

AIYSC 2026
Antwerpen, 17 - 19/4/2026

Programmanr. 28
19/04/2026 - 10:34

Meisjes, 400m vrije slag

11 - 14 jaar
Resultaten

Punten: AQUA 2026

Rang	Geb.	Tijd	Pnt	100m	200m	300m	400m
11 - 12 jaar							
1.	PROVILY, Fien	14	WIEKSLAG	5:07.18	5:16.79	403	1:14.93 1:21.00 1:22.22 1:18.64
	50m: 34.64	34.64	150m: 1:54.93	40.00	250m: 3:16.84	40.91	350m: 4:38.83 40.68
	100m: 1:14.93	40.29	200m: 2:35.93	41.00	300m: 3:58.15	41.31	400m: 5:16.79 37.96
2.	ANTIPINA, Alexandra	14	LAQUA	5:21.41	5:17.53	401	1:14.86 1:20.61 1:21.57 1:20.49
	50m: 34.78	34.78	150m: 1:54.87	40.01	250m: 3:15.92	40.45	350m: 4:37.36 40.32
	100m: 1:14.86	40.08	200m: 2:35.47	40.60	300m: 3:57.04	41.12	400m: 5:17.53 40.17
3.	BEIJNSBERGER, Louise	14	DMB	5:22.44	5:21.37	386	1:14.69 1:22.93 1:23.11 1:20.64
	50m: 35.47	35.47	150m: 1:55.98	41.29	250m: 3:19.16	41.54	350m: 4:42.10 41.37
	100m: 1:14.69	39.22	200m: 2:37.62	41.64	300m: 4:00.73	41.57	400m: 5:21.37 39.27
4.	ORPHANIDES, Alexia	14	CNSW	5:36.30	5:24.48	375	1:15.41 1:23.37 1:23.81 1:21.89
	50m: 35.81	35.81	150m: 1:57.19	41.78	250m: 3:21.36	42.58	350m: 4:44.21 41.62
	100m: 1:15.41	39.60	200m: 2:38.78	41.59	300m: 4:02.59	41.23	400m: 5:24.48 40.27
5.	BEVERNAGE, Trix	14	HZS	5:31.00	5:26.93	367	1:19.03 1:22.81 1:24.03 1:21.06
	50m: 37.63	37.63	150m: 2:00.59	41.56	250m: 3:23.60	41.76	350m: 4:47.52 41.65
	100m: 1:19.03	41.40	200m: 2:41.84	41.25	300m: 4:05.87	42.27	400m: 5:26.93 39.41
6.	MELIS, Fee	14	HOZT	5:26.20	5:28.20	363	1:19.69 1:24.68 1:24.72 1:19.11
	50m: 37.07	37.07	150m: 2:01.88	42.19	250m: 3:26.51	42.14	350m: 4:50.36 41.27
	100m: 1:19.69	42.62	200m: 2:44.37	42.49	300m: 4:09.09	42.58	400m: 5:28.20 37.84
7.	SOARES ALMEIDA, Anna	14	LAQUA	5:25.49	5:32.17	350	1:19.44 1:24.48 1:25.84 1:22.41
	50m: 37.59	37.59	150m: 2:01.50	42.06	250m: 3:26.72	42.80	350m: 4:51.65 41.89
	100m: 1:19.44	41.85	200m: 2:43.92	42.42	300m: 4:09.76	43.04	400m: 5:32.17 40.52
8.	DE VOCHT, Flore	15	LAQUA	5:39.55	5:39.72	327	1:21.60 1:26.09 1:28.25 1:23.78
	50m: 38.47	38.47	150m: 2:04.68	43.08	250m: 3:31.83	44.14	350m: 4:58.64 42.70
	100m: 1:21.60	43.13	200m: 2:47.69	43.01	300m: 4:15.94	44.11	400m: 5:39.72 41.08
9.	DE RIDDER, Roxane	14	ZGEEL	5:31.91	5:40.25	326	1:22.41 1:26.75 1:27.09 1:24.00
	50m: 38.48	38.48	150m: 2:05.46	43.05	250m: 3:32.38	43.22	350m: 4:59.48 43.23
	100m: 1:22.41	43.93	200m: 2:49.16	43.70	300m: 4:16.25	43.87	400m: 5:40.25 40.77
10.	STERRE, Kenis	14	HOZT	5:42.21	5:46.18	309	1:23.05 1:28.87 1:27.57 1:26.69
	50m: 39.41	39.41	150m: 2:07.04	43.99	250m: 3:35.87	43.95	350m: 5:03.52 44.03
	100m: 1:23.05	43.64	200m: 2:51.92	44.88	300m: 4:19.49	43.62	400m: 5:46.18 42.66
13 - 14 jaar							
1.	MANISE, Naëlle	12	AQUABLA	4:36.86	4:41.75	574	1:07.09 1:11.85 1:12.51 1:10.30
	50m: 31.98	31.98	150m: 1:42.96	35.87	250m: 2:55.32	36.38	350m: 4:07.18 35.73
	100m: 1:07.09	35.11	200m: 2:18.94	35.98	300m: 3:31.45	36.13	400m: 4:41.75 34.57
2.	CAFFAREY, Audrey	12	AQUABLA	4:54.11	4:51.47	518	1:08.41 1:14.10 1:16.41 1:12.55
	50m: 32.58	32.58	150m: 1:44.80	36.39	250m: 3:00.40	37.89	350m: 4:16.18 37.26
	100m: 1:08.41	35.83	200m: 2:22.51	37.71	300m: 3:38.92	38.52	400m: 4:51.47 35.29
3.	DEKEIN, Yuta	12	ISWIM	4:54.49	4:54.04	505	1:08.25 1:15.65 1:16.44 1:13.70
	50m: 32.53	32.53	150m: 1:45.55	37.30	250m: 3:02.05	38.15	350m: 4:18.77 38.43
	100m: 1:08.25	35.72	200m: 2:23.90	38.35	300m: 3:40.34	38.29	400m: 4:54.04 35.27
4.	VERLUYTEN, Niene	12	TSZ	4:54.79	4:54.11	504	1:10.18 1:15.48 1:15.50 1:12.95
	50m: 33.41	33.41	150m: 1:47.69	37.51	250m: 3:02.98	37.32	350m: 4:18.75 37.59
	100m: 1:10.18	36.77	200m: 2:25.66	37.97	300m: 3:41.16	38.18	400m: 4:54.11 35.36
5.	BROBBEL, Simone	12	SGHW	4:54.94	4:57.18	489	1:09.18 1:18.14 1:16.64 1:13.22
	50m: 32.31	32.31	150m: 1:47.93	38.75	250m: 3:05.41	38.09	350m: 4:21.33 37.37
	100m: 1:09.18	36.87	200m: 2:27.32	39.39	300m: 3:43.96	38.55	400m: 4:57.18 35.85
6.	DE JONG, Suzan	13	TSZ	5:11.82	4:59.44	478	1:09.74 1:17.96 1:18.25 1:13.49
	50m: 32.35	32.35	150m: 1:48.96	39.22	250m: 3:07.31	39.61	350m: 4:23.27 37.32
	100m: 1:09.74	37.39	200m: 2:27.70	38.74	300m: 3:45.95	38.64	400m: 4:59.44 36.17
7.	SCHOON, Liv	12	DAW	5:09.00	5:01.63	467	1:11.53 1:17.53 1:17.65 1:14.92
	50m: 33.71	33.71	150m: 1:50.29	38.76	250m: 3:07.89	38.83	350m: 4:24.97 38.26
	100m: 1:11.53	37.82	200m: 2:29.06	38.77	300m: 3:46.71	38.82	400m: 5:01.63 36.66
8.	MELIS, Vlinder	12	HOZT	4:58.12	5:03.09	461	1:12.38 1:18.15 1:17.59 1:14.97
	50m: 34.14	34.14	150m: 1:51.38	39.00	250m: 3:09.48	38.95	350m: 4:26.91 38.79
	100m: 1:12.38	38.24	200m: 2:30.53	39.15	300m: 3:48.12	38.64	400m: 5:03.09 36.18

AIYSC 2026
Antwerpen, 17 - 19/4/2026

Programmanr. 28, Meisjes, 400m vrije slag, 13 - 14 jaar

Rang	Geb.	Tijd	Pnt	100m	200m	300m	400m
9.	DE SMET, Amélie	13	STW	5:07.43	5:03.59	458	1:11.96 1:17.90 1:17.71 1:16.02
	50m: 34.07	34.07	150m: 1:50.91	38.95	250m: 3:09.10	39.24	350m: 4:26.46 38.89
	100m: 1:11.96	37.89	200m: 2:29.86	38.95	300m: 3:47.57	38.47	400m: 5:03.59 37.13
10.	VAN BUNDER, Inez	13	TSZ	5:07.17	5:03.65	458	1:12.43 1:17.42 1:18.12 1:15.68
	50m: 34.38	34.38	150m: 1:51.27	38.84	250m: 3:08.68	38.83	350m: 4:27.17 39.20
	100m: 1:12.43	38.05	200m: 2:29.85	38.58	300m: 3:47.97	39.29	400m: 5:03.65 36.48
11.	DE GEEST, Manon	12	AQUABLA	5:04.41	5:06.29	446	1:13.52 1:18.01 1:18.38 1:16.38
	50m: 35.39	35.39	150m: 1:52.63	39.11	250m: 3:11.15	39.62	350m: 4:28.62 38.71
	100m: 1:13.52	38.13	200m: 2:31.53	38.90	300m: 3:49.91	38.76	400m: 5:06.29 37.67
12.	BOOGERS, Noor	12	ZGEEL	5:11.13	5:08.49	437	1:13.37 1:17.99 1:19.31 1:17.82
	50m: 35.20	35.20	150m: 1:51.96	38.59	250m: 3:10.59	39.23	350m: 4:30.59 39.92
	100m: 1:13.37	38.17	200m: 2:31.36	39.40	300m: 3:50.67	40.08	400m: 5:08.49 37.90
13.	DEBRABANDERE, Leonie	12	TSZ	5:07.51	5:08.58	437	1:11.94 1:20.05 1:19.68 1:16.91
	50m: 33.65	33.65	150m: 1:51.48	39.54	250m: 3:11.14	39.15	350m: 4:30.59 38.92
	100m: 1:11.94	38.29	200m: 2:31.99	40.51	300m: 3:51.67	40.53	400m: 5:08.58 37.99
14.	BOEKEMA, Nine	12	DUINKIKKER	5:08.99	5:09.36	433	1:12.97 1:18.67 1:19.49 1:18.23
	50m: 34.22	34.22	150m: 1:52.43	39.46	250m: 3:11.02	39.38	350m: 4:30.77 39.64
	100m: 1:12.97	38.75	200m: 2:31.64	39.21	300m: 3:51.13	40.11	400m: 5:09.36 38.59
15.	LAKKE, Caithlin	13	N.HOLLAND	5:09.37	5:09.64	432	1:13.16 1:20.24 1:19.47 1:16.77
	50m: 34.54	34.54	150m: 1:53.41	40.25	250m: 3:12.98	39.58	350m: 4:32.51 39.64
	100m: 1:13.16	38.62	200m: 2:33.40	39.99	300m: 3:52.87	39.89	400m: 5:09.64 37.13
16.	BOKKERS, Lenny	13	AMERSFOORT	5:08.37	5:10.39	429	1:12.17 1:19.47 1:20.37 1:18.38
	50m: 33.78	33.78	150m: 1:52.49	40.32	250m: 3:11.93	40.29	350m: 4:32.23 40.22
	100m: 1:12.17	38.39	200m: 2:31.64	39.15	300m: 3:52.01	40.08	400m: 5:10.39 38.16
17.	VAN DE WOUWER, Myrthe	13	HZA	5:07.65	5:11.95	423	1:13.33 1:20.07 1:20.92 1:17.63
	50m: 34.83	34.83	150m: 1:53.03	39.70	250m: 3:13.97	40.57	350m: 4:33.84 39.52
	100m: 1:13.33	38.50	200m: 2:33.40	40.37	300m: 3:54.32	40.35	400m: 5:11.95 38.11
18.	TERWISSCHA, Louise	12	AMERSFOORT	5:05.14	5:14.53	412	1:15.24 1:19.08 1:20.00 1:20.21
	50m: 35.64	35.64	150m: 1:54.72	39.48	250m: 3:13.95	39.63	350m: 4:35.11 40.79
	100m: 1:15.24	39.60	200m: 2:34.32	39.60	300m: 3:54.32	40.37	400m: 5:14.53 39.42
19.	VOLDERS, Ella	13	ZVL	5:07.63	5:17.05	402	1:12.56 1:20.46 1:22.55 1:21.48
	50m: 34.49	34.49	150m: 1:52.48	39.92	250m: 3:14.71	41.69	350m: 4:37.33 41.76
	100m: 1:12.56	38.07	200m: 2:33.02	40.54	300m: 3:55.57	40.86	400m: 5:17.05 39.72
20.	MAES, Leonie	12	PZC	5:00.87	5:17.06	402	1:11.56 1:20.43 1:23.34 1:21.73
	50m: 33.46	33.46	150m: 1:51.03	39.47	250m: 3:13.06	41.07	350m: 4:36.76 41.43
	100m: 1:11.56	38.10	200m: 2:31.99	40.96	300m: 3:55.33	42.27	400m: 5:17.06 40.30
21.	KOWALSKA, Kaja	13	HIERON	5:08.17	5:19.37	394	1:13.25 1:20.82 1:23.41 1:21.89
	50m: 34.79	34.79	150m: 1:53.64	40.39	250m: 3:16.25	42.18	350m: 4:39.53 42.05
	100m: 1:13.25	38.46	200m: 2:34.07	40.43	300m: 3:57.48	41.23	400m: 5:19.37 39.84