Midwintertest 2024 Aalst, 21/12/2024

| Programmanr. 13 21/12/2024 - 16:13 | Dames, 400m vrije slag | | open leeftijdsgroep Startlijst |
|---------------------------------------|------------------------|---------|-----------------------------------|
| Serie 1 van 4 | | | |
| 2 Menu Nina | FIRST/21330/13 | NT | |
| 3 Velghe Lauren | FIRST/21331/12 | NT | |
| 4 Van Dorpe Ada | ZNA/21372/11 | NT | |
| 5 Velieva Eliz | FIRST/21322/09 | NT | |
| 6 De Vlaminck Alizé | ZDKK/21006/07 | NT | |
| Serie 2 van 4 | | | |
| 1 Van Nieuwenhuyse Lotte | ZNA/21414/12 | 7:22.02 | |
| 2 Legrand Alicia | ZNA/21411/12 | 6:38.81 | |
| 3 Hens Stien | FIRST/21324/12 | 6:20.45 | |
| 4 Degrande An | FIRST/21262/12 | 5:58.44 | |
| 5 Buyle Geike | STA/21078/13 | 6:04.28 | |
| 6 De Bock Aude | FIRST/21290/11 | 6:25.62 | |
| 7 Mertens Xiana | FAST/21121/12 | 7:08.67 | |
| 8 De Vlaminck Selia | ZDKK/21023/12 | NT | |
| Serie 3 van 4 | | | |
| 1 De Wulf Alexine | STA/21076/12 | 5:48.19 | |
| 2 Berkein Alessia | STA/21077/12 | 5:40.03 | |
| 3 Van De Winkel Lola | AZL/21106/12 | 5:32.88 | |
| 4 Vander Mijnsbrugge Lore | AZL/21109/12 | 5:27.20 | |
| 5 De Jong Suzan | ZALM/21003/13 | 5:29.91 | |
| 6 Van Ghelue Rinske | FIRST/21194/10 | 5:34.94 | |
| 7 De Groote Liesl | ZDKK/21018/10 | 5:41.78 | |
| 8 Guldemont Nell | ZDKK/21030/11 | 5:50.96 | |
| Serie 4 van 4 | | | |
| 1 Buyle Laure | STA/21064/11 | 5:17.86 | |
| 2 Van Doorne Lore | STA/21066/11 | 5:13.08 | |
| 3 Vanderbeke Hasse | AST/21052/08 | 5:00.33 | |
| 4 Thys Lena | KAZS/21098/11 | 4:53.97 | |
| 5 Rutsaert Emily | STA/21067/12 | 4:57.76 | |
| 6 Bayens Nina | ZDKK/21014/12 | 5:07.03 | |
| 7 Loncke Jutta | STA/21068/13 | 5:16.84 | |
| 8 Bullen Lotte | ZDKK/21013/11 | 5:24.09 | |
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