Programmanr. 35 | Dames, 400m vrije slag | open leeftijdsgroep
08/11/2026 - 18:13 | Resultaten Finale

Punten: AQUA 2026

Rang			Inschr.	Tijd	Pnt
Finale A					
1.	Ravelingien Lana	BRABO/20066/03	4:19.69	**4:14.89**	737
	50m: 29.30 29.30 150m: 1:33.59 32.12 250m: 2:38.52 32.52 350m: 3:43.78 32.42				
	100m: 1:01.47 32.17 200m: 2:06.00 32.41 300m: 3:11.36 32.84 400m: 4:14.89 31.11				
2.	Michiels Nore	TSZ/21026/08	4:20.32	**4:17.36**	716
	50m: 29.89 29.89 150m: 1:33.65 32.07 250m: 2:38.79 32.84 350m: 3:45.67 33.24				
	100m: 1:01.58 31.69 200m: 2:05.95 32.30 300m: 3:12.43 33.64 400m: 4:17.36 31.69				
3.	De Bont Sam	TSZ/21105/08	4:23.33	**4:20.92**	687
	50m: 30.16 30.16 150m: 1:36.47 33.31 250m: 2:42.99 33.08 350m: 3:49.54 33.18				
	100m: 1:03.16 33.00 200m: 2:09.91 33.44 300m: 3:16.36 33.37 400m: 4:20.92 31.38				
4.	Van Avondt Lina	STA/21039/09	4:28.25	**4:21.52**	682
	50m: 30.93 30.93 150m: 1:37.65 33.26 250m: 2:44.24 32.98 350m: 3:50.07 32.63				
	100m: 1:04.39 33.46 200m: 2:11.26 33.61 300m: 3:17.44 33.20 400m: 4:21.52 31.45				
5.	Debecker Charlotte	DMI/21010/08	4:28.67	**4:30.80**	614
	50m: 30.42 30.42 150m: 1:37.30 33.75 250m: 2:46.93 34.90 350m: 3:57.24 35.24				
	100m: 1:03.55 33.13 200m: 2:12.03 34.73 300m: 3:22.00 35.07 400m: 4:30.80 33.56				
6.	Graham Jil	HOZT/21085/06	4:32.25	**4:32.13**	605
	50m: 31.07 31.07 150m: 1:38.57 34.15 250m: 2:48.11 34.68 350m: 3:58.66 35.42				
	100m: 1:04.42 33.35 200m: 2:13.43 34.86 300m: 3:23.24 35.13 400m: 4:32.13 33.47				
7.	Broux Elise	GZVN/21015/05	4:33.47	**4:32.68**	602
	50m: 30.44 30.44 150m: 1:37.67 33.90 250m: 2:47.20 35.01 350m: 3:58.63 35.75				
	100m: 1:03.77 33.33 200m: 2:12.19 34.52 300m: 3:22.88 35.68 400m: 4:32.68 34.05				
8.	Mertens Helena	SHARK/21146/09	4:33.13	**4:34.75**	588
	50m: 30.90 30.90 150m: 1:40.42 35.05 250m: 2:50.91 35.21 350m: 4:01.22 34.82				
	100m: 1:05.37 34.47 200m: 2:15.70 35.28 300m: 3:26.40 35.49 400m: 4:34.75 33.53				