Open Belgian Championships Swimming SCM 2025
Gent, 7 - 9/11/2025

Event 1 — Women, 400m Freestyle — Open
07/11/2025 - 16:30 — Results Finals

WR_SCM	3:50.25	MCINTOSH, Summer	CAN	(HUN)	10/12/2024
ER_SCM	3:59.15	PELLEGRINI, Federica	ITA	Rome (ITA)	26/07/2009
BR_SCM	4:00.05	DUMONT, Valentine	NOC	Budapest (HUN)	09/11/2020

EK-SCM : 4:06.95

Points: AQUA 2025

Rank		YB		Time	Pts	

Final A

1. DUMONT, Sarah — 07 — Namur Olympic Club — **4:04.69** — 833 — BEL

50m:	28.94	28.94	150m:	1:30.77	30.98	250m:	2:32.55	30.82	350m:	3:34.33	31.05
100m:	59.79	30.85	200m:	2:01.73	30.96	300m:	3:03.28	30.73	400m:	4:04.69	30.36

2. VANDERLINDEN, Siri — 09 — Leuven Aquatics — **4:09.85** — 782 — BEL

50m:	29.64	29.64	150m:	1:32.52	31.42	250m:	2:36.14	31.61	350m:	3:40.05	31.70
100m:	1:01.10	31.46	200m:	2:04.53	32.01	300m:	3:08.35	32.21	400m:	4:09.85	29.80

3. RAVELINGIEN, Lana — 03 — Brabo Zwemclub Antwerpen — **4:17.09** — 718 — BEL

50m:	29.57	29.57	150m:	1:34.34	32.68	250m:	2:39.79	32.82	350m:	3:45.23	32.87
100m:	1:01.66	32.09	200m:	2:06.97	32.63	300m:	3:12.36	32.57	400m:	4:17.09	31.86

4. MICHIELS, Nore — 08 — Tsz — **4:17.75** — 712 — BEL

50m:	29.61	29.61	150m:	1:33.50	32.22	250m:	2:38.88	32.70	350m:	3:45.16	33.09
100m:	1:01.28	31.67	200m:	2:06.18	32.68	300m:	3:12.07	33.19	400m:	4:17.75	32.59

5. PAQUES, Celya — 09 — Liege Natation — **4:19.84** — 695 — BEL

50m:	29.94	29.94	150m:	1:34.83	32.83	250m:	2:41.04	33.19	350m:	3:47.86	33.36
100m:	1:02.00	32.06	200m:	2:07.85	33.02	300m:	3:14.50	33.46	400m:	4:19.84	31.98

6. DELSAER, Laurien — 11 — Liege Natation — **4:20.68** — 689 — BEL

50m:	29.50	29.50	150m:	1:34.67	32.85	250m:	2:40.97	33.49	350m:	3:48.41	33.82
100m:	1:01.82	32.32	200m:	2:07.48	32.81	300m:	3:14.59	33.62	400m:	4:20.68	32.27

7. ENKNER, Johanna — 00 — ASV Linz — **4:21.69** — 681 — AUT

50m:	29.77	29.77	150m:	1:34.66	32.72	250m:	2:41.51	33.66	350m:	3:48.68	33.55
100m:	1:01.94	32.17	200m:	2:07.85	33.19	300m:	3:15.13	33.62	400m:	4:21.69	33.01

8. PAQUES, Typhanie — 09 — Liege Natation — **4:21.76** — 680 — BEL

50m:	30.21	30.21	150m:	1:35.77	33.03	250m:	2:42.56	33.26	350m:	3:49.33	33.28
100m:	1:02.74	32.53	200m:	2:09.30	33.53	300m:	3:16.05	33.49	400m:	4:21.76	32.43

Final B

9. VEDERNIKOVA, Vera — 10 — Swimming Club Wauterbos Rode — **4:20.53** — 690 — BEL

50m:	30.32	30.32	150m:	1:36.80	33.52	250m:	2:44.14	33.64	350m:	3:50.07	32.57
100m:	1:03.28	32.96	200m:	2:10.50	33.70	300m:	3:17.50	33.36	400m:	4:20.53	30.46

10. REINESCH, Leeloo — 07 — Cnb — **4:22.70** — 673 — LUX

50m:	30.13	30.13	150m:	1:36.94	33.68	250m:	2:43.82	33.10	350m:	3:50.41	33.34
100m:	1:03.26	33.13	200m:	2:10.72	33.78	300m:	3:17.07	33.25	400m:	4:22.70	32.29

11. VACHAUDEZ, Ella — 09 — Enln — **4:23.08** — 670 — BEL

50m:	30.18	30.18	150m:	1:36.38	33.49	250m:	2:43.95	33.72	350m:	3:50.92	33.41
100m:	1:02.89	32.71	200m:	2:10.23	33.85	300m:	3:17.51	33.56	400m:	4:23.08	32.16

12. VERVLOET, Zoe — 10 — Gzvn — **4:24.84** — 657 — BEL

50m:	30.10	30.10	150m:	1:36.42	33.38	250m:	2:43.82	33.70	350m:	3:51.45	34.07
100m:	1:03.04	32.94	200m:	2:10.12	33.70	300m:	3:17.38	33.56	400m:	4:24.84	33.39

arena
HIGH5 SPORT NUTRITION www.high-5.be
lotto
zwemfed
SPORT VLAANDEREN
TEAM BELGIUM
FFBN
Adeps
FÉDÉRATION WALLONIE-BRUXELLES
gent:
BIODERMA LABORATOIRE DERMATOLOGIQUE

Event 1, Women, 400m Freestyle, Final, Open

Rank		YB		Time	Pts	
13.	PUGENGER, Marine	08	Enln	**4:25.42**	652	BEL
	50m: 30.52 30.52 150m: 1:37.22 33.62 250m: 2:44.78 33.70 350m: 3:52.98 34.03					
	100m: 1:03.60 33.08 200m: 2:11.08 33.86 300m: 3:18.95 34.17 400m: 4:25.42 32.44					
14.	ADELMANN, Clara Cenxi	10	Leuven Aquatics	**4:25.97**	648	BEL
	50m: 30.65 30.65 150m: 1:38.08 34.03 250m: 2:45.54 33.69 350m: 3:52.94 33.49					
	100m: 1:04.05 33.40 200m: 2:11.85 33.77 300m: 3:19.45 33.91 400m: 4:25.97 33.03					
15.	METZEMAKERS, Lea	09	Brabo Zwemclub Antwerpen	**4:26.15**	647	BEL
	50m: 30.71 30.71 150m: 1:38.26 34.09 250m: 2:45.43 33.48 350m: 3:53.03 33.78					
	100m: 1:04.17 33.46 200m: 2:11.95 33.69 300m: 3:19.25 33.82 400m: 4:26.15 33.12					
16.	VAN AVONDT, Lina	09	Sta	**4:26.40**	645	BEL
	50m: 30.01 30.01 150m: 1:36.53 33.72 250m: 2:45.08 33.92 350m: 3:53.26 33.99					
	100m: 1:02.81 32.80 200m: 2:11.16 34.63 300m: 3:19.27 34.19 400m: 4:26.40 33.14					