

CB-BK-CAT-WE-2 2026
Antwerpen, 24 - 26/7/2026

Programmanr./Epreuve 13
24/07/2026 - 16:00

Dames/Dames, 400m vrije slag/Libre

19 jaar en ouder/ans et plus
Resultaten

Punten: AQUA 2024

Rang				Geb.				Inshr.				Tijd/Temps	Pnt	
1.	Ravelingien Lana			03	BRABO			4:21.50				4:26.15	691	BEL
	50m:	30.15	30.15	150m:	1:38.37	34.40	250m:	2:46.50	33.97	350m:	3:53.64	33.40		
	100m:	1:03.97	33.82	200m:	2:12.53	34.16	300m:	3:20.24	33.74	400m:	4:26.15	32.51		
2.	Reinesch Leeloo			07	CNB			4:23.60				4:27.13	684	LUX
	50m:	30.57	30.57	150m:	1:38.71	34.30	250m:	2:46.94	33.71	350m:	3:55.10	33.92		
	100m:	1:04.41	33.84	200m:	2:13.23	34.52	300m:	3:21.18	34.24	400m:	4:27.13	32.03		
3.	Broux Elise			05	GZVN			4:38.07				4:35.23	625	BEL
	50m:	32.12	32.12	150m:	1:42.14	35.15	250m:	2:51.61	34.95	350m:	4:01.58	35.05		
	100m:	1:06.99	34.87	200m:	2:16.66	34.52	300m:	3:26.53	34.92	400m:	4:35.23	33.65		
4.	Graham Jil			06	HOZT			4:36.01				4:39.31	598	BEL
	50m:	31.91	31.91	150m:	1:40.99	34.93	250m:	2:51.74	35.16	350m:	4:03.40	35.50		
	100m:	1:06.06	34.15	200m:	2:16.58	35.59	300m:	3:27.90	36.16	400m:	4:39.31	35.91		
5.	Konings Ylva			07	HZS			4:40.06				4:48.20	544	BEL
	50m:	32.54	32.54	150m:	1:43.34	35.37	250m:	2:56.32	36.55	350m:	4:11.25	37.28		
	100m:	1:07.97	35.43	200m:	2:19.77	36.43	300m:	3:33.97	37.65	400m:	4:48.20	36.95		