

**Flanders Swimming Cup 2026
Antwerpen, 20 - 22/3/2026**
**Event 4
20/03/2026 - 10:10**
Women, 400m Medley
**Open
Results Prelim**

Points: AQUA 2025

Rank					Inschr.	Time	Pts					
1.	Vachaudez Ella		ENLN/008863/09		4:58.30	5:04.75	652					
	50m:	31.79	31.79	150m:	1:47.92	39.57	250m:	3:09.77	43.20	350m:	4:29.83	36.03
	100m:	1:08.35	36.56	200m:	2:26.57	38.65	300m:	3:53.80	44.03	400m:	5:04.75	34.92
2.	Boxum Fay		DZ&PC		5:03.31	5:05.09	650					
	50m:	31.85	31.85	150m:	1:48.26	39.35	250m:	3:09.95	43.62	350m:	4:30.49	36.04
	100m:	1:08.91	37.06	200m:	2:26.33	38.07	300m:	3:54.45	44.50	400m:	5:05.09	34.60
3.	van der Kamp Marte Hieke		HZ&PC		4:53.20	5:14.50	594					
	50m:	31.68	31.68	150m:	1:48.66	40.69	250m:	3:15.11	47.47	350m:	4:39.12	35.90
	100m:	1:07.97	36.29	200m:	2:27.64	38.98	300m:	4:03.22	48.11	400m:	5:14.50	35.38
4.	Brouwers Charlotte		DBT/21145/11		5:10.73	5:14.57	593					
	50m:	32.78	32.78	150m:	1:57.70	45.21	250m:	3:20.61	41.68	350m:	4:39.51	36.53
	100m:	1:12.49	39.71	200m:	2:38.93	41.23	300m:	4:02.98	42.37	400m:	5:14.57	35.06
5.	Decoutere Imani		KZK/21111/10		5:14.46	5:17.67	576					
	50m:	32.61	32.61	150m:	1:51.83	40.73	250m:	3:18.00	46.72	350m:	4:42.38	36.71
	100m:	1:11.10	38.49	200m:	2:31.28	39.45	300m:	4:05.67	47.67	400m:	5:17.67	35.29
6.	Vertessen Fran		DBT/21114/09		5:09.82	5:18.09	574					
	50m:	32.14	32.14	150m:	1:51.24	42.08	250m:	3:18.86	44.85	350m:	4:42.37	38.07
	100m:	1:09.16	37.02	200m:	2:34.01	42.77	300m:	4:04.30	45.44	400m:	5:18.09	35.72
7.	Lichtendonk Ismay		HZ&PC		5:05.20	5:18.34	572					
	50m:	32.39	32.39	150m:	1:52.17	40.09	250m:	3:17.07	45.48	350m:	4:41.99	38.31
	100m:	1:12.08	39.69	200m:	2:31.59	39.42	300m:	4:03.68	46.61	400m:	5:18.34	36.35
8.	Delsaer Laurien		LGN/013010/11		5:09.18	5:18.35	572					
	50m:	33.24	33.24	150m:	1:53.36	40.28	250m:	3:18.24	45.14	350m:	4:41.39	36.53
	100m:	1:13.08	39.84	200m:	2:33.10	39.74	300m:	4:04.86	46.62	400m:	5:18.35	36.96
9.	Ciobanu Anastasia		DDAT/21112/09		5:14.15	5:25.59	535					
	50m:	33.81	33.81	150m:	1:55.92	42.85	250m:	3:24.03	45.89	350m:	4:48.74	38.11
	100m:	1:13.07	39.26	200m:	2:38.14	42.22	300m:	4:10.63	46.60	400m:	5:25.59	36.85
10.	Devolder Yelena		TiMe/21086/09		5:29.51	5:33.35	498					
	50m:	33.55	33.55	150m:	2:00.26	45.81	250m:	3:31.36	47.67	350m:	4:57.64	37.03
	100m:	1:14.45	40.90	200m:	2:43.69	43.43	300m:	4:20.61	49.25	400m:	5:33.35	35.71