

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

Event 5
29/03/2025 - 9:51

Women, 400m Medley

13 years and older
Results Prelim

Points: AQUA 2024

Rank						Time	Pts	100m	200m	300m	400m					
1.	VAN DEN OUDEN, Nikita	NED	199900622						5:04.48	665	Q	1:06.08				
	50m:			150m:				250m:			350m:					
	100m:	1:06.08		200m:				300m:			400m:	5:04.48				
2.	DE BONT, Sam	BEL	TSZ/21105/08						5:04.79	663	Q	1:08.85				
	50m:			150m:				250m:			350m:					
	100m:	1:08.85		200m:				300m:			400m:	5:04.79				
3.	VAN DEN HAM, Rhodée	NED	200700090						5:07.82	644	Q	1:08.12				
	50m:			150m:				250m:			350m:					
	100m:	1:08.12		200m:				300m:			400m:	5:07.82				
4.	BARTHEL, Emma	LUX	13399						5:07.96	643	Q	1:07.31	1:20.24	1:28.81	1:11.60	
	50m:	31.36	31.36	150m:	1:48.07	40.76		250m:	3:11.69	44.14	350m:	4:32.71	36.35			
	100m:	1:07.31	35.95	200m:	2:27.55	39.48		300m:	3:56.36	44.67	400m:	5:07.96	35.25			
5.	JANSEN VAN GALEN, Kim	NED	200201594						5:15.85	596	Q	1:07.49	1:25.02	1:30.46	1:12.88	
	50m:	31.09	31.09	150m:	1:50.69	43.20		250m:	3:16.89	44.38	350m:	4:39.52	36.55			
	100m:	1:07.49	36.40	200m:	2:32.51	41.82		300m:	4:02.97	46.08	400m:	5:15.85	36.33			
6.	VERTESEN, Fran	BEL	DBT/21114/09						5:17.11	589	Q	1:09.48	1:23.54	1:29.30	1:14.79	
	50m:	31.79	31.79	150m:	1:51.91	42.43		250m:	3:17.15	44.13	350m:	4:41.30	38.98			
	100m:	1:09.48	37.69	200m:	2:33.02	41.11		300m:	4:02.32	45.17	400m:	5:17.11	35.81			
7.	NIJZIEL, Nova	NED	200804416						5:19.04	578	Q	1:07.95				
	50m:			150m:				250m:			350m:					
	100m:	1:07.95		200m:				300m:			400m:	5:19.04				
8.	GRAHAM, Jil	BEL	LAQUA/21654/06						5:24.45	550	Q	1:12.01	1:20.06	1:38.41	1:13.97	
	50m:	33.50	33.50	150m:	1:52.05	40.04		250m:	3:20.18	48.11	350m:	4:47.42	36.94			
	100m:	1:12.01	38.51	200m:	2:32.07	40.02		300m:	4:10.48	50.30	400m:	5:24.45	37.03			
9.	TEMMERMAN, Elynne	BEL	BRABO/21394/10						5:27.73	533	R	1:13.57				
	50m:			150m:				250m:			350m:					
	100m:	1:13.57		200m:				300m:			400m:	5:27.73				
10.	THEUWIS, Rune	BEL	DMB/21174/02						5:31.07	517	R	1:17.91	1:25.45	1:33.76	1:13.95	
	50m:	35.31	35.31	150m:	2:01.35	43.44		250m:	3:30.25	46.89	350m:	4:54.95	37.83			
	100m:	1:17.91	42.60	200m:	2:43.36	42.01		300m:	4:17.12	46.87	400m:	5:31.07	36.12			
11.	HOEFLAKEN, Mia	NED	201004108						5:33.09	508		1:13.68				
	50m:			150m:				250m:			350m:					
	100m:	1:13.68		200m:				300m:			400m:	5:33.09				
12.	DE DE GRAAF, Romy	NED	201003660						5:43.72	462		1:19.73	1:20.73	1:42.53	1:20.73	
	50m:	36.89	36.89	150m:	1:59.73	40.00		250m:	3:32.11	51.65	350m:	5:05.00	42.01			
	100m:	1:19.73	42.84	200m:	2:40.46	40.73		300m:	4:22.99	50.88	400m:	5:43.72	38.72			
13.	MOR, Iris	BEL	BRABO/21449/12						5:47.20	449		1:23.30				
	50m:			150m:				250m:			350m:					
	100m:	1:23.30		200m:				300m:			400m:	5:47.20				
14.	WACHTELAER, Charlot	BEL	AST/21051/10						6:05.96	383		1:19.72				
	50m:			150m:				250m:			350m:					
	100m:	1:19.72		200m:				300m:			400m:	6:05.96				