

Meeting International de Bastogne  
Bastogne, 3 - 5/4/2026

Event 1  
03/04/2026 - 16:00

Women, 400m Freestyle

11 years and older  
Results

Points: AQUA 2025

Rank			YB							Time	Pts	
<b>11 - 12 years</b>												
1.	HOUBA, Jeanne		14	Perron						<b>5:14.78</b>	391	
	50m:	34.65	34.65	150m:	1:54.44	40.89	250m:	3:15.95	40.89	350m:	4:37.43	40.17
	100m:	1:13.55	38.90	200m:	2:35.06	40.62	300m:	3:57.26	41.31	400m:	5:14.78	37.35
2.	GHEIS, Giulia		14	Club Marsouins Ath						<b>5:20.46</b>	370	
	50m:	35.00	35.00	150m:	1:57.24	41.54	250m:	3:20.42	42.26	350m:	4:42.59	40.64
	100m:	1:15.70	40.70	200m:	2:38.16	40.92	300m:	4:01.95	41.53	400m:	5:20.46	37.87
3.	KOEUNE, Sofia		14	Cnb						<b>5:24.15</b>	358	
	50m:	36.52	36.52	150m:	2:00.65	42.68	250m:	3:23.78	40.67	350m:	4:45.03	40.53
	100m:	1:17.97	41.45	200m:	2:43.11	42.46	300m:	4:04.50	40.72	400m:	5:24.15	39.12
4.	ROSSEEL, Janne		14	Trust						<b>5:29.51</b>	341	
	50m:	35.02	35.02	150m:	1:56.10	41.57	250m:	3:21.54	42.87	350m:	4:47.88	43.36
	100m:	1:14.53	39.51	200m:	2:38.67	42.57	300m:	4:04.52	42.98	400m:	5:29.51	41.63
5.	REMANS, Alice		15	Trust						<b>5:35.80</b>	322	
	50m:	37.08	37.08	150m:	2:00.16	41.79	250m:	3:28.16	44.11	350m:	4:54.50	42.86
	100m:	1:18.37	41.29	200m:	2:44.05	43.89	300m:	4:11.64	43.48	400m:	5:35.80	41.30
6.	VANDINGENEN, Joke		15	Trust						<b>5:48.49</b>	288	
	50m:	40.35	40.35	150m:	2:09.94	45.35	250m:	3:40.83	44.93	350m:	5:07.43	42.70
	100m:	1:24.59	44.24	200m:	2:55.90	45.96	300m:	4:24.73	43.90	400m:	5:48.49	41.06
7.	NIJS, Loes		15	Trust						<b>5:55.81</b>	270	
	50m:	41.29	41.29	150m:	2:12.11	46.19	250m:	3:42.71	45.02	350m:	5:13.28	44.56
	100m:	1:25.92	44.63	200m:	2:57.69	45.58	300m:	4:28.72	46.01	400m:	5:55.81	42.53
8.	AIMONT, Myla		14	Natation Club Athus						<b>5:56.88</b>	268	
	50m:	38.45	38.45	150m:	2:07.21	44.79	250m:	3:40.11	46.79	350m:	5:14.05	46.35
	100m:	1:22.42	43.97	200m:	2:53.32	46.11	300m:	4:27.70	47.59	400m:	5:56.88	42.83
9.	HANUISE, Seraphine		14	Club Marsouins Ath						<b>6:19.35</b>	223	
	50m:	41.64	41.64	150m:	2:17.58	47.98	250m:	3:54.05	48.23	350m:	5:32.70	48.44
	100m:	1:29.60	47.96	200m:	3:05.82	48.24	300m:	4:44.26	50.21	400m:	6:19.35	46.65
10.	DUPUIS, Clotilde		15	Perron						<b>6:22.33</b>	218	
	50m:	41.87	41.87	150m:	3:08.61	1:38.12	250m:			350m:	5:35.92	49.38
	100m:	1:30.49	48.62	200m:	3:57.50	48.89	300m:	4:46.54		400m:	6:22.33	46.41
11.	MARION HERMANT, Lou		15	Perron						<b>7:02.94</b>	161	
	50m:	45.79	45.79	150m:	2:31.25	53.49	250m:	4:22.56	55.69	350m:	6:11.74	53.95
	100m:	1:37.76	51.97	200m:	3:26.87	55.62	300m:	5:17.79	55.23	400m:	7:02.94	51.20
<b>13 - 14 years</b>												
1.	MAES, Julie		12	Trust						<b>4:57.04</b>	465	
	50m:	33.68	33.68	150m:	1:48.92	37.99	250m:	3:05.48	38.24	350m:	4:21.95	38.17
	100m:	1:10.93	37.25	200m:	2:27.24	38.32	300m:	3:43.78	38.30	400m:	4:57.04	35.09
2.	GRENADE RAETS, Lison		12	Perron						<b>4:57.59</b>	463	
	50m:	33.60	33.60	150m:	1:47.29	37.39	250m:	3:03.84	38.48	350m:	4:20.80	38.03
	100m:	1:09.90	36.30	200m:	2:25.36	38.07	300m:	3:42.77	38.93	400m:	4:57.59	36.79
3.	MERCHE, elsa		13	Cnb						<b>5:05.42</b>	428	
	50m:	33.40	33.40	150m:	1:49.97	38.84	250m:	3:08.65	39.47	350m:	4:28.12	39.57
	100m:	1:11.13	37.73	200m:	2:29.18	39.21	300m:	3:48.55	39.90	400m:	5:05.42	37.30

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Event 1, Girls, 400m Freestyle, 13 - 14 years

Rank			YB						Time	Pts		
4.	LACROIX, Clementine		13		Perron				<b>5:09.47</b>	411		
	50m:	33.78	33.78	150m:	1:50.33	38.92	250m:	3:09.51	39.93	350m:	4:30.98	40.67
	100m:	1:11.41	37.63	200m:	2:29.58	39.25	300m:	3:50.31	40.80	400m:	5:09.47	38.49
5.	REMANS, Rosalie		13		Trust				<b>5:11.09</b>	405		
	50m:	35.51	35.51	150m:	1:55.34	40.51	250m:	3:15.35	39.99	350m:	4:34.86	39.81
	100m:	1:14.83	39.32	200m:	2:35.36	40.02	300m:	3:55.05	39.70	400m:	5:11.09	36.23
6.	VERSPECHT, Kaat		13		Zwemclub Kapelle-O/D-Bos				<b>5:12.79</b>	398		
	50m:	35.24	35.24	150m:	1:55.10	40.29	250m:	3:15.19	40.03	350m:	4:34.89	39.66
	100m:	1:14.81	39.57	200m:	2:35.16	40.06	300m:	3:55.23	40.04	400m:	5:12.79	37.90
7.	CLAESEN, Sarah		13		Trust				<b>5:24.24</b>	358		
	50m:	36.33	36.33	150m:	1:56.80	40.89	250m:	3:20.63	41.77	350m:	4:44.58	41.55
	100m:	1:15.91	39.58	200m:	2:38.86	42.06	300m:	4:03.03	42.40	400m:	5:24.24	39.66
8.	BIETTE, Luce		12		Cnb				<b>5:34.39</b>	326		
	50m:	38.21	38.21	150m:	2:02.45	43.01	250m:	3:28.13	42.40	350m:	4:54.72	42.51
	100m:	1:19.44	41.23	200m:	2:45.73	43.28	300m:	4:12.21	44.08	400m:	5:34.39	39.67
9.	BOMBOIR, Alissa		13		Cnb				<b>5:34.78</b>	325		
	50m:	36.79	36.79	150m:	2:01.72	43.03	250m:	3:28.83	43.40	350m:	4:55.00	43.28
	100m:	1:18.69	41.90	200m:	2:45.43	43.71	300m:	4:11.72	42.89	400m:	5:34.78	39.78
10.	LEMAIRE, Marie		12		Vn				<b>5:40.78</b>	308		
	50m:	39.05	39.05	150m:	2:05.19	43.68	250m:	3:33.10	43.82	350m:	4:59.82	43.32
	100m:	1:21.51	42.46	200m:	2:49.28	44.09	300m:	4:16.50	43.40	400m:	5:40.78	40.96
11.	KREINS, Julie		13		Cnb				<b>5:49.28</b>	286		
	50m:	40.18	40.18	150m:	2:10.72	45.97	250m:	3:42.13	45.09	350m:	5:09.20	43.43
	100m:	1:24.75	44.57	200m:	2:57.04	46.32	300m:	4:25.77	43.64	400m:	5:49.28	40.08
12.	CRAHAY, Manon		12		Cnb				<b>6:36.82</b>	195		
	50m:	42.49	42.49	150m:	2:19.67	49.58	250m:	4:02.67	51.56	350m:	5:46.76	52.07
	100m:	1:30.09	47.60	200m:	3:11.11	51.44	300m:	4:54.69	52.02	400m:	6:36.82	50.06

15 - 16 years

1.	SPAEPEN, Lien		11		Trust				<b>5:02.22</b>	442		
	50m:	35.32	35.32	150m:	1:52.30	39.07	250m:	3:10.29	38.88	350m:	4:26.89	37.64
	100m:	1:13.23	37.91	200m:	2:31.41	39.11	300m:	3:49.25	38.96	400m:	5:02.22	35.33
2.	DEPLOIGE, Lore		10		Trust				<b>5:22.22</b>	364		
	50m:	34.93	34.93	150m:	1:55.74	41.46	250m:	3:19.66	42.00	350m:	4:43.12	41.40
	100m:	1:14.28	39.35	200m:	2:37.66	41.92	300m:	4:01.72	42.06	400m:	5:22.22	39.10
3.	CHRISTIAENS, Camille		10		Perron				<b>5:22.79</b>	362		
	50m:	35.42	35.42	150m:	1:55.28	40.88	250m:	3:17.61	41.71	350m:	4:41.15	42.22
	100m:	1:14.40	38.98	200m:	2:35.90	40.62	300m:	3:58.93	41.32	400m:	5:22.79	41.64
4.	DE TOLLENAERE, Laura		11		Zwemclub Kapelle-O/D-Bos				<b>5:48.21</b>	289		
	50m:	39.66	39.66	150m:	2:07.92	45.07	250m:	3:37.68	44.15	350m:	5:05.76	44.06
	100m:	1:22.85	43.19	200m:	2:53.53	45.61	300m:	4:21.70	44.02	400m:	5:48.21	42.45
5.	FLEURY, Chloe		11		Natation Club Athus				<b>6:18.01</b>	225		
	50m:	39.07	39.07	150m:	2:09.44	46.30	250m:	3:48.24	50.07	350m:	5:29.35	50.07
	100m:	1:23.14	44.07	200m:	2:58.17	48.73	300m:	4:39.28	51.04	400m:	6:18.01	48.66
6.	MARTIN, Chloe		11		Cercle Bertrigeois de Natation				<b>7:33.67</b>	130		
	50m:	43.15	43.15	150m:	2:34.03	57.99	250m:			350m:	6:36.46	59.60
	100m:	1:36.04	52.89	200m:	3:34.94	1:00.91	300m:	5:36.86		400m:	7:33.67	57.21

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Event 1, Women, 400m Freestyle

17 - 18 years

1.	DALEMANS, Lyn		09	Zwemclub Kapelle-O/D-Bos		<b>4:36.56</b>	577					
	50m:	30.47	30.47	150m:	1:39.00	34.77	250m:	2:49.69	35.65	350m:	4:01.63	36.01
	100m:	1:04.23	33.76	200m:	2:14.04	35.04	300m:	3:25.62	35.93	400m:	4:36.56	34.93
2.	GEENS, Amelie		09	Zwemclub Kapelle-O/D-Bos		<b>4:47.69</b>	512					
	50m:	31.48	31.48	150m:	1:43.29	36.43	250m:	2:57.02	36.64	350m:	4:11.64	37.23
	100m:	1:06.86	35.38	200m:	2:20.38	37.09	300m:	3:34.41	37.39	400m:	4:47.69	36.05
3.	VAN DEN EEDE, Olivia		09	Zwemclub Kapelle-O/D-Bos		<b>4:56.17</b>	469					
	50m:	31.83	31.83	150m:	1:44.79	37.21	250m:	3:00.51	37.99	350m:	4:18.43	38.88
	100m:	1:07.58	35.75	200m:	2:22.52	37.73	300m:	3:39.55	39.04	400m:	4:56.17	37.74
4.	GEORGES, Violette		08	Natation Club Athus		<b>5:40.15</b>	310					
	50m:	37.64	37.64	150m:	2:03.23	43.99	250m:	3:32.30	44.56	350m:	4:59.55	42.97
	100m:	1:19.24	41.60	200m:	2:47.74	44.51	300m:	4:16.58	44.28	400m:	5:40.15	40.60
5.	BARTHELEMY, Naomie		09	Cercle Bertrigeois de Natation		<b>6:06.47</b>	248					
	50m:	39.91	39.91	150m:	2:09.64	45.36	250m:	3:42.95	47.13	350m:	5:19.61	48.51
	100m:	1:24.28	44.37	200m:	2:55.82	46.18	300m:	4:31.10	48.15	400m:	6:06.47	46.86

19 years and older

1.	MAUFORT, elisa		95	Cnb		<b>6:14.82</b>	231					
	50m:	40.51	40.51	150m:	2:12.59	47.35	250m:	3:49.27	49.08	350m:	5:27.35	48.84
	100m:	1:25.24	44.73	200m:	3:00.19	47.60	300m:	4:38.51	49.24	400m:	6:14.82	47.47