

Antwerp Diamond Speedo Race  
Olympic Pool Wezenberg, Antwerp, 28 - 29/3/2026

Programmanr. 32  
29/03/2026 - 11:29

Dames, 400m vrije slag

11 jaar en ouder  
Resultaten Voorronde

Punten: AQUA 2025

Rang						Tijd	Pnt	100m	200m	300m	400m	
1.	BOEREFIJN, Nynke	NED	200700114			<b>4:25.24</b>	698	Q	1:02.70	1:08.17	1:07.91	1:06.46
	50m: 29.74	29.74	150m: 1:36.67	33.97	250m: 2:44.69	33.82	350m: 3:52.54	33.76				
	100m: 1:02.70	32.96	200m: 2:10.87	34.20	300m: 3:18.78	34.09	400m: 4:25.24	32.70				
2.	ROZEBOOM, Evy	NED	200601338			<b>4:30.15</b>	661	Q	1:04.89	1:08.71	1:08.70	1:07.85
	50m: 30.85	30.85	150m: 1:39.29	34.40	250m: 2:48.04	34.44	350m: 3:56.60	34.30				
	100m: 1:04.89	34.04	200m: 2:13.60	34.31	300m: 3:22.30	34.26	400m: 4:30.15	33.55				
3.	RAVELINGIEN, Lana	BEL	BRABO/20066/03			<b>4:30.52</b>	658	Q	1:04.68	1:08.85	1:08.76	1:08.23
	50m: 30.57	30.57	150m: 1:39.19	34.51	250m: 2:47.97	34.44	350m: 3:56.69	34.40				
	100m: 1:04.68	34.11	200m: 2:13.53	34.34	300m: 3:22.29	34.32	400m: 4:30.52	33.83				
4.	DE BACKER, Birgit	BEL	ZIOS/21066/09			<b>4:45.93</b>	557	Q	1:07.30	1:13.47	1:13.49	1:11.67
	50m: 32.02	32.02	150m: 1:44.02	36.72	250m: 2:57.63	36.86	350m: 4:11.00	36.74				
	100m: 1:07.30	35.28	200m: 2:20.77	36.75	300m: 3:34.26	36.63	400m: 4:45.93	34.93				
5.	BRINKHOF, Elin	NED	200900078			<b>4:47.62</b>	548	Q	1:06.98	1:14.08	1:14.16	1:12.40
	50m: 31.68	31.68	150m: 1:43.73	36.75	250m: 2:57.62	36.56	350m: 4:12.00	36.78				
	100m: 1:06.98	35.30	200m: 2:21.06	37.33	300m: 3:35.22	37.60	400m: 4:47.62	35.62				
6.	TEMMERMAN, Elynne	BEL	BRABO/21394/10			<b>4:47.74</b>	547	Q	1:07.25	1:13.75	1:14.70	1:12.04
	50m: 31.65	31.65	150m: 1:43.65	36.40	250m: 2:58.28	37.28	350m: 4:12.47	36.77				
	100m: 1:07.25	35.60	200m: 2:21.00	37.35	300m: 3:35.70	37.42	400m: 4:47.74	35.27				
7.	KOSTINA, Mariia	NED	201002042			<b>4:52.18</b>	522	Q	1:08.56	1:14.25	1:15.44	1:13.93
	50m: 32.36	32.36	150m: 1:45.45	36.89	250m: 3:00.19	37.38	350m: 4:16.23	37.98				
	100m: 1:08.56	36.20	200m: 2:22.81	37.36	300m: 3:38.25	38.06	400m: 4:52.18	35.95				
8.	DE RIDDER, Sterre	BEL	ZS/21080/08			<b>4:52.53</b>	520	Q	1:10.00	1:15.06	1:14.47	1:13.00
	50m: 33.39	33.39	150m: 1:47.06	37.06	250m: 3:02.11	37.05	350m: 4:16.66	37.13				
	100m: 1:10.00	36.61	200m: 2:25.06	38.00	300m: 3:39.53	37.42	400m: 4:52.53	35.87				
9.	THEUWIS, Rune	BEL	DMB/21174/02			<b>4:54.12</b>	512	R	1:09.55	1:15.07	1:15.51	1:13.99
	50m: 33.21	33.21	150m: 1:46.96	37.41	250m: 3:02.44	37.82	350m: 4:18.40	38.27				
	100m: 1:09.55	36.34	200m: 2:24.62	37.66	300m: 3:40.13	37.69	400m: 4:54.12	35.72				
10.	WEYTJENS, Amber	BEL	DMB/21071/08			<b>4:54.13</b>	512	R	1:09.21	1:14.91	1:16.39	1:13.62
	50m: 32.85	32.85	150m: 1:46.35	37.14	250m: 3:01.99	37.87	350m: 4:17.57	37.06				
	100m: 1:09.21	36.36	200m: 2:24.12	37.77	300m: 3:40.51	38.52	400m: 4:54.13	36.56				
11.	THEUWIS, Mira	BEL	DMB/21176/09			<b>4:54.18</b>	512	R	1:10.47	1:15.16	1:15.54	1:13.01
	50m: 33.71	33.71	150m: 1:48.17	37.70	250m: 3:03.66	38.03	350m: 4:19.18	38.01				
	100m: 1:10.47	36.76	200m: 2:25.63	37.46	300m: 3:41.17	37.51	400m: 4:54.18	35.00				
12.	SALMINEN, Venla	FIN	10A469			<b>4:54.19</b>	512	R	1:08.70	1:14.70	1:16.80	1:13.99
	50m: 32.04	32.04	150m: 1:45.85	37.15	250m: 3:01.34	37.94	350m: 4:17.64	37.44				
	100m: 1:08.70	36.66	200m: 2:23.40	37.55	300m: 3:40.20	38.86	400m: 4:54.19	36.55				
13.	VERLEYSSEN, Noa	BEL	HZS/21233/11			<b>5:01.79</b>	474	R	1:12.10	1:16.08	1:17.68	1:15.93
	50m: 34.96	34.96	150m: 1:50.07	37.97	250m: 3:06.67	38.49	350m: 4:24.51	38.65				
	100m: 1:12.10	37.14	200m: 2:28.18	38.11	300m: 3:45.86	39.19	400m: 5:01.79	37.28				
14.	SEREY MENDOZA, Maylér	BEL	BOUST/012818/11			<b>5:01.89</b>	473	R	1:10.60	1:16.97	1:18.39	1:15.93
	50m: 33.20	33.20	150m: 1:48.55	37.95	250m: 3:06.59	39.02	350m: 4:24.62	38.66				
	100m: 1:10.60	37.40	200m: 2:27.57	39.02	300m: 3:45.96	39.37	400m: 5:01.89	37.27				
15.	KRIESEL, Elke	NED	201100898			<b>5:02.96</b>	468		1:10.20	1:17.09	1:18.47	1:17.20
	50m: 33.09	33.09	150m: 1:48.33	38.13	250m: 3:06.23	38.94	350m: 4:25.15	39.39				
	100m: 1:10.20	37.11	200m: 2:27.29	38.96	300m: 3:45.76	39.53	400m: 5:02.96	37.81				
16.	KERKHOF, Kaat	BEL	DMB/21124/11			<b>5:04.52</b>	461		1:14.02	1:17.19	1:17.61	1:15.70
	50m: 35.62	35.62	150m: 1:52.81	38.79	250m: 3:09.91	38.70	350m: 4:27.18	38.36				
	100m: 1:14.02	38.40	200m: 2:31.21	38.40	300m: 3:48.82	38.91	400m: 5:04.52	37.34				
17.	BAKKER, Floortje	NED	201101124			<b>5:08.61</b>	443		1:12.76	1:17.91	1:19.30	1:18.64
	50m: 34.87	34.87	150m: 1:51.04	38.28	250m: 3:10.30	39.63	350m: 4:29.22	39.25				
	100m: 1:12.76	37.89	200m: 2:30.67	39.63	300m: 3:49.97	39.67	400m: 5:08.61	39.39				
18.	GARREVOET, Hanne	NOR	20416485			<b>5:16.21</b>	412		1:14.87	1:22.89	1:22.06	1:16.39
	50m: 34.73	34.73	150m: 1:56.18	41.31	250m: 3:18.73	40.97	350m: 4:40.19	40.37				
	100m: 1:14.87	40.14	200m: 2:37.76	41.58	300m: 3:59.82	41.09	400m: 5:16.21	36.02				
19.	CROISIAU, Marie-lise	BEL	BRABO/21362/11			<b>5:16.59</b>	410		1:12.62	1:20.90	1:22.55	1:20.52
	50m: 34.15	34.15	150m: 1:52.96	40.34	250m: 3:15.23	41.71	350m: 4:37.63	41.56				
	100m: 1:12.62	38.47	200m: 2:33.52	40.56	300m: 3:56.07	40.84	400m: 5:16.59	38.96				

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Programmanr. 32, Dames, 400m vrije slag, Voorronde, 11 jaar en ouder

Rang					Tijd	Pnt	100m	200m	300m	400m		
20.	THEWISSEN, Mirthe	BEL	HZS/21212/11		<b>5:18.66</b>	403	1:14.55	1:20.98	1:21.68	1:21.45		
	50m:	35.43	35.43	150m:	1:54.82	40.27	250m:	3:16.09	40.56	350m:	4:38.33	41.12
	100m:	1:14.55	39.12	200m:	2:35.53	40.71	300m:	3:57.21	41.12	400m:	5:18.66	40.33
21.	SABA, Leila	BEL	BOUST/013371/14		<b>5:23.60</b>	384	1:16.25	1:22.95	1:24.04	1:20.36		
	50m:	35.61	35.61	150m:	1:57.29	41.04	250m:	3:20.55	41.35	350m:	4:44.58	41.34
	100m:	1:16.25	40.64	200m:	2:39.20	41.91	300m:	4:03.24	42.69	400m:	5:23.60	39.02
22.	VAN REETH, Lisse	BEL	BRABO/21488/11		<b>5:27.44</b>	371	1:17.73	1:23.99	1:24.23	1:21.49		
	50m:	36.97	36.97	150m:	1:59.69	41.96	250m:	3:23.91	42.19	350m:	4:47.98	42.03
	100m:	1:17.73	40.76	200m:	2:41.72	42.03	300m:	4:05.95	42.04	400m:	5:27.44	39.46
23.	PATERNOSTRE, Leonie	BEL	CCM/012858/14		<b>5:29.40</b>	364	1:19.40	1:25.10	1:24.96	1:19.94		
	50m:	37.41	37.41	150m:	2:02.37	42.97	250m:	3:26.90	42.40	350m:	4:50.96	41.50
	100m:	1:19.40	41.99	200m:	2:44.50	42.13	300m:	4:09.46	42.56	400m:	5:29.40	38.44
24.	BEVERNAGE, Trix	BEL	HZS/21293/14		<b>5:31.00</b>	359	1:20.80	1:25.56	1:24.19	1:20.45		
	50m:	38.46	38.46	150m:	2:03.39	42.59	250m:	3:28.47	42.11	350m:	4:53.00	42.45
	100m:	1:20.80	42.34	200m:	2:46.36	42.97	300m:	4:10.55	42.08	400m:	5:31.00	38.00