208	
	50m:	39.34	39.34	150m:	2:09.37	45.22	250m:	3:43.17	47.49	350m:	5:16.03	45.96
	100m:	1:24.15	44.81	200m:	2:55.68	46.31	300m:	4:30.07	46.90	400m:	5:57.72	41.69
10.	ABOU MELHEM Jade				11	Zola				6:00.38	204	
	50m:	38.41	38.41	150m:	2:06.99	45.30	250m:	3:40.84	47.61	350m:	5:15.88	48.31
	100m:	1:21.69	43.28	200m:	2:53.23	46.24	300m:	4:27.57	46.73	400m:	6:00.38	44.50





ShaRK 400m
Netepark Herentals, 7-10-2023

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

Rang			Geb.						Tijd	Pnt		
11.	LAPEIRRE Tieben		11		Leuven Aquatics				6:01.30	202		
	50m:	38.63	38.63	150m:	2:09.88	46.67	250m:	3:43.62	47.57	350m:	5:16.75	46.46
	100m:	1:23.21	44.58	200m:	2:56.05	46.17	300m:	4:30.29	46.67	400m:	6:01.30	44.55
12.	VANRUSSELT Lucas		11		Gzvn				6:06.99	193		
	50m:	38.92	38.92	150m:	2:11.78	47.13	250m:	3:47.58	47.41	350m:	5:22.62	47.13
	100m:	1:24.65	45.73	200m:	3:00.17	48.39	300m:	4:35.49	47.91	400m:	6:06.99	44.37
13.	HUYBRIGHS Tibo		11		Zwemclub Schoten				6:54.37	134		
	50m:	42.01	42.01	150m:	2:25.38	52.23	250m:	4:14.22	54.71	350m:	6:04.34	53.96
	100m:	1:33.15	51.14	200m:	3:19.51	54.13	300m:	5:10.38	56.16	400m:	6:54.37	50.03
FF	DUMON Ilan		11		Leuven Aquatics							

2 - zaterdag 7 oktober 2023

7-10-2023 - 18:30

Programmanr. 6
7-10-2023 - 18:30

Dames, 400m vrije slag

13 jaar en ouder
Resultaten

Punten: FINA 2023

Rang			Geb.						Tijd	Pnt		
13 - 14 jaar												
1.	VANDERLINDEN Siri		09		Leuven Aquatics				4:22.95	680		
	50m:	30.16	30.16	150m:	1:35.72	32.92	250m:	2:42.35	33.43	350m:	3:49.56	33.67
	100m:	1:02.80	32.64	200m:	2:08.92	33.20	300m:	3:15.89	33.54	400m:	4:22.95	33.39
2.	VERVLOET Zoé		10		Gzvn				4:40.05	563		
	50m:	30.93	30.93	150m:	1:41.74	35.46	250m:	2:53.20	35.86	350m:	4:04.95	35.78
	100m:	1:06.28	35.35	200m:	2:17.34	35.60	300m:	3:29.17	35.97	400m:	4:40.05	35.10
3.	EVENS Noor		09		Gzvn				4:43.80	541		
	50m:	30.87	30.87	150m:	1:41.12	35.69	250m:	2:54.23	36.71	350m:	4:08.00	36.90
	100m:	1:05.43	34.56	200m:	2:17.52	36.40	300m:	3:31.10	36.87	400m:	4:43.80	35.80
4.	ZANGARI Aurora		09		Gzvn				4:48.89	513		
	50m:	32.37	32.37	150m:	1:44.18	36.42	250m:	2:58.35	37.18	350m:	4:12.62	37.12
	100m:	1:07.76	35.39	200m:	2:21.17	36.99	300m:	3:35.50	37.15	400m:	4:48.89	36.27
5.	BOVEN Axelle		10		ShaRK				4:51.52	499		
	50m:	32.45	32.45	150m:	1:45.57	36.81	250m:	3:00.78	37.32	350m:	4:16.21	37.68
	100m:	1:08.76	36.31	200m:	2:23.46	37.89	300m:	3:38.53	37.75	400m:	4:51.52	35.31
6.	VINGERHOETS Madelief		09		Zwemclub Nijlen				4:51.91	497		
	50m:	31.64	31.64	150m:	1:44.56	37.40	250m:	3:00.10	37.64	350m:	4:15.53	37.82
	100m:	1:07.16	35.52	200m:	2:22.46	37.90	300m:	3:37.71	37.61	400m:	4:51.91	36.38
7.	BIERINCKX Lienne		09		Zwemclub Nijlen				4:52.30	495		
	50m:	33.31	33.31	150m:	1:47.56	37.71	250m:	3:02.19	37.18	350m:	4:16.44	36.96
	100m:	1:09.85	36.54	200m:	2:25.01	37.45	300m:	3:39.48	37.29	400m:	4:52.30	35.86
8.	VAN BAELEN Yenthe		09		Molse Zwemclub "Mozka"				4:59.94	458		
	50m:	32.73	32.73	150m:	1:49.38	38.88	250m:	3:06.78	38.87	350m:	4:23.97	39.06
	100m:	1:10.50	37.77	200m:	2:27.91	38.53	300m:	3:44.91	38.13	400m:	4:59.94	35.97
9.	GEYPEN Fien		09		Molse Zwemclub "Mozka"				5:03.71	441		
	50m:	33.69	33.69	150m:	1:50.00	39.15	250m:	3:08.24	39.00	350m:	4:27.46	40.37
	100m:	1:10.85	37.16	200m:	2:29.24	39.24	300m:	3:47.09	38.85	400m:	5:03.71	36.25





ShaRK 400m
Netepark Herentals, 7-10-2023

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

Rang			Geb.						Tijd	Pnt	
10.	VAN ESPEN Lotte		09		Heitse Zwemclub Arduas				5:03.92	440	
	50m:	33.48 33.48	150m:	1:50.44	39.21	250m:	3:08.53	39.02	350m:	4:27.44	39.34
	100m:	1:11.23 37.75	200m:	2:29.51	39.07	300m:	3:48.10	39.57	400m:	5:03.92	36.48
11.	WIJCKMANS Lene		09		Heitse Zwemclub Arduas				5:09.33	418	
	50m:	34.28 34.28	150m:	1:52.53	39.78	250m:	3:12.94	40.20	350m:	4:31.74	39.00
	100m:	1:12.75 38.47	200m:	2:32.74	40.21	300m:	3:52.74	39.80	400m:	5:09.33	37.59
12.	SELS Sofie		10		Zwemclub Nijlen				5:09.48	417	
	50m:	34.69 34.69	150m:	1:52.42	39.11	250m:	3:11.33	39.37	350m:	4:31.42	40.10
	100m:	1:13.31 38.62	200m:	2:31.96	39.54	300m:	3:51.32	39.99	400m:	5:09.48	38.06
13.	SCHELLEMANS Charlotte		10		Zwemvereniging Lier				5:16.43	390	
	50m:	34.67 34.67	150m:	1:53.92	39.88	250m:	3:16.04	41.33	350m:	4:38.27	41.10
	100m:	1:14.04 39.37	200m:	2:34.71	40.79	300m:	3:57.17	41.13	400m:	5:16.43	38.16
14.	WATELLE Nona		10		Leuven Aquatics				5:16.75	389	
	50m:	35.82 35.82	150m:	1:56.40	40.57	250m:	3:17.31	40.84	350m:	4:37.88	40.19
	100m:	1:15.83 40.01	200m:	2:36.47	40.07	300m:	3:57.69	40.38	400m:	5:16.75	38.87
15.	SOUVLERIS Sofia		10		Gzvn				5:17.68	385	
	50m:	34.68 34.68	150m:	1:52.98	39.47	250m:	3:14.45	40.62	350m:	4:37.30	41.90
	100m:	1:13.51 38.83	200m:	2:33.83	40.85	300m:	3:55.40	40.95	400m:	5:17.68	40.38
16.	LEPAGE Amelie		10		Brabo Zwemclub Antwerpen				5:21.48	372	
	50m:	34.69 34.69	150m:	1:56.11	41.04	250m:	3:19.38	41.80	350m:	4:43.13	41.18
	100m:	1:15.07 40.38	200m:	2:37.58	41.47	300m:	4:01.95	42.57	400m:	5:21.48	38.35
17.	VAN WAELDEREN Hanne		09		Westerlo Swimming Team				5:22.83	367	
	50m:	37.51 37.51	150m:	2:00.57	41.85	250m:	3:22.08	40.54	350m:	4:44.59	41.36
	100m:	1:18.72 41.21	200m:	2:41.54	40.97	300m:	4:03.23	41.15	400m:	5:22.83	38.24
18.	MEERTENS Jody		09		Gzvn				5:22.97	367	
	50m:	35.61 35.61	150m:	1:53.59	39.28	250m:	3:14.70	41.01	350m:	4:40.46	42.94
	100m:	1:14.31 38.70	200m:	2:33.69	40.10	300m:	3:57.52	42.82	400m:	5:22.97	42.51
19.	LEMBRECHTS Sophie		10		Zwemvereniging Lier				5:23.14	366	
	50m:	35.94 35.94	150m:	1:58.37	41.75	250m:	3:20.57	41.03	350m:	4:44.10	41.57
	100m:	1:16.62 40.68	200m:	2:39.54	41.17	300m:	4:02.53	41.96	400m:	5:23.14	39.04
20.	HABRAKEN Amber		10		Gzvn				5:24.19	363	
	50m:	35.41 35.41	150m:	1:57.44	41.10	250m:	3:20.82	41.70	350m:	4:45.14	41.31
	100m:	1:16.34 40.93	200m:	2:39.12	41.68	300m:	4:03.83	43.01	400m:	5:24.19	39.05
21.	VAN DEN BERGH Anna		10		Zwemclub Schoten				5:24.40	362	
	50m:	35.01 35.01	150m:	1:57.26	41.86	250m:	3:19.97	41.57	350m:	4:44.47	42.75
	100m:	1:15.40 40.39	200m:	2:38.40	41.14	300m:	4:01.72	41.75	400m:	5:24.40	39.93
22.	JACOBS Lotte		09		Zwemvereniging Lier				5:24.82	361	
	50m:	35.89 35.89	150m:	1:57.48	41.30	250m:	3:19.94	40.88	350m:	4:45.14	43.29
	100m:	1:16.18 40.29	200m:	2:39.06	41.58	300m:	4:01.85	41.91	400m:	5:24.82	39.68
23.	JORISSEN Ameya		09		Heitse Zwemclub Arduas				5:31.47	339	
	50m:	36.45 36.45	150m:	1:59.72	42.31	250m:	3:24.45	42.33	350m:	4:50.18	42.97
	100m:	1:17.41 40.96	200m:	2:42.12	42.40	300m:	4:07.21	42.76	400m:	5:31.47	41.29
24.	BALAJI Yousra		10		Brabo Zwemclub Antwerpen				5:35.15	328	
	50m:	35.45 35.45	150m:	1:57.60	41.91	250m:	3:24.21	43.61	350m:	4:52.27	44.43
	100m:	1:15.69 40.24	200m:	2:40.60	43.00	300m:	4:07.84	43.63	400m:	5:35.15	42.88
25.	BOGAERTS Sarah		09		Zola				5:36.11	325	
	50m:	38.24 38.24	150m:	2:03.84	43.26	250m:	3:30.56	43.61	350m:	4:57.93	43.70
	100m:	1:20.58 42.34	200m:	2:46.95	43.11	300m:	4:14.23	43.67	400m:	5:36.11	38.18





ShaRK 400m
Netepark Herentals, 7-10-2023

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

Rang			Geb.					Tijd	Pnt			
26.	CAMPFORTS Fien		09	Kempisch Swimming Team				5:37.13	322			
	50m:	36.09	36.09	150m:	2:00.19	43.36	250m:	3:27.10	43.59	350m:	4:55.13	43.71
	100m:	1:16.83	40.74	200m:	2:43.51	43.32	300m:	4:11.42	44.32	400m:	5:37.13	42.00
27.	VERHEYEN Leonie		10	Westerlo Swimming Team				5:37.30	322			
	50m:	35.99	35.99	150m:	2:01.60	44.10	250m:	3:30.62	44.92	350m:	4:59.07	43.70
	100m:	1:17.50	41.51	200m:	2:45.70	44.10	300m:	4:15.37	44.75	400m:	5:37.30	38.23
28.	DIERCKX Femke		09	ShaRK				5:37.84	320			
	50m:	36.22	36.22	150m:	1:59.54	42.49	250m:	3:27.03	43.93	350m:	4:55.97	44.81
	100m:	1:17.05	40.83	200m:	2:43.10	43.56	300m:	4:11.16	44.13	400m:	5:37.84	41.87
29.	LANDA Luna		10	Zwemclub Schoten				5:38.30	319			
	50m:	38.92	38.92	150m:	2:04.69	42.82	250m:	3:32.38	44.50	350m:	4:58.44	42.75
	100m:	1:21.87	42.95	200m:	2:47.88	43.19	300m:	4:15.69	43.31	400m:	5:38.30	39.86
30.	HACHED Lina		09	Molse Zwemclub "Mozka"				5:40.43	313			
	50m:	37.46	37.46	150m:	2:03.53	43.56	250m:	3:30.48	43.49	350m:	4:57.74	43.23
	100m:	1:19.97	42.51	200m:	2:46.99	43.46	300m:	4:14.51	44.03	400m:	5:40.43	42.69
31.	BAYGUNES Defne		09	Molse Zwemclub "Mozka"				5:41.38	311			
	50m:	37.09	37.09	150m:	2:02.10	43.29	250m:	3:31.46	45.31	350m:	5:00.36	43.71
	100m:	1:18.81	41.72	200m:	2:46.15	44.05	300m:	4:16.65	45.19	400m:	5:41.38	41.02
32.	HANNES Amber		09	Arendonkse Zwemvereniging				5:44.12	303			
	50m:	39.31	39.31	150m:	2:06.32	43.92	250m:	3:33.81	43.53	350m:	5:00.83	42.85
	100m:	1:22.40	43.09	200m:	2:50.28	43.96	300m:	4:17.98	44.17	400m:	5:44.12	43.29
33.	CONTAN Raisa		10	Kempisch Swimming Team				5:46.58	297			
	50m:	37.82	37.82	150m:	2:04.63	44.21	250m:	3:34.50	45.15	350m:	5:05.61	45.28
	100m:	1:20.42	42.60	200m:	2:49.35	44.72	300m:	4:20.33	45.83	400m:	5:46.58	40.97
34.	CORNEZ Maylie		10	Brabo Zwemclub Antwerpen				5:48.40	292			
	50m:	36.83	36.83	150m:	2:03.58	43.99	250m:	3:34.05	45.37	350m:	5:06.41	46.49
	100m:	1:19.59	42.76	200m:	2:48.68	45.10	300m:	4:19.92	45.87	400m:	5:48.40	41.99
35.	MARCELIS Fien		10	ShaRK				5:48.98	291			
	50m:	37.59	37.59	150m:	2:04.63	44.20	250m:	3:34.37	45.20	350m:	5:04.96	44.79
	100m:	1:20.43	42.84	200m:	2:49.17	44.54	300m:	4:20.17	45.80	400m:	5:48.98	44.02
36.	MARCKX Lore		09	Brabo Zwemclub Antwerpen				5:52.18	283			
	50m:	40.89	40.89	150m:	2:07.42	43.75	250m:	3:38.74	45.90	350m:	5:09.52	45.29
	100m:	1:23.67	42.78	200m:	2:52.84	45.42	300m:	4:24.23	45.49	400m:	5:52.18	42.66
37.	STEFANOVA Gabriela		09	Zwemvereniging Lier				5:54.38	278			
	50m:	41.21	41.21	150m:	2:11.15	45.51	250m:	3:43.41	46.04	350m:	5:12.76	44.18
	100m:	1:25.64	44.43	200m:	2:57.37	46.22	300m:	4:28.58	45.17	400m:	5:54.38	41.62
38.	DE BOCK Marie		09	Heitse Zwemclub Arduas				5:54.63	277			
	50m:	40.06	40.06	150m:	2:09.74	45.45	250m:	3:40.76	45.31	350m:	5:11.70	44.79
	100m:	1:24.29	44.23	200m:	2:55.45	45.71	300m:	4:26.91	46.15	400m:	5:54.63	42.93
39.	LOYEZ Maxine		09	Brabo Zwemclub Antwerpen				5:57.77	270			
	50m:	36.80	36.80	150m:	2:04.41	44.33	250m:			350m:	5:13.46	48.32
	100m:	1:20.08	43.28	200m:	2:50.82	46.41	300m:	4:25.14		400m:	5:57.77	44.31
40.	VAN DE BORNE Aukje		10	Heitse Zwemclub Arduas				6:01.57	261			
	50m:	39.63	39.63	150m:	2:10.87	46.61	250m:	3:44.19	46.22	350m:	5:18.01	46.32
	100m:	1:24.26	44.63	200m:	2:57.97	47.10	300m:	4:31.69	47.50	400m:	6:01.57	43.56
41.	VAN MECHELEN Zoë		10	Kempisch Swimming Team				6:05.74	252			
	50m:	39.94	39.94	150m:	2:13.32	47.55	250m:	3:49.77	47.76	350m:	5:26.66	48.97
	100m:	1:25.77	45.83	200m:	3:02.01	48.69	300m:	4:37.69	47.92	400m:	6:05.74	39.08



ShaRK 400m
Netepark Herentals, 7-10-2023

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

Rang			Geb.					Tijd	Pnt		
42.	HOUVENAGHEL Elien		10	Brabo Zwemclub Antwerpen				6:13.86	236		
	50m:	38.80 38.80	150m:	2:11.78	48.07	250m:	3:49.16	48.43	350m:	5:26.75	48.69
	100m:	1:23.71 44.91	200m:	3:00.73	48.95	300m:	4:38.06	48.90	400m:	6:13.86	47.11
43.	VERHOEVEN Liese		09	Zwemvereniging Lier				6:25.01	216		
	50m:	42.60 42.60	150m:	2:20.38	49.62	250m:	4:00.11	49.33	350m:	5:38.27	48.97
	100m:	1:30.76 48.16	200m:	3:10.78	50.40	300m:	4:49.30	49.19	400m:	6:25.01	46.74
44.	VAN TENDELOO Marie		10	Brabo Zwemclub Antwerpen				6:36.11	199		
	50m:	42.28 42.28	150m:	2:19.63	49.07	250m:	4:02.35	51.66	350m:	5:46.39	51.85
	100m:	1:30.56 48.28	200m:	3:10.69	51.06	300m:	4:54.54	52.19	400m:	6:36.11	49.72
FF	VAN DEN BOSSCHE Lia		10	Zola							

15 - 16 jaar

1.	VANHOOF Marieke		07	Rscm				4:31.58	617		
	50m:	30.79 30.79	150m:	1:39.46	34.21	250m:	2:48.57	34.68	350m:	3:57.95	34.89
	100m:	1:05.25 34.46	200m:	2:13.89	34.43	300m:	3:23.06	34.49	400m:	4:31.58	33.63
2.	VRANKEN Dagmar		08	Zwemclub Nijlen				4:36.78	583		
	50m:	30.77 30.77	150m:	1:39.90	35.20	250m:	2:51.06	35.56	350m:	4:02.56	35.36
	100m:	1:04.70 33.93	200m:	2:15.50	35.60	300m:	3:27.20	36.14	400m:	4:36.78	34.22
3.	KONINGS Ylva		07	Gzvn				4:38.88	570		
	50m:	31.44 31.44	150m:	1:40.87	35.01	250m:	2:52.01	35.63	350m:	4:04.56	36.32
	100m:	1:05.86 34.42	200m:	2:16.38	35.51	300m:	3:28.24	36.23	400m:	4:38.88	34.32
	SPRANGERS Kato		08	Molse Zwemclub "Mozka"				4:38.88	570		
	50m:	31.66 31.66	150m:	1:41.04	35.00	250m:	2:52.20	35.49	350m:	4:04.30	36.20
	100m:	1:06.04 34.38	200m:	2:16.71	35.67	300m:	3:28.10	35.90	400m:	4:38.88	34.58
5.	CUSTERS Klara		07	Leuven Aquatics				4:43.04	545		
	50m:	30.81 30.81	150m:	1:41.87	36.01	250m:	2:55.65	36.79	350m:	4:07.87	35.87
	100m:	1:05.86 35.05	200m:	2:18.86	36.99	300m:	3:32.00	36.35	400m:	4:43.04	35.17
6.	CEULEMANS Hanne		08	Azk				4:46.42	526		
	50m:	32.12 32.12	150m:	1:43.31	35.94	250m:	2:56.34	36.57	350m:	4:10.50	37.36
	100m:	1:07.37 35.25	200m:	2:19.77	36.46	300m:	3:33.14	36.80	400m:	4:46.42	35.92
7.	DE BECKER Loren		07	Zwemclub Schoten				4:49.70	508		
	50m:	33.16 33.16	150m:	1:45.20	36.26	250m:	2:58.22	36.19	350m:	4:12.51	37.45
	100m:	1:08.94 35.78	200m:	2:22.03	36.83	300m:	3:35.06	36.84	400m:	4:49.70	37.19
8.	PAVEL Anna		07	Leuven Aquatics				4:50.01	507		
	50m:	33.45 33.45	150m:	1:46.53	37.12	250m:	3:00.34	36.83	350m:	4:14.06	36.93
	100m:	1:09.41 35.96	200m:	2:23.51	36.98	300m:	3:37.13	36.79	400m:	4:50.01	35.95
9.	DE BAERDEMAEKER Paulien		08	Leuven Aquatics				4:51.41	500		
	50m:	33.31 33.31	150m:	1:46.14	36.60	250m:	3:00.55	37.23	350m:	4:15.53	37.49
	100m:	1:09.54 36.23	200m:	2:23.32	37.18	300m:	3:38.04	37.49	400m:	4:51.41	35.88
10.	DE MAERSCHALCK Ella		07	Rscm				4:52.28	495		
	50m:	32.62 32.62	150m:	1:45.65	37.28	250m:	3:01.12	37.63	350m:	4:16.43	37.74
	100m:	1:08.37 35.75	200m:	2:23.49	37.84	300m:	3:38.69	37.57	400m:	4:52.28	35.85
11.	VAN HOOFF Floor		08	Leuven Aquatics				4:56.51	474		
	50m:	33.35 33.35	150m:	1:48.76	38.07	250m:	3:05.40	38.27	350m:	4:20.38	36.92
	100m:	1:10.69 37.34	200m:	2:27.13	38.37	300m:	3:43.46	38.06	400m:	4:56.51	36.13
12.	JANSSENS Blue		07	Zwemclub Nijlen				4:56.70	473		
	50m:	32.79 32.79	150m:	1:47.79	37.55	250m:	3:04.25	38.33	350m:	4:20.83	38.13
	100m:	1:10.24 37.45	200m:	2:25.92	38.13	300m:	3:42.70	38.45	400m:	4:56.70	35.87





ShaRK 400m
Netepark Herentals, 7-10-2023

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

Rang			Geb.					Tijd	Pnt
13.	DELIEN Floor		08	Zwemclub Nijlen				4:59.19	462
	50m: 32.50	32.50	150m: 1:48.69	38.31	250m: 3:05.81	38.61	350m: 4:23.44	38.83	
	100m: 1:10.38	37.88	200m: 2:27.20	38.51	300m: 3:44.61	38.80	400m: 4:59.19	35.75	
14.	WOUTERS Lieze		07	ShaRK				5:01.35	452
	50m: 32.19	32.19	150m: 1:45.87	37.12	250m: 3:03.48	39.52	350m: 4:22.97	39.27	
	100m: 1:08.75	36.56	200m: 2:23.96	38.09	300m: 3:43.70	40.22	400m: 5:01.35	38.38	
15.	LAUWERS Lotte		08	Kempisch Swimming Team				5:04.30	439
	50m: 33.94	33.94	150m: 1:50.33	38.67	250m: 3:08.74	39.21	350m: 4:26.78	38.67	
	100m: 1:11.66	37.72	200m: 2:29.53	39.20	300m: 3:48.11	39.37	400m: 5:04.30	37.52	
16.	MEYSMANS Louise		07	Rscm				5:08.65	420
	50m: 32.78	32.78	150m: 1:49.08	39.03	250m: 3:08.19	39.49	350m: 4:28.63	40.44	
	100m: 1:10.05	37.27	200m: 2:28.70	39.62	300m: 3:48.19	40.00	400m: 5:08.65	40.02	
17.	DE RIDDER Sterre		08	Zwemclub Schoten				5:09.90	415
	50m: 34.62	34.62	150m: 1:50.29	38.43	250m: 3:08.48	39.30	350m: 4:30.09	40.81	
	100m: 1:11.86	37.24	200m: 2:29.18	38.89	300m: 3:49.28	40.80	400m: 5:09.90	39.81	
18.	VAN WAELDEREN Nele		07	Westerlo Swimming Team				5:11.77	408
	50m: 34.98	34.98	150m: 1:52.66	39.42	250m: 3:12.94	40.24	350m: 4:33.23	40.22	
	100m: 1:13.24	38.26	200m: 2:32.70	40.04	300m: 3:53.01	40.07	400m: 5:11.77	38.54	
19.	AERNOOTS Roos		08	Azk				5:12.97	403
	50m: 34.44	34.44	150m: 1:52.78	40.32	250m: 3:14.48	41.11	350m: 4:34.67	39.81	
	100m: 1:12.46	38.02	200m: 2:33.37	40.59	300m: 3:54.86	40.38	400m: 5:12.97	38.30	
20.	LUYTEN Hanne		08	Azk				5:13.16	402
	50m: 33.91	33.91	150m: 1:52.00	39.87	250m: 3:13.36	40.77	350m: 4:34.06	40.42	
	100m: 1:12.13	38.22	200m: 2:32.59	40.59	300m: 3:53.64	40.28	400m: 5:13.16	39.10	
21.	COESEMANS Amilia		08	Arendonkse Zwemvereniging				5:13.37	402
	50m: 33.84	33.84	150m: 1:52.10	39.61	250m: 3:12.54	40.47	350m: 4:34.48	40.50	
	100m: 1:12.49	38.65	200m: 2:32.07	39.97	300m: 3:53.98	41.44	400m: 5:13.37	38.89	
22.	ERTVELDT Klaartje		08	ShaRK				5:20.91	374
	50m: 33.63	33.63	150m: 1:53.98	40.51	250m: 3:17.54	41.69	350m: 4:41.30	42.31	
	100m: 1:13.47	39.84	200m: 2:35.85	41.87	300m: 3:58.99	41.45	400m: 5:20.91	39.61	
23.	VERHEYDEN Noah		07	Molse Zwemclub "Mozka"				5:40.93	312
	50m: 36.79	36.79	150m: 2:01.22	43.09	250m: 3:29.81	44.25	350m: 4:58.56	44.46	
	100m: 1:18.13	41.34	200m: 2:45.56	44.34	300m: 4:14.10	44.29	400m: 5:40.93	42.37	
24.	CHIHAB Sanna		07	Molse Zwemclub "Mozka"				5:56.27	273
	50m: 39.77	39.77	150m: 2:09.60	45.12	250m: 3:40.89	45.41	350m: 5:12.77	45.89	
	100m: 1:24.48	44.71	200m: 2:55.48	45.88	300m: 4:26.88	45.99	400m: 5:56.27	43.50	
25.	PEETERS Kaat		08	ShaRK				5:56.45	273
	50m: 35.22	35.22	150m: 2:01.29	44.95	250m: 3:35.75	47.91	350m:		
	100m: 1:16.34	41.12	200m: 2:47.84	46.55	300m: 4:23.25	47.50	400m: 5:56.45		
26.	STEFANOVA Silvia		07	Zwemvereniging Lier				6:01.94	260
	50m: 40.34	40.34	150m: 2:13.01	47.36	250m: 3:47.16	47.74	350m: 5:20.16	46.06	
	100m: 1:25.65	45.31	200m: 2:59.42	46.41	300m: 4:34.10	46.94	400m: 6:01.94	41.78	
27.	VERVOORT Mila		08	Zola				10:14.61	53
	50m: 1:11.79	1:11.79	150m: 3:50.32	1:18.92	250m: 6:28.12	1:18.93	350m: 9:05.09	1:18.74	
	100m: 2:31.40	1:19.61	200m: 5:09.19	1:18.87	300m: 7:46.35	1:18.23	400m: 10:14.61	1:09.52	
FF	HUBERLAND Lore		08	Zwemvereniging Lier					
FF	MEERTS Xsandy		07	Zwemclub Nijlen					



ShaRK 400m
Netepark Herentals, 7-10-2023

Programmanr. 6, Dames, 400m vrije slag

17 jaar en ouder

1.	VAN DOOREN Ante	06	Zwemclub Nijlen	4:26.19	656
	50m: 29.94 29.94	150m: 1:37.17	33.76 250m: 2:45.35	33.89	350m: 3:53.14
	100m: 1:03.41 33.47	200m: 2:11.46	34.29 300m: 3:19.34	33.99	400m: 4:26.19
					33.05
2.	VAN OSTA Nomi	05	Zwemclub Schoten	4:42.53	548
	50m: 31.55 31.55	150m: 1:42.92	35.43 250m: 2:55.20	36.29	350m: 4:07.32
	100m: 1:07.49 35.94	200m: 2:18.91	35.99 300m: 3:31.12	35.92	400m: 4:42.53
					35.21
3.	VAN DEN BOSCH Maxine	06	Rscm	4:48.03	517
	50m: 31.38 31.38	150m: 1:42.16	35.67 250m: 2:56.11	37.04	350m: 4:11.15
	100m: 1:06.49 35.11	200m: 2:19.07	36.91 300m: 3:33.34	37.23	400m: 4:48.03
					36.88
4.	BERTEN Martha	05	Rscm	4:56.01	477
	50m: 32.29 32.29	150m: 1:46.47	37.73 250m: 3:02.19	37.87	350m: 4:18.03
	100m: 1:08.74 36.45	200m: 2:24.32	37.85 300m: 3:40.34	38.15	400m: 4:56.01
					37.98
5.	COEKAERTS Jolien	05	Rscm	4:57.57	469
	50m: 33.70 33.70	150m: 1:48.94	37.99 250m: 3:04.30	37.65	350m: 4:21.35
	100m: 1:10.95 37.25	200m: 2:26.65	37.71 300m: 3:42.82	38.52	400m: 4:57.57
					36.22
6.	VAN LOOY Anke	06	Heitse Zwemclub Arduas	4:59.56	460
	50m: 33.05 33.05	150m: 1:48.71	38.32 250m: 3:05.93	38.80	350m: 4:22.61
	100m: 1:10.39 37.34	200m: 2:27.13	38.42 300m: 3:44.53	38.60	400m: 4:59.56
					36.95
7.	VAN LOON Tess	06	Azk	5:00.57	455
	50m: 33.51 33.51	150m: 1:48.81	37.89 250m: 3:05.99	38.89	350m: 4:23.64
	100m: 1:10.92 37.41	200m: 2:27.10	38.29 300m: 3:45.14	39.15	400m: 5:00.57
					36.93
8.	JACOB Mei-Jun	05	Zwemvereniging Lier	5:02.17	448
	50m: 34.15 34.15	150m: 1:50.05	38.35 250m: 3:07.27	38.43	350m: 4:25.42
	100m: 1:11.70 37.55	200m: 2:28.84	38.79 300m: 3:46.21	38.94	400m: 5:02.17
					36.75
9.	JOPPE Shanna	06	Zola	5:07.36	426
	50m: 33.29 33.29	150m: 1:48.88	38.37 250m: 3:08.17	39.74	350m: 4:28.77
	100m: 1:10.51 37.22	200m: 2:28.43	39.55 300m: 3:48.21	40.04	400m: 5:07.36
					38.59
10.	SERGANT Klara	06	Molse Zwemclub "Mozka"	5:13.70	400
	50m: 34.91 34.91	150m: 1:52.60	39.22 250m: 3:12.80	40.33	350m: 4:34.30
	100m: 1:13.38 38.47	200m: 2:32.47	39.87 300m: 3:53.71	40.91	400m: 5:13.70
					39.40
11.	JONCKHEERE Nelle	06	Zwemclub Nijlen	5:16.33	390
	50m: 34.33 34.33	150m: 1:52.37	40.09 250m: 3:13.63	40.75	350m: 4:35.69
	100m: 1:12.28 37.95	200m: 2:32.88	40.51 300m: 3:54.55	40.92	400m: 5:16.33
					40.64
dis	KENNIS Nathalie	02	Arendonkse Zwemvereniging		
	SW 4.4 - valse start				

Programmanr. 7
7-10-2023 - 20:00

Heren, 400m vrije slag

13 jaar en ouder
Resultaten

Punten: FINA 2023

Rang	Geb.	Tijd	Pnt		
13 - 14 jaar					
1.	KEISERS Tibo	09	Arendonkse Zwemvereniging	4:34.38	462
	50m: 30.69 30.69	150m: 1:40.60	35.53 250m: 2:50.37	34.49	350m: 4:00.33
	100m: 1:05.07 34.38	200m: 2:15.88	35.28 300m: 3:25.86	35.49	400m: 4:34.38
					34.05
2.	LISSENS Tuur	10	Leuven Aquatics	4:38.35	443
	50m: 31.44 31.44	150m: 1:41.27	35.08 250m: 2:52.62	35.25	350m: 4:04.47
	100m: 1:06.19 34.75	200m: 2:17.37	36.10 300m: 3:28.60	35.98	400m: 4:38.35
					33.88





ShaRK 400m
Netepark Herentals, 7-10-2023

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

Rang					Geb.					Tijd	Pnt	
3.	SAZONOV Fedor				09	Kempisch Swimming Team				4:43.49	419	
	50m:	30.99	30.99	150m:	1:43.18	36.52	250m:	2:58.04	37.32	350m:	4:11.25	35.49
	100m:	1:06.66	35.67	200m:	2:20.72	37.54	300m:	3:35.76	37.72	400m:	4:43.49	32.24
4.	VERMEERBERGEN Kamiel				09	Molse Zwemclub "Mozka"				4:46.82	405	
	50m:	33.57	33.57	150m:	1:46.53	36.50	250m:	2:58.85	35.91	350m:	4:11.42	36.17
	100m:	1:10.03	36.46	200m:	2:22.94	36.41	300m:	3:35.25	36.40	400m:	4:46.82	35.40
5.	VAN LOON Wies				09	Azk				4:47.11	404	
	50m:	31.74	31.74	150m:	1:43.29	36.27	250m:	2:57.67	37.21	350m:	4:11.89	
	100m:	1:07.02	35.28	200m:	2:20.46	37.17	300m:			400m:	4:47.11	35.22
6.	VOLDERS Arne				10	Zwemvereniging Lier				4:48.21	399	
	50m:	32.13	32.13	150m:	1:46.69	37.35	250m:	3:00.45	36.61	350m:	4:14.54	36.58
	100m:	1:09.34	37.21	200m:	2:23.84	37.15	300m:	3:37.96	37.51	400m:	4:48.21	33.67
7.	VOS Sem				10	Gzvn				4:49.90	392	
	50m:	32.74	32.74	150m:	1:46.51	37.01	250m:	3:00.42	37.40	350m:	4:14.27	36.78
	100m:	1:09.50	36.76	200m:	2:23.02	36.51	300m:	3:37.49	37.07	400m:	4:49.90	35.63
8.	MPITZILIS Ilias				10	Gzvn				4:56.49	366	
	50m:	32.85	32.85	150m:	1:47.97	38.15	250m:	3:03.96	38.27	350m:	4:20.45	38.52
	100m:	1:09.82	36.97	200m:	2:25.69	37.72	300m:	3:41.93	37.97	400m:	4:56.49	36.04
9.	ZOUHRI Amir				10	Leuven Aquatics				4:56.59	366	
	50m:	33.39	33.39	150m:	1:48.18	38.24	250m:	3:04.14	37.84	350m:	4:20.28	38.07
	100m:	1:09.94	36.55	200m:	2:26.30	38.12	300m:	3:42.21	38.07	400m:	4:56.59	36.31
10.	BETTENS Lucas				10	Zola				4:56.94	365	
	50m:	34.19	34.19	150m:	1:48.47	37.80	250m:	3:04.46	38.25	350m:	4:21.10	38.11
	100m:	1:10.67	36.48	200m:	2:26.21	37.74	300m:	3:42.99	38.53	400m:	4:56.94	35.84
11.	CUYPERS Arnaud				09	Gzvn				4:58.85	358	
	50m:	31.81	31.81	150m:	1:45.34	37.23	250m:	3:01.65	38.75	350m:	4:20.51	39.25
	100m:	1:08.11	36.30	200m:	2:22.90	37.56	300m:	3:41.26	39.61	400m:	4:58.85	38.34
	LAEREMANS Sebastiaan				09	ShaRK				4:58.85	358	
	50m:	33.34	33.34	150m:	1:48.80	37.83	250m:	3:05.13	38.16	350m:	4:19.73	36.47
	100m:	1:10.97	37.63	200m:	2:26.97	38.17	300m:	3:43.26	38.13	400m:	4:58.85	39.12
13.	SLUYTS Jenne				09	Westerlo Swimming Team				4:59.62	355	
	50m:	33.73	33.73	150m:	1:48.76	37.94	250m:	3:05.70	38.67	350m:	4:22.23	38.27
	100m:	1:10.82	37.09	200m:	2:27.03	38.27	300m:	3:43.96	38.26	400m:	4:59.62	37.39
14.	LAEREMANS Simon				09	ShaRK				5:00.10	353	
	50m:	32.52	32.52	150m:	1:47.23	38.27	250m:	3:04.75	39.11	350m:	4:23.12	38.83
	100m:	1:08.96	36.44	200m:	2:25.64	38.41	300m:	3:44.29	39.54	400m:	5:00.10	36.98
15.	DE MAERSCHALCK Bill				09	Rscm				5:02.51	345	
	50m:	32.56	32.56	150m:	1:47.23	37.96	250m:	3:04.88	38.69	350m:	4:22.64	38.63
	100m:	1:09.27	36.71	200m:	2:26.19	38.96	300m:	3:44.01	39.13	400m:	5:02.51	39.87
16.	MORRENS Jack				09	Zwemclub Schoten				5:03.99	340	
	50m:	33.62	33.62	150m:	1:50.15	38.65	250m:	3:08.19	38.84	350m:	4:26.86	39.33
	100m:	1:11.50	37.88	200m:	2:29.35	39.20	300m:	3:47.53	39.34	400m:	5:03.99	37.13
17.	MEREMANS Mathys				10	Leuven Aquatics				5:04.98	337	
	50m:	34.20	34.20	150m:	1:50.40	38.35	250m:	3:07.81	38.60	350m:	4:27.39	39.82
	100m:	1:12.05	37.85	200m:	2:29.21	38.81	300m:	3:47.57	39.76	400m:	5:04.98	37.59
18.	NAEGELS Reza				10	Zola				5:05.13	336	
	50m:	34.61	34.61	150m:	1:51.21	38.75	250m:	3:09.96	39.31	350m:	4:28.34	39.27
	100m:	1:12.46	37.85	200m:	2:30.65	39.44	300m:	3:49.07	39.11	400m:	5:05.13	36.79





ShaRK 400m
Netepark Herentals, 7-10-2023

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

Rang				Geb.					Tijd	Pnt		
19.	DIRICKX Pepijn			09	ShaRK				5:06.51	332		
	50m:	32.49	32.49	150m:	1:47.64	38.41	250m:	3:06.97	39.66	350m:	4:27.18	40.20
	100m:	1:09.23	36.74	200m:	2:27.31	39.67	300m:	3:46.98	40.01	400m:	5:06.51	39.33
20.	BROWN Quinten			09	ShaRK				5:07.32	329		
	50m:	34.05	34.05	150m:	1:52.03	39.55	250m:	3:11.45	39.62	350m:	4:29.92	39.22
	100m:	1:12.48	38.43	200m:	2:31.83	39.80	300m:	3:50.70	39.25	400m:	5:07.32	37.40
21.	KEKEÇ Samir			09	Zwemvereniging Lier				5:08.92	324		
	50m:	34.29	34.29	150m:	1:51.04	38.91	250m:	3:10.73	39.75	350m:	4:31.45	40.17
	100m:	1:12.13	37.84	200m:	2:30.98	39.94	300m:	3:51.28	40.55	400m:	5:08.92	37.47
22.	JORISSEN Quinten			09	Azk				5:10.20	320		
	50m:	33.66	33.66	150m:	1:51.53	39.34	250m:	3:11.97	40.31	350m:	4:31.82	39.38
	100m:	1:12.19	38.53	200m:	2:31.66	40.13	300m:	3:52.44	40.47	400m:	5:10.20	38.38
23.	SHAWN Da Silva Camarate			10	Brabo Zwemclub Antwerpen				5:10.91	318		
	50m:	34.06	34.06	150m:	1:52.34	39.58	250m:	3:12.38	39.62	350m:	4:32.68	40.10
	100m:	1:12.76	38.70	200m:	2:32.76	40.42	300m:	3:52.58	40.20	400m:	5:10.91	38.23
24.	VAN NOOTEN Vic			10	Leuven Aquatics				5:11.07	317		
	50m:	34.24	34.24	150m:	1:53.12	39.43	250m:	3:12.94	40.03	350m:	4:32.63	39.60
	100m:	1:13.69	39.45	200m:	2:32.91	39.79	300m:	3:53.03	40.09	400m:	5:11.07	38.44
25.	BOBEV Boyan			10	Leuven Aquatics				5:11.66	315		
	50m:	34.56	34.56	150m:	1:53.51	39.80	250m:	3:12.97	39.69	350m:	4:33.06	40.15
	100m:	1:13.71	39.15	200m:	2:33.28	39.77	300m:	3:52.91	39.94	400m:	5:11.66	38.60
26.	VAN STEENBERGEN Victor			09	ShaRK				5:13.67	309		
	50m:	33.84	33.84	150m:	1:50.04	38.98	250m:	3:10.22	40.83	350m:	4:30.63	39.52
	100m:	1:11.06	37.22	200m:	2:29.39	39.35	300m:	3:51.11	40.89	400m:	5:13.67	43.04
27.	VAN GINNEKEN Kamil			09	Azk				5:14.14	308		
	50m:	34.79	34.79	150m:	1:51.92	39.09	250m:	3:12.61	40.27	350m:	4:33.63	40.64
	100m:	1:12.83	38.04	200m:	2:32.34	40.42	300m:	3:52.99	40.38	400m:	5:14.14	40.51
28.	SLOOTMAEKERS Matteo			10	Leuven Aquatics				5:18.06	297		
	50m:	35.55	35.55	150m:	1:57.60	41.55	250m:	3:18.55	40.95	350m:	4:38.70	40.03
	100m:	1:16.05	40.50	200m:	2:37.60	40.00	300m:	3:58.67	40.12	400m:	5:18.06	39.36
29.	VERVAECKE Brian			10	Zwemclub Nijlen				5:21.25	288		
	50m:	35.60	35.60	150m:	1:55.25	40.72	250m:	3:18.80	42.03	350m:	4:40.83	41.30
	100m:	1:14.53	38.93	200m:	2:36.77	41.52	300m:	3:59.53	40.73	400m:	5:21.25	40.42
30.	ROOSEN Thomas			10	Brabo Zwemclub Antwerpen				5:22.28	285		
	50m:	35.56	35.56	150m:	1:57.81	41.95	250m:	3:21.06	42.34	350m:	4:43.19	41.48
	100m:	1:15.86	40.30	200m:	2:38.72	40.91	300m:	4:01.71	40.65	400m:	5:22.28	39.09
31.	LEMMENS Noah			10	Arendonkse Zwemvereniging				5:23.08	283		
	50m:	37.22	37.22	150m:	1:59.70	40.69	250m:	3:22.02	41.06	350m:	4:43.44	40.63
	100m:	1:19.01	41.79	200m:	2:40.96	41.26	300m:	4:02.81	40.79	400m:	5:23.08	39.64
32.	WYNANTS Ward			10	Zwemclub Nijlen				5:23.76	281		
	50m:	36.51	36.51	150m:	1:58.08	41.05	250m:	3:21.08	41.44	350m:	4:45.71	42.45
	100m:	1:17.03	40.52	200m:	2:39.64	41.56	300m:	4:03.26	42.18	400m:	5:23.76	38.05
33.	JANSSENS Talle			10	Westerlo Swimming Team				5:25.01	278		
	50m:	37.46	37.46	150m:	1:58.79	41.24	250m:	3:22.56	41.45	350m:	4:46.45	41.76
	100m:	1:17.55	40.09	200m:	2:41.11	42.32	300m:	4:04.69	42.13	400m:	5:25.01	38.56
34.	LADEWIG Seth			09	Zola				5:26.38	275		
	50m:	34.66	34.66	150m:	1:56.14	41.57	250m:	3:21.43	43.01	350m:	4:47.10	42.77
	100m:	1:14.57	39.91	200m:	2:38.42	42.28	300m:	4:04.33	42.90	400m:	5:26.38	39.28



ShaRK 400m
Netepark Herentals, 7-10-2023

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

Rang			Geb.						Tijd	Pnt
35.	OTTEVAERE Benjamin		10	Azk					5:31.60	262
	50m: 35.36	35.36	150m: 1:59.38	42.94	250m: 3:25.20	43.27	350m: 4:50.75	42.03		
	100m: 1:16.44	41.08	200m: 2:41.93	42.55	300m: 4:08.72	43.52	400m: 5:31.60	40.85		
36.	WILLEMS Ruben		10	Arendonkse Zwemvereniging					5:32.44	260
	50m: 35.68	35.68	150m: 2:01.06	43.04	250m: 3:26.87	42.75	350m: 4:51.94	42.62		
	100m: 1:18.02	42.34	200m: 2:44.12	43.06	300m: 4:09.32	42.45	400m: 5:32.44	40.50		
37.	VAN MECHGELEN Arne		10	Kempisch Swimming Team					5:34.45	255
	50m: 38.43	38.43	150m: 2:03.27	42.83	250m: 3:26.07	40.68	350m: 4:53.11	43.57		
	100m: 1:20.44	42.01	200m: 2:45.39	42.12	300m: 4:09.54	43.47	400m: 5:34.45	41.34		
38.	JACOB Qingkun		10	Zwemvereniging Lier					5:37.69	248
	50m: 36.75	36.75	150m: 2:02.71	44.21	250m: 3:29.18	42.46	350m: 4:56.23	43.27		
	100m: 1:18.50	41.75	200m: 2:46.72	44.01	300m: 4:12.96	43.78	400m: 5:37.69	41.46		
39.	LI Yuze		10	Leuven Aquatics					5:39.47	244
	50m: 36.90	36.90	150m: 2:02.62	43.62	250m: 3:30.67	44.28	350m: 4:57.83	43.02		
	100m: 1:19.00	42.10	200m: 2:46.39	43.77	300m: 4:14.81	44.14	400m: 5:39.47	41.64		
40.	WIJSGEER Viktor		10	Zwemvereniging Lier					5:39.51	244
	50m: 37.19	37.19	150m: 2:02.60	43.16	250m: 3:30.00	43.72	350m: 4:55.85	42.50		
	100m: 1:19.44	42.25	200m: 2:46.28	43.68	300m: 4:13.35	43.35	400m: 5:39.51	43.66		
41.	LAUREYS Milan		10	Westerlo Swimming Team					5:41.41	240
	50m: 40.68	40.68	150m: 2:08.39	43.52	250m: 3:36.26	43.51	350m: 5:03.06	43.72		
	100m: 1:24.87	44.19	200m: 2:52.75	44.36	300m: 4:19.34	43.08	400m: 5:41.41	38.35		
42.	VAN MECHGELEN Rube		10	Kempisch Swimming Team					6:00.72	203
	50m: 38.92	38.92	150m: 2:06.85	44.78	250m: 3:39.15	46.40	350m: 5:14.25	46.80		
	100m: 1:22.07	43.15	200m: 2:52.75	45.90	300m: 4:27.45	48.30	400m: 6:00.72	46.47		
43.	CEUPPENS Mats		10	Westerlo Swimming Team					6:02.57	200
	50m: 38.81	38.81	150m: 2:10.66	45.79	250m: 3:44.84	46.57	350m: 5:16.61	46.41		
	100m: 1:24.87	46.06	200m: 2:58.27	47.61	300m: 4:30.20	45.36	400m: 6:02.57	45.96		
44.	KHOMENKO Ignat		09	Zola					6:05.50	195
	50m: 38.96	38.96	150m: 2:10.01	46.48	250m: 3:44.78	47.72	350m: 5:19.21	46.98		
	100m: 1:23.53	44.57	200m: 2:57.06	47.05	300m: 4:32.23	47.45	400m: 6:05.50	46.29		
45.	VERCAMMEN Daan		09	Zwemvereniging Lier					6:07.83	192
	50m: 40.32	40.32	150m: 2:14.17	47.56	250m: 3:49.11	47.13	350m: 5:24.10	46.94		
	100m: 1:26.61	46.29	200m: 3:01.98	47.81	300m: 4:37.16	48.05	400m: 6:07.83	43.73		
46.	HERMANS Pieter-Jan		10	Molse Zwemclub "Mozka"					6:18.34	176
	50m: 40.94	40.94	150m: 2:17.68	48.85	250m: 3:56.95	49.99	350m: 5:33.10	45.76		
	100m: 1:28.83	47.89	200m: 3:06.96	49.28	300m: 4:47.34	50.39	400m: 6:18.34	45.24		
47.	WENÉ Finn		10	Brabo Zwemclub Antwerpen					6:27.68	164
	50m: 36.89	36.89	150m: 2:11.84	48.63	250m: 3:52.14		350m: 5:32.24	48.80		
	100m: 1:23.21	46.32	200m:		300m: 4:43.44	51.30	400m: 6:27.68	55.44		
48.	FEYEN Aeden		10	ShaRK					6:38.48	151
	50m: 42.75	42.75	150m: 2:21.09	50.35	250m: 4:05.07	52.61	350m: 5:48.95	51.48		
	100m: 1:30.74	47.99	200m: 3:12.46	51.37	300m: 4:57.47	52.40	400m: 6:38.48	49.53		
49.	THYS Rohan		10	Westerlo Swimming Team					6:43.39	145
	50m: 41.94	41.94	150m: 2:22.23		250m: 4:07.10		350m: 5:55.00			
	100m:		200m:		300m:		400m: 6:43.39	48.39		
dis	NIJS Lennert		10	Molse Zwemclub "Mozka"						
	<i>SW 10.2 - Niet de volledige afstand gezwommen</i>									



ShaRK 400m
Netepark Herentals, 7-10-2023

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

Rang	Geb.	Tijd	Pnt
dis AIT ALAMA Reda SW 4.4 - valse start	09 Zola		
dis SLAETS Caz SW 4.4 - valse start	09 Zwemvereniging Lier		
FF OFFECIERS Harry	10 Brabo Zwemclub Antwerpen		
FF WOUTERS Storm	10 Molse Zwemclub "Mozka"		
FF ZIZAOUI Jasin	09 Zola		

15 - 16 jaar

1. CLAASSEN Ilario	07	Arendonkse Zwemvereniging	4:11.40	601
50m: 26.84 26.84	150m: 1:27.67	30.71 250m: 2:32.92 32.78	350m: 3:38.50	32.97
100m: 56.96 30.12	200m: 2:00.14	32.47 300m: 3:05.53 32.61	400m: 4:11.40	32.90
2. SPADEA Tommaso	08	Leuven Aquatics	4:15.72	571
50m: 29.21 29.21	150m: 1:33.48	32.33 250m: 2:38.99 33.00	350m: 3:44.59	32.87
100m: 1:01.15 31.94	200m: 2:05.99	32.51 300m: 3:11.72 32.73	400m: 4:15.72	31.13
3. HAESSEN Adriaan	07	Rscm	4:20.08	543
50m: 28.65 28.65	150m: 1:34.49	33.18 250m: 2:41.37 33.59	350m: 3:47.84	32.87
100m: 1:01.31 32.66	200m: 2:07.78	33.29 300m: 3:14.97 33.60	400m: 4:20.08	32.24
4. HOROVYI Mykyta	07	Zola	4:20.51	540
50m: 29.38 29.38	150m: 1:34.09	32.99 250m: 2:41.30 33.81	350m: 3:48.85	33.78
100m: 1:01.10 31.72	200m: 2:07.49	33.40 300m: 3:15.07 33.77	400m: 4:20.51	31.66
5. VERMEYLEN Emiel	08	Zwemclub Nijlen	4:32.50	472
50m: 29.85 29.85	150m: 1:39.27	35.52 250m: 2:47.21 34.21	350m: 3:58.11	35.51
100m: 1:03.75 33.90	200m: 2:13.00	33.73 300m: 3:22.60 35.39	400m: 4:32.50	34.39
6. VAN DEN BOSCH Frederic	08	Rscm	4:34.59	461
50m: 30.14 30.14	150m: 1:37.73	33.81 250m: 2:47.25 34.95	350m: 3:59.31	36.28
100m: 1:03.92 33.78	200m: 2:12.30	34.57 300m: 3:23.03 35.78	400m: 4:34.59	35.28
7. LAEREMANS Pieter	07	ShaRK	4:38.99	440
50m: 28.67 28.67	150m: 1:34.89	34.30 250m: 2:46.99 36.74	350m: 4:02.39	38.05
100m: 1:00.59 31.92	200m: 2:10.25	35.36 300m: 3:24.34 37.35	400m: 4:38.99	36.60
8. LAMBRECHTS Ian	08	Zwemclub Nijlen	4:40.31	434
50m: 31.87 31.87	150m: 1:43.44	36.15 250m: 2:56.37 36.31	350m: 4:07.90	35.43
100m: 1:07.29 35.42	200m: 2:20.06	36.62 300m: 3:32.47 36.10	400m: 4:40.31	32.41
9. JONCKHEERE Joppe	08	Zwemclub Nijlen	4:48.06	400
50m: 30.53 30.53	150m: 1:41.81	36.24 250m: 2:55.82 37.21	350m: 4:11.26	37.52
100m: 1:05.57 35.04	200m: 2:18.61	36.80 300m: 3:33.74 37.92	400m: 4:48.06	36.80
10. TIELEMANS Wout	08	Leuven Aquatics	4:58.30	360
50m: 32.51 32.51	150m: 1:47.74	37.70 250m: 3:03.91 37.92	350m: 4:21.11	38.82
100m: 1:10.04 37.53	200m: 2:25.99	38.25 300m: 3:42.29 38.38	400m: 4:58.30	37.19
11. HANNES Quinten	07	Arendonkse Zwemvereniging	5:02.30	346
50m: 33.52 33.52	150m: 1:48.67	37.94 250m: 3:05.97 38.62	350m: 4:24.54	39.00
100m: 1:10.73 37.21	200m: 2:27.35	38.68 300m: 3:45.54 39.57	400m: 5:02.30	37.76
12. VERDONCK Marius	08	Zola	5:04.58	338
50m: 32.67 32.67	150m: 1:47.34	37.77 250m: 3:04.52 38.76	350m: 4:20.34	37.19
100m: 1:09.57 36.90	200m: 2:25.76	38.42 300m: 3:43.15 38.63	400m: 5:04.58	44.24
13. PITTOIS Rik	08	Zwemvereniging Lier	5:15.59	304
50m: 32.95 32.95	150m: 1:49.11	38.89 250m: 3:11.59 41.57	350m: 4:36.02	42.18
100m: 1:10.22 37.27	200m: 2:30.02	40.91 300m: 3:53.84 42.25	400m: 5:15.59	39.57





ShaRK 400m
Netepark Herentals, 7-10-2023

Programmanr. 7, Jongens, 400m vrije slag, 15 - 16 jaar

Rang		Geb.			Tijd	Pnt	
14.	FLORUS Mathias	07	ShaRK		5:17.37	299	
	50m: 33.88 33.88	150m: 1:52.04	39.92	250m: 3:14.98	41.82	350m: 4:37.63	41.04
	100m: 1:12.12 38.24	200m: 2:33.16	41.12	300m: 3:56.59	41.61	400m: 5:17.37	39.74
15.	EL HADDOUCHI Haroun	08	Zola		5:21.64	287	
	50m: 37.00 37.00	150m: 1:56.53	40.48	250m: 3:19.63	41.80	350m: 4:43.76	41.61
	100m: 1:16.05 39.05	200m: 2:37.83	41.30	300m: 4:02.15	42.52	400m: 5:21.64	37.88
16.	JANSEGERS Seppe	08	Molse Zwemclub "Mozka"		5:27.24	272	
	50m: 35.73 35.73	150m: 1:57.76	42.48	250m: 3:22.30	42.07	350m: 4:46.08	42.69
	100m: 1:15.28 39.55	200m: 2:40.23	42.47	300m: 4:03.39	41.09	400m: 5:27.24	41.16
17.	MESTARI Abderrahmane	07	Zola		5:28.70	269	
	50m: 33.81 33.81	150m:		250m:		350m:	
	100m: 1:12.96 39.15	200m: 2:36.41		300m: 4:05.88		400m: 5:28.70	
FF	LEYSEN Michel	07	Kempisch Swimming Team				
FF	VAN STEIRTEGHEM Wannes	08	Zwemclub Schoten				
FF	SNEYERS Liam	08	Zwemclub Nijlen				
FF	VAN EGDOM Wout	08	Zwemclub Nijlen				
FF	VOLDERS Bo	08	Brabo Zwemclub Antwerpen				
FF	DELSAERDT Boyd	07	ShaRK				

17 jaar en ouder

1.	VAN GENECHTEN Sander	03	Leuven Aquatics		4:15.92	570	
	50m: 29.62 29.62	150m: 1:33.84	32.30	250m: 2:38.93	32.63	350m: 3:44.51	33.01
	100m: 1:01.54 31.92	200m: 2:06.30	32.46	300m: 3:11.50	32.57	400m: 4:15.92	31.41
2.	SNEYERS Kobe	06	Zwemclub Nijlen		4:21.47	534	
	50m: 28.36 28.36	150m: 1:31.51	32.07	250m: 2:39.49	34.59	350m: 3:49.63	35.06
	100m: 59.44 31.08	200m: 2:04.90	33.39	300m: 3:14.57	35.08	400m: 4:21.47	31.84
3.	WYNANTS Ron	06	ShaRK		4:25.15	512	
	50m: 29.11 29.11	150m: 1:35.03	33.55	250m: 2:42.76	34.04	350m: 3:51.54	34.43
	100m: 1:01.48 32.37	200m: 2:08.72	33.69	300m: 3:17.11	34.35	400m: 4:25.15	33.61
4.	VAN HISSENHOVEN Korneel	06	Rscm		4:25.66	509	
	50m: 29.13 29.13	150m: 1:34.23	33.07	250m: 2:41.88	34.10	350m: 3:51.09	34.82
	100m: 1:01.16 32.03	200m: 2:07.78	33.55	300m: 3:16.27	34.39	400m: 4:25.66	34.57
5.	HUYGENS Arne	03	Molse Zwemclub "Mozka"		4:31.35	478	
	50m: 33.57 33.57	150m: 1:42.33	34.21	250m: 2:50.69	33.82	350m: 3:59.07	34.06
	100m: 1:08.12 34.55	200m: 2:16.87	34.54	300m: 3:25.01	34.32	400m: 4:31.35	32.28
6.	GERAERDS Luka	05	Gzvn		4:34.68	461	
	50m: 30.00 30.00	150m: 1:36.88	34.10	250m: 2:47.54	35.61	350m: 4:00.09	36.35
	100m: 1:02.78 32.78	200m: 2:11.93	35.05	300m: 3:23.74	36.20	400m: 4:34.68	34.59
7.	FRANCKEN Tiebe	06	Azk		4:35.23	458	
	50m: 28.46 28.46	150m: 1:35.23	34.03	250m: 2:45.71	35.63	350m: 3:59.24	36.78
	100m: 1:01.20 32.74	200m: 2:10.08	34.85	300m: 3:22.46	36.75	400m: 4:35.23	35.99
8.	VAN GORP Lowie	06	Rscm		4:36.80	450	
	50m: 30.16 30.16	150m: 1:40.57	35.33	250m: 2:50.68	35.17	350m: 4:02.38	36.14
	100m: 1:05.24 35.08	200m: 2:15.51	34.94	300m: 3:26.24	35.56	400m: 4:36.80	34.42
9.	NELIS Michiel	06	ShaRK		4:47.08	404	
	50m: 29.27 29.27	150m: 1:37.84	35.25	250m: 2:52.15	37.87	350m: 4:09.23	38.55
	100m: 1:02.59 33.32	200m: 2:14.28	36.44	300m: 3:30.68	38.53	400m: 4:47.08	37.85
10.	DURT Arthur	06	ShaRK		5:02.36	345	
	50m: 31.14 31.14	150m: 1:44.07	36.86	250m: 3:00.73	38.72	350m: 4:22.00	41.04
	100m: 1:07.21 36.07	200m: 2:22.01	37.94	300m: 3:40.96	40.23	400m: 5:02.36	40.36





ShaRK 400m
Netepark Herentals, 7-10-2023

Programmanr. 7, Heren, 400m vrije slag, 17 jaar en ouder

Rang	Geb.	Tijd	Pnt
FF VAN HOOFF Daan	05 Leuven Aquatics		

