

AIYSC 2026
Antwerpen, 17 - 19/4/2026

Programmanr. 31
19/04/2026 - 11:16

Dames, 400m wisselslag

15 jaar en ouder
Resultaten

Punten: AQUA 2026

Rang	Geb.	Tijd	Pnt	100m	200m	300m	400m
15 - 16 jaar							
1.	VAN ZALK, Noa	11	AMERSFOORT	5:27.41	5:32.31	499	1:11.11 1:26.10 1:39.03 1:16.07
	50m: 32.30	32.30	150m: 1:54.19	43.08	250m: 3:26.13	48.92	350m: 4:54.87 38.63
	100m: 1:11.11	38.81	200m: 2:37.21	43.02	300m: 4:16.24	50.11	400m: 5:32.31 37.44
2.	V. WEENEN, Nienke	10	SCHOTEJIL	5:55.13	5:47.38	437	1:16.64 1:28.24 1:43.93 1:18.57
	50m: 33.72	33.72	150m: 2:01.86	45.22	250m: 3:36.47	51.59	350m: 5:08.92 40.11
	100m: 1:16.64	42.92	200m: 2:44.88	43.02	300m: 4:28.81	52.34	400m: 5:47.38 38.46
3.	DRUWEL, Nora	11	TIME	5:45.37	5:48.17	434	1:21.50 1:24.40 1:44.30 1:17.97
	50m: 36.30	36.30	150m: 2:03.87	42.37	250m: 3:37.20	51.30	350m: 5:09.42 39.22
	100m: 1:21.50	45.20	200m: 2:45.90	42.03	300m: 4:30.20	53.00	400m: 5:48.17 38.75
4.	KÜK, Anne	11	N.HOLLAND	5:38.40	5:50.02	427	1:28.93 1:24.33 1:41.12 1:15.64
	50m: 40.56	40.56	150m: 2:12.12	43.19	250m: 3:44.28	51.02	350m: 5:13.50 39.12
	100m: 1:28.93	48.37	200m: 2:53.26	41.14	300m: 4:34.38	50.10	400m: 5:50.02 36.52
5.	BEUNCKENS, Tess	11	HZS	5:42.53	5:50.21	426	1:22.15 1:26.52 1:42.14 1:19.40
	50m: 37.72	37.72	150m: 2:05.20	43.05	250m: 3:38.91	50.24	350m: 5:11.07 40.26
	100m: 1:22.15	44.43	200m: 2:48.67	43.47	300m: 4:30.81	51.90	400m: 5:50.21 39.14
6.	WOUTERS, Stien	10	KAZS	5:51.93	5:51.04	423	1:24.38 1:25.68 1:41.47 1:19.51
	50m: 38.15	38.15	150m: 2:07.78	43.40	250m: 3:40.77	50.71	350m: 5:12.17 40.64
	100m: 1:24.38	46.23	200m: 2:50.06	42.28	300m: 4:31.53	50.76	400m: 5:51.04 38.87
7.	KERKHOFS, Kaat	11	DMB	5:54.77	5:52.52	418	1:22.21 1:31.41 1:42.08 1:16.82
	50m: 37.05	37.05	150m: 2:10.06	47.85	250m: 3:44.27	50.65	350m: 5:15.86 40.16
	100m: 1:22.21	45.16	200m: 2:53.62	43.56	300m: 4:35.70	51.43	400m: 5:52.52 36.66
8.	SCHRAM, Morrison	11	ZEEUWE KUS	5:45.02	5:52.63	417	1:23.59 1:34.34 1:37.31 1:17.39
	50m: 37.51	37.51	150m: 2:11.41	47.82	250m: 3:46.74	48.81	350m: 5:16.05 40.81
	100m: 1:23.59	46.08	200m: 2:57.93	46.52	300m: 4:35.24	48.50	400m: 5:52.63 36.58
9.	VAN BOCKSTAL, Yoanna	11	HOZT	5:48.86	5:54.13	412	1:17.26 1:31.63 1:48.19 1:17.05
	50m: 33.24	33.24	150m: 2:03.83	46.57	250m: 3:42.14	53.25	350m: 5:16.72 39.64
	100m: 1:17.26	44.02	200m: 2:48.89	45.06	300m: 4:37.08	54.94	400m: 5:54.13 37.41
10.	DESMET, Sterre	11	KLSVZ	NT	5:54.27	412	1:18.22 1:30.73 1:43.36 1:21.96
	50m: 35.69	35.69	150m: 2:03.84	45.62	250m: 3:40.32	51.37	350m: 5:13.72 41.41
	100m: 1:18.22	42.53	200m: 2:48.95	45.11	300m: 4:32.31	51.99	400m: 5:54.27 40.55
11.	BOLLEN, Gitte	11	PZC	5:50.88	5:56.72	403	1:21.42 1:31.69 1:43.15 1:20.46
	50m: 36.95	36.95	150m: 2:07.30	45.88	250m: 3:44.34	51.23	350m: 5:17.07 40.81
	100m: 1:21.42	44.47	200m: 2:53.11	45.81	300m: 4:36.26	51.92	400m: 5:56.72 39.65
12.	WAEPUT, Elodie	10	TSZ	5:34.07	5:57.02	402	1:18.15 1:32.50 1:43.89 1:22.48
	50m: 35.92	35.92	150m: 2:05.23	47.08	250m: 3:40.95	50.30	350m: 5:16.20 41.66
	100m: 1:18.15	42.23	200m: 2:50.65	45.42	300m: 4:34.54	53.59	400m: 5:57.02 40.82
13.	BISPERINK, Noortje	11	AMERSFOORT	6:00.57	5:57.15	402	1:22.80 1:26.92 1:50.67 1:16.76
	50m: 36.96	36.96	150m: 2:06.86	44.06	250m: 3:44.70	54.98	350m: 5:19.61 39.22
	100m: 1:22.80	45.84	200m: 2:49.72	42.86	300m: 4:40.39	55.69	400m: 5:57.15 37.54
14.	VAN DEN IDSERT, Yuna	10	DAW	5:59.13	5:57.50	401	1:23.19 1:34.98 1:39.95 1:19.38
	50m: 37.73	37.73	150m: 2:11.00	47.81	250m: 3:47.15	48.98	350m: 5:19.05 40.93
	100m: 1:23.19	45.46	200m: 2:58.17	47.17	300m: 4:38.12	50.97	400m: 5:57.50 38.45
15.	V. NIMWEGEN, Evy	11	SCHOTEJIL	6:00.87	5:58.88	396	1:23.41 1:34.58 1:40.05 1:20.84
	50m: 37.49	37.49	150m: 2:11.48	48.07	250m: 3:47.69	49.70	350m: 5:19.73 41.69
	100m: 1:23.41	45.92	200m: 2:57.99	46.51	300m: 4:38.04	50.35	400m: 5:58.88 39.15
16.	VAN GHELUE, Rinske	10	FIRST	5:56.89	6:00.15	392	1:30.51 1:30.93 1:35.68 1:23.03
	50m: 40.98	40.98	150m: 2:17.25	46.74	250m: 3:48.59	47.15	350m: 5:19.72 42.60
	100m: 1:30.51	49.53	200m: 3:01.44	44.19	300m: 4:37.12	48.53	400m: 6:00.15 40.43
17.	VAN DIJK, Janna	10	DAW	5:58.73	6:02.58	384	1:22.80 1:33.34 1:43.84 1:22.60
	50m: 37.75	37.75	150m: 2:10.69	47.89	250m: 3:48.01	51.87	350m: 5:22.22 42.24
	100m: 1:22.80	45.05	200m: 2:56.14	45.45	300m: 4:39.98	51.97	400m: 6:02.58 40.36
18.	BOUMAN, Kim	10	AMERSFOORT	6:09.50	6:10.55	360	1:24.05 1:33.11 1:50.74 1:22.65
	50m: 36.62	36.62	150m: 2:12.71	48.66	250m: 3:51.36	54.20	350m: 5:30.71 42.81
	100m: 1:24.05	47.43	200m: 2:57.16	44.45	300m: 4:47.90	56.54	400m: 6:10.55 39.84
19.	MANDEMA, Femke	11	DWK	6:33.95	6:12.46	354	1:25.37 1:35.72 1:51.63 1:19.74
	50m: 38.61	38.61	150m: 2:14.82	49.45	250m: 3:57.10	56.01	350m: 5:34.18 41.46
	100m: 1:25.37	46.76	200m: 3:01.09	46.27	300m: 4:52.72	55.62	400m: 6:12.46 38.28

AIYSC 2026
Antwerpen, 17 - 19/4/2026

Programmanr. 31, Meisjes, 400m wisselslag, 15 - 16 jaar

Rang	Geb.	Tijd	Pnt	100m	200m	300m	400m
20. LICHT, Lenthe	10 DAW	6:11.62	6:16.69 342	1:28.00	1:36.81	1:44.32	1:27.56
50m: 40.63	40.63	150m: 2:17.34	49.34	250m: 3:54.95	50.14	350m: 5:33.04	43.91
100m: 1:28.00	47.37	200m: 3:04.81	47.47	300m: 4:49.13	54.18	400m: 6:16.69	43.65
21. VAN WIJLAND, Ynthe	10 DEN HOMMEL	6:25.91	6:20.05 333	1:38.30	1:34.83	1:44.60	1:22.32
50m: 41.99	41.99	150m: 2:25.60	47.30	250m: 4:05.06	51.93	350m: 5:39.42	41.69
100m: 1:38.30	56.31	200m: 3:13.13	47.53	300m: 4:57.73	52.67	400m: 6:20.05	40.63
22. VAN ANTWERPEN, Liz	10 WESTLAND	6:52.54	6:56.67 253	1:47.30	1:43.14	1:57.71	1:28.52
50m: 47.51	47.51	150m: 2:39.22	51.92	250m: 4:29.99	59.55	350m: 6:13.97	45.82
100m: 1:47.30	59.79	200m: 3:30.44	51.22	300m: 5:28.15	58.16	400m: 6:56.67	42.70
23. HARTMAN, Tessa	10 WESTLAND	6:56.06	6:59.82 247	1:35.54	1:49.37	2:03.15	1:31.76
50m: 40.14	40.14	150m: 2:30.87	55.33	250m: 4:24.73	59.82	350m: 6:15.69	47.63
100m: 1:35.54	55.40	200m: 3:24.91	54.04	300m: 5:28.06	1:03.33	400m: 6:59.82	44.13
dis VAN DE KROL, Gerlin	11 DWK	5:47.36	5:53.11				
<i>SW 7.1.a - meer dan één vlinderslag beenbeweging uitgevoerd na S of KP</i>							
50m:	150m:	250m:	350m:				
100m:	200m:	300m:	400m:	5:53.11			

17 - 18 jaar

1. V. NIMWEGEN, Meyke	08 SCHOTEJIL	5:21.61	5:18.02 569	1:12.69	1:21.08	1:32.02	1:12.23
50m: 33.20	33.20	150m: 1:53.93	41.24	250m: 3:19.23	45.46	350m: 4:42.43	36.64
100m: 1:12.69	39.49	200m: 2:33.77	39.84	300m: 4:05.79	46.56	400m: 5:18.02	35.59
2. WILLAERT, Ayla	09 HOZT	5:10.28	5:23.22 542	1:16.78	1:22.48	1:31.81	1:12.15
50m: 34.93	34.93	150m: 1:58.30	41.52	250m: 3:25.48	46.22	350m: 4:47.18	36.11
100m: 1:16.78	41.85	200m: 2:39.26	40.96	300m: 4:11.07	45.59	400m: 5:23.22	36.04
3. WEYTJENS, Amber	08 DMB	5:37.46	5:39.26 469	1:19.18	1:23.32	1:43.19	1:13.57
50m: 36.75	36.75	150m: 2:01.39	42.21	250m: 3:34.33	51.83	350m: 5:03.23	37.54
100m: 1:19.18	42.43	200m: 2:42.50	41.11	300m: 4:25.69	51.36	400m: 5:39.26	36.03
4. VAN MEENE, Dante	09 DAW	5:51.07	5:43.92 450	1:22.86	1:30.21	1:36.90	1:13.95
50m: 36.86	36.86	150m: 2:08.76	45.90	250m: 3:40.94	47.87	350m: 5:08.04	38.07
100m: 1:22.86	46.00	200m: 2:53.07	44.31	300m: 4:29.97	49.03	400m: 5:43.92	35.88
5. ROMBOUITS, Floor	09 HOZT	5:51.01	5:53.89 413	1:24.06	1:31.14	1:40.76	1:17.93
50m: 37.40	37.40	150m: 2:09.67	45.61	250m: 3:44.81	49.61	350m: 5:14.84	38.88
100m: 1:24.06	46.66	200m: 2:55.20	45.53	300m: 4:35.96	51.15	400m: 5:53.89	39.05
6. WIJCKMANS, Lene	09 HZA	NT	5:57.67 400	1:28.35	1:26.26	1:45.15	1:17.91
50m: 39.90	39.90	150m: 2:11.58	43.23	250m: 3:47.75	53.14	350m: 5:19.97	40.21
100m: 1:28.35	48.45	200m: 2:54.61	43.03	300m: 4:39.76	52.01	400m: 5:57.67	37.70
7. FORSCHELEN, Carice	08 DORDRECHT	5:56.48	6:08.50 366	1:23.22	1:36.92	1:50.01	1:18.35
50m: 37.46	37.46	150m: 2:13.04	49.82	250m: 3:55.51	55.37	350m: 5:30.25	40.10
100m: 1:23.22	45.76	200m: 3:00.14	47.10	300m: 4:50.15	54.64	400m: 6:08.50	38.25
8. BOEKEMA, Floore	09 DUINKIKKER	6:17.37	6:12.61 354	1:30.76	1:34.68	1:45.45	1:21.72
50m: 39.32	39.32	150m: 2:19.38	48.62	250m: 3:57.77	52.33	350m: 5:32.22	41.33
100m: 1:30.76	51.44	200m: 3:05.44	46.06	300m: 4:50.89	53.12	400m: 6:12.61	40.39
9. POELS, Nomi	08 ZGEEL	6:16.69	6:26.98 316	1:27.97	1:39.44	1:54.10	1:25.47
50m: 40.38	40.38	150m: 2:19.19	51.22	250m: 4:03.86	56.45	350m: 5:45.20	43.69
100m: 1:27.97	47.59	200m: 3:07.41	48.22	300m: 5:01.51	57.65	400m: 6:26.98	41.78
10. VERHOEVEN, Indy	09 HIERON	6:50.85	7:17.43 218	1:44.14	1:49.51	2:00.00	1:43.78
50m: 43.25	43.25	150m: 2:39.49	55.35	250m: 4:32.32	58.67	350m: 6:27.46	53.81
100m: 1:44.14	1:00.89	200m: 3:33.65	54.16	300m: 5:33.65	1:01.33	400m: 7:17.43	49.97

19 jaar en ouder

1. VAN DEN BOGERT, V.	01 HIERON	5:16.94	5:24.12 538	1:13.47	1:28.56	1:28.16	1:13.93
50m: 33.97	33.97	150m: 1:58.09	44.62	250m: 3:25.92	43.89	350m: 4:47.76	37.57
100m: 1:13.47	39.50	200m: 2:42.03	43.94	300m: 4:10.19	44.27	400m: 5:24.12	36.36
2. GRAHAM, Jil	06 HOZT	5:13.67	5:33.24 495	1:17.76	1:22.83	1:38.93	1:13.72
50m: 35.47	35.47	150m: 1:59.19	41.43	250m: 3:30.43	49.84	350m: 4:56.38	36.86
100m: 1:17.76	42.29	200m: 2:40.59	41.40	300m: 4:19.52	49.09	400m: 5:33.24	36.86
3. ROMEIN, Anoeska	04 N.HOLLAND	5:44.15	6:04.00 379	1:25.75	1:38.33	1:39.55	1:20.37
50m: 38.82	38.82	150m: 2:16.42	50.67	250m: 3:52.92	48.84	350m: 5:24.74	41.11
100m: 1:25.75	46.93	200m: 3:04.08	47.66	300m: 4:43.63	50.71	400m: 6:04.00	39.26

AIYSC 2026
Antwerpen, 17 - 19/4/2026

Programmanr. 31, Dames, 400m wisselslag, 19 jaar en ouder

Rang	Geb.			Tijd		Pnt	100m	200m	300m	400m		
4.	ROMONT, Lien	06	HZA		NT	6:17.34	341	1:24.91	1:43.00	1:39.85	1:29.58	
	50m:	38.39	38.39	150m:	2:17.95	53.04	250m:	3:56.63	48.72	350m:	5:33.97	46.21
	100m:	1:24.91	46.52	200m:	3:07.91	49.96	300m:	4:47.76	51.13	400m:	6:17.34	43.37
5.	VAN DER LINDEN, Myrthe	07	WESTLAND		6:23.13	6:30.50	307	1:31.03	1:42.25	1:40.90	1:36.32	
	50m:	39.86	39.86	150m:	2:22.56	51.53	250m:	4:03.44	50.16	350m:	5:43.48	49.30
	100m:	1:31.03	51.17	200m:	3:13.28	50.72	300m:	4:54.18	50.74	400m:	6:30.50	47.02