

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

Event 5
29/03/2025 - 16:41

Women, 400m Medley

13 years and older
Results Final

Points: AQUA 2024

Rank					Time	Pts	100m	200m	300m	400m
1.	DE BONT, Sam	BEL	TSZ/21105/08		4:59.78	697	1:09.24	1:20.76	1:24.62	1:05.16
	50m:	32.06	32.06	150m:	1:50.18	40.94	41.94	350m:	4:27.57	32.95
	100m:	1:09.24	37.18	200m:	2:30.00	39.82	42.68	400m:	4:59.78	32.21
2.	VAN DEN OUDEN, Nikita	NED	199900622		5:00.42	693	1:06.66	1:20.57	1:26.64	1:06.55
	50m:	30.94	30.94	150m:	1:47.64	40.98	43.17	350m:	4:28.14	34.27
	100m:	1:06.66	35.72	200m:	2:27.23	39.59	43.47	400m:	5:00.42	32.28
3.	VAN DEN HAM, Rhodee	NED	200700090		5:05.51	659	1:08.95	1:20.89	1:27.28	1:08.39
	50m:	31.94	31.94	150m:	1:49.72	40.77	43.42	350m:	4:32.14	35.02
	100m:	1:08.95	37.01	200m:	2:29.84	40.12	43.86	400m:	5:05.51	33.37
4.	BARTHEL, Emma	LUX	13399		5:09.92	631	1:09.04	1:21.16	1:28.75	1:10.97
	50m:	31.84	31.84	150m:	1:50.41	41.37	45.08	350m:	4:34.92	35.97
	100m:	1:09.04	37.20	200m:	2:30.20	39.79	43.67	400m:	5:09.92	35.00
5.	VERTESSEN, Fran	BEL	DBT/21114/09		5:12.80	614	1:09.58	1:24.02	1:28.50	1:10.70
	50m:	32.19	32.19	150m:	1:52.08	42.50	43.64	350m:	4:38.64	36.54
	100m:	1:09.58	37.39	200m:	2:33.60	41.52	44.86	400m:	5:12.80	34.16
6.	NIJZIEL, Nova	NED	200804416		5:14.04	606	1:09.28	1:21.29	1:31.92	1:11.55
	50m:	32.56	32.56	150m:	1:50.86	41.58	46.11	350m:	4:38.92	36.43
	100m:	1:09.28	36.72	200m:	2:30.57	39.71	45.81	400m:	5:14.04	35.12
7.	TEMMERMAN, Elynne	BEL	BRABO/21394/10		5:31.17	517	1:17.25	1:23.65	1:35.84	1:14.43
	50m:	34.83	34.83	150m:	1:58.88	41.63	47.02	350m:	4:54.40	37.66
	100m:	1:17.25	42.42	200m:	2:40.90	42.02	48.82	400m:	5:31.17	36.77