

Swimday 2026  
Saint Vith, 19-4-2026

Epreuve 29  
19-04-26 - 15:20

Dames, 400m Libre

11 ans et plus  
Liste résultats

Mistral 11: 5:45.21; 12: 5:22.18; 13: 5:12.60; 14: 4:59.10; 15: 4:51.86; 16: 4:48.46; 17: 4:45.54; 18: 4:42.34; 19 +: 4:15.06 /  
Trident 11: 5:32.41; 12: 5:10.22; 13: 5:00.99; 14: 4:47.98; 15: 4:41.00; 16: 4:37.72; 17: 4:34.91; 18: 4:31.83; 19 + 50m: 4:37.57

Points: AQUA 2025

Rang			AN			Temps	Pts
<b>11 - 12 ans</b>							
1.	D'ORTONA, Irina		14	Tan		<b>5:41.04</b>	307
	50m:	38.82 38.82	150m:	250m:	350m:		
	100m:	1:21.50 42.68	200m:	300m:	400m:	5:41.04	
2.	KINKELA, Anissia		14	Tan		<b>5:58.37</b>	265
	50m:	40.15 40.15	150m:	250m:	350m:		
	100m:	1:24.83 44.68	200m:	300m:	400m:	5:58.37	
3.	LHEUREUX, Lily		15	Enw		<b>6:01.29</b>	258
	50m:	40.56 40.56	150m:	250m:	350m:		
	100m:	1:26.26 45.70	200m:	300m:	400m:	6:01.29	
4.	DUPUIS, Clotilde		15	Perron		<b>6:30.66</b>	204
	50m:	42.30 42.30	150m:	250m:	350m:		
	100m:	1:31.24 48.94	200m:	300m:	400m:	6:30.66	
5.	SMAKIC, Sara		14	Tan		<b>6:35.22</b>	197
	50m:	41.48 41.48	150m:	250m:	350m:	5:47.05	
	100m:	1:30.71 49.23	200m:	300m:	400m:	6:35.22	48.17
6.	RIAHI, Asma		15	Perron		<b>7:16.50</b>	146
	50m:	48.15 48.15	150m:	250m:	350m:		
	100m:	1:44.02 55.87	200m:	300m:	400m:	7:16.50	
7.	KHALIFA, Nada		15	Perron		<b>7:29.97</b>	133
	50m:	47.05 47.05	150m:	250m:	350m:		
	100m:	1:42.30 55.25	200m:	300m:	400m:	7:29.97	
<b>13 - 14 ans</b>							
1.	RAFIOU, Morayo		13	Tan		<b>4:58.83</b>	457
	<i>Mistral, Trident</i>						
	50m:	33.67 33.67	150m:	250m:	350m:		
	100m:	1:10.74 37.07	200m:	300m:	400m:	4:58.83	
2.	ABOUABDERRAHMANE, Inès		12	Enw		<b>5:04.70</b>	431
	50m:	34.53 34.53	150m:	250m:	350m:		
	100m:	1:12.05 37.52	200m:	300m:	400m:	5:04.70	
3.	RIKIR, yaëlle		12	Perron		<b>5:40.18</b>	310
	50m:	36.64 36.64	150m:	250m:	350m:		
	100m:	1:18.08 41.44	200m:	300m:	400m:	5:40.18	
4.	LEMAIRE, Marie		12	Vn		<b>5:40.20</b>	310
	50m:	37.21 37.21	150m:	250m:	350m:		
	100m:	1:18.76 41.55	200m:	300m:	400m:	5:40.20	
5.	BESSADOK, Sherazade		13	Cnspa		<b>5:54.65</b>	273
	50m:	40.62 40.62	150m:	250m:	350m:		
	100m:	1:26.02 45.40	200m:	300m:	400m:	5:54.65	
6.	GILSON, Emeline		13	Vn		<b>5:57.41</b>	267
	50m:	39.56 39.56	150m:	250m:	350m:		
	100m:	1:24.20 44.64	200m:	300m:	400m:	5:57.41	
7.	BONIVER, Mallaury		13	Cnspa		<b>6:13.29</b>	234
	50m:	41.33 41.33	150m:	250m:	350m:		
	100m:	1:23.60 42.27	200m:	300m:	400m:	6:13.29	
8.	WEIDMANN, Anna		13	Sssv		<b>6:17.09</b>	227
	50m:	42.51 42.51	150m:	250m:	350m:		
	100m:	1:28.41 45.90	200m:	300m:	400m:	6:17.09	

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Epreuve 29, Dames, 400m Libre

15 - 16 ans

1.	DRIESSENS, Nelle		10	Cnsa		<b>6:12.08</b>	236
	50m:	39.16	39.16	150m:		250m:	350m:
	100m:	1:24.56	45.40	200m:	3:01.17	300m:	4:38.95
						400m:	6:12.08
2.	EL BARODI, Zahra		11	Perron		<b>6:28.07</b>	208
	50m:	43.17	43.17	150m:		250m:	350m:
	100m:	1:30.27	47.10	200m:	3:09.74	300m:	4:51.17
						400m:	6:28.07