

Dag 4 regio cup 16-03-2025 Beringen  
Beringen, 16/3/2025

1 - zondag 16 maart 2025

16/03/2025 - 14:00

Programmanr. 1  
16/03/2025 - 14:00

Dames, 200m rugslag

11 jaar en ouder  
Startlijst

Serie 1 van 5, 14:00

|                   |               |    |
|-------------------|---------------|----|
| 1 Kerfs Lentel    | DBT/21209/13  | NT |
| 2 Claes Janne     | DBT/21185/14  | NT |
| 3 Vaneesbeck Emma | PZC/21116/14  | NT |
| 4 Cremer Fotini   | DBT/21165/13  | NT |
| 5 Gondal Aroush   | ZDKB/21144/10 | NT |
| 6 De Laat Elena   | LWB/21098/14  | NT |
| 7 Swinnen Paulien | DBT/21189/14  | NT |
| 8 Verlinden Alina | STZC/21014/10 | NT |

Serie 2 van 5, 14:04

|                        |               |         |
|------------------------|---------------|---------|
| 1 Thomas Lyne          | PZC/21126/14  | NT      |
| 2 Tamer Mohammed Karma | ZDKB/21151/13 | NT      |
| 3 Hansen Maybel        | ZDKB/21117/09 | NT      |
| 4 Van Guyse Ada        | HZS/21292/13  | 3:38.92 |
| 5 Merlo Magali         | ZCM/21045/13  | 3:44.61 |
| 6 Coolen Hannelore     | ZCM/21048/13  | NT      |
| 7 Vreys Anse           | DBT/21191/14  | NT      |
| 8 Van Hees Lenthel     | DBT/21190/14  | NT      |

Serie 3 van 5, 14:08

|                          |               |         |
|--------------------------|---------------|---------|
| 1 Vanbekbergen Charlotte | ZDKB/21125/13 | 3:24.82 |
| 2 Moors Nora             | DBT/21196/12  | 3:18.47 |
| 3 Pluis Fenna            | LIZV/21006/04 | 3:14.28 |
| 4 Billen Yana            | STZC/21018/10 | 3:04.85 |
| 5 Gonnissen Annabelle    | PZC/21091/10  | 3:10.23 |
| 6 Vanbrabant Manon       | DBT/21177/12  | 3:17.20 |
| 7 Wolfs Lola             | ZDKB/21105/10 | 3:19.00 |
| 8 Bijnen Yaël            | PZC/21110/10  | 3:38.62 |

Serie 4 van 5, 14:13

|                   |               |         |
|-------------------|---------------|---------|
| 1 Machiels Lore   | STZC/21017/12 | 3:01.50 |
| 2 Beylemans Emma  | PZC/21075/09  | 2:57.72 |
| 3 Beylemans Katho | PZC/21073/08  | 2:51.78 |
| 4 Janssen Lore    | ZDKB/21134/07 | 2:50.34 |
| 5 Das Louise      | STZC/21015/13 | 2:51.69 |
| 6 Beylemans Anne  | PZC/21030/06  | 2:52.98 |
| 7 Janssens Lieze  | DBT/21163/13  | 2:57.83 |
| 8 Tekay Sedef     | PZC/21098/10  | 3:01.52 |

Serie 5 van 5, 14:16

|                      |              |         |
|----------------------|--------------|---------|
| 1 Put Fien           | DBT/21178/12 | 2:42.47 |
| 2 Michiels Ans       | LWB/21052/10 | 2:41.52 |
| 3 Brouwers Charlotte | DBT/21145/11 | 2:35.99 |
| 4 Vanhees Ella       | DBT/21090/09 | 2:30.75 |
| 5 Cuijvers Lisa      | DBT/21085/09 | 2:35.69 |
| 6 Thewissen Mirthe   | HZS/21212/11 | 2:39.67 |
| 7 Verleysen Noa      | HZS/21233/11 | 2:41.68 |
| 8 Jansen Roos        | PZC/21042/08 | 2:49.11 |

Programmanr. 2  
16/03/2025 - 14:20

Heren, 200m rugslag

11 jaar en ouder  
Startlijst

Serie 1 van 4, 14:20

|                    |               |    |
|--------------------|---------------|----|
| 1                  |               |    |
| 2                  |               |    |
| 3 Krylov Alexander | ZDKB/11136/14 | NT |
| 4 Bollen Warre     | PZC/11115/14  | NT |
| 5 Motmans Lander   | HZS/11313/14  | NT |
| 6                  |               |    |
| 7                  |               |    |
| 8                  |               |    |

Serie 2 van 4, 14:24

|                         |               |    |
|-------------------------|---------------|----|
| 1 Bastiaens Sander      | ZDKB/11143/09 | NT |
| 2 Lysens Siebe          | ZDKB/11138/12 | NT |
| 3 Swennen Jarne         | ZDKB/11145/13 | NT |
| 4 Zhubrytskyi Volodymyr | ZDKB/11149/08 | NT |
| 5 Coenegrachts Victor   | ZDKB/11139/11 | NT |
| 6 Verschaeren Lander    | DBT/11128/09  | NT |
| 7 Ernots Joppe          | ZDKB/11150/12 | NT |
| 8                       |               |    |

Serie 3 van 4, 14:29

|                      |               |         |
|----------------------|---------------|---------|
| 1 Hermans Yesse      | DBT/11187/13  | 3:23.77 |
| 2 Janssen Dries      | ZCM/11049/13  | 3:13.52 |
| 3 Wery Milan         | STZC/11042/11 | 3:05.11 |
| 4 Beets Jorre        | DBT/11162/07  | 2:46.06 |
| 5 Repriels Arthur    | ZDKB/11127/10 | 2:51.06 |
| 6 Lemmens Lars       | DBT/11208/12  | 3:05.43 |
| 7 Van de Polder Kobe | PZC/11130/13  | 3:19.89 |
| 8 Van Mele Gunnar    | DBT/11205/13  | 3:54.37 |

Serie 4 van 4, 14:33

|                   |               |         |
|-------------------|---------------|---------|
| 1 Gijbels Juul    | DBT/11119/08  | 2:45.39 |
| 2 Frederix Lou    | DBT/11137/11  | 2:42.04 |
| 3 Michiels Tuur   | LWB/11064/09  | 2:36.44 |
| 4 Franchi Michele | LIZV/11069/07 | 2:19.61 |
| 5 Baelen Siebe    | DBT/11103/07  | 2:19.74 |
| 6 Ballet Emile    | DBT/11200/11  | 2:42.03 |
| 7 Ruymen Siebe    | STZC/11040/10 | 2:44.82 |
| 8 Jamar Kamiel    | STZC/11016/12 | 2:45.91 |

Dag 4 regio cup 16-03-2025 Beringen  
Beringen, 16/3/2025

Programmanr. 3  
16/03/2025 - 14:37

50m rugslag

9 - 10 jaar  
Startlijst

Serie 1 van 4, 14:37

|   |                  |              |    |
|---|------------------|--------------|----|
| 1 |                  |              |    |
| 2 | Litjens Quinn    | DMB/11227/16 | NT |
| 3 | Coolen An-Sophie | ZCM/21058/16 | NT |
| 4 | Janssen Feline   | DBT/21224/16 | NT |
| 5 | Hesemans Elia    | DMB/21230/16 | NT |
| 6 | Nackaerts Lynn   | PZC/21138/16 | NT |
| 7 | Eerlingen Karel  | DMB/11232/16 | NT |
| 8 |                  |              |    |

Serie 2 van 4, 14:38

|   |                   |               |    |
|---|-------------------|---------------|----|
| 1 | Bollen Cleo       | PZC/21137/16  | NT |
| 2 | Janssens Janne    | HZS/21348/16  | NT |
| 3 | Olaerts Floris    | GZVN/11410/16 | NT |
| 4 | Thans Anna        | DMB/21233/16  | NT |
| 5 | Taibi Aya         | HZS/21353/15  | NT |
| 6 | Kilic Eymen       | DBT/11228/16  | NT |
| 7 | Van Mierloo Marie | DMB/21224/16  | NT |
| 8 | Delbroek Chloé    | DMB/21231/16  | NT |

Serie 3 van 4, 14:40

|   |                  |               |    |
|---|------------------|---------------|----|
| 1 | Tielens Valerie  | DBT/21226/16  | NT |
| 2 | Jans Amélie      | HZS/21350/16  | NT |
| 3 | Christiaens Giel | GZVN/11416/15 | NT |
| 4 | Christis Lars    | DMB/11255/16  | NT |
| 5 | Raskinet Julian  | DBT/11229/16  | NT |
| 6 | Merlo Annelie    | ZCM/21044/15  | NT |
| 7 | Gerard Laure     | ZDKB/21152/15 | NT |
| 8 | Tiri Lily        | DBT/21227/16  | NT |

Serie 4 van 4, 14:41

|   |                       |               |       |
|---|-----------------------|---------------|-------|
| 1 | Lopez y Lopez León    | GZVN/11414/16 | NT    |
| 2 | Lapierre Emma         | ZDKB/21146/15 | NT    |
| 3 | Leppens Jade          | DBT/21225/16  | NT    |
| 4 | Jaeken Stan           | GZVN/11415/16 | 55.87 |
| 5 | Meyers Trapman Sander | DBT/11230/16  | NT    |
| 6 | Stinissen Kato        | DMB/21228/16  | NT    |
| 7 | Lenaerts Raphaëlle    | DMB/21266/16  | NT    |
| 8 | Vandijck Nina         | DMB/21233/16  | NT    |

Programmanr. 4  
16/03/2025 - 14:43

100m wisselslag

10 jaar  
Startlijst

Serie 1 van 3, 14:43

|   |                  |              |    |
|---|------------------|--------------|----|
| 1 |                  |              |    |
| 2 |                  |              |    |
| 3 | Schrooten Lien   | DMB/21211/15 | NT |
| 4 | Grieten Arthur   | DBT/11217/15 | NT |
| 5 | Ludwiczak Jagoda | DMB/21212/15 | NT |
| 6 |                  |              |    |
| 7 |                  |              |    |
| 8 |                  |              |    |

Serie 2 van 3, 14:46

|   |                    |              |    |
|---|--------------------|--------------|----|
| 1 | Mathijs Corneel    | HZS/11319/15 | NT |
| 2 | Van Eijgen Louise  | DMB/21210/15 | NT |
| 3 | Beijnsberger Julie | DMB/21208/15 | NT |
| 4 | Segers Mathis      | DMB/11207/15 | NT |
| 5 | Vaes Liene         | DBT/21218/15 | NT |
| 6 | Henning Liam       | DBT/11222/15 | NT |
| 7 | Poel Oona          | DBT/21215/15 | NT |
| 8 | Simons Fena        | DBT/21223/15 | NT |

Serie 3 van 3, 14:48

|   |                       |               |         |
|---|-----------------------|---------------|---------|
| 1 | Das Amelie            | STZC/21036/15 | NT      |
| 2 | Ooms Céilia           | DBT/21213/15  | 1:51.25 |
| 3 | Pira Pauline          | DBT/21207/15  | 1:43.98 |
| 4 | Vanbrabant Noah       | DBT/11206/15  | 1:41.62 |
| 5 | Cremer Evianna        | DBT/21211/15  | 1:43.92 |
| 6 | Noels Ode             | DBT/21214/15  | 1:49.92 |
| 7 | Bianchi Maia          | DMB/21222/15  | NT      |
| 8 | Biesiadecki Alexander | DMB/11214/15  | NT      |

Programmanr. 5  
16/03/2025 - 14:51

Dames, 100m vlinderslag

11 jaar en ouder  
Startlijst

Serie 1 van 5, 14:51

|   |                  |              |    |
|---|------------------|--------------|----|
| 1 |                  |              |    |
| 2 |                  |              |    |
| 3 | Van Hees Lenthel | DBT/21190/14 | NT |
| 4 | Vander Meer Noor | HZS/21282/13 | NT |
| 5 | Claes Amber      | ZCM/21043/11 | NT |
| 6 |                  |              |    |
| 7 |                  |              |    |
| 8 |                  |              |    |

Serie 2 van 5, 14:53

|   |                   |              |    |
|---|-------------------|--------------|----|
| 1 |                   |              |    |
| 2 | Moors Yana        | DBT/21139/09 | NT |
| 3 | Hiemeleers Fien   | HZS/21284/14 | NT |
| 4 | Drijkoningen Lien | ZCM/21052/13 | NT |
| 5 | Put Tyana         | HZS/21283/14 | NT |
| 6 | Gerets Annelien   | HZS/21300/11 | NT |
| 7 | Vreys Anse        | DBT/21191/14 | NT |
| 8 |                   |              |    |

Dag 4 regio cup 16-03-2025 Beringen  
Beringen, 16/3/2025

Programmanr. 5, Dames, 100m vlinderslag

Serie 3 van 5, 14:55

|   |                  |               |         |
|---|------------------|---------------|---------|
| 1 | Poel Maren       | DBT/21173/11  | 1:39.04 |
| 2 | Nijs Alani       | DBT/21174/13  | 1:33.99 |
| 3 | Pira Anne-Sophie | DBT/21188/13  | 1:28.38 |
| 4 | Nagy Iyana       | DBT/21201/10  | 1:25.60 |
| 5 | Schrooten Yuna   | DBT/21077/08  | 1:28.19 |
| 6 | Gabriëls Amelia  | GZVN/21370/12 | 1:30.39 |
| 7 | Paulussen Sabine | LIZV/21014/01 | 1:38.98 |
| 8 | Hendrix Lillith  | STZC/21038/10 | 1:43.32 |

Serie 4 van 5, 14:57

|   |                        |               |         |
|---|------------------------|---------------|---------|
| 1 | Jansen Eline           | PZC/21111/11  | 1:21.98 |
| 2 | Ardu Peppa Jolene      | DBT/21175/12  | 1:21.10 |
| 3 | Van de Voort Saule     | STZC/21012/10 | 1:18.96 |
| 4 | Engelen Floor          | DBT/21146/12  | 1:16.20 |
| 5 | Van Litsenborg Aurélie | DBT/21149/11  | 1:16.84 |
| 6 | Vlassaks Rosalie       | PZC/21103/13  | 1:21.07 |
| 7 | Hiel Lina              | DBT/21117/10  | 1:21.55 |
| 8 | Claeskens Lina         | DBT/21098/08  | 1:24.03 |

Serie 5 van 5, 14:59

|   |                  |              |         |
|---|------------------|--------------|---------|
| 1 | Verleysen Noa    | HZS/21233/11 | 1:14.89 |
| 2 | Melotte Pia      | DBT/21150/10 | 1:11.22 |
| 3 | Lambrechts Noa   | DBT/21136/09 | 1:07.80 |
| 4 | Vertessen Fran   | DBT/21114/09 | 1:06.52 |
| 5 | Vandevenne Liah  | DBT/21135/11 | 1:06.52 |
| 6 | Frederix Maya    | DBT/21083/09 | 1:08.86 |
| 7 | Renette Lena     | DBT/21142/09 | 1:11.48 |
| 8 | Thewissen Mirthe | HZS/21212/11 | 1:15.67 |

Programmanr. 6  
16/03/2025 - 15:02

Heren, 100m vlinderslag

11 jaar en ouder  
Startlijst

Serie 1 van 4, 15:02

|   |                |               |    |
|---|----------------|---------------|----|
| 1 |                |               |    |
| 2 | Housen Ilya    | HZS/11331/11  | NT |
| 3 | Versluys Jules | STZC/11041/12 | NT |
| 4 | Kamagate Tamsi | LWB/11071/09  | NT |
| 5 | Degraen Diego  | DBT/11210/09  | NT |
| 6 | Terwingen Niyo | ZCM/11041/10  | NT |
| 7 | Crommen Wout   | LIZV/11064/09 | NT |
| 8 |                |               |    |

Serie 2 van 4, 15:04

|   |                   |               |         |
|---|-------------------|---------------|---------|
| 1 | Fransen Luciano   | PZC/11128/13  | NT      |
| 2 | Peeters Jochen    | ZCM/11047/13  | 1:57.05 |
| 3 | Lemmens Lars      | DBT/11208/12  | 1:32.48 |
| 4 | Swendrowski Milan | ZDKB/11111/10 | 1:25.77 |
| 5 | Janssen Thibe     | DBT/11167/11  | 1:27.04 |
| 6 | Dubois Mels       | LIZV/11059/13 | 1:41.45 |
| 7 | Pirard Driek      | STZC/11039/14 | NT      |
| 8 | Schoofs Tuur      | ZCM/11040/10  | NT      |

Serie 3 van 4, 15:06

|   |                   |               |         |
|---|-------------------|---------------|---------|
| 1 | Jans Sen          | ZDKB/11104/11 | 1:18.99 |
| 2 | Drijkoningen Rube | ZCM/11051/08  | 1:16.83 |
| 3 | Vertessen Wout    | DBT/11161/12  | 1:15.48 |
| 4 | Van den Hoorn Ebe | DMB/11079/09  | 1:14.66 |
| 5 | Poelmans Keano    | DBT/11151/09  | 1:15.45 |
| 6 | Swennen Lars      | ZDKB/11114/09 | 1:16.41 |
| 7 | Vandebroek Jonas  | GZVN/11320/09 | 1:17.63 |
| 8 | Ballet Emile      | DBT/11200/11  | 1:25.55 |

Serie 4 van 4, 15:08

|   |                      |               |         |
|---|----------------------|---------------|---------|
| 1 | Tayyem Abdo-almallek | HZS/11248/11  | 1:09.85 |
| 2 | Baelen Tobe          | DBT/11113/10  | 1:09.53 |
| 3 | Vangrootloon Jef     | STZC/11009/10 | 1:05.19 |
| 4 | Peeters Yentl        | ZCM/10222/00  | 1:00.33 |
| 5 | Claeskens Milan      | DBT/11091/06  | 1:02.28 |
| 6 | Theunissen Toon      | DBT/11120/09  | 1:05.70 |
| 7 | Cetinkaya Doruk      | DBT/11166/08  | 1:09.54 |
| 8 | Ooms Timo            | LIZV/10057/02 | 1:09.98 |

15:11 PAUZE

Programmanr. 7  
16/03/2025 - 15:26

Dames, 50m vrije slag

11 jaar en ouder  
Startlijst

Serie 1 van 6, 15:26

|   |                      |               |    |
|---|----------------------|---------------|----|
| 1 |                      |               |    |
| 2 | Gondal Aroush        | ZDKB/21144/10 | NT |
| 3 | Lambrechts Anaïs     | DBT/21221/13  | NT |
| 4 | Billen Yana          | STZC/21018/10 | NT |
| 5 | Tamer Mohammed Karma | ZDKB/21151/13 | NT |
| 6 | Unal Ada             | DBT/21176/12  | NT |
| 7 | Janssens Marthe      | ZCM/21036/09  | NT |
| 8 |                      |               |    |

Serie 2 van 6, 15:27

|   |                         |              |       |
|---|-------------------------|--------------|-------|
| 1 | Meyers Trapman Annalina | DBT/21220/14 | 46.35 |
| 2 | Drijkoningen Lien       | ZCM/21052/13 | 43.58 |
| 3 | Bevernage Trix          | HZS/21293/14 | 39.67 |
| 4 | Bijnen Yaël             | PZC/21110/10 | 38.45 |
| 5 | Van Ham Marie           | LWB/21084/13 | 39.42 |
| 6 | Merlo Magali            | ZCM/21045/13 | 40.09 |
| 7 | Kerfs Lentel            | DBT/21209/13 | 45.37 |
| 8 | Coolen Hannelore        | ZCM/21048/13 | 47.03 |

Dag 4 regio cup 16-03-2025 Beringen  
Beringen, 16/3/2025

Programmanr. 7, Dames, 50m vrije slag

Serie 3 van 6, 15:28

|   |                     |               |       |
|---|---------------------|---------------|-------|
| 1 | Brebels Maartje     | DBT/21202/12  | 37.88 |
| 2 | Wolfs Lola          | ZDKB/21105/10 | 35.63 |
| 3 | Moors Nora          | DBT/21196/12  | 35.29 |
| 4 | Machiels Lore       | STZC/21017/12 | 35.18 |
| 5 | Gonnissen Annabelle | PZC/21091/10  | 35.28 |
| 6 | Moors Maud          | GZVN/21375/11 | 35.56 |
| 7 | Hendrix Lillith     | STZC/21038/10 | 35.99 |
| 8 | Olaerts Tess        | ZCM/21050/12  | 37.95 |

Serie 4 van 6, 15:29

|   |                      |               |       |
|---|----------------------|---------------|-------|
| 1 | Pluis Fenna          | LIZV/21006/04 | 34.31 |
| 2 | Limonta-Scull Ofelia | DBT/21153/11  | 33.91 |
| 3 | Das Louise           | STZC/21015/13 | 33.46 |
| 4 | Verlinden Alina      | STZC/21014/10 | 33.11 |
| 5 | Van de Voort Saule   | STZC/21012/10 | 33.18 |
| 6 | Franssen Lyna        | HZS/21279/12  | 33.60 |
| 7 | Paulussen Sabine     | LIZV/21014/01 | 34.15 |
| 8 | Nijs Alani           | DBT/21174/13  | 34.39 |

Serie 5 van 6, 15:30

|   |                 |               |       |
|---|-----------------|---------------|-------|
| 1 | Michiels Ans    | LWB/21052/10  | 33.03 |
| 2 | Pannemans Tessa | GZVN/21340/10 | 31.73 |
| 3 | Moors Yana      | DBT/21139/09  | 30.85 |
| 4 | Verleysen Noa   | HZS/21233/11  | 30.36 |
| 5 | Cuijvers Lisa   | DBT/21085/09  | 30.49 |
| 6 | Nagy Ilyana     | DBT/21201/10  | 31.32 |
| 7 | Beylemans Anne  | PZC/21030/06  | 31.96 |
| 8 | Tekay Sedef     | PZC/21098/10  | 33.09 |

Serie 6 van 6, 15:31

|   |                    |              |       |
|---|--------------------|--------------|-------|
| 1 | Hiel Lina          | DBT/21117/10 | 29.67 |
| 2 | Renette Lena       | DBT/21142/09 | 28.90 |
| 3 | Vanhees Ella       | DBT/21090/09 | 28.07 |
| 4 | Verstrepen Siel    | DBT/21216/03 | 27.52 |
| 5 | Brouwers Charlotte | DBT/21145/11 | 27.86 |
| 6 | Frederix Maya      | DBT/21083/09 | 28.07 |
| 7 | Lambrechts Noa     | DBT/21136/09 | 29.11 |
| 8 | Melotte Pia        | DBT/21150/10 | 29.73 |

Programmanr. 8  
16/03/2025 - 15:33

Heren, 50m vrije slag

11 jaar en ouder  
Startlijst

Serie 1 van 6, 15:33

|   |                       |               |    |
|---|-----------------------|---------------|----|
| 1 |                       |               |    |
| 2 |                       |               |    |
| 3 | Zhubrytskyi Volodymyr | ZDKB/11149/08 | NT |
| 4 | Housen Ilya           | HZS/11331/11  | NT |
| 5 | Peeters Yentl         | ZCM/10222/00  | NT |
| 6 |                       |               |    |
| 7 |                       |               |    |
| 8 |                       |               |    |

Serie 2 van 6, 15:34

|   |                     |               |    |
|---|---------------------|---------------|----|
| 1 | Eijckmans Rune      | HZS/11335/14  | NT |
| 2 | Spreuwers Lei       | HZS/11330/12  | NT |
| 3 | Bollen Warre        | PZC/11115/14  | NT |
| 4 | Zeeuw Max           | ZCM/11046/14  | NT |
| 5 | Swennen Jarne       | ZDKB/11145/13 | NT |
| 6 | Coenegrachts Victor | ZDKB/11139/11 | NT |
| 7 | Knops Jelle         | GZVN/11323/09 | NT |
| 8 |                     |               |    |

Serie 3 van 6, 15:35

|   |                    |               |       |
|---|--------------------|---------------|-------|
| 1 | Ernots Joppe       | ZDKB/11150/12 | NT    |
| 2 | Lysens Siebe       | ZDKB/11138/12 | NT    |
| 3 | Moors Liam         | DBT/11197/14  | 40.62 |
| 4 | Fransen Luciano    | PZC/11128/13  | 38.59 |
| 5 | Versluys Jules     | STZC/11041/12 | 39.00 |
| 6 | Van de Polder Kobe | PZC/11130/13  | 43.38 |
| 7 | Bastiaens Sander   | ZDKB/11143/09 | NT    |
| 8 | Krylov Alexander   | ZDKB/11136/14 | NT    |

Serie 4 van 6, 15:37

|   |                 |               |       |
|---|-----------------|---------------|-------|
| 1 | Janssen Dries   | ZCM/11049/13  | 37.21 |
| 2 | Wery Milan      | STZC/11042/11 | 34.25 |
| 3 | Gielen Zoran    | DBT/11186/13  | 33.72 |
| 4 | Hurkmans Cédric | LWB/11101/05  | 31.76 |
| 5 | Jamar Kamiel    | STZC/11016/12 | 31.81 |
| 6 | Pirard Driek    | STZC/11039/14 | 33.86 |
| 7 | Ruymen Siebe    | STZC/11040/10 | 34.57 |
| 8 | Dubois Mels     | LIZV/11059/13 | 37.31 |

Serie 5 van 6, 15:38

|   |                    |               |       |
|---|--------------------|---------------|-------|
| 1 | Crommen Wout       | LIZV/11064/09 | 30.77 |
| 2 | Khoulaly Walid     | GZVN/11372/09 | 30.29 |
| 3 | Swennen Lars       | ZDKB/11114/09 | 29.48 |
| 4 | Michiels Tuur      | LWB/11064/09  | 28.58 |
| 5 | Drijkoningen Rube  | ZCM/11051/08  | 29.21 |
| 6 | Repriels Arthur    | ZDKB/11127/10 | 30.19 |
| 7 | Verschaeren Lander | DBT/11128/09  | 30.34 |
| 8 | Beets Jorre        | DBT/11162/07  | 31.19 |

Serie 6 van 6, 15:39

|   |                      |               |       |
|---|----------------------|---------------|-------|
| 1 | Cetinkaya Doruk      | DBT/11166/08  | 27.09 |
| 2 | Ooms Timo            | LIZV/10057/02 | 26.50 |
| 3 | Kopriva Ilio         | DBT/11016/06  | 25.16 |
| 4 | Franchi Michele      | LIZV/11069/07 | 24.85 |
| 5 | Vangrootloon Jef     | STZC/11009/10 | 25.00 |
| 6 | Theunissen Toon      | DBT/11120/09  | 26.26 |
| 7 | Baelen Siebe         | DBT/11103/07  | 26.71 |
| 8 | Tayyem Abdo-almallek | HZS/11248/11  | 27.53 |

Dag 4 regio cup 16-03-2025 Beringen  
Beringen, 16/3/2025

Programmanr. 9  
16/03/2025 - 15:40

100m vrije slag

9 - 10 jaar  
Startlijst

Serie 1 van 7, 15:40

|   |                   |               |    |
|---|-------------------|---------------|----|
| 1 |                   |               |    |
| 2 |                   |               |    |
| 3 | Jans Amélie       | HZS/21350/16  | NT |
| 4 | Van Mierloo Marie | DMB/21224/16  | NT |
| 5 | Christiaens Giel  | GZVN/11416/15 | NT |
| 6 |                   |               |    |
| 7 |                   |               |    |
| 8 |                   |               |    |

Serie 2 van 7, 15:43

|   |                    |               |    |
|---|--------------------|---------------|----|
| 1 |                    |               |    |
| 2 | Hesemans Elia      | DMB/21230/16  | NT |
| 3 | Coolen An-Sophie   | ZCM/21058/16  | NT |
| 4 | Taibi Aya          | HZS/21353/15  | NT |
| 5 | Janssens Janne     | HZS/21348/16  | NT |
| 6 | Lopez y Lopez León | GZVN/11414/16 | NT |
| 7 | Vandijck Nina      | DMB/21233/16  | NT |
| 8 |                    |               |    |

Serie 3 van 7, 15:46

|   |                    |              |         |
|---|--------------------|--------------|---------|
| 1 | Thans Anna         | DMB/21233/16 | 2:11.45 |
| 2 | Delbroek Chloé     | DMB/21231/16 | 2:05.49 |
| 3 | Merlo Annelie      | ZCM/21044/15 | 1:57.55 |
| 4 | Bianchi Maia       | DMB/21222/15 | 1:49.64 |
| 5 | Christis Lars      | DMB/11255/16 | 1:54.06 |
| 6 | Lenaerts Raphaëlle | DMB/21266/16 | 2:00.62 |
| 7 | Eerlingen Karel    | DMB/11232/16 | 2:09.77 |
| 8 | Litjens Quinn      | DMB/11227/16 | 2:30.78 |

Serie 4 van 7, 15:49

|   |                       |               |         |
|---|-----------------------|---------------|---------|
| 1 | Grieten Arthur        | DBT/11217/15  | 1:45.86 |
| 2 | Biesiadecki Alexander | DMB/11214/15  | 1:43.65 |
| 3 | Stinissen Kato        | DMB/21228/16  | 1:43.31 |
| 4 | Vaes Liene            | DBT/21218/15  | 1:42.37 |
| 5 | Ludwiczak Jagoda      | DMB/21212/15  | 1:43.30 |
| 6 | Tiri Lily             | DBT/21227/16  | 1:43.32 |
| 7 | Kilic Eymen           | DBT/11228/16  | 1:45.75 |
| 8 | Jaeken Stan           | GZVN/11415/16 | 1:45.90 |

Serie 5 van 7, 15:51

|   |                       |               |         |
|---|-----------------------|---------------|---------|
| 1 | Tielens Valerie       | DBT/21226/16  | 1:40.52 |
| 2 | Gerard Laure          | ZDKB/21152/15 | 1:38.87 |
| 3 | Raskinet Julian       | DBT/11229/16  | 1:38.08 |
| 4 | Meyers Trapman Sander | DBT/11230/16  | 1:37.07 |
| 5 | Mathijs Corneel       | HZS/11319/15  | 1:37.77 |
| 6 | Nackaerts Lynn        | PZC/21138/16  | 1:38.78 |
| 7 | Lapierre Emma         | ZDKB/21146/15 | 1:39.32 |
| 8 | Leppens Jade          | DBT/21225/16  | 1:42.19 |

Serie 6 van 7, 15:54

|   |                |              |         |
|---|----------------|--------------|---------|
| 1 | Poel Oona      | DBT/21215/15 | 1:36.31 |
| 2 | Cremer Evianna | DBT/21211/15 | 1:35.94 |
| 3 | Henning Liam   | DBT/11222/15 | 1:33.53 |
| 4 | Bollen Cleo    | PZC/21137/16 | 1:30.22 |
| 5 | Schrooten Lien | DMB/21211/15 | 1:32.86 |
| 6 | Segers Mathis  | DMB/11207/15 | 1:35.10 |
| 7 | Noels Ode      | DBT/21214/15 | 1:36.10 |
| 8 | Janssen Feline | DBT/21224/16 | 1:36.32 |

Serie 7 van 7, 15:56

|   |                    |               |         |
|---|--------------------|---------------|---------|
| 1 | Ooms Célia         | DBT/21213/15  | 1:30.14 |
| 2 | Olaerts Floris     | GZVN/11410/16 | 1:26.37 |
| 3 | Das Amelie         | STZC/21036/15 | 1:24.91 |
| 4 | Beijnsberger Julie | DMB/21208/15  | 1:18.81 |
| 5 | Pira Pauline       | DBT/21207/15  | 1:24.31 |
| 6 | Vanbrabant Noah    | DBT/11206/15  | 1:26.36 |
| 7 | Simons Fena        | DBT/21223/15  | 1:28.27 |
| 8 | Van Eijgen Louise  | DMB/21210/15  | 1:30.16 |

Programmanr. 10  
16/03/2025 - 15:58

Dames, 400m vrije slag

11 jaar en ouder  
Startlijst

Serie 1 van 7, 15:58

|   |                    |              |    |
|---|--------------------|--------------|----|
| 1 |                    |              |    |
| 2 |                    |              |    |
| 3 | Desair Anna-Louise | HZS/21294/13 | NT |
| 4 | Franssen Lyna      | HZS/21279/12 | NT |
| 5 | Van Guyse Ada      | HZS/21292/13 | NT |
| 6 |                    |              |    |
| 7 |                    |              |    |
| 8 |                    |              |    |

Serie 2 van 7, 16:06

|   |                        |               |    |
|---|------------------------|---------------|----|
| 1 |                        |               |    |
| 2 | Unal Ada               | DBT/21176/12  | NT |
| 3 | Janssen Lore           | ZDKB/21134/07 | NT |
| 4 | Verstrepren Siel       | DBT/21216/03  | NT |
| 5 | Vanbekbergen Charlotte | ZDKB/21125/13 | NT |
| 6 | Claes Amber            | ZCM/21043/11  | NT |
| 7 | Vanhaen Alissia        | GZVN/21413/14 | NT |
| 8 |                        |               |    |

Dag 4 regio cup 16-03-2025 Beringen  
Beringen, 16/3/2025

Programmanr. 10, Dames, 400m vrije slag

Serie 3 van 7, 16:14

|   |                         |               |         |
|---|-------------------------|---------------|---------|
| 1 | Schrooten Yuna          | DBT/21077/08  | NT      |
| 2 | Berghmans Lauren        | GZVN/21390/13 | 7:02.53 |
| 3 | Thomas Lyne             | PZC/21126/14  | 6:53.77 |
| 4 | Lambrechts Anaïs        | DBT/21221/13  | 6:35.28 |
| 5 | Meyers Trapman Annalina | DBT/21220/14  | 6:40.41 |
| 6 | Bevernage Trix          | HZS/21293/14  | 6:55.62 |
| 7 | Put Tyana               | HZS/21283/14  | 7:29.09 |
| 8 | Vanierschot Nora        | HZS/21214/11  | NT      |

Serie 4 van 7, 16:22

|   |                  |               |         |
|---|------------------|---------------|---------|
| 1 | Vander Meer Noor | HZS/21282/13  | 6:30.16 |
| 2 | Gabriëls Amelia  | GZVN/21370/12 | 6:24.25 |
| 3 | Moors Maud       | GZVN/21375/11 | 6:23.51 |
| 4 | Brebels Maartje  | DBT/21202/12  | 6:14.60 |
| 5 | Vaneesbeck Emma  | PZC/21116/14  | 6:14.69 |
| 6 | Nulens Azzurra   | DMB/21186/14  | 6:23.74 |
| 7 | Moors Calista    | DMB/21190/14  | 6:29.70 |
| 8 | Hiemeleers Fien  | HZS/21284/14  | 6:32.14 |

Serie 5 van 7, 16:29

|   |                      |              |         |
|---|----------------------|--------------|---------|
| 1 | Claes Janne          | DBT/21185/14 | 6:10.15 |
| 2 | Limonta-Scull Ofelia | DBT/21153/11 | 6:01.73 |
| 3 | Janssens Lieze       | DBT/21163/13 | 5:42.64 |
| 4 | Cremer Fotini        | DBT/21165/13 | 5:37.72 |
| 5 | Ardu Peppa Jolene    | DBT/21175/12 | 5:38.87 |
| 6 | Beerten Florence     | DBT/21172/13 | 5:45.09 |
| 7 | Vanbrabant Manon     | DBT/21177/12 | 6:06.35 |
| 8 | Swinnen Paulien      | DBT/21189/14 | 6:11.84 |

Serie 6 van 7, 16:36

|   |                  |               |         |
|---|------------------|---------------|---------|
| 1 | Claeskens Lina   | DBT/21098/08  | 5:36.24 |
| 2 | Pannemans Tessa  | GZVN/21340/10 | 5:32.40 |
| 3 | Hansen Maybel    | ZDKB/21117/09 | 5:21.98 |
| 4 | Jansen Eline     | PZC/21111/11  | 5:12.03 |
| 5 | Beylemans Katho  | PZC/21073/08  | 5:15.03 |
| 6 | Pira Anne-Sophie | DBT/21188/13  | 5:25.53 |
| 7 | Beylemans Emma   | PZC/21075/09  | 5:33.58 |
| 8 | Vlassaks Rosalie | PZC/21103/13  | 5:36.31 |

Serie 7 van 7, 16:42

|   |                        |              |         |
|---|------------------------|--------------|---------|
| 1 | Poel Maren             | DBT/21173/11 | 5:06.39 |
| 2 | Jansen Roos            | PZC/21042/08 | 4:59.48 |
| 3 | Van Litsenborg Aurélie | DBT/21149/11 | 4:54.78 |
| 4 | Vertessen Fran         | DBT/21114/09 | 4:35.31 |
| 5 | Vandevenne Liah        | DBT/21135/11 | 4:36.69 |
| 6 | Put Fien               | DBT/21178/12 | 4:55.58 |
| 7 | Engelen Floor          | DBT/21146/12 | 5:06.32 |
| 8 | Copermans Sam          | HZS/21247/11 | 5:09.67 |

Programmanr. 11  
16/03/2025 - 16:48

Heren, 400m vrije slag

11 jaar en ouder  
Startlijst

Serie 1 van 5, 16:48

|   |                 |               |    |
|---|-----------------|---------------|----|
| 1 |                 |               |    |
| 2 |                 |               |    |
| 3 | Spreuwers Lei   | HZS/11330/12  | NT |
| 4 | Van Mele Gunnar | DBT/11205/13  | NT |
| 5 | Khoulaly Walid  | GZVN/11372/09 | NT |
| 6 |                 |               |    |
| 7 |                 |               |    |
| 8 |                 |               |    |

Serie 2 van 5, 16:56

|   |                   |               |         |
|---|-------------------|---------------|---------|
| 1 | Jans Sen          | ZDKB/11104/11 | NT      |
| 2 | Achten Daan       | GZVN/11411/14 | NT      |
| 3 | Swendrowski Milan | ZDKB/11111/10 | NT      |
| 4 | Segers Ferre      | DMB/11183/14  | 7:17.32 |
| 5 | Gijbels Juul      | DBT/11119/08  | NT      |
| 6 | Claes Pepijn      | DBT/11219/11  | NT      |
| 7 | Degraen Diego     | DBT/11210/09  | NT      |
| 8 | Eijckmans Rune    | HZS/11335/14  | NT      |

Serie 3 van 5, 17:04

|   |                 |               |         |
|---|-----------------|---------------|---------|
| 1 | Timmers Bjarne  | DMB/11178/13  | 7:04.50 |
| 2 | Guilliams Remko | STZC/11037/12 | 6:52.83 |
| 3 | Zeeuw Max       | ZCM/11046/14  | 6:46.97 |
| 4 | Knops Jelle     | GZVN/11323/09 | 6:15.06 |
| 5 | Peeters Jochen  | ZCM/11047/13  | 6:25.61 |
| 6 | Nijs Viktor     | DMB/11192/14  | 6:50.14 |
| 7 | Moors Liam      | DBT/11197/14  | 6:56.52 |
| 8 | Motmans Lander  | HZS/11313/14  | 7:12.29 |

Serie 4 van 5, 17:12

|   |                  |               |         |
|---|------------------|---------------|---------|
| 1 | Terwingen Niyo   | ZCM/11041/10  | 6:09.86 |
| 2 | Schoofs Tuur     | ZCM/11040/10  | 5:51.66 |
| 3 | Vertessen Wout   | DBT/11161/12  | 5:23.26 |
| 4 | Janssen Thibe    | DBT/11167/11  | 4:59.45 |
| 5 | Vandebroek Jonas | GZVN/11320/09 | 5:05.42 |
| 6 | Hermans Yesse    | DBT/11187/13  | 5:37.67 |
| 7 | Gielen Zoran     | DBT/11186/13  | 5:56.65 |
| 8 | Thys Vince       | STZC/11043/14 | 6:10.21 |

Serie 5 van 5, 17:18

|   |                      |               |         |
|---|----------------------|---------------|---------|
| 1 | Tayyem Abdo-almallek | HZS/11248/11  | 4:52.22 |
| 2 | Poelmans Keano       | DBT/11151/09  | 4:43.66 |
| 3 | Baelen Tobe          | DBT/11113/10  | 4:21.01 |
| 4 | Kopriva Ilio         | DBT/11016/06  | 4:04.94 |
| 5 | Claeskens Milan      | DBT/11091/06  | 4:17.90 |
| 6 | Vandepoel Quinten    | STZC/11007/10 | 4:21.93 |
| 7 | Van den Hoom Ebe     | DMB/11079/09  | 4:51.51 |
| 8 | Frederix Lou         | DBT/11137/11  | 4:59.39 |

Dag 4 regio cup 16-03-2025 Beringen  
Beringen, 16/3/2025

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Programmanr. 12  
16/03/2025 - 17:24

Dames, 4 x 100m wisselslag

open leeftijdsgroep  
Startlijst

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Serie 1 van 2, 17:24

1  
2  
3 ZDKB 1  
4 DBT 9  
5 HZS 1  
6 ZDKB 2  
7  
8

Serie 2 van 2, 17:31

1 DBT 7  
2 DBT 1  
3 DBT 3  
4 DBT 2  
5 DBT 5  
6 DBT 4  
7 DBT 8  
8 DBT 6

5:18.95  
5:18.90  
5:18.41  
5:17.95  
5:18.15  
5:18.78  
5:18.92  
5:19.05

17:38 PAUZE

Programmanr. 13  
16/03/2025 - 17:48

Heren, 4 x 100m wisselslag

open leeftijdsgroep  
Startlijst

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Serie 1 van 1, 17:48

1 ZDKB 4  
2 DBT 4  
3 DBT 3  
4 DBT 1  
5 DBT 2  
6 DBT 5  
7 ZDKB 3  
8

NT  
5:01.00  
4:59.08  
4:57.51  
4:57.92  
4:59.96  
NT