

Event 33 Women, 400m Freestyle 15 years and older  
21/01/2024 - 10:08 Results

Belgian Record 4:06.27 Dumont Valentine BEL Rome (ITA) 25/06/2023  
Flemish Record 4:13.57 Goris Lotte BRABO Hodzemosvarhely (HUN) 07/07/2016

EJK 2024 14 - 17: 4:21.78; 18: 4:19.19 / EK 2024 - 19: 4:17.14; 20: 4:15.20; Open: 4:14.23 / OS 2024 Open: 4:07.90

Points: FINA 2024

Rank	YB		Time				Pts	
<b>15 - 16 years</b>								
1.	Vanderlinden Siri	09 LAQUA	LAQUA/21540/09				<b>4:21.02</b>	733
	50m: 29.71	150m: 1:35.22	250m: 2:41.74	350m: 3:49.16				
	100m: 1:01.80	200m: 2:08.59	300m: 3:15.66	400m: 4:21.02				
2.	Michiels Nore	08 TSZ	TSZ/21026/08				<b>4:30.33</b>	660
	50m: 29.96	150m: 1:37.36	250m: 2:47.06	350m: 3:56.94				
	100m: 1:03.41	200m: 2:12.39	300m: 3:22.23	400m: 4:30.33				
3.	Van Heugten Hanne	09 ZN	ZN/21006/09				<b>4:34.15</b>	632
	50m: 30.53	150m: 1:38.64	250m: 2:49.17	350m: 4:00.90				
	100m: 1:04.28	200m: 2:13.84	300m: 3:24.96	400m: 4:34.15				
4.	Vinck Tine	08 MEGA	MEGA/41315/08				<b>4:38.08</b>	606
	50m: 31.81	150m: 1:41.63	250m: 2:52.72	350m: 4:03.83				
	100m: 1:06.20	200m: 2:16.93	300m: 3:28.12	400m: 4:38.08				
5.	Vansteenkiste Lona	08 MZK	MZK/21082/08				<b>4:38.21</b>	605
	50m: 31.05	150m: 1:41.83	250m: 2:52.95	350m: 4:03.98				
	100m: 1:06.44	200m: 2:17.34	300m: 3:28.87	400m: 4:38.21				
6.	D'Hooghe Elina	08 MEGA	MEGA/21338/08				<b>4:40.25</b>	592
	50m: 32.07	150m: 1:43.04	250m: 2:55.44	350m: 4:06.88				
	100m: 1:07.22	200m: 2:19.31	300m: 3:31.12	400m: 4:40.25				
7.	Debecker Charlotte	08 DMI	DMI/21010/08				<b>4:41.03</b>	587
	50m: 30.62	150m: 1:41.98	250m: 2:54.05	350m: 4:07.24				
	100m: 1:06.04	200m: 2:17.93	300m: 3:30.93	400m: 4:41.03				
8.	Van Avondt Lina	09 Sta	STA/21039/09				<b>4:42.50</b>	578
	50m: 31.43	150m: 1:42.02	250m: 2:55.75	350m: 4:07.77				
	100m: 1:05.85	200m: 2:18.36	300m: 3:31.83	400m: 4:42.50				
9.	Zangari Aurora	09 Gzvn	GZVN/21195/09				<b>4:44.70</b>	565
	50m: 31.68	150m: 1:42.67	250m: 2:55.51	350m: 4:08.62				
	100m: 1:06.44	200m: 2:19.08	300m: 3:32.04	400m: 4:44.70				
10.	David Ryana	08 PERRON	PERRON/007973/08				<b>4:44.73</b>	564
	50m: 31.49	150m: 1:41.87	250m: 2:55.01	350m: 4:08.57				
	100m: 1:06.32	200m: 2:18.05	300m: 3:31.68	400m: 4:44.73				
11.	Dekkers Bregje	09 PSV	200900746				<b>4:45.24</b>	561
	50m: 32.18	150m: 1:43.58	250m: 2:55.85	350m: 4:09.42				
	100m: 1:07.23	200m: 2:19.56	300m: 3:32.09	400m: 4:45.24				
12.	Lammens Louise	08 Tzt	TZT/21069/08				<b>4:45.35</b>	561
	50m: 32.25	150m: 1:43.39	250m: 2:56.92	350m: 4:10.52				
	100m: 1:07.32	200m: 2:19.99	300m: 3:33.70	400m: 4:45.35				
13.	Reyniers Lise	09 Stw	STW/21171/09				<b>4:48.87</b>	541
	50m: 32.46	150m: 1:45.53	250m: 2:59.72	350m: 4:13.81				
	100m: 1:08.25	200m: 2:22.39	300m: 3:36.90	400m: 4:48.87				

Event 33, Girls, 400m Freestyle, 15 - 16 years

Rank	YB		Time	Pts
14.	Mertens Helena	09 SHARK	SHARK/21146/09	<b>4:48.93</b> 540
	50m: 32.44 100m: 1:08.07	150m: 1:44.96 200m: 2:21.91	250m: 2:59.24 300m: 3:36.38	350m: 4:13.15 400m: 4:48.93
15.	Talboom Lies	09 BRABO	BRABO/21298/09	<b>4:50.31</b> 532
	50m: 32.36 100m: 1:08.69	150m: 1:45.38 200m: 2:22.44	250m: 2:59.19 300m: 3:36.37	350m: 4:14.02 400m: 4:50.31
16.	Ceulemans Hanne	08 AZK	AZK/21038/08	<b>4:50.63</b> 531
	50m: 32.76 100m: 1:08.81	150m: 1:45.68 200m: 2:23.20	250m: 3:00.56 300m: 3:38.20	350m: 4:14.91 400m: 4:50.63
17.	Huens Noor	09 MEGA	MEGA/21252/09	<b>4:50.70</b> 530
	50m: 32.94 100m: 1:09.09	150m: 1:46.23 200m: 2:23.54	250m: 3:01.17 300m: 3:38.58	350m: 4:15.44 400m: 4:50.70
18.	Lambrechts Noa	09 DBT	DBT/21136/09	<b>4:51.20</b> 528
	50m: 33.47 100m: 1:10.53	150m: 1:47.65 200m: 2:25.27	250m: 3:02.38 300m: 3:39.91	350m: 4:16.40 400m: 4:51.20
19.	Renders Charlotte	09 TSZ	TSZ/21051/09	<b>4:52.21</b> 522
	50m: 32.09 100m: 1:08.62	150m: 1:45.69 200m: 2:23.20	250m: 3:00.67 300m: 3:38.17	350m: 4:15.56 400m: 4:52.21
20.	Bierinckx Lienne	09 ZN	ZN/21015/09	<b>4:53.52</b> 515
	50m: 33.26 100m: 1:09.57	150m: 1:47.78 200m: 2:25.63	250m: 3:03.54 300m: 3:41.33	350m: 4:18.27 400m: 4:53.52
21.	Van Gysel Maite	08 MEGA	MEGA/21373/08	<b>4:54.01</b> 513
	50m: 31.90 100m: 1:07.46	150m: 1:44.43 200m: 2:22.05	250m: 3:00.33 300m: 3:38.79	350m: 4:16.88 400m: 4:54.01
22.	Desmet Fien	08 Tzt	TZT/21062/08	<b>4:54.69</b> 509
	50m: 32.98 100m: 1:09.07	150m: 1:46.61 200m: 2:24.76	250m: 3:02.40 300m: 3:40.51	350m: 4:17.88 400m: 4:54.69
23.	Danhieux Liena	08 ZORO	ZORO/21125/08	<b>4:54.88</b> 508
	50m: 32.65 100m: 1:09.40	150m: 1:47.08 200m: 2:25.20	250m: 3:03.39 300m: 3:41.74	350m: 4:19.43 400m: 4:54.88
24.	De Backer Birgit	09 ZIOS	ZIOS/21066/09	<b>4:54.89</b> 508
	50m: 33.06 100m: 1:09.84	150m: 1:47.08 200m: 2:25.12	250m: 3:02.44 300m: 3:40.87	350m: 4:19.54 400m: 4:54.89
25.	Chichkova Lili	08 Fast	FAST/21011/08	<b>4:55.32</b> 506
	50m: 32.38 100m: 1:08.71	150m: 1:45.61 200m: 2:23.25	250m: 3:00.61 300m: 3:38.85	350m: 4:17.19 400m: 4:55.32
26.	Van Laecke Lene	08 MEGA	MEGA/21242/08	<b>4:58.07</b> 492
	50m: 33.79 100m: 1:10.42	150m: 1:47.15 200m: 2:25.60	250m: 3:03.53 300m: 3:42.69	350m: 4:21.58 400m: 4:58.07
27.	Vanhees Ella	09 DBT	DBT/21090/09	<b>4:58.20</b> 491
	50m: 32.83 100m: 1:09.01	150m: 1:46.43 200m: 2:25.07	250m: 3:04.21 300m: 3:43.16	350m: 4:21.69 400m: 4:58.20
28.	Vlamijnck Lore	09 Sta	STA/21024/09	<b>4:59.32</b> 486
	50m: 33.21 100m: 1:09.99	150m: 1:48.39 200m: 2:27.23	250m: 3:06.24 300m: 3:45.33	350m: 4:23.14 400m: 4:59.32

## Event 33, Girls, 400m Freestyle, 15 - 16 years

Rank			YB					Time	Pts
29.	Weytjens Amber	08	DMB	DMB/21071/08				<b>4:59.51</b>	485
	50m: 32.83	150m: 1:48.07	250m: 3:04.89	350m: 4:22.27					
	100m: 1:09.42	200m: 2:26.39	300m: 3:43.63	400m: 4:59.51					
30.	Gillet Maelle	09	Mosan	MOSAN/013019/09				<b>5:00.38</b>	481
	50m: 33.25	150m: 1:47.86	250m: 3:05.09	350m: 4:23.06					
	100m: 1:10.30	200m: 2:26.56	300m: 3:44.54	400m: 5:00.38					
31.	Van Laecke Liese	08	MEGA	MEGA/21243/08				<b>5:00.45</b>	480
	50m: 32.92	150m: 1:47.10	250m: 3:03.97	350m: 4:22.95					
	100m: 1:09.40	200m: 2:25.10	300m: 3:43.02	400m: 5:00.45					
32.	Maes Kaat	09	Tzt	TZT/21064/09				<b>5:00.48</b>	480
	50m: 33.34	150m: 1:47.95	250m: 3:04.63	350m: 4:22.16					
	100m: 1:09.88	200m: 2:26.79	300m: 3:43.64	400m: 5:00.48					
33.	Quartier Philine	09	Iswim	ISWIM/21094/09				<b>5:00.97</b>	478
	50m: 33.89	150m: 1:49.38	250m: 3:06.69	350m: 4:23.87					
	100m: 1:11.07	200m: 2:27.88	300m: 3:45.64	400m: 5:00.97					
34.	Pairoux Eloise	08	PERRON	PERRON/008998/08				<b>5:02.49</b>	471
	50m: 35.87	150m: 1:52.68	250m: 3:09.52	350m: 4:25.59					
	100m: 1:13.82	200m: 2:31.35	300m: 3:47.54	400m: 5:02.49					
35.	Vingerhoets Madelief	09	ZN	ZN/21059/09				<b>5:03.08</b>	468
	50m: 32.83	150m: 1:49.82	250m: 3:08.10	350m: 4:25.74					
	100m: 1:10.43	200m: 2:28.96	300m: 3:46.84	400m: 5:03.08					
36.	De Baerdemaeker Paulien	08	LAQUA	LAQUA/21299/08				<b>5:03.28</b>	467
	50m: 34.46	150m: 1:49.79	250m: 3:07.41	350m: 4:25.58					
	100m: 1:11.48	200m: 2:28.06	300m: 3:46.73	400m: 5:03.28					
37.	Depondt-Velter Tille	09	Rosc	ROSC/21212/09				<b>5:03.60</b>	466
	50m: 35.56	150m: 1:52.92	250m: 3:10.31	350m: 4:27.18					
	100m: 1:14.07	200m: 2:32.18	300m: 3:48.48	400m: 5:03.60					
38.	Deconynck Sterre	09	Trust	TRUST/21166/09				<b>5:05.42</b>	457
	50m: 33.68	150m: 1:49.00	250m: 3:07.77	350m: 4:27.68					
	100m: 1:10.94	200m: 2:28.34	300m: 3:48.44	400m: 5:05.42					
	De Wolf Tine	09	AST	AST/21058/09				<b>5:05.42</b>	457
	50m: 34.52	150m: 1:51.50	250m: 3:09.85	350m: 4:27.97					
	100m: 1:12.44	200m: 2:30.85	300m: 3:49.07	400m: 5:05.42					
40.	Veldhuis Victoria	09	Zct	ZCT/21096/09				<b>5:09.46</b>	440
	50m: 34.07	150m: 1:51.32	250m: 3:10.48	350m: 4:30.12					
	100m: 1:12.09	200m: 2:30.91	300m: 3:50.21	400m: 5:09.46					
41.	Caus Floor	09	Kzk	KZK/21127/09				<b>5:09.52</b>	439
	50m: 33.54	150m: 1:49.12	250m: 3:08.50	350m: 4:28.81					
	100m: 1:10.30	200m: 2:28.81	300m: 3:47.91	400m: 5:09.52					
DNS	Metzemakers Lea	09	BRABO	BRABO/21484/09					
DNS	Tordeur Lucie	09	Gzvn	GZVN/21194/09					

## Event 33, Women, 400m Freestyle

## 17 - 18 years

1.	Henveaux Camille	06	LGN		LGN/003458/06	<b>4:17.59</b>	762
	50m: 29.33	150m: 1:32.65	250m: 2:38.23	350m: 3:44.76			
	100m: 1:00.65	200m: 2:05.57	300m: 3:11.60	400m: 4:17.59			
2.	Dumont Sarah	07	NOC		NOC/005827/07	<b>4:21.92</b>	725
	50m: 29.57	150m: 1:34.59	250m: 2:41.84	350m: 3:48.79			
	100m: 1:01.79	200m: 2:08.18	300m: 3:15.56	400m: 4:21.92			
3.	Franco Catarina Andrade	07	Portugal		203865	<b>4:32.16</b>	646
	50m: 31.32	150m: 1:40.23	250m: 2:48.78	350m: 3:57.93			
	100m: 1:05.78	200m: 2:14.91	300m: 3:23.26	400m: 4:32.16			
4.	Makri Georgia	06	CNSW		CNSW/011377/06	<b>4:32.19</b>	646
	50m: 31.29	150m: 1:39.57	250m: 2:48.65	350m: 3:58.00			
	100m: 1:05.41	200m: 2:14.22	300m: 3:23.50	400m: 4:32.19			
5.	Van den Eede Lisa	06	AZL		AZL/21050/06	<b>4:39.52</b>	597
	50m: 30.70	150m: 1:41.87	250m: 2:54.83	350m: 4:07.08			
	100m: 1:05.60	200m: 2:18.24	300m: 3:30.94	400m: 4:39.52			
6.	Graham Jil	06	HOZT		HOZT/21023/06	<b>4:40.67</b>	589
	50m: 31.94	150m: 1:41.15	250m: 2:53.39	350m: 4:05.25			
	100m: 1:06.01	200m: 2:17.42	300m: 3:29.71	400m: 4:40.67			
7.	Despeghe Laurann	07	BZK		BZK/21144/07	<b>4:40.92</b>	588
	50m: 32.15	150m: 1:41.98	250m: 2:53.87	350m: 4:06.28			
	100m: 1:07.21	200m: 2:17.74	300m: 3:30.36	400m: 4:40.92			
8.	Theuwis Nelle	06	DMB		DMB/21173/06	<b>4:47.03</b>	551
	50m: 31.23	150m: 1:42.76	250m: 2:57.06	350m: 4:11.94			
	100m: 1:06.32	200m: 2:19.81	300m: 3:35.24	400m: 4:47.03			
9.	Fiers Ena	07	MEGA		MEGA/21425/07	<b>4:50.12</b>	534
	50m: 31.71	150m: 1:42.54	250m: 2:57.47	350m: 4:13.57			
	100m: 1:06.30	200m: 2:19.75	300m: 3:35.63	400m: 4:50.12			
10.	Dries Sien	07	ZGEEL		ZGEEL/21072/07	<b>4:50.21</b>	533
	50m: 32.43	150m: 1:46.20	250m: 3:00.61	350m: 4:15.13			
	100m: 1:08.98	200m: 2:23.28	300m: 3:37.80	400m: 4:50.21			
11.	Amorim Ines Santos	06	Portugal		200626	<b>4:50.55</b>	531
	50m: 31.64	150m: 1:42.01	250m: 2:55.60	350m: 4:12.68			
	100m: 1:06.23	200m: 2:18.53	300m: 3:34.10	400m: 4:50.55			
12.	Vanderbruggen Luca	07	KLSVZ		KLSVZ/21039/07	<b>4:51.26</b>	527
	50m: 32.41	150m: 1:45.07	250m: 2:59.68	350m: 4:14.76			
	100m: 1:08.52	200m: 2:22.43	300m: 3:37.64	400m: 4:51.26			
13.	Maes Kato	07	Kzk		KZK/21080/07	<b>4:51.59</b>	526
	50m: 32.10	150m: 1:44.57	250m: 2:59.40	350m: 4:14.94			
	100m: 1:08.25	200m: 2:22.07	300m: 3:37.24	400m: 4:51.59			
14.	Vandepoorte Pauline	06	Fast		FAST/21050/06	<b>4:53.22</b>	517
	50m: 32.40	150m: 1:46.13	250m: 3:01.70	350m: 4:16.74			
	100m: 1:08.50	200m: 2:23.71	300m: 3:39.32	400m: 4:53.22			
15.	Verroken Mirte	06	DDAT		DDAT/21023/06	<b>4:53.62</b>	515
	50m: 32.47	150m: 1:46.22	250m: 3:01.20	350m: 4:16.95			
	100m: 1:08.34	200m: 2:23.49	300m: 3:38.84	400m: 4:53.62			

Event 33, Girls, 400m Freestyle, 17 - 18 years

Rank			YB					Time	Pts	
16.	Pavel Anna		07	LAQUA				LAQUA/21525/07	<b>4:54.26</b>	511
	50m:	33.01	150m:	1:46.56	250m:	3:01.76	350m:	4:17.71		
	100m:	1:09.18	200m:	2:23.68	300m:	3:39.42	400m:	4:54.26		
17.	Op de Beeck Elly		07	BRABO				BRABO/21209/07	<b>4:54.99</b>	508
	50m:	33.22	150m:	1:47.38	250m:	3:03.05	350m:	4:18.78		
	100m:	1:10.23	200m:	2:25.55	300m:	3:41.55	400m:	4:54.99		
DNS	Hollebosch Noa		07	MEGA				MEGA/21148/07		
DNS	Deweerd Anaelle		06	RosC				ROSC/21107/06		
DNS	Konings Ylva		07	Gzvn				GZVN/21243/07		
DNS	Greenhalf Grace		07	Co Norwich Swimming Club				1215962		

19 years and older

1.	Pisane Alisee		03	Enw				ENW/010649/03	<b>4:18.65</b>	753
	50m:	30.04	150m:	1:35.86	250m:	2:41.32	350m:	3:46.79		
	100m:	1:02.96	200m:	2:08.80	300m:	3:13.87	400m:	4:18.65		
2.	Hibbott Holly		99	BPC					<b>4:22.32</b>	722
	50m:	31.07	150m:	1:38.30	250m:	2:44.28	350m:	3:50.34		
	100m:	1:04.48	200m:	2:11.08	300m:	3:17.37	400m:	4:22.32		
3.	Catterson Victoria		01	Swim Ireland					<b>4:24.94</b>	701
	50m:	30.27	150m:	1:36.87	250m:	2:44.59	350m:	3:51.93		
	100m:	1:03.40	200m:	2:11.08	300m:	3:18.59	400m:	4:24.94		
4.	Franquinet Ambre		04	LGN				LGN/011027/04	<b>4:25.56</b>	696
	50m:	29.75	150m:	1:36.20	250m:	2:43.87	350m:	3:52.08		
	100m:	1:02.59	200m:	2:10.07	300m:	3:17.94	400m:	4:25.56		
5.	Ravelingien Lana		03	BRABO				BRABO/20066/03	<b>4:25.99</b>	692
	50m:	30.31	150m:	1:37.46	250m:	2:45.48	350m:	3:53.33		
	100m:	1:03.46	200m:	2:11.48	300m:	3:19.38	400m:	4:25.99		
6.	Kalmthout van Yara		02	TEAMNL				200200984	<b>4:27.05</b>	684
	50m:	30.40	150m:	1:37.34	250m:	2:44.96	350m:	3:53.23		
	100m:	1:03.52	200m:	2:11.41	300m:	3:18.99	400m:	4:27.05		
7.	Vermeylen Jolien		94	KAZS				KAZS/21113/94	<b>4:34.35</b>	631
	50m:	31.55	150m:	1:40.23	250m:	2:49.62	350m:	4:00.25		
	100m:	1:05.46	200m:	2:14.70	300m:	3:25.04	400m:	4:34.35		
8.	Ouden van den Nikita		99	PSV				199900622	<b>4:36.74</b>	615
	50m:	30.27	150m:	1:39.66	250m:	2:51.15	350m:	4:02.10		
	100m:	1:04.38	200m:	2:15.55	300m:	3:26.84	400m:	4:36.74		
9.	Bechtel Theresa		01	BOCHUM				292144	<b>4:39.31</b>	598
	50m:	31.77	150m:	1:41.88	250m:	2:52.99	350m:	4:05.28		
	100m:	1:06.47	200m:	2:17.34	300m:	3:29.25	400m:	4:39.31		
10.	Loones Thuline		00	MEGA				MEGA/21050/00	<b>4:41.81</b>	582
	50m:	32.15	150m:	1:42.66	250m:	2:54.79	350m:	4:07.36		
	100m:	1:06.84	200m:	2:18.48	300m:	3:30.93	400m:	4:41.81		
11.	Cavadini Caroline		90	CNBA				CNBA/000127/90	<b>4:42.14</b>	580
	50m:	31.99	150m:	1:41.77	250m:	2:54.19	350m:	4:06.97		
	100m:	1:06.54	200m:	2:17.71	300m:	3:30.53	400m:	4:42.14		

## Event 33, Women, 400m Freestyle, 19 years and older

Rank			YB					Time	Pts
12.	Applegate Jessica-Jane		96	Co Norwich Swimming Club 413408				<b>4:45.24</b>	561
	50m:	31.40	150m:	1:42.32	250m:	2:55.28	350m:	4:09.96	
	100m:	1:06.36	200m:	2:18.81	300m:	3:32.74	400m:	4:45.24	
13.	Broux Elise		05	Gzvn GZVN/21015/05				<b>4:47.51</b>	548
	50m:	30.70	150m:	1:41.65	250m:	2:54.96	350m:	4:10.04	
	100m:	1:05.52	200m:	2:18.41	300m:	3:32.63	400m:	4:47.51	
14.	Theuwis Rune		02	DMB DMB/21174/02				<b>4:50.43</b>	532
	50m:	32.10	150m:	1:44.12	250m:	2:59.09	350m:	4:14.04	
	100m:	1:07.47	200m:	2:21.76	300m:	3:36.67	400m:	4:50.43	
DSQ	Goovaerts Ellen		05	Stw STW/21165/05					
	<i>SW 4.4 - valse start</i>								
DNS	Jansen van Galen Kim		02	PSV 200201594					