

LUX MASTERS OPEN 2026
Luxembourg/Hollerich, 10 - 11/10/2026

Event 20
10/10/2026 - 16:44

Women, 400m Freestyle

20 years and older
Results

Points: AQUA Master 2025

Rank	YB										Time	Pts
25 - 29 years												
1.	WEBER Selina				01	1. Schwimmverein Blau-Weiss Pirmasen				5:45.82	408	
	50m:	34.94	34.94	150m:	2:02.85	45.53	250m:	3:32.52	44.87	350m:	5:04.07 45.09	
	100m:	1:17.32	42.38	200m:	2:47.65	44.80	300m:	4:18.98	46.46	400m:	5:45.82 41.75	
2.	HENDRIKS Eline				98	ZPC Amersfoort				5:59.45	363	
	50m:	39.53	39.53	150m:	2:08.43	45.61	250m:	3:40.93	45.91	350m:	5:14.89 47.24	
	100m:	1:22.82	43.29	200m:	2:55.02	46.59	300m:	4:27.65	46.72	400m:	5:59.45 44.56	
3.	DOUMA Nikki				01	Hellas-Glana				6:00.71	360	
	50m:	37.30	37.30	150m:	2:03.39	43.56	250m:	3:35.06	46.47	350m:	5:12.50 49.11	
	100m:	1:19.83	42.53	200m:	2:48.59	45.20	300m:	4:23.39	48.33	400m:	6:00.71 48.21	
4.	LACHAT Angele				01	US Corbie Natation				7:18.89	199	
	50m:	46.23	46.23	150m:	2:34.03	54.72	250m:	4:29.70	58.58	350m:	6:26.07 58.10	
	100m:	1:39.31	53.08	200m:	3:31.12	57.09	300m:	5:27.97	58.27	400m:	7:18.89 52.82	
30 - 34 years												
1.	VERCOOREN Cheyenne				93	ROSC				5:50.22	402	
	50m:	37.39	37.39	150m:	2:00.80	42.66	250m:	3:29.02	44.63	350m:	5:03.86 48.20	
	100m:	1:18.14	40.75	200m:	2:44.39	43.59	300m:	4:15.66	46.64	400m:	5:50.22 46.36	
35 - 39 years												
1.	VAN HETEREN Nanda				89	PSV				5:57.33	413	
	50m:	40.64	40.64	150m:	2:12.09	46.36	250m:	3:44.28	46.00	350m:	5:15.22 44.69	
	100m:	1:25.73	45.09	200m:	2:58.28	46.19	300m:	4:30.53	46.25	400m:	5:57.33 42.11	
40 - 44 years												
1.	VAERNEWYCK Stephanie				83	Drie Zes Vijf				5:00.33	670	
	50m:	34.80	34.80	150m:	1:51.35	38.36	250m:	3:08.12	37.95	350m:	4:23.65 37.63	
	100m:	1:12.99	38.19	200m:	2:30.17	38.82	300m:	3:46.02	37.90	400m:	5:00.33 36.68	
2.	DE TEMMERMAN Joke				82	Lokerse Zwemvereniging				5:18.71	561	
	50m:	36.53	36.53	150m:	1:56.43	40.18	250m:	3:17.76	40.67	350m:	4:39.28 40.36	
	100m:	1:16.25	39.72	200m:	2:37.09	40.66	300m:	3:58.92	41.16	400m:	5:18.71 39.43	
3.	DE VILLIERS Michelle				83	Hellas-Glana				6:01.60	384	
	50m:	40.12	40.12	150m:	2:12.62	47.27	250m:	3:46.38	46.48	350m:	5:18.58 45.39	
	100m:	1:25.35	45.23	200m:	2:59.90	47.28	300m:	4:33.19	46.81	400m:	6:01.60 43.02	
45 - 49 years												
1.	VERSCHOOR-VOS Anne-Marie				81	Old Dutch				5:40.10	503	
	50m:	36.90	36.90	150m:	2:01.11	42.91	250m:	3:27.89	43.52	350m:	4:56.33 44.66	
	100m:	1:18.20	41.30	200m:	2:44.37	43.26	300m:	4:11.67	43.78	400m:	5:40.10 43.77	
2.	VERHOEFF Chantal				79	Old Dutch				5:44.76	483	
	50m:	38.10	38.10	150m:	2:04.94	43.73	250m:	3:33.06	43.69	350m:	5:01.03 43.90	
	100m:	1:21.21	43.11	200m:	2:49.37	44.43	300m:	4:17.13	44.07	400m:	5:44.76 43.73	
50 - 54 years												
1.	JOLING Liselotte				75	PSV				5:03.29	792	
	50m:	35.63	35.63	150m:	1:52.10	38.26	250m:	3:09.14	38.60	350m:	4:26.44 38.69	
	100m:	1:13.84	38.21	200m:	2:30.54	38.44	300m:	3:47.75	38.61	400m:	5:03.29 36.85	

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Event 20, Women, 400m Freestyle, 50 - 54 years

Rank	YB										Time	Pts
2.	NILSSON Malin			73	Swimming Luxembourg					5:10.29	740	
	50m:	35.44	35.44	150m:	1:52.72	38.85	250m:	3:11.22	39.40	350m:	4:30.67	39.44
	100m:	1:13.87	38.43	200m:	2:31.82	39.10	300m:	3:51.23	40.01	400m:	5:10.29	39.62
3.	LORTON Olivia			74	Luxembourg Sharks Swimming Club					5:25.00	644	
	50m:	36.57	36.57	150m:	1:57.24	40.97	250m:	3:20.59	41.54	350m:	4:45.11	42.12
	100m:	1:16.27	39.70	200m:	2:39.05	41.81	300m:	4:02.99	42.40	400m:	5:25.00	39.89
4.	FRANCOIS Sabine			76	Piranhas Mussipontains					6:23.42	392	
	50m:	44.01	44.01	150m:	2:22.18	49.52	250m:	4:00.21	48.63	350m:	5:37.00	48.10
	100m:	1:32.66	48.65	200m:	3:11.58	49.40	300m:	4:48.90	48.69	400m:	6:23.42	46.42

55 - 59 years

1.	V. BON-ROSENBRAND Lidia				70	ZPC Amersfoort				5:25.52	659	
	50m:	36.03	36.03	150m:	1:58.07	41.90	250m:	3:21.96	41.70	350m:	4:44.88	40.97
	100m:	1:16.17	40.14	200m:	2:40.26	42.19	300m:	4:03.91	41.95	400m:	5:25.52	40.64
2.	ROLLAND Valerie				71	Cercle de Natation Sportcity Woluwe				5:37.14	594	
	50m:	38.97	38.97	150m:	2:05.22	43.80	250m:	3:31.01	42.47	350m:	4:56.66	42.81
	100m:	1:21.42	42.45	200m:	2:48.54	43.32	300m:	4:13.85	42.84	400m:	5:37.14	40.48
3.	V. NORDEN Henriette				68	ZPC Amersfoort				6:11.41	444	
	50m:	40.28	40.28	150m:	2:11.99	47.44	250m:	3:47.03	47.63	350m:	5:24.88	49.74
	100m:	1:24.55	44.27	200m:	2:59.40	47.41	300m:	4:35.14	48.11	400m:	6:11.41	46.53

60 - 64 years

1.	REMMITS-DE LANGE Marjan				63	ZPC Amersfoort					6:02.10	506
	50m:	40.31	40.31	150m:	2:10.89	45.99	250m:	3:44.33	46.95	350m:	5:17.78	46.66
	100m:	1:24.90	44.59	200m:	2:57.38	46.49	300m:	4:31.12	46.79	400m:	6:02.10	44.32
2.	SCHAFF Sylvie				63	USB Longwy Natation					6:37.29	383
	100m:	1:32.29	1:32.29	200m:	3:15.47	1:43.18	300m:	4:58.26	1:42.79	400m:	6:37.29	1:39.03
3.	HEIRENDT Carine				65	Cercle de Natation Dudelange					6:42.92	367
	50m:	46.03	46.03	150m:	2:29.78	51.65	250m:	4:11.96	51.20	350m:	5:53.98	50.81
	100m:	1:38.13	52.10	200m:	3:20.76	50.98	300m:	5:03.17	51.21	400m:	6:42.92	48.94
4.	TORZUOLI Claude				62	Nautique Club du Territoire de Luneville					a6:52.49	at 342
	50m:	47.13	47.13	150m:	2:32.01	52.99	250m:	4:17.57	52.61	350m:	6:03.52	52.93
	100m:	1:39.02	51.89	200m:	3:24.96	52.95	300m:	5:10.59	53.02	400m:	6:52.49	48.97
5.	VANDORMAEL Marie-Jeanne				63	Genker Zwemvereniging Neptunus					8:09.43	205
	50m:	52.91	52.91	150m:	2:57.22	1:04.34	250m:	5:04.16	1:02.97	350m:	7:10.75	1:02.67
	100m:	1:52.88	59.97	200m:	4:01.19	1:03.97	300m:	6:08.08	1:03.92	400m:	8:09.43	58.68
6.	MILLET Monika				66	The Mermaids - SchwimmerInnenverein					8:44.39	166
	50m:	59.66	59.66	150m:	3:09.14	1:05.55	250m:	5:26.51	1:09.78	350m:	7:42.64	1:08.37
	100m:	2:03.59	1:03.93	200m:	4:16.73	1:07.59	300m:	6:34.27	1:07.76	400m:	8:44.39	1:01.75
7.	VANDENBROUCK Ann				65	ROSC					8:51.12	160
	50m:	58.60	58.60	150m:	3:11.81	1:07.31	250m:	5:25.99	1:06.80	350m:	7:43.19	1:09.90
	100m:	2:04.50	1:05.90	200m:	4:19.19	1:07.38	300m:	6:33.29	1:07.30	400m:	8:51.12	1:07.93

65 - 69 years

1.	DEVRIESE Carla			61	ROSC					6:35.95	493	
	50m:	43.80	43.80	150m:	2:22.43	50.53	250m:	4:05.50	51.68	350m:	5:47.21	50.73
	100m:	1:31.90	48.10	200m:	3:13.82	51.39	300m:	4:56.48	50.98	400m:	6:35.95	48.74
2.	STAMER Kirsten			61	SC Janus Koeln					7:02.49	405	
	50m:	45.49	45.49	150m:	2:27.73	52.34	250m:	4:16.93	55.54	350m:	6:07.91	55.84
	100m:	1:35.39	49.90	200m:	3:21.39	53.66	300m:	5:12.07	55.14	400m:	7:02.49	54.58
3.	NEISSER Ursula-Beate			57	Erster Offenbacher SC					7:06.90	393	
	50m:	46.12	46.12	150m:	2:33.46	54.95	250m:	4:24.19	55.32	350m:	6:14.77	55.14
	100m:	1:38.51	52.39	200m:	3:28.87	55.41	300m:	5:19.63	55.44	400m:	7:06.90	52.13

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Event 20, Women, 400m Freestyle, 65 - 69 years

Rank	YB										Time	Pts
4.	KINZEL Marlies				60	The Mermaids - SchwimmerInnenverein					7:53.42	288
	50m:	51.85	51.85	150m:	2:48.72	59.54	250m:	4:50.81	1:01.78	350m:	6:54.12	1:01.48
	100m:	1:49.18	57.33	200m:	3:49.03	1:00.31	300m:	5:52.64	1:01.83	400m:	7:53.42	59.30
DNS	PERCICOT Christine				59	AC2M Molsheim Mutzig						

70 - 74 years

1.	DUGAUQUIER Brigitte				55	Cercle de Natation Sportcity Woluwe				7:26.85	371	
	50m:	49.28	49.28	150m:	2:43.01	57.69	250m:	4:38.96	58.17	350m:	6:32.60	56.52
	100m:	1:45.32	56.04	200m:	3:40.79	57.78	300m:	5:36.08	57.12	400m:	7:26.85	54.25
2.	BLONDEEL-GOURMET Fernande				52	Cercle de Natation Sportcity Woluwe				8:43.54	230	
	50m:	57.11	57.11	150m:	3:09.12	1:06.93	250m:	5:23.20	1:07.37	350m:	7:38.06	1:07.50
	100m:	2:02.19	1:05.08	200m:	4:15.83	1:06.71	300m:	6:30.56	1:07.36	400m:	8:43.54	1:05.48

80 - 84 years

1.	VAN HUISSTEDEN Loekie			45	ZPC Amersfoort				9:43.35	322		
	50m:	1:03.56	1:03.56	150m:	3:30.08	1:13.69	250m:	6:00.51	1:15.06	350m:	8:31.82	1:16.89
	100m:	2:16.39	1:12.83	200m:	4:45.45	1:15.37	300m:	7:14.93	1:14.42	400m:	9:43.35	1:11.53

50 - 54 years LUX

1.	LORTON Olivia			74	Luxembourg Sharks Swimming Club				5:25.00	644		
	50m:	36.57	36.57	150m:	1:57.24	40.97	250m:	3:20.59	41.54	350m:	4:45.11	42.12
	100m:	1:16.27	39.70	200m:	2:39.05	41.81	300m:	4:02.99	42.40	400m:	5:25.00	39.89

60 - 64 years LUX

1.	HEIRENDT Carine			65	Cercle de Natation Dudelange					6:42.92	367	
	50m:	46.03	46.03	150m:	2:29.78	51.65	250m:	4:11.96	51.20	350m:	5:53.98	50.81
	100m:	1:38.13	52.10	200m:	3:20.76	50.98	300m:	5:03.17	51.21	400m:	6:42.92	48.94