

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

Programmanr. 24  
30/03/2025 - 16:42

Dames, 400m vrije slag

13 jaar en ouder  
Resultaten Finale

Punten: AQUA 2025

Rang						Tijd	Pnt	100m	200m	300m	400m	
1.	HOLLEBOSCH, Noa	BEL	MEGA/21148/07			<b>4:29.47</b>	666	1:05.15	1:09.24	1:09.24	1:05.84	
	50m:	30.82	30.82	150m:	1:39.85	34.70	250m:	2:48.93	34.54	350m:	3:57.29	33.66
	100m:	1:05.15	34.33	200m:	2:14.39	34.54	300m:	3:23.63	34.70	400m:	4:29.47	32.18
2.	VAN SPEYBROECK, Bo	BEL	ZORO/21124/04			<b>4:30.02</b>	662	1:05.19	1:09.40	1:09.14	1:06.29	
	50m:	30.87	30.87	150m:	1:39.74	34.55	250m:	2:49.05	34.46	350m:	3:57.72	33.99
	100m:	1:05.19	34.32	200m:	2:14.59	34.85	300m:	3:23.73	34.68	400m:	4:30.02	32.30
3.	SCHOLER, Amelie	LUX	9919			<b>4:37.67</b>	609	1:06.90	1:11.01	1:11.38	1:08.38	
	50m:	31.98	31.98	150m:	1:42.64	35.74	250m:	2:53.19	35.28	350m:	4:04.03	34.74
	100m:	1:06.90	34.92	200m:	2:17.91	35.27	300m:	3:29.29	36.10	400m:	4:37.67	33.64
4.	TEMMERMAN, Elynne	BEL	BRABO/21394/10			<b>4:46.15</b>	556	1:06.05	1:13.40	1:14.18	1:12.52	
	50m:	31.17	31.17	150m:	1:42.68	36.63	250m:	2:56.85	37.40	350m:	4:10.22	36.59
	100m:	1:06.05	34.88	200m:	2:19.45	36.77	300m:	3:33.63	36.78	400m:	4:46.15	35.93
5.	THEUWIS, Rune	BEL	DMB/21174/02			<b>4:46.39</b>	555	1:08.02	1:12.24	1:13.73	1:12.40	
	50m:	32.40	32.40	150m:	1:43.62	35.60	250m:	2:56.66	36.40	350m:	4:10.61	36.62
	100m:	1:08.02	35.62	200m:	2:20.26	36.64	300m:	3:33.99	37.33	400m:	4:46.39	35.78
6.	WEYTJENS, Amber	BEL	DMB/21071/08			<b>4:47.90</b>	546	1:07.55	1:13.04	1:14.33	1:12.98	
	50m:	32.15	32.15	150m:	1:43.83	36.28	250m:	2:57.85	37.26	350m:	4:11.97	37.05
	100m:	1:07.55	35.40	200m:	2:20.59	36.76	300m:	3:34.92	37.07	400m:	4:47.90	35.93
7.	WACHTELAER, Charlot	BEL	AST/21051/10			<b>5:17.57</b>	407	1:12.62	1:22.21	1:22.39	1:20.35	
	50m:	34.43	34.43	150m:	1:53.75	41.13	250m:	3:16.19	41.36	350m:	4:38.30	41.08
	100m:	1:12.62	38.19	200m:	2:34.83	41.08	300m:	3:57.22	41.03	400m:	5:17.57	39.27