



HZC 400m wedstrijd
Herentals, 13/10/2018



1 - Namiddag

13/10/2018 - 13:30

Programmanr. 1

400m vrije slag

9 - 10 jaar

13/10/2018 - 13:30

Resultaten

VJK Limiet 2019 10 Heren: 6:17.00; 10 Dames: 6:21.30

Rang		Geb.	Inschr.	Tijd	100m	200m	300m	400m
9 jaar, Meisjes								
1.	VAN HEUGTEN Hanne	09 HZA	6:45.37	6:18.02	1:31.32	3:10.09	4:46.12	6:18.02
2.	ZANGARI Aurora	09 GZVN	6:43.18	6:19.57	1:29.37	3:05.37	4:40.11	6:19.57
3.	EVENS Noor	09 GZVN	6:46.76	6:22.34	1:31.69	3:09.91	4:48.76	6:22.34
4.	WIJCKMANS Lene	09 HZA	7:12.94	6:38.79	1:33.77	3:19.48	5:01.75	6:38.79
5.	VERSCHUEREN Louise	09 HOZT	NT	6:39.39	1:36.73	3:20.44	5:01.60	6:39.39
6.	MERTENS Helena	09 SHARK	NT	6:45.28	1:37.91	3:24.01	5:07.36	6:45.28
7.	TORDEUR Lucie	09 GZVN	7:03.40	6:51.05	1:40.29	3:26.05	5:12.43	6:51.05
8.	BROECKAERT Noa	09 ZS	NT	6:51.19	1:39.58	3:24.42	5:10.06	6:51.19
9.	BIERINCKX Lienne	09 SHARK	NT	6:59.16	1:37.27	3:25.25	5:13.38	6:59.16
10.	PEELAERS Lore	09 SHARK	NT	7:01.45	1:37.67	3:24.75	5:14.56	7:01.45
11.	VERCAMMEN Fleur	09 ZS	NT	7:03.55	1:33.33	3:21.74	5:15.15	7:03.55
12.	VINGERHOETS Madelief	09 WST	NT	7:03.80	1:37.63	3:27.47	5:18.10	7:03.80
13.	VAN WAELDEREN Hanne	09 SHARK	NT	7:32.17	1:43.90	3:39.74	5:36.71	7:32.17
14.	WILLAERT Ayla	09 HOZT	NT	7:38.57	1:44.25	3:43.54	5:43.23	7:38.57
15.	AERTS Louise	09 HOZT	NT	8:13.49	1:57.87	4:04.37	6:10.21	8:13.49

10 jaar, Meisjes

1.	MARIËN Flore	08 SHARK	7:12.18	5:37.71	VJK	1:15.63			5:37.71
2.	MORTZOS Iliana	08 GZVN	6:20.24	6:02.69	VJK	1:26.32	2:59.25	4:31.54	6:02.69
3.	SPRANGERS Kato	08 ZGEEL	6:30.26	6:14.49	VJK	1:27.42	3:04.25	4:41.37	6:14.49
4.	ADRIAENSEN Lore	08 HOZT	6:39.84	6:19.56	VJK	1:30.68	3:08.57	4:46.74	6:19.56
5.	NIJZIEL Nova	08 ZGEEL	6:33.16	6:22.37		1:29.65	3:07.95	4:47.85	6:22.37
6.	AERTS Marie	08 HOZT	7:17.22	6:37.69		1:37.98	3:22.66	5:04.86	6:37.69
7.	DIELS Hanne	08 SHARK	7:38.57	6:41.89		1:31.19	3:13.79	5:00.33	6:41.89
8.	BOGAERTS Krista	08 HOZT	6:55.56	6:42.99		1:38.80	3:24.32	5:10.08	6:42.99
9.	EERSELS Marianne	08 GZVN	7:00.86	6:43.31		1:39.16	3:23.75	5:09.46	6:43.31
10.	VRANKEN Dagmar	08 SHARK	NT	6:46.82		1:33.65	3:19.44	5:06.22	6:46.82
11.	VAN SWEEVELT Fien	08 WST	NT	6:56.40		1:39.78	3:26.93	5:10.39	6:56.40
12.	DELIEN Floor	08 SHARK	NT	6:59.64		1:35.44	3:24.20	5:14.44	6:59.64
13.	VRINTS Celine	08 HOZT	7:10.59	7:05.74		1:42.65	3:32.98	5:22.29	7:05.74
14.	CORNELIS Mille	08 HOZT	7:15.59	7:08.07		1:42.76	3:32.75	5:23.11	7:08.07
15.	KEUSTERMANS Bliss	08 HOZT	6:58.15	7:13.09		1:44.05	3:37.13	5:27.82	7:13.09
16.	JANSSENS Lime	08 SHARK	NT	7:14.98		1:41.00	3:32.72	5:23.64	7:14.98
17.	VAN HOOFF Sara	08 ZS	NT	7:19.30		1:43.34	3:35.03	5:28.87	7:19.30
18.	DE RIDDER Sterre	08 ZS	NT	7:29.68		1:40.89	3:36.40	5:34.13	7:29.68
19.	VANHEES Sarah	08 GZVN	8:16.09	7:37.54		1:48.35	3:47.55	5:45.92	7:37.54
20.	ERTVELDT Klaartje	08 SHARK	NT	7:40.64		1:47.37	3:46.28	5:46.01	7:40.64
21.	GIELIS Falke	08 SHARK	NT	8:10.50		1:56.59	4:00.82	6:08.61	8:10.50
22.	GILLIS Kyara	08 HOZT	NT	8:45.05		2:04.40	4:22.11	7:39.12	8:45.05
23.	STEFANOVA Gabriela	08 SHARK	NT	8:49.92		2:02.15	4:21.07	6:41.69	8:49.92

Programmanr. 1, 400m vrije slag

9 jaar, Jongens

1. MICHOEL Quinten	09 HOZT	NT	6:15.92	1:31.62	3:09.65	4:46.75	6:15.92
2. BERTELS Quillan	09 SHARK	NT	6:37.97	1:38.83	3:20.50	5:01.82	6:37.97
3. VAN EDOM Jef	09 ZWIM	NT	6:40.84	1:30.77	3:15.48	5:00.29	6:40.84
4. LAEREMANS Simon	09 SHARK	NT	6:46.57	1:40.00	3:23.92	5:07.33	6:46.57
5. LAEREMANS Sebastiaan	09 SHARK	NT	6:59.89	1:40.63	3:28.74	5:19.11	6:59.89
6. DUBOIS Kieran	09 GZVN	NT	7:11.94	1:39.57	3:29.42	5:18.39	7:11.94
7. DE KEYSER Senne	09 SHARK	NT	7:14.70	1:39.77	3:32.76	5:24.11	7:14.70
8. CUYPERS Arnaud	09 GZVN	NT	7:20.91	1:43.48	3:38.21	5:32.29	7:20.91
9. DEBONDT Mats	09 KST	NT	7:41.45	1:49.67	3:49.54	5:48.84	7:41.45
10. KEKEÇ Samir	09 SHARK	NT	7:59.93	1:53.12	3:57.04	6:04.23	7:59.93
FF HILLEN Mathies	09 ZWIM	NT					

10 jaar, Jongens

1. LAUREYSSSENS Lukas	08 ZS	6:22.57	5:33.40	VJK	1:20.18	2:45.99	4:10.71	5:33.40
2. WYNANTS Bas	08 SHARK	6:02.14	5:44.89	VJK	1:20.28	2:49.43	4:18.83	5:44.89
3. SNEYERS Liam	08 SHARK	6:31.86	5:45.44	VJK	1:19.31	2:47.03	4:18.69	5:45.44
4. VAN EGDOM Wout	08 HZA	6:20.14	5:48.46	VJK	1:23.25	2:53.07	4:23.57	5:48.46
5. VAN WELLEN Joseph	08 HOZT	5:58.17	5:49.96	VJK	1:24.05	2:54.36	4:24.56	5:49.96
6. FLORUS Willem	08 SHARK	6:09.61	6:02.78	VJK	1:26.96	2:58.91	4:32.10	6:02.78
7. JORISSEN Rube	08 GZVN	6:44.37	6:08.10	VJK	1:24.29	2:58.81	4:36.35	6:08.10
8. VAN STEIRTEGHEM Wannes	08 ZS	6:20.14	6:10.49	VJK	1:24.78	2:59.80	4:36.95	6:10.49
9. DE MEYER Xander	08 ZS	6:46.17	6:13.98	VJK	1:28.96	3:05.14	4:42.09	6:13.98
10. AERTS Ruben	08 ZS	6:55.98	6:30.03		1:33.95	3:13.25	4:53.60	6:30.03
11. DE MAERTELAERE Vincent	08 ZGEEL	6:53.57	6:32.95		1:31.25	3:10.83	4:53.21	6:32.95
12. ERYILMAZ Hasan	08 ZWIM	6:43.72	6:45.09		1:31.50	3:18.11	5:05.31	6:45.09
13. MERTENS Gilles	08 MOZKA	7:17.13	6:46.86		1:38.91	3:25.49	5:08.34	6:46.86
14. KENENS Simon	08 GZVN	7:15.74	7:00.60		1:41.40	3:30.30	5:18.07	7:00.60
15. LAMBRECHTS Ian	08 SHARK	7:43.53	7:03.68		1:36.34	3:25.57	5:17.22	7:03.68
16. INTHOF Lars	08 GZVN	7:40.04	7:04.34		1:38.42	3:29.19	5:21.41	7:04.34
17. JONCKHEERE Joppe	08 SHARK	NT	7:35.60		1:45.30	3:44.03	5:42.19	7:35.60
18. FLEERACKERS Preben	08 HOZT	NT	7:45.15		1:54.23	3:55.31	5:58.08	7:45.15

Programmanr. 2

Meisjes, 400m vrije slag

11 - 12 jaar

13/10/2018 - 15:08

Resultaten

VJK Limiet 2019 11: 5:51.20; 12: 5:27.40

Rang	Geb.	Inschr.	Tijd		100m	200m	300m	400m
11 jaar								
1. BROECKAERT Noor	07 ZS	5:19.04	5:15.63	VJK H LV	1:15.17	2:36.17	3:56.75	5:15.63
2. VEKEMANS Rena	07 DZO	5:29.99	5:19.52	VJK H LV	1:16.81	2:37.79	3:59.84	5:19.52
3. DESCAMPS Silke	07 DZO	5:52.07	5:43.51	VJK LV	1:22.39	2:51.98	4:20.30	5:43.51
4. CAMACHO GOMES Hanne	07 DZO	5:54.06	5:45.50	VJK LV	1:23.58	2:53.63	4:21.39	5:45.50
5. VINKEN Amélie	07 ZWIM	5:51.72	5:47.56	VJK LV	1:21.52	2:52.56	4:21.86	5:47.56
6. WOUTERS Lieze	07 SHARK	5:42.49	5:48.59	VJK LV	1:14.51	2:40.00	4:15.16	5:48.59
7. DECLOEDT Julie	07 ZWIM	5:56.55	5:53.18		1:21.93	2:52.83	4:24.56	5:53.18
8. DE BECKER Loren	07 ZS	6:06.12	6:01.40		1:26.29	2:59.38	4:32.63	6:01.40
9. OOMS Sari	07 ZGEEL	6:26.18	6:04.99		1:21.74	2:54.84	4:30.00	6:04.99
10. ALAMI Aliya	07 DZO	6:01.00	6:05.08		1:26.21	2:58.57	4:33.92	6:05.08
11. PUT Amélie	07 WST	NT	6:16.03		1:30.50	3:09.26	4:46.12	6:16.03
12. VAN WAELDEREN Nele	07 SHARK	NT	6:17.00		1:27.28	3:05.18	4:41.61	6:17.00
13. CROISIAU Hannelore	07 ZS	6:12.02	6:17.80		1:25.96	3:02.07	4:39.39	6:17.80

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

Rang		Geb.	Inschr.	Tijd	100m	200m	300m	400m
14.	MEERTS Xsandy	07 SHARK	6:15.34	6:19.32	1:21.63	2:58.66	4:39.08	6:19.32
15.	JANSSENS Blue	07 SHARK	6:55.75	6:20.67	1:30.84	3:07.51	4:46.27	6:20.67
16.	DRIES Sien	07 ZGEEL	NT	6:21.07	1:28.16	3:04.66	4:44.01	6:21.07
17.	LEYTEN Lieselot	07 ZGEEL	NT	6:21.17	1:26.94	3:04.91	4:44.21	6:21.17
18.	LAMBRECHTS Lise	07 HZA	6:52.13	6:33.75	1:30.78	3:12.89	4:56.03	6:33.75
19.	COOMANS Emely	07 ZWIM	6:49.95	6:34.33	1:31.97	3:15.28	4:56.85	6:34.33
20.	DE CORDT Linde	07 SHARK	7:38.20	6:34.89	1:29.43	3:12.81	4:57.31	6:34.89
21.	MEERTS Kira	07 WST	NT	6:38.29	1:34.11	3:17.53	5:02.63	6:38.29
22.	DE PRETER Kiara	07 HZA	7:03.66	6:42.10	1:34.84	3:20.19	5:06.99	6:42.10
23.	VAN LOOY Eline	07 HZA	NT	6:53.85	1:36.43	3:22.84	5:12.60	6:53.85
24.	STEFANOVA Silvia	07 SHARK	NT	7:02.49	1:41.24	3:31.06	5:20.66	7:02.49
25.	SCHEPERS Elfie	07 ZWIM	7:32.99	7:10.69	1:44.76	3:35.70	5:29.00	7:10.69
26.	BEKTAS Feyza	07 SHARK	NT	7:38.78	1:45.75	3:45.40	5:46.17	7:38.78
	FF VRINTS Julie	07 HOZT	NT					

12 jaar

1.	VERDONCK Fleur	06 ZGEEL	5:37.04	4:59.04	VJK H LV	1:12.35	2:28.09	3:43.29	4:59.04
2.	WOUTERS Briana	06 HZA	5:32.50	5:04.70	VJK LV	1:14.03	2:33.29	3:51.88	5:04.70
3.	VAN BREE Maya	06 MOZKA	5:16.12	5:09.05	VJK LV	1:14.91	2:34.37	3:53.41	5:09.05
4.	THIJSBAERT Sterre	06 SHARK	5:35.67	5:15.27	VJK LV	1:16.15	2:36.92	3:57.54	5:15.27
5.	DAMS Sienna	06 ZS	5:25.57	5:19.02	VJK LV	1:16.80	2:38.46	3:59.43	5:19.02
6.	ROMONT Lien	06 HZA	5:35.55	5:19.41	VJK LV	1:15.35	2:36.83	3:58.66	5:19.41
7.	WYNANTS Floor	06 ZGEEL	5:58.11	5:23.30	VJK LV	1:15.83	2:38.83	4:02.68	5:23.30
8.	VAN LOOY Anke	06 HZA	5:54.62	5:26.49	VJK LV	1:18.84	2:43.43	4:07.16	5:26.49
9.	VERBIST Flore	06 SHARK	5:34.90	5:26.51	VJK LV	1:17.12	2:39.61	4:04.72	5:26.51
10.	NIJZIEL Maxine	06 ZGEEL	6:27.70	5:28.13		1:16.51	2:38.82	4:04.82	5:28.13
11.	VAN DER STRICHT Flore	06 DZO	5:44.45	5:29.51		1:16.72	2:41.61	4:06.26	5:29.51
12.	VERSTREPEN Renée	06 SHARK	5:42.98	5:34.80		1:17.58	2:43.32	4:09.29	5:34.80
13.	HAGE Birgit	06 KST	6:20.35	5:36.31		1:20.04	2:46.25	4:12.29	5:36.31
14.	GEYSKENS Kiana	06 ZGEEL	NT	5:38.35		1:16.00	2:43.64	4:13.43	5:38.35
15.	CAMBRÉ Femke	06 SHARK	6:30.66	5:45.22		1:17.34	2:46.39	4:17.68	5:45.22
16.	WYNANTS Jente	06 HZA	6:29.33	5:47.20		1:22.82	2:53.35	4:24.08	5:47.20
17.	JONCKHEERE Janne	06 SHARK	6:20.44	6:06.36		1:21.76	2:56.27	4:32.12	6:06.36
18.	ARIJS Laura	06 HZA	6:54.78	6:12.26		1:26.91	3:05.12	4:42.15	6:12.26
19.	JONCKHEERE Nelle	06 SHARK	NT	6:18.68		1:25.24	3:00.42	4:39.29	6:18.68
20.	DECLOEDT Louise	06 ZWIM	NT	6:32.19		1:32.07	3:15.14	4:57.11	6:32.19
21.	VLEUGELS Lobke	06 WST	NT	6:32.26		1:30.55	3:12.11	4:56.94	6:32.26
22.	HELSEN Auke	06 SHARK	NT	6:42.10		1:27.66	3:08.95	4:55.30	6:42.10
23.	BLUEKENS Silke	06 SHARK	NT	7:32.38		1:41.74	3:38.81	5:37.13	7:32.38
dis	LAGEY Liselotte	06 ZGEEL	NT						
	SW 4.4 - valse start								
dis	VERWERFT Myrthe	06 ZS	6:49.36						
	SW 4.4 - valse start								



HZC 400m wedstrijd
Herentals, 13/10/2018



Programmanr. 3
13/10/2018 - 16:28

Jongens, 400m vrije slag

11 - 12 jaar
Resultaten

VJK Limiet 2019 11: 5:52.10; 12: 5:19.20

Rang		Geb.	Inschr.	Tijd		100m	200m	300m	400m	
11 jaar										
1.	DRIES Klaas	07	ZGEEL	6:10.12	5:28.49	VJK LV	1:17.52	2:41.79	4:06.06	5:28.49
2.	WIJCKMANS Sebbe	07	HZA	5:36.59	5:32.69	VJK LV	1:17.78	2:45.71	4:11.25	5:32.69
3.	HAXELMANS Luca	07	SHARK	5:44.64	5:34.92	VJK LV	1:19.40	2:45.65	4:11.52	5:34.92
4.	CLAASSEN Ilario	07	KST	5:50.97	5:37.28	VJK LV	1:22.72	2:48.40	4:13.28	5:37.28
5.	AUGUSTIJNS Sam	07	SHARK	5:53.27	5:40.47	VJK LV	1:18.56	2:44.90	4:13.09	5:40.47
6.	DU MONGH Quillan	07	DZO	5:53.63	5:46.06	VJK LV	1:22.94	2:51.31	4:20.96	5:46.06
7.	LAEREMANS Pieter	07	SHARK	5:49.97	5:49.61	VJK LV	1:20.22	2:49.07	4:20.45	5:49.61
8.	WIJNANTS Wout	07	SHARK	5:42.81	5:53.23		1:24.01	2:53.74	4:25.25	5:53.23
9.	VERDONCK Brecht	07	ZGEEL	6:25.43	5:53.36		1:23.27	2:53.96	4:25.68	5:53.36
10.	VAN DESSEL Thijs	07	MOZKA	NT	5:54.13		1:25.92	2:56.94	4:27.26	5:54.13
11.	MATHIEU Jack	07	ZS	6:54.78	6:22.37		1:29.11	3:05.99	4:40.70	6:22.37
12.	DE KEYSER Robbe	07	SHARK	7:11.87	6:24.97		1:31.19	3:10.71	4:48.23	6:24.97
13.	BROUWERS Lucas	07	SHARK	NT	6:36.99		1:33.44	3:15.81	4:58.11	6:36.99
14.	KERCKHOFS Kobe	07	SHARK	NT	7:06.59		1:38.14	3:27.91	5:19.90	7:06.59
15.	HUFKENS Iben	07	ZGEEL	NT	7:09.72		1:38.10	3:27.82	5:19.96	7:09.72

12 jaar

1.	SNEYERS Kobe	06 SHARK	4:52.73	4:38.55	VJK H LV	1:05.91	2:17.59	3:29.30	4:38.55
2.	WYNANTS Ron	06 SHARK	5:12.94	5:06.67	VJK LV	1:11.10	2:29.89	3:49.05	5:06.67
3.	WILLEMS Dieter	06 KST	5:25.08	5:08.58	VJK LV	1:15.00	2:34.37	3:53.15	5:08.58
4.	BOETS Victor	06 MOZKA	5:36.47	5:13.29	VJK LV	1:13.24	2:32.69	3:53.68	5:13.29
5.	NELIS Michiel	06 SHARK	5:22.38	5:15.93	VJK LV	1:14.07	2:35.16	3:57.36	5:15.93
6.	VANTHOURNOUT Xander	06 ZGEEL	5:20.39	5:16.23	VJK LV	1:13.10	2:32.82	3:55.24	5:16.23
7.	LEMMENS Milo	06 KST	5:41.10	5:21.99		1:11.75	2:34.30	3:58.83	5:21.99
8.	DE KIMPE Tibo	06 DZO	5:43.47	5:30.32		1:19.15	2:44.62	4:10.90	5:30.32
9.	DEMNATI Ian	06 DZO	5:39.76	5:32.32		1:19.52	2:46.19	4:12.28	5:32.32
10.	DURT Arthur	06 SHARK	6:04.92	5:33.02		1:18.23	2:43.69	4:08.37	5:33.02
11.	BAUWENS Aron	06 ZOLA	NT	5:35.09		1:17.73	2:43.73	4:12.17	5:35.09
12.	OP DE WEERDT Ian	06 SHARK	5:50.18	5:48.40		1:20.85	2:50.34	4:21.32	5:48.40
13.	DE KONINCK Pieter-Jan	06 ZOLA	NT	5:49.82		1:22.40	2:52.30	4:23.92	5:49.82
14.	MORRE Niels	06 ZGEEL	NT	5:57.02		1:18.91	2:49.93	4:24.60	5:57.02
15.	TIELEMANS Milan	06 ZOLA	NT	5:59.75		1:24.74	2:56.51	4:29.98	5:59.75
16.	DECOSTER Wiebe	06 ZGEEL	NT	6:10.01		1:27.63	3:04.47	4:40.28	6:10.01
17.	SPRENGHERS Sam	06 WST	NT	6:18.30		1:25.98	3:01.93	4:41.50	6:18.30
18.	JESPERS Berre	06 HOZT	NT	6:30.71		1:33.54	3:13.91	4:56.93	6:30.71
19.	BHATIA Yash	06 ZGEEL	NT	6:32.57		1:29.88	3:12.31	4:56.49	6:32.57
20.	SELS Seth	06 ZGEEL	NT	6:51.12		1:36.96	3:22.11	5:08.80	6:51.12
21.	EECKHOUT Wannes	06 HZA	6:26.38	7:06.62		1:38.43	3:24.18	5:11.39	7:06.62
22.	KOMMER Cederic	06 MOZKA	NT	7:40.31		1:46.93	3:48.18	5:48.25	7:40.31
dis DE POOTER Toon SW 4.4 - valse start									
FF	VERBIEST Kas	06 WST	NT						

2 - Avond

13/10/2018 - 18:30

Programmanr. 4

Dames, 400m vrije slag

13 jaar en ouder

13/10/2018 - 18:30

Resultaten

VJK Limiet 2019 13: 5:10.90

Rang		Geb.	Inschr.	Tijd		100m	200m	300m	400m
13 - 14 jaar									
1.	TROP Yana	04	SHARK	4:40.72	4:31.26 H LV	1:05.25	2:14.54	3:23.92	4:31.26
2.	VAN DOOREN Janne	04	SHARK	4:52.33	4:40.26 LV	1:05.79	2:18.78	3:31.97	4:40.26
3.	WIJNANTS Eveline	04	SHARK	4:45.30	4:40.84 LV	1:06.70	2:18.81	3:31.70	4:40.84
4.	CLAASSEN Alessia	04	KST	5:14.30	4:50.69 LV	1:09.29	2:23.16	3:36.99	4:50.69
5.	PEETERS Eva	05	SHARK	5:02.49	4:50.75 VJK LV	1:08.14	2:22.55	3:37.97	4:50.75
6.	AUGUSTIJNS Jill	05	SHARK	5:04.36	4:53.24 VJK LV	1:10.68	2:25.49	3:40.61	4:53.24
7.	LONCKE Febe	05	LOR	5:00.79	4:59.73 VJK LV	1:10.98	2:27.38	3:44.34	4:59.73
8.	TOTTÉ Jolien	04	ZS	5:13.38	5:02.91	1:12.47	2:28.30	3:45.66	5:02.91
9.	CUSTERS Ella	04	LAQUA	5:33.66	5:04.57	1:11.91	2:28.66	3:47.21	5:04.57
10.	VRANKEN Rhune	04	SHARK	5:14.71	5:06.96	1:12.21	2:31.22	3:49.87	5:06.96
11.	GROSSEN Maila	05	ZS	5:12.91	5:07.38 VJK LV	1:14.31	2:33.05	3:51.07	5:07.38
12.	SCHELFHOUT Hanne	05	LOR	5:28.76	5:13.05	1:16.81	2:35.37	3:54.84	5:13.05
13.	LAENEN Sien	04	SHARK	5:18.90	5:17.49	1:15.72	2:37.25	3:59.02	5:17.49
14.	GIJSELS Noortje	05	SHARK	5:39.29	5:23.53	1:12.96	2:35.89	4:02.05	5:23.53
15.	MOLKENS Darline	05	SHARK	5:43.14	5:23.73	1:15.39	2:38.28	4:01.84	5:23.73
16.	BOSTEELS Fran	05	DZO	6:12.58	5:31.71	1:16.40	2:40.34	4:05.99	5:31.71
17.	VAN OSTA Nomi	05	ZS	5:35.49	5:32.72	1:17.67	2:44.00	4:09.08	5:32.72
18.	VAN DYCK Line	05	HZA	6:14.71	5:36.61	1:18.83	2:46.30	4:13.94	5:36.61
19.	SUTHERLAND Sara	04	KST	5:56.62	5:38.09	1:21.40	2:50.50	4:16.91	5:38.09
20.	FLEERACKERS Hasse	04	HOZT	NT	5:38.60	1:19.73	2:46.63	4:12.89	5:38.60
21.	VAN DER WEYDEN Lies	04	SHARK	5:59.05	5:41.68	1:21.72	2:49.46	4:18.24	5:41.68
22.	MOLKENS Audrie	05	SHARK	5:58.87	5:44.14	1:20.30	2:48.92	4:17.97	5:44.14
23.	VAN GRIEKEN Lore	04	MOZKA	5:52.61	5:51.43	1:24.34	2:54.52	4:25.21	5:51.43
24.	LAMBRECHTS Tine	05	HZA	6:15.11	6:01.78	1:24.89	2:58.01	4:30.38	6:01.78
25.	DE RIDDER Berit	05	ZOLA	6:08.53	6:02.04	1:25.49	2:57.44	4:30.34	6:02.04
26.	LIEKENS Lindsay	05	HZA	6:22.90	6:02.93	1:26.63	3:01.51	4:34.60	6:02.93
27.	PROOT Danai	05	HOZT	6:17.89	6:03.91	1:25.01	2:58.87	4:32.37	6:03.91
28.	LAUWAERT Nika	05	KST	NT	6:14.89	1:23.42	2:58.49	4:38.05	6:14.89
29.	ALIBALIC Una	04	ZOLA	NT	6:16.06	1:23.43	2:59.70	4:37.82	6:16.06
30.	CROONENBORGHES Linde	04	WST	NT	6:19.94	1:26.41	3:03.84	4:42.59	6:19.94
dis	BELMANS Jilse	05	WST	NT					
SW 4.4 - valse start									

SW 4.4 - valse start

15 - 16 jaar

1.	MORREN Maaïke	03 BEST	4:44.21	4:47.45 LV	1:09.21	2:22.42	3:36.34	4:47.45
2.	KENNIS Nathalie	02 KST	4:47.48	4:51.85	1:07.85	2:22.10	3:37.30	4:51.85
3.	VERSTREPEN Axelle	02 SHARK	4:51.71	4:55.40	1:08.24	2:22.50	3:39.20	4:55.40
4.	VAN BREE Fiona	03 MOZKA	5:09.66	4:56.89	1:11.44	2:27.52	3:43.37	4:56.89
5.	MELLEMANS Jente	03 MOZKA	5:34.01	5:00.82	1:10.09	2:26.51	3:42.17	5:00.82
6.	WHITE Ella	03 ZS	4:59.12	5:03.67	1:12.64	2:29.50	3:47.69	5:03.67
7.	VAN DYCK Lise	03 KST	5:06.77	5:05.14	1:13.03	2:32.06	3:49.85	5:05.14
8.	RAES Linsey	03 LOR	5:10.95	5:07.17	1:14.00	2:31.91	3:50.70	5:07.17
9.	HUYSMANS Britt	03 SHARK	5:03.87	5:09.09	1:12.11	2:31.68	3:52.07	5:09.09
10.	LAERMANS Eline	02 ZOLA	NT	5:11.34	1:12.15	2:31.43	3:51.84	5:11.34
11.	SWAANS Jana	02 KST	6:02.26	5:21.82	1:16.37	2:39.45	4:01.51	5:21.82
12.	DEWULF Hannah	02 HZA	5:19.62	5:22.20	1:15.02	2:37.81	4:02.08	5:22.20

Programmanr. 4, Meisjes, 400m vrije slag, 15 - 16 jaar

Rang		Geb.	Inschr.	Tijd	100m	200m	300m	400m
13.	SCHOETERS Maari	03 ZGEEL	NT	5:31.07	1:16.12	2:40.00	4:06.18	5:31.07
14.	HUYGENS Ine	03 SHARK	NT	5:35.44	1:15.37	2:40.67	4:07.14	5:35.44
15.	DIJCKMANS Eva	02 KST	5:46.41	5:41.32	1:19.35	2:46.31	4:13.96	5:41.32
16.	BELMANS Lenka	03 WST	NT	5:54.46	1:23.60	2:55.65	4:29.84	5:54.46
FF	VAN LAARHOVEN Renée	02 ZGEEL	5:11.00					
FF	VAN OLMEN Jill	02 WST	NT					

17 jaar en ouder

1.	BROSENS Sarah	01 SHARK	4:42.34	4:33.95 LV	1:04.58	2:14.68	3:24.38	4:33.95
2.	VAN DE VELDE Sien	01 SHARK	4:44.04	4:49.07	1:08.90	2:22.76	3:36.72	4:49.07
3.	SCHILLEBEEKX Jelle	99 MOZKA	4:32.64	4:52.16	1:10.48	2:24.65	3:39.23	4:52.16
4.	DIELS Jolien	01 SHARK	NT	4:57.36	1:09.67	2:26.19	3:43.24	4:57.36
5.	VANCAUWENBERGH Charis	98 BEST	4:52.23	4:58.18	1:10.21	2:25.30	3:41.59	4:58.18
6.	BOFFIN Lise	01 BEST	5:16.38	5:09.54	1:15.05	2:34.08	4:32.34	5:09.54
7.	SNELS Laura	01 SHARK	4:59.73	5:15.00	1:11.28	2:31.74	3:55.00	5:15.00
8.	CLIJMANS Tinne	00 KST	5:26.45	5:15.11	1:12.99	2:34.81	3:55.28	5:15.11
9.	LIEVENS Juulke	00 ZGEEL	NT	5:26.33	1:15.43	2:36.95	4:01.32	5:26.33
FF	VAN LAERE Megan	01 ZS	4:45.22					

Programmanr. 5

Heren, 400m vrije slag

13 jaar en ouder

13/10/2018 - 19:31

Resultaten

VJK Limiet 2019 13: 5:03.80

Rang		Geb.	Inschr.	Tijd		100m	200m	300m	400m
13 - 14 jaar									
1.	GILLIS Xander	04 LOR	4:40.89	4:34.76	LV	1:06.06	2:16.27	3:25.64	4:34.76
2.	LAUREYSSENS Daniel	04 ZS	4:47.07	4:39.19	LV	1:05.85	2:16.98	3:28.56	4:39.19
3.	VANHOVE Maxime	05 ZGEEL	4:53.99	4:45.80	VJK LV	1:08.63	2:22.37	3:35.63	4:45.80
4.	VAN HUMBEECK Sean	05 LOR	4:54.44	4:49.85	VJK LV	1:07.27	2:21.12	3:36.24	4:49.85
5.	D'HONDT Connor	05 SHARK	5:07.28	4:51.79	VJK LV	1:09.07	2:23.71	3:38.97	4:51.79
6.	AAZIBOU Mattis	04 DZO	5:04.61	4:56.66		1:09.49	2:25.67	3:43.34	4:56.66
7.	WOUTERS Jordi	05 SHARK	4:56.72	4:57.07	VJK LV	1:07.26	2:23.50	3:41.37	4:57.07
8.	FLORUS Berne	05 SHARK	5:23.59	4:59.42	VJK LV	1:10.02	2:26.27	3:44.30	4:59.42
9.	DE JONGE Dries	05 SHARK	5:02.71	5:01.76	VJK LV	1:09.39	2:26.74	3:44.87	5:01.76
10.	SCHWERIN Alexander	05 SHARK	5:28.33	5:05.86		1:12.60	2:31.95	3:50.71	5:05.86
11.	CLIJSTERS Jef	04 LAQUA	5:08.91	5:06.01		1:08.90	2:28.06	3:48.37	5:06.01
12.	HOLLANDERS Jarne	05 SHARK	5:11.14	5:07.46		1:13.02	2:31.52	3:51.20	5:07.46
13.	DE GRAVE Thibault	05 KST	5:24.31	5:08.84		1:13.54	2:32.53	3:51.08	5:08.84
14.	VAN GORP Fons	05 LAQUA	5:46.33	5:09.16		1:13.87	2:34.30	3:53.72	5:09.16
15.	LAEREMANS Michiel	05 SHARK	5:24.40	5:12.35		1:12.35	2:31.76	3:52.22	5:12.35
16.	THOREZ Jasper	04 MOZKA	5:30.60	5:15.46		1:12.90	2:32.28	3:54.28	5:15.46
17.	SCHRIKX Jasper	05 ZS	5:11.03	5:15.92		1:12.40	2:30.48	3:52.36	5:15.92
18.	VAN SWEEVELT Jasper	05 WST	NT	5:17.59		1:15.53	2:37.49	4:00.27	5:17.59
19.	ZIEGELSCHIFFER Samuel	04 ZOLA	NT	5:17.79		1:13.62	2:34.91	3:58.74	5:17.79
20.	ROOSEN Oscar	05 AZV	5:09.56	5:18.65		1:16.93	2:39.01	4:00.96	5:18.65
21.	VAN DER DONCKT Jannes	05 LAQUA	5:30.81	5:24.06		1:15.06	2:38.03	4:01.63	5:24.06
22.	NAESSENS Mirko	05 LAQUA	5:37.39	5:25.45		1:17.55	2:41.34	4:04.65	5:25.45
23.	DEBONDT Bram	04 KST	NT	5:33.26		1:14.84		4:06.81	5:33.26
24.	DILLIEN Wout	04 MOZKA	6:43.29	5:34.20		1:17.88	2:43.28	4:10.35	5:34.20
25.	VAN HOOFF Daan	05 LAQUA	5:52.44	5:35.09		1:19.06	2:45.04	4:11.87	5:35.09
26.	SOETENS Noah	05 ZOLA	NT	5:36.36		1:19.00	2:46.35	4:14.48	5:36.36
27.	VAN LAETHEM Ruben	04 HZA	5:19.22	5:36.98		1:19.13	2:46.35	4:14.07	5:36.98

Programmanr. 5, Jongens, 400m vrije slag, 13 - 14 jaar

Rang	Geb.	Inschr.	Tijd	100m	200m	300m	400m	
28.	ALAMI Noah	04 DZO	5:49.50	5:41.13	1:17.96	2:43.57	4:11.87	5:41.13
29.	THOREZ Seppe	04 MOZKA	5:51.23	5:42.15	1:17.96	2:45.64	4:15.27	5:42.15
30.	MELLEMANS Egon	05 MOZKA	6:28.19	5:48.58	1:20.97	2:50.84	4:20.67	5:48.58
31.	VAN WAELDEREN Thomas	05 SHARK	NT	5:49.67	1:17.74	2:48.60	4:20.56	5:49.67
32.	FRANKFORT Thomas	05 SHARK	NT	5:50.14	1:18.65	2:47.73	4:21.58	5:50.14
33.	AAZIBOU Milan	05 DZO	6:11.43	5:50.68	1:22.22	2:51.86	4:22.15	5:50.68
34.	KNAEPKENS Simon	05 SHARK	6:06.26	5:51.34	1:20.66	2:51.91	4:22.20	5:51.34
35.	VAN ITTERBEECK Stef-Kamil	05 HZA	NT	5:57.21	1:20.40	2:53.24	4:26.55	5:57.21
36.	DE MAERTELAERE Lennert	05 ZGEEL	NT	5:57.22	1:24.27	2:55.57	4:28.42	5:57.22
37.	VAN AERSCHOT Andries	04 WST	NT	5:57.73	1:24.42	2:56.99	4:30.40	5:57.73
38.	PEELAERS Stijn	04 SHARK	NT	5:58.83	1:21.29	2:52.58	4:25.31	5:58.83
39.	IANNO Giuseppe	05 ZGEEL	NT	6:00.42	1:20.99	2:56.41	4:30.22	6:00.42
40.	KERFS Rutger	05 ZWIM	6:23.72	6:18.58	1:25.59	3:02.09	4:42.08	6:18.58
41.	VAN DEN EYNDE Wout	05 WST	NT	6:35.22	1:33.26	3:16.90	5:02.36	6:35.22
42.	BARRY Aliou	05 ZOLA	NT	6:43.14	1:28.65	3:11.85	4:57.46	6:43.14
43.	VINKEN Emile	05 ZWIM	7:26.42	7:12.55	1:38.00	3:29.92	5:23.88	7:12.55
FF	KENIS Joren	04 ZGEEL	NT					
FF	OOMS Jonah	04 ZGEEL	5:11.32					
FF	ROTTIERS Ignace	04 ZS	4:48.53					
FF	AZEVEDO GUERREIRO Bernardo	04 ZOLA	NT					

15 - 16 jaar

1.	WYNS Seppe	02 SHARK	4:04.37	4:03.17	H LV	57.77	1:59.99	3:02.08	4:03.17
2.	LAVDANITI Zhulian Xhoi	03 ZS	NT	4:14.25	H LV	58.20	2:02.53	3:08.47	4:14.25
3.	VRIENS Arne	02 AZV	4:18.87	4:17.91	LV	1:00.95	2:05.68	3:11.81	4:17.91
4.	HOLLANDERS Ian	03 SHARK	4:27.77	4:18.12	H LV	1:01.89	2:08.86	3:15.54	4:18.12
5.	GERRITSEN Mike	03 AZV	4:12.45	4:21.33	LV	1:01.22	2:07.07	3:14.36	4:21.33
6.	VAN GENECHTEN Sander	03 WST	4:36.88	4:23.83	LV	1:03.02	2:09.92	3:17.44	4:23.83
7.	DE CUYPER Tibo	02 HZA	4:24.39	4:23.95	LV	1:00.33	2:06.99	3:16.33	4:23.95
8.	VAN DYCK Bram	02 KST	4:35.19	4:25.50	LV	1:02.28	2:09.74	3:18.02	4:25.50
9.	DEFLOOR Emile	03 HZA	4:43.23	4:25.83	LV	1:03.15	2:12.39	3:21.02	4:25.83
10.	LIECKENS Nolan	03 SHARK	4:31.17	4:26.75	LV	1:01.68	2:09.82	3:18.13	4:26.75
11.	VAN DYCK Nick	03 KST	4:36.67	4:28.47	LV	1:04.49	2:13.37	3:22.11	4:28.47
12.	VANVLASSELAER Ward	02 BEST	NT	4:34.79		1:05.93	2:15.76	3:25.19	4:34.79
13.	D'EXELLE Cedric	02 ZS	4:36.42	4:34.98		1:05.06	2:14.85	3:25.73	4:34.98
14.	DE CUYPER Lens	03 HZA	4:52.78	4:41.23		1:05.76	2:17.98	3:30.73	4:41.23
15.	CREYF Tjörven	02 LOR	4:41.33	4:45.83		1:06.26	2:19.48	3:33.05	4:45.83
16.	VAN DYCK Brent	03 SHARK	4:49.45	4:47.01		1:08.56	2:20.89	3:34.06	4:47.01
17.	HUYGENS Arne	03 MOZKA	4:55.89	4:49.83		1:10.02	2:24.15	3:37.53	4:49.83
18.	BERGHMANS Sam	03 ZS	4:50.83	4:52.60		1:08.40	2:21.45	3:37.58	4:52.60
19.	DE PAUW Brent	03 LOR	5:05.68	4:52.67		1:09.12	2:24.57	3:39.78	4:52.67
20.	VAN ITTERBEECK Warre	03 HZA	5:28.78	5:07.94		1:09.28	2:30.22	3:50.58	5:07.94
21.	ROOSEN Victor	02 AZV	5:24.16	5:08.97		1:11.47	2:30.64	3:50.76	5:08.97
22.	LAUWAERT Arne	02 KST	4:57.29	5:14.22		1:08.57	2:27.03	3:50.45	5:14.22
23.	KENIS Brent	03 KST	NT	5:24.05		1:15.39	2:39.85	4:04.05	5:24.05
24.	GEENEN Mauro	03 MOZKA	6:37.58	5:56.42		1:26.50	2:58.06	4:30.80	5:56.42
FF	KENNES Kylian	03 LOR	5:08.41						
FF	DEBOEL Jonas	02 ZGEEL	NT						
FF	DE VILDER Yorik	02 DZO	5:10.78						

Programmanr. 5, Heren, 400m vrije slag

17 jaar en ouder

1. VAN DEN WIJNGAERT Roel	96 SHARK	4:14.28	4:20.26	58.33	2:04.11	3:12.50	4:20.26
2. BERGES Jens	01 HZA	4:22.27	4:22.66 LV	1:01.19	2:08.33	3:15.65	4:22.66
3. THIJS Lucas	00 ZGEEL	NT	4:24.59	1:02.19	2:08.76	3:17.19	4:24.59
4. BERGHMANS Jens	01 ZS	4:22.83	4:24.60	1:02.30	2:09.10	3:16.88	4:24.60
5. VRANCKX Bjarne	99 BEST	NT	4:24.67	1:01.71	2:10.20	3:18.06	4:24.67
6. DEFLOOR Jules	01 HZA	4:38.56	4:28.90	1:02.18	2:10.23	3:19.89	4:28.90
7. LACEUR Joni	98 BEST	4:24.70	4:30.33	1:01.95	2:09.89	3:19.99	4:30.33
8. BELLENS Jens	01 SHARK	4:32.14	4:33.33	1:02.18	2:10.92	3:21.77	4:33.33
9. SCHOETERS Seppe	00 ZGEEL	4:50.36	4:33.44	1:02.50	2:12.59	3:24.18	4:33.44
10. DRIJVERS Johannes	01 BEST	5:10.59	4:45.04	1:04.55	2:17.37	3:31.90	4:45.04
11. HAEST Jelle	01 KST	5:49.44	4:49.31	1:08.19		3:36.38	4:49.31
12. BROCATUS Dennis	00 ZOLA	4:52.89	4:50.04	1:07.92	2:22.13	3:36.59	4:50.04
FF UDOULOV Egor	01 ZOLA	NT					

Programmanr. 6
13/10/2018 - 21:07

Dames, 400m wisselslag

11 jaar en ouder
Resultaten

Rang	Geb.	Inscr.	Tijd	100m	200m	300m	400m
1. DOM Yne	95 SHARK	5:00.09	5:00.80 H LV	1:09.68	2:26.46	3:54.15	5:00.80
2. MAEREVOET Marie	04 SHARK	5:24.83	5:14.22 H LV	1:11.26	2:33.99	4:03.58	5:14.22
3. WIJNANTS Jasmine	02 SHARK	5:15.04	5:20.64 LV	1:10.57	2:37.53	4:05.67	5:20.64
4. DIELS Lotte	06 SHARK	5:42.43	5:20.81 LV	1:12.21	2:36.66	4:07.74	5:20.81
5. VERDEYEN Nursulu	02 SHARK	5:34.97	5:27.87	1:14.00	2:39.13	4:10.66	5:27.87
6. CUYVERS Ella	02 MOZKA	5:27.42	5:27.89	1:14.01	2:37.72	4:13.70	5:27.89
7. DERKONINGEN Flore	04 GZVN	5:42.58	5:30.07 LV	1:13.84	2:36.38	4:14.08	5:30.07
8. VAN DOOREN Ante	06 SHARK	NT	5:30.46 LV	1:17.38	2:43.49	4:14.71	5:30.46
9. SMEULDERS Lise	06 BEST	NT	5:30.55 LV	1:14.91	3:28.25		5:30.55
10. BROUX Elise	05 GZVN	6:01.65	5:32.47 LV	1:17.69	2:40.33	4:18.47	5:32.47
11. VERSTREPEN Siel	03 GZVN	5:52.69	5:34.45	1:19.28	2:47.33	4:16.74	5:34.45
12. KOZULYA Naya	05 GZVN	6:04.72	5:42.35 LV	1:21.23	2:50.37	4:25.41	5:42.35
13. AJMERROU Sirine	03 GZVN	5:59.49	5:52.93	1:23.40	2:53.93	4:32.31	5:52.93
14. KENNES Naomi	06 LOR	6:32.09	6:14.07	1:33.65	3:03.23	4:54.70	6:14.07
15. JORISSEN Hanne	06 GZVN	NT	6:22.68	1:40.38	3:18.96	4:57.89	6:22.68
16. VANHEES Laura	06 GZVN	NT	6:23.00	1:33.98	3:09.36	4:58.67	6:23.00
17. TEBELAKIS Melina	06 LOR	6:47.94	6:26.76	1:40.31	3:10.37	5:03.88	6:26.76
18. BOGAERTS Silvie	05 HOZT	NT	6:34.09	1:45.43	3:22.44	5:09.87	6:34.09
19. GRAHAM Jil	06 HOZT	NT	6:36.05	1:44.07	3:18.71	5:14.69	6:36.05
20. GRAHAM Pam	06 HOZT	NT	6:57.61	1:54.68	3:37.35	5:29.80	6:57.61
21. KEUSTERMANS Mirte	06 HOZT	NT	7:00.63	1:48.48	3:33.35	5:31.08	7:00.63
dis HUYS Jorinde	05 GZVN	5:36.75					

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

dis SCHOOF Sien 04 MOZKA 5:44.66
SW 7.1.a - meer dan één vlinderslag beenbeweging uitgevoerd na S of KP

dis VANGEEL Emily 06 GZVN NT
SW 6.4.c - Keerpunt niet dadelijk ingezet na borstligging en/of armtrek beweging



HZC 400m wedstrijd
Herentals, 13/10/2018



Programmanr. 7
13/10/2018 - 21:34

Heren, 400m wisselslag

11 jaar en ouder
Resultaten

Rang	Geb.	Inschr.	Tijd	100m	200m	300m	400m	
1.	LIEKENS Jasper	02 SHARK	4:51.67	4:41.21 H LV	1:01.18	2:15.13	3:36.52	4:41.21
2.	STAES Thomas	00 SHARK	NT	4:43.45 H LV	1:03.40	2:20.26	3:36.51	4:43.45
3.	HOREMANS Ruben	01 SHARK	4:55.60	4:54.50 LV	1:05.43	2:22.74	3:49.88	4:54.50
4.	VERBEEK Mats	01 SHARK	5:03.22	4:59.38	1:07.10	2:20.24	3:49.51	4:59.38
5.	VOLDERS Aiken	02 BEST	NT	5:01.62	1:06.88	2:25.60	3:51.57	5:01.62
6.	SCHRIJVERS Lowik	03 ZOLA	NT	5:02.93 LV	1:08.48	2:26.12	3:53.27	5:02.93
7.	VERBEEK Sem	04 SHARK	5:24.03	5:17.71 LV	1:11.27	2:30.26	4:02.91	5:17.71
8.	MEYVIS Pieter	03 HOZT	NT	5:20.82	1:13.67	2:30.84	4:09.28	5:20.82
9.	WOUTERS Maxim	02 SHARK	5:36.98	5:25.53	1:10.69	2:31.50	4:12.96	5:25.53
10.	HUIZER Sem	04 HOZT	NT	5:42.07	1:24.39	2:46.49	4:26.93	5:42.07
11.	FUMAROLA Sander	05 GZVN	NT	6:07.07	1:32.01	3:05.09	4:48.08	6:07.07
12.	MANSOURI Eslem	06 GZVN	NT	6:37.84	1:33.14	3:18.54	5:14.49	6:37.84
13.	MOORTGAT Wout	07 LOR	NT	6:40.57 LV	1:33.01	3:13.39	5:12.43	6:40.57
14.	VANSTEELANDT Bram	06 LOR	NT	6:42.72	1:36.14	3:10.18	5:13.59	6:42.72
15.	OST Ryan	06 HOZT	NT	6:50.08	1:55.32	3:33.35	5:28.13	6:50.08
dis	KEUSTERMANS Arne	06 HOZT	NT					
SW 8.3.c - beenbeweging schoolsdag								
FF	VERREET Milan	05 SHARK	5:41.70					