

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

Programmanr. 32  
29/03/2026 - 17:06

Dames, 400m vrije slag

11 jaar en ouder  
Resultaten Finale

Punten: AQUA 2025

Rang						Tijd	Pnt	100m	200m	300m	400m
1.	ROZEBOOM, Evy	NED	200601338			<b>4:20.94</b>	733	1:02.23	1:06.62	1:06.93	1:05.16
	50m: 29.78	29.78	150m: 1:35.71	33.48	250m: 2:42.39	33.54	350m: 3:48.81	33.03			
	100m: 1:02.23	32.45	200m: 2:08.85	33.14	300m: 3:15.78	33.39	400m: 4:20.94	32.13			
2.	BOEREFIJN, Nynke	NED	200700114			<b>4:21.29</b>	731	1:01.75	1:06.83	1:07.60	1:05.11
	50m: 29.47	29.47	150m: 1:35.01	33.26	250m: 2:42.19	33.61	350m: 3:49.45	33.27			
	100m: 1:01.75	32.28	200m: 2:08.58	33.57	300m: 3:16.18	33.99	400m: 4:21.29	31.84			
3.	RAVELINGIEN, Lana	BEL	BRABO/20066/03			<b>4:24.74</b>	702	1:01.55	1:06.96	1:08.03	1:08.20
	50m: 29.17	29.17	150m: 1:34.89	33.34	250m: 2:42.34	33.83	350m: 3:50.88	34.34			
	100m: 1:01.55	32.38	200m: 2:08.51	33.62	300m: 3:16.54	34.20	400m: 4:24.74	33.86			
4.	DE BACKER, Birgit	BEL	ZIOS/21066/09			<b>4:43.26</b>	573	1:06.28	1:12.66	1:13.00	1:11.32
	50m: 31.23	31.23	150m: 1:42.58	36.30	250m: 2:55.53	36.59	350m: 4:08.52	36.58			
	100m: 1:06.28	35.05	200m: 2:18.94	36.36	300m: 3:31.94	36.41	400m: 4:43.26	34.74			
5.	TEMMERMAN, Elyne	BEL	BRABO/21394/10			<b>4:45.24</b>	561	1:06.07	1:13.20	1:14.12	1:11.85
	50m: 31.23	31.23	150m: 1:42.56	36.49	250m: 2:56.28	37.01	350m: 4:10.27	36.88			
	100m: 1:06.07	34.84	200m: 2:19.27	36.71	300m: 3:33.39	37.11	400m: 4:45.24	34.97			
6.	BRINKHOF, Elin	NED	200900078			<b>4:47.50</b>	548	1:07.30	1:12.82	1:14.30	1:13.08
	50m: 31.67	31.67	150m: 1:43.24	35.94	250m: 2:56.94	36.82	350m: 4:11.42	37.00			
	100m: 1:07.30	35.63	200m: 2:20.12	36.88	300m: 3:34.42	37.48	400m: 4:47.50	36.08			
7.	KOSTINA, Mariia	NED	201002042			<b>4:47.69</b>	547	1:06.92	1:13.39	1:14.51	1:12.87
	50m: 31.07	31.07	150m: 1:43.35	36.43	250m: 2:57.58	37.27	350m: 4:11.77	36.95			
	100m: 1:06.92	35.85	200m: 2:20.31	36.96	300m: 3:34.82	37.24	400m: 4:47.69	35.92			
8.	DE RIDDER, Sterre	BEL	ZS/21080/08			<b>4:51.30</b>	527	1:09.16	1:14.52	1:14.95	1:12.67
	50m: 33.55	33.55	150m: 1:46.51	37.35	250m: 3:01.68	38.00	350m: 4:15.65	37.02			
	100m: 1:09.16	35.61	200m: 2:23.68	37.17	300m: 3:38.63	36.95	400m: 4:51.30	35.65			