Programmanr. 35 — Dames, 400m vrije slag — open leeftijdsgroep
08/11/2026 - 11:12 — Resultaten Voorronde

Punten: AQUA 2026

Rang			Inschr.	Tijd	Pnt	
1.	Ravelingien Lana	BRABO/20066/03	4:17.09	**4:19.69**	697	A
	50m: 29.29 29.29 150m: 1:34.46 32.82 250m: 2:40.75 33.13 350m: 3:47.32 33.43					
	100m: 1:01.64 32.35 200m: 2:07.62 33.16 300m: 3:13.89 33.14 400m: 4:19.69 32.37					
2.	Michiels Nore	TSZ/21026/08	4:17.75	**4:20.32**	691	A
	50m: 30.48 30.48 150m: 1:36.02 32.94 250m: 2:42.23 32.67 350m: 3:48.45 33.14					
	100m: 1:03.08 32.60 200m: 2:09.56 33.54 300m: 3:15.31 33.08 400m: 4:20.32 31.87					
3.	De Bont Sam	TSZ/21105/08	4:24.82	**4:23.33**	668	A
	50m: 30.66 30.66 150m: 1:36.64 33.04 250m: 2:43.41 33.07 350m: 3:50.64 33.56					
	100m: 1:03.60 32.94 200m: 2:10.34 33.70 300m: 3:17.08 33.67 400m: 4:23.33 32.69					
4.	Van Avondt Lina	STA/21039/09	4:26.40	**4:28.25**	632	A
	50m: 30.69 30.69 150m: 1:37.24 33.68 250m: 2:45.99 34.51 350m: 3:54.47 33.94					
	100m: 1:03.56 32.87 200m: 2:11.48 34.24 300m: 3:20.53 34.54 400m: 4:28.25 33.78					
5.	Debecker Charlotte	DMI/21010/08	4:23.03	**4:28.67**	629	A
	50m: 31.04 31.04 150m: 1:39.21 34.15 250m: 2:47.08 33.84 350m: 3:55.09 33.92					
	100m: 1:05.06 34.02 200m: 2:13.24 34.03 300m: 3:21.17 34.09 400m: 4:28.67 33.58					
6.	Graham Jil	HOZT/21085/06	4:35.10	**4:32.25**	604	A
	50m: 31.33 31.33 150m: 1:39.02 34.32 250m: 2:48.49 34.78 350m: 3:58.02 34.69					
	100m: 1:04.70 33.37 200m: 2:13.71 34.69 300m: 3:23.33 34.84 400m: 4:32.25 34.23					
7.	Mertens Helena	SHARK/21146/09	4:38.58	**4:33.13**	599	A
	50m: 30.60 30.60 150m: 1:38.88 34.74 250m: 2:49.52 35.45 350m: 3:59.70 34.89					
	100m: 1:04.14 33.54 200m: 2:14.07 35.19 300m: 3:24.81 35.29 400m: 4:33.13 33.43					
8.	Broux Elise	GZVN/21015/05	4:26.77	**4:33.47**	596	A
	50m: 30.69 30.69 150m: 1:39.07 34.42 250m: 2:48.32 34.69 350m: 3:59.13 35.72					
	100m: 1:04.65 33.96 200m: 2:13.63 34.56 300m: 3:23.41 35.09 400m: 4:33.47 34.34					
9.	De Ridder Sterre	ZS/21080/08	4:40.00	**4:45.30**	525	B **
	50m: 33.30 33.30 150m: 1:44.13 35.52 250m: 2:56.39 36.19 350m: 4:09.48 36.68					
	100m: 1:08.61 35.31 200m: 2:20.20 36.07 300m: 3:32.80 36.41 400m: 4:45.30 35.82					