

Antwerp Diamond Speedo Race
Olympic Pool Wezenberg, Antwerp, 29 - 30/3/2025

Programmanr. 24
30/03/2025 - 9:49

Dames, 400m vrije slag

11 jaar en ouder
Resultaten Voorrunde

Punten: AQUA 2024

Rang						Tijd	Pnt	100m	200m	300m	400m	
1.	RAVELINGIEN, Lana	BEL	BRABO/20066/03			4:30.37	659	Q	1:03.71	1:08.03	1:08.88	1:09.75
	50m:	30.45	30.45	150m:	1:37.74	34.03	250m:	2:45.92	34.18	350m:	3:55.80	35.18
	100m:	1:03.71	33.26	200m:	2:11.74	34.00	300m:	3:20.62	34.70	400m:	4:30.37	34.57
2.	VAN SPEYBROECK, Bo	BEL	ZORO/21124/04			4:31.12	654	Q	1:05.13	1:08.72	1:09.31	1:07.96
	50m:	31.08	31.08	150m:	1:39.62	34.49	250m:	2:48.72	34.87	350m:	3:58.11	34.95
	100m:	1:05.13	34.05	200m:	2:13.85	34.23	300m:	3:23.16	34.44	400m:	4:31.12	33.01
3.	HOLLEBOSCH, Noa	BEL	MEGA/21148/07			4:32.39	645	Q	1:04.95	1:09.41	1:09.87	1:08.16
	50m:	31.36	31.36	150m:	1:39.67	34.72	250m:	2:49.15	34.79	350m:	3:58.80	34.57
	100m:	1:04.95	33.59	200m:	2:14.36	34.69	300m:	3:24.23	35.08	400m:	4:32.39	33.59
4.	SCHOLER, Amelie	LUX	9919			4:39.80	595	Q	1:06.91	1:11.31	1:11.12	1:10.46
	50m:	32.44	32.44	150m:	1:42.41	35.50	250m:	2:53.65	35.43	350m:	4:05.15	35.81
	100m:	1:06.91	34.47	200m:	2:18.22	35.81	300m:	3:29.34	35.69	400m:	4:39.80	34.65
5.	TEMMERMAN, Elynn	BEL	BRABO/21394/10			4:46.09	556	Q	1:06.85	1:13.61	1:13.27	1:12.36
	50m:	31.19	31.19	150m:	1:43.24	36.39	250m:	2:56.97	36.51	350m:	4:10.11	36.38
	100m:	1:06.85	35.66	200m:	2:20.46	37.22	300m:	3:33.73	36.76	400m:	4:46.09	35.98
6.	THEUWIS, Rune	BEL	DMB/21174/02			4:51.50	526	Q	1:08.61	1:14.47	1:14.98	1:13.44
	50m:	32.54	32.54	150m:	1:45.73	37.12	250m:	3:00.43	37.35	350m:	4:15.58	37.52
	100m:	1:08.61	36.07	200m:	2:23.08	37.35	300m:	3:38.06	37.63	400m:	4:51.50	35.92
7.	WEYTJENS, Amber	BEL	DMB/21071/08			4:51.51	526	Q	1:06.33	1:14.53	1:16.43	1:14.22
	50m:	31.30	31.30	150m:	1:43.25	36.92	250m:	2:59.15	38.29	350m:	4:15.15	37.86
	100m:	1:06.33	35.03	200m:	2:20.86	37.61	300m:	3:37.29	38.14	400m:	4:51.51	36.36
8.	DE BECKER, Loren	BEL	ZS/21043/07			5:05.59	456	Q	1:11.45	1:17.94	1:18.50	1:17.70
	50m:	34.00	34.00	150m:	1:50.07	38.62	250m:	3:08.49	39.10	350m:	4:26.95	39.06
	100m:	1:11.45	37.45	200m:	2:29.39	39.32	300m:	3:47.89	39.40	400m:	5:05.59	38.64
9.	BIERINCKX, Lienne	BEL	ZN/21015/09			5:06.61	452	R	1:11.20	1:18.65	1:19.18	1:17.58
	50m:	34.10	34.10	150m:	1:50.50	39.30	250m:	3:09.53	39.68	350m:	4:29.20	40.17
	100m:	1:11.20	37.10	200m:	2:29.85	39.35	300m:	3:49.03	39.50	400m:	5:06.61	37.41
10.	MULDER, Anouk	NED	201200962			5:09.74	438	R	1:12.22	1:19.87	1:20.87	1:16.78
	50m:	33.77	33.77	150m:	1:52.60	40.38	250m:	3:12.86	40.77	350m:	4:32.99	40.03
	100m:	1:12.22	38.45	200m:	2:32.09	39.49	300m:	3:52.96	40.10	400m:	5:09.74	36.75
11.	VAN DEN BERGH, Anna	BEL	zs/21116/10			5:10.73	434		1:15.95	1:20.45	1:18.94	1:15.39
	50m:	36.10	36.10	150m:	1:56.39	40.44	250m:	3:15.98	39.58	350m:	4:34.59	39.25
	100m:	1:15.95	39.85	200m:	2:36.40	40.01	300m:	3:55.34	39.36	400m:	5:10.73	36.14
12.	WACHTELAER, Charlot	BEL	AST/21051/10			5:13.33	423		1:13.18	1:19.97	1:20.06	1:20.12
	50m:	34.57	34.57	150m:	1:52.93	39.75	250m:	3:12.52	39.37	350m:	4:34.23	41.02
	100m:	1:13.18	38.61	200m:	2:33.15	40.22	300m:	3:53.21	40.69	400m:	5:13.33	39.10
13.	VAN HEMERT, Michelle	NED	200901200			5:14.87	417		1:13.19	1:21.37	1:21.86	1:18.45
	50m:	34.52	34.52	150m:	1:53.95	40.76	250m:	3:15.43	40.87	350m:	4:36.13	39.71
	100m:	1:13.19	38.67	200m:	2:34.56	40.61	300m:	3:56.42	40.99	400m:	5:14.87	38.74
14.	GINKELS, Febe	BEL	LAQUA/21494/12			5:19.19	401		1:16.22	1:22.05	1:20.83	1:20.09
	50m:	35.96	35.96	150m:	1:57.54	41.32	250m:	3:18.62	40.35	350m:	4:40.16	41.06
	100m:	1:16.22	40.26	200m:	2:38.27	40.73	300m:	3:59.10	40.48	400m:	5:19.19	39.03
15.	ADVOKAAT, Hanna	NED	200901502			5:28.97	366		1:17.70	1:23.53	1:24.30	1:23.44
	50m:	37.16	37.16	150m:	1:58.91	41.21	250m:	3:23.16	41.93	350m:	4:47.64	42.11
	100m:	1:17.70	40.54	200m:	2:41.23	42.32	300m:	4:05.53	42.37	400m:	5:28.97	41.33
16.	HOUVENAGHEL, Elien	BEL	BRABO/21490/10			5:36.95	340		1:18.29	1:27.38	1:27.74	1:23.54
	50m:	36.77	36.77	150m:	2:01.73	43.44	250m:	3:29.60	43.93	350m:	4:55.87	42.46
	100m:	1:18.29	41.52	200m:	2:45.67	43.94	300m:	4:13.41	43.81	400m:	5:36.95	41.08
17.	MARCKX, Lore	BEL	BRABO/21442/09			5:40.54	330		1:22.85	1:27.16	1:27.13	1:23.40
	50m:	39.66	39.66	150m:	2:06.27	43.42	250m:	3:33.24	43.23	350m:	5:00.14	43.00
	100m:	1:22.85	43.19	200m:	2:50.01	43.74	300m:	4:17.14	43.90	400m:	5:40.54	40.40
18.	GORIS, Zita	BEL	BRABO/21489/12			5:40.62	329		1:22.79	1:27.32	1:27.59	1:22.92
	50m:	39.12	39.12	150m:	2:07.04	44.25	250m:	3:34.02	43.91	350m:	5:00.58	42.88
	100m:	1:22.79	43.67	200m:	2:50.11	43.07	300m:	4:17.70	43.68	400m:	5:40.62	40.04
19.	VAN REETH, Lisse	BEL	BRABO/21488/11			5:49.65	305		1:20.87	1:29.26	1:30.14	1:29.38
	50m:	37.90	37.90	150m:	2:04.67	43.80	250m:	3:35.27	45.14	350m:	5:05.78	45.51
	100m:	1:20.87	42.97	200m:	2:50.13	45.46	300m:	4:20.27	45.00	400m:	5:49.65	43.87

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Programmanr. 24, Dames, 400m vrije slag, Voorronde, 11 jaar en ouder

Rang						Tijd	Pnt	100m	200m	300m	400m	
20.	WILLAERT, Naomi	BEL	SOS/21008/14			5:54.10	293	1:23.08	1:31.52	1:31.04	1:28.46	
	50m:	38.80	38.80	150m:	2:08.28	45.20	250m:	3:39.61	45.01	350m:	5:10.58	44.94
	100m:	1:23.08	44.28	200m:	2:54.60	46.32	300m:	4:25.64	46.03	400m:	5:54.10	43.52