

Programmanr. 301
 7/02/2025 - 17:26

Dames, 400m vrije slag

 open leeftijdsgroep
 Resultaten

Belgian Record	4:06.27	DUMONT, Valentine	BEL	Rome (ITA)	25/06/2023
Flemish Record	4:13.57	GORIS, Lotte	BRABO	Hodzemovasarhely (HUN)	7/07/2016

EJK 2025 14 - 17: 4:20.60; 18: 4:18.02 / EYOF 2025 14 - 15: 4:23.60 / WK 2025 : 4:10.23

Punten: AQUA 2024

Rang	Geb.								Tijd	Pnt
1.	VANDERLINDEN, Siri	09 BEL	LAQUA		LAQUA/21540/09				4:18.59	754
	50m: 30.34	30.34	150m: 1:36.03	33.05	250m: 2:42.23	32.89	350m: 3:48.13		32.68	
	100m: 1:02.98	32.64	200m: 2:09.34	33.31	300m: 3:15.45	33.22	400m: 4:18.59		30.46	
2.	GODDEN, Maria	02 IRL	SWIM IRL						4:21.07	732
	50m: 30.34	30.34	150m: 1:35.67	32.99	250m: 2:42.01	33.09	350m: 3:48.21		33.15	
	100m: 1:02.68	32.34	200m: 2:08.92	33.25	300m: 3:15.06	33.05	400m: 4:21.07		32.86	
3.	JOMINET, Lou	05 LUX	SHARKS		7206				4:25.22	699
	50m: 30.77	30.77	150m: 1:37.72	33.73	250m: 2:45.28	33.90	350m: 3:53.17		33.75	
	100m: 1:03.99	33.22	200m: 2:11.38	33.66	300m: 3:19.42	34.14	400m: 4:25.22		32.05	
4.	HOLLEBOSCH, Noa	07 BEL	MEGA		MEGA/21148/07				4:27.28	682
	50m: 30.83	30.83	150m: 1:38.75	34.30	250m: 2:46.80	33.84	350m: 3:54.45		33.96	
	100m: 1:04.45	33.62	200m: 2:12.96	34.21	300m: 3:20.49	33.69	400m: 4:27.28		32.83	
5.	MICHIELS, Nore	08 BEL	TSZ		TSZ/21026/08				4:31.33	652
	50m: 30.86	30.86	150m: 1:38.90	34.45	250m: 2:47.96	34.40	350m: 3:58.19		35.07	
	100m: 1:04.45	33.59	200m: 2:13.56	34.66	300m: 3:23.12	35.16	400m: 4:31.33		33.14	
6.	ADELMANN, Clara Cenxi	10 BEL	LAQUA		LAQUA/21382/10				4:32.30	645
	50m: 30.98	30.98	150m: 1:39.78	34.77	250m: 2:49.32	34.72	350m: 3:59.12		34.65	
	100m: 1:05.01	34.03	200m: 2:14.60	34.82	300m: 3:24.47	35.15	400m: 4:32.30		33.18	
7.	GRIES, Laure	04 BEL	CNSW		CNSW/008568/04				4:34.27	632
	50m: 31.20	31.20	150m: 1:40.23	34.28	250m: 2:50.05	34.76	350m: 3:59.88		34.76	
	100m: 1:05.95	34.75	200m: 2:15.29	35.06	300m: 3:25.12	35.07	400m: 4:34.27		34.39	