

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

Event 32
29/03/2026 - 17:06

Women, 400m Freestyle

11 years and older
Results Final

Points: AQUA 2025

Rank						Time	Pts	100m	200m	300m	400m	
1.	ROZEBOOM, Evy	NED	200601338			4:20.94	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			4:21.29	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			4:24.74	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			4:43.26	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			4:45.24	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			4:47.50	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			4:47.69	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			4:51.30	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