

AIYSC 2026  
Antwerpen, 17 - 19/4/2026

Programmanr. 1  
17/04/2026 - 18:30

Dames, 400m vrije slag

15 jaar en ouder  
Resultaten

Punten: AQUA 2026

Rang	Geb.	Tijd	Pnt	100m	200m	300m	400m		
<b>15 - 16 jaar</b>									
1.	LHOIR, Eloïse	10	AQUABLA	<b>4:41.46</b>	575	1:07.22	1:11.31	1:12.05	1:10.88
	50m: 31.76	31.76	150m: 1:42.98	35.76	250m: 2:54.74	36.21	350m: 4:06.57	35.99	
	100m: 1:07.22	35.46	200m: 2:18.53	35.55	300m: 3:30.58	35.84	400m: 4:41.46	34.89	
2.	SLOOTWEG, Brechtje	11	AMERSFOORT	<b>4:42.26</b>	571	1:07.51	1:11.49	1:12.24	1:11.02
	50m: 31.87	31.87	150m: 1:42.72	35.21	250m: 2:54.85	35.85	350m: 4:07.66	36.42	
	100m: 1:07.51	35.64	200m: 2:19.00	36.28	300m: 3:31.24	36.39	400m: 4:42.26	34.60	
3.	KELDERMAN, Fran	10	BRABO	<b>4:44.80</b>	555	1:07.71	1:12.77	1:13.07	1:11.25
	50m: 32.04	32.04	150m: 1:43.95	36.24	250m: 2:56.73	36.25	350m: 4:10.56	37.01	
	100m: 1:07.71	35.67	200m: 2:20.48	36.53	300m: 3:33.55	36.82	400m: 4:44.80	34.24	
4.	VERLUYTEN, Leni	10	TSZ	<b>4:47.40</b>	540	1:09.62	1:13.91	1:13.35	1:10.52
	50m: 32.96	32.96	150m: 1:46.62	37.00	250m: 3:00.30	36.77	350m: 4:12.61	35.73	
	100m: 1:09.62	36.66	200m: 2:23.53	36.91	300m: 3:36.88	36.58	400m: 4:47.40	34.79	
5.	HOGENHUIS, Mette	11	DEN HOMMEL	<b>4:51.90</b>	516	1:09.06	1:14.65	1:15.45	1:12.74
	50m: 33.08	33.08	150m: 1:46.24	37.18	250m: 3:01.42	37.71	350m: 4:16.40	37.24	
	100m: 1:09.06	35.98	200m: 2:23.71	37.47	300m: 3:39.16	37.74	400m: 4:51.90	35.50	
6.	WEVERS, Gitte	11	DMB	<b>4:52.28</b>	514	1:08.52	1:14.41	1:16.20	1:13.15
	50m: 32.29	32.29	150m: 1:45.78	37.26	250m: 3:01.17	38.24	350m: 4:17.03	37.90	
	100m: 1:08.52	36.23	200m: 2:22.93	37.15	300m: 3:39.13	37.96	400m: 4:52.28	35.25	
7.	VERNIERS, Nime	11	ZS	<b>4:52.29</b>	514	1:09.93	1:15.32	1:15.16	1:11.88
	50m: 33.26	33.26	150m: 1:47.24	37.31	250m: 3:03.04	37.79	350m: 4:16.93	36.52	
	100m: 1:09.93	36.67	200m: 2:25.25	38.01	300m: 3:40.41	37.37	400m: 4:52.29	35.36	
8.	HARDACRE, Juliette	11	AQUABLA	<b>4:53.45</b>	508	1:10.23	1:15.10	1:15.55	1:12.57
	50m: 33.37	33.37	150m: 1:47.96	37.73	250m: 3:02.67	37.34	350m: 4:17.58	36.70	
	100m: 1:10.23	36.86	200m: 2:25.33	37.37	300m: 3:40.88	38.21	400m: 4:53.45	35.87	
9.	SARGESJAN, Nala	11	HZS	<b>4:53.84</b>	506	1:08.48	1:14.40	1:15.94	1:15.02
	50m: 32.46	32.46	150m: 1:45.61	37.13	250m: 3:00.71	37.83	350m: 4:17.19	38.37	
	100m: 1:08.48	36.02	200m: 2:22.88	37.27	300m: 3:38.82	38.11	400m: 4:53.84	36.65	
10.	VERDOOD, Pip	11	ZVL	<b>4:54.41</b>	503	1:08.28	1:15.00	1:16.43	1:14.70
	50m: 32.05	32.05	150m: 1:45.37	37.09	250m: 3:01.15	37.87	350m: 4:17.69	37.98	
	100m: 1:08.28	36.23	200m: 2:23.28	37.91	300m: 3:39.71	38.56	400m: 4:54.41	36.72	
11.	LAUWERS, Sofie	11	KST	<b>4:54.65</b>	502	1:08.67	1:15.69	1:16.37	1:13.92
	50m: 32.50	32.50	150m: 1:46.59	37.92	250m: 3:02.58	38.22	350m: 4:18.05	37.32	
	100m: 1:08.67	36.17	200m: 2:24.36	37.77	300m: 3:40.73	38.15	400m: 4:54.65	36.60	
12.	DEZUTTER, Carlijn	11	SCHELDESTR	<b>4:59.26</b>	479	1:08.05	1:14.82	1:17.99	1:18.40
	50m: 32.28	32.28	150m: 1:45.11	37.06	250m: 3:01.88	39.01	350m: 4:20.60	39.74	
	100m: 1:08.05	35.77	200m: 2:22.87	37.76	300m: 3:40.86	38.98	400m: 4:59.26	38.66	
13.	FRANZEN, Famke	10	SCHOTEJIL	<b>5:01.10</b>	470	1:09.37	1:16.30	1:17.84	1:17.59
	50m: 32.70	32.70	150m: 1:47.78	38.41	250m: 3:04.48	38.81	350m: 4:22.97	39.46	
	100m: 1:09.37	36.67	200m: 2:25.67	37.89	300m: 3:43.51	39.03	400m: 5:01.10	38.13	
14.	MURAT, Irem	10	TSZ	<b>5:01.58</b>	468	1:10.32	1:17.22	1:18.55	1:15.49
	50m: 32.78	32.78	150m: 1:48.39	38.07	250m: 3:06.28	38.74	350m: 4:24.40	38.31	
	100m: 1:10.32	37.54	200m: 2:27.54	39.15	300m: 3:46.09	39.81	400m: 5:01.58	37.18	
15.	HELLER, Hanna	11	AMERSFOORT	<b>5:02.38</b>	464	1:08.80	1:17.09	1:18.41	1:18.08
	50m: 32.74	32.74	150m: 1:47.02	38.22	250m: 3:04.93	39.04	350m: 4:24.09	39.79	
	100m: 1:08.80	36.06	200m: 2:25.89	38.87	300m: 3:44.30	39.37	400m: 5:02.38	38.29	
16.	VONK, Lian	10	AMERSFOORT	<b>5:03.12</b>	461	1:10.17	1:17.04	1:19.39	1:16.52
	50m: 32.76	32.76	150m: 1:48.13	37.96	250m: 3:06.17	38.96	350m: 4:25.11	38.51	
	100m: 1:10.17	37.41	200m: 2:27.21	39.08	300m: 3:46.60	40.43	400m: 5:03.12	38.01	
17.	WAGEMAKERS, Jayna	10	HIERON	<b>5:05.14</b>	452	1:11.00	1:18.01	1:18.66	1:17.47
	50m: 33.62	33.62	150m: 1:50.13	39.13	250m: 3:08.95	39.94	350m: 4:27.21	39.54	
	100m: 1:11.00	37.38	200m: 2:29.01	38.88	300m: 3:47.67	38.72	400m: 5:05.14	37.93	
18.	MAES, Helene	10	PZC	<b>5:09.57</b>	432	1:11.65	1:19.16	1:19.85	1:18.91
	50m: 34.02	34.02	150m: 1:50.81	39.16	250m: 3:10.57	39.76	350m: 4:30.73	40.07	
	100m: 1:11.65	37.63	200m: 2:30.81	40.00	300m: 3:50.66	40.09	400m: 5:09.57	38.84	
19.	KÜK, Anne	11	N.HOLLAND	<b>5:11.67</b>	424	1:11.40	1:19.64	1:21.00	1:19.63
	50m: 33.31	33.31	150m: 1:51.17	39.77	250m: 3:11.47	40.43	350m: 4:32.86	40.82	
	100m: 1:11.40	38.09	200m: 2:31.04	39.87	300m: 3:52.04	40.57	400m: 5:11.67	38.81	

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17 - 18 jaar

1. BROECKAERT, Noa	09	BRABO	<b>4:42.68</b>	568	1:07.64	1:12.09	1:12.53	1:10.42
50m: 31.66	31.66	150m: 1:43.80	36.16	250m: 2:56.14	36.41	350m: 4:08.41	36.15	
100m: 1:07.64	35.98	200m: 2:19.73	35.93	300m: 3:32.26	36.12	400m: 4:42.68	34.27	
2. DELPORTE, Lotte	09	STW	<b>4:44.67</b>	556	1:06.98	1:12.09	1:13.07	1:12.53
50m: 32.27	32.27	150m: 1:42.93	35.95	250m: 2:55.45	36.38	350m: 4:08.86	36.72	
100m: 1:06.98	34.71	200m: 2:19.07	36.14	300m: 3:32.14	36.69	400m: 4:44.67	35.81	
3. DEVOLDER, Yelena	09	TIME	<b>4:45.07</b>	554	1:09.44	1:13.81	1:13.15	1:08.67
50m: 32.89	32.89	150m: 1:45.90	36.46	250m: 2:59.73	36.48	350m: 4:11.42	35.02	
100m: 1:09.44	36.55	200m: 2:23.25	37.35	300m: 3:36.40	36.67	400m: 4:45.07	33.65	
4. MEYER, Thyri	09	KAZS	<b>4:45.29</b>	553	1:07.62	1:12.69	1:13.43	1:11.55
50m: 31.99	31.99	150m: 1:44.02	36.40	250m: 2:57.05	36.74	350m: 4:10.14	36.40	
100m: 1:07.62	35.63	200m: 2:20.31	36.29	300m: 3:33.74	36.69	400m: 4:45.29	35.15	
5. DE RIDDER, Sterre	08	ZS	<b>4:50.97</b>	521	1:10.14	1:14.59	1:14.61	1:11.63
50m: 33.75	33.75	150m: 1:47.44	37.30	250m: 3:01.80	37.07	350m: 4:15.87	36.53	
100m: 1:10.14	36.39	200m: 2:24.73	37.29	300m: 3:39.34	37.54	400m: 4:50.97	35.10	
6. STEVENS, Eléonore	09	AQUABLA	<b>4:54.03</b>	505	1:07.84	1:14.31	1:16.04	1:15.84
50m: 31.75	31.75	150m: 1:44.50	36.66	250m: 3:00.26	38.11	350m: 4:17.26	39.07	
100m: 1:07.84	36.09	200m: 2:22.15	37.65	300m: 3:38.19	37.93	400m: 4:54.03	36.77	
7. WEYTJENS, Amber	08	DMB	<b>4:54.13</b>	504	1:08.89	1:15.07	1:16.09	1:14.08
50m: 32.80	32.80	150m: 1:46.34	37.45	250m: 3:01.74	37.78	350m: 4:17.33	37.28	
100m: 1:08.89	36.09	200m: 2:23.96	37.62	300m: 3:40.05	38.31	400m: 4:54.13	36.80	
8. JACOBS, Lotte	09	ZVL	<b>4:54.80</b>	501	1:10.70	1:15.09	1:15.04	1:13.97
50m: 33.12	33.12	150m: 1:47.86	37.16	250m: 3:03.20	37.41	350m: 4:18.17	37.34	
100m: 1:10.70	37.58	200m: 2:25.79	37.93	300m: 3:40.83	37.63	400m: 4:54.80	36.63	
9. VERHOEFF, Isis	09	AMERSFOORT	<b>5:05.50</b>	450	1:11.32	1:16.94	1:18.91	1:18.33
50m: 33.67	33.67	150m: 1:49.32	38.00	250m: 3:07.23	38.97	350m: 4:26.58	39.41	
100m: 1:11.32	37.65	200m: 2:28.26	38.94	300m: 3:47.17	39.94	400m: 5:05.50	38.92	
10. SIDERIUS, Karlijn	09	DWK	<b>5:10.05</b>	430	1:11.27	1:18.19	1:19.92	1:20.67
50m: 34.10	34.10	150m: 1:49.84	38.57	250m: 3:09.22	39.76	350m: 4:29.97	40.59	
100m: 1:11.27	37.17	200m: 2:29.46	39.62	300m: 3:49.38	40.16	400m: 5:10.05	40.08	
11. DE LEU, Patricia	09	DAW	<b>5:11.89</b>	423	1:07.04	1:20.64	1:21.69	1:22.52
50m: 30.85	30.85	150m: 1:45.78	38.74	250m: 3:08.18	40.50	350m: 4:30.13	40.76	
100m: 1:07.04	36.19	200m: 2:27.68	41.90	300m: 3:49.37	41.19	400m: 5:11.89	41.76	

19 jaar en ouder

1. VAN LANGEVELDE, M.	98	DWK	<b>4:51.82</b>	516	1:09.21	1:13.48	1:14.65	1:14.48
50m: 32.62	32.62	150m: 1:45.97	36.76	250m: 2:59.91	37.22	350m: 4:15.02	37.68	
100m: 1:09.21	36.59	200m: 2:22.69	36.72	300m: 3:37.34	37.43	400m: 4:51.82	36.80	
2. WANTER, Ann	82	ZGEEL	<b>4:59.28</b>	479	1:10.09	1:15.52	1:17.03	1:16.64
50m: 33.27	33.27	150m: 1:47.55	37.46	250m: 3:03.73	38.12	350m: 4:21.38	38.74	
100m: 1:10.09	36.82	200m: 2:25.61	38.06	300m: 3:42.64	38.91	400m: 4:59.28	37.90	