

**Flanders Swimming Cup 2026
Antwerpen, 20 - 22/3/2026**
**Event 4
20/03/2026 - 17:57**
Women, 400m Medley
**Open
Results Finals**

Points: AQUA 2025

Rank					Inschr.	Time	Pts					
Final A												
1.	Vachaudez Ella		ENLN/008863/09		5:04.75	5:00.23	682					
	50m:	31.29	31.29	150m:	1:46.24	38.83	250m:	3:07.51	43.27	350m:	4:26.52	35.19
	100m:	1:07.41	36.12	200m:	2:24.24	38.00	300m:	3:51.33	43.82	400m:	5:00.23	33.71
2.	Boxum Fay		DZ&PC		5:05.09	5:05.30	649					
	50m:	31.83	31.83	150m:	1:47.58	38.86	250m:	3:10.03	43.78	350m:	4:30.61	35.88
	100m:	1:08.72	36.89	200m:	2:26.25	38.67	300m:	3:54.73	44.70	400m:	5:05.30	34.69
3.	Vertessen Fran		DBT/21114/09		5:18.09	5:10.96	614					
	50m:	31.80	31.80	150m:	1:49.94	41.65	250m:	3:15.59	43.78	350m:	4:36.37	36.49
	100m:	1:08.29	36.49	200m:	2:31.81	41.87	300m:	3:59.88	44.29	400m:	5:10.96	34.59
4.	Delsaer Laurien		LGN/013010/11		5:18.35	5:13.40	600					
	50m:	32.08	32.08	150m:	1:49.49	39.36	250m:	3:15.01	45.70	350m:	4:37.62	36.04
	100m:	1:10.13	38.05	200m:	2:29.31	39.82	300m:	4:01.58	46.57	400m:	5:13.40	35.78
5.	Brouwers Charlotte		DBT/21145/11		5:14.57	5:14.85	592					
	50m:	32.06	32.06	150m:	1:57.19	45.30	250m:	3:20.83	41.58	350m:	4:39.99	36.72
	100m:	1:11.89	39.83	200m:	2:39.25	42.06	300m:	4:03.27	42.44	400m:	5:14.85	34.86
6.	Lichtendonk Ismay		HZ&PC		5:18.34	5:17.50	577					
	50m:	32.34	32.34	150m:	1:52.79	40.44	250m:	3:16.96	44.80	350m:	4:40.93	37.94
	100m:	1:12.35	40.01	200m:	2:32.16	39.37	300m:	4:02.99	46.03	400m:	5:17.50	36.57
7.	Decoutere Imani		KZK/21111/10		5:17.67	5:21.57	555					
	50m:	32.62	32.62	150m:	1:52.24	41.26	250m:	3:19.39	47.57	350m:	4:45.06	37.52
	100m:	1:10.98	38.36	200m:	2:31.82	39.58	300m:	4:07.54	48.15	400m:	5:21.57	36.51
8.	Ciobanu Anastasia		DDAT/21112/09		5:25.59	5:28.01	523					
	50m:	33.81	33.81	150m:	1:57.35	43.97	250m:	3:25.58	45.91	350m:	4:51.53	38.46
	100m:	1:13.38	39.57	200m:	2:39.67	42.32	300m:	4:13.07	47.49	400m:	5:28.01	36.48