

Swimday 2026  
Saint Vith, 19-4-2026

Epreuve 7  
19-04-26 - 9:45

Dames, 400m 4 nages

11 ans et plus  
Liste résultats

Mistral 11: 6:33.14; 12: 6:07.01; 13: 5:56.14; 14: 5:44.19; 15: 5:39.36; 16: 5:30.04; 17: 5:26.71; 18: 5:21.88; 19 +: 5:20.37 /  
Trident 11: 6:18.62; 12: 5:53.44; 13: 5:42.96; 14: 5:31.45; 15: 5:26.79; 16: 5:17.81; 17: 5:14.60; 18: 5:09.95; 19 + 50m: 5:14.79

Points: AQUA 2025

Rang	AN		Temps				Pts	
<b>11 - 12 ans</b>								
1.	LHEUREUX, Lily	15	Enw	<b>6:28.16</b>				285
	<i>Mistral</i>							
	50m: 38.94	38.94	150m:	250m:	350m:			
	100m: 1:29.09	50.15	200m: 3:06.81	300m: 4:54.98	400m: 6:28.16			
2.	RIAHI, Asma	15	Perron	<b>7:52.27</b>				158
	50m: 51.73	51.73	150m:	250m:	350m:			
	100m: 1:55.23	1:03.50	200m: 3:52.06	300m: 6:03.55	400m: 7:52.27			
3.	KHALIFA, Nada	15	Perron	<b>7:58.08</b>				152
	50m: 50.65	50.65	150m:	250m:	350m:			
	100m: 1:54.65	1:04.00	200m: 3:58.57	300m: 6:05.74	400m: 7:58.08			
<b>13 - 14 ans</b>								
1.	RAFIOU, Morayo	13	Tan	<b>5:42.98</b>				413
	<i>Mistral</i>							
	50m: 36.51	36.51	150m:	250m:	350m:			
	100m: 1:18.56	42.05	200m: 2:39.18	300m: 4:23.94	400m: 5:42.98			
2.	CREMER, Jenny	12	Tan	<b>5:47.48</b>				397
	50m: 34.14	34.14	150m:	250m:	350m:			
	100m: 1:15.39	41.25	200m: 2:40.09	300m: 4:23.98	400m: 5:47.48			
3.	WISE, Lilly	13	Sssv	<b>6:19.07</b>				306
	50m: 43.85	43.85	150m:	250m:	350m:			
	100m: 1:37.84	53.99	200m: 3:09.10	300m: 4:52.15	400m: 6:19.07			
4.	PARDO, Olivia	13	Perron	<b>6:24.18</b>				294
	50m: 45.47	45.47	150m:	250m:	350m:			
	100m: 1:39.18	53.71	200m: 3:13.03	300m:	400m: 6:24.18			
5.	DIGNEFFE, Lindsay	13	Perron	<b>6:46.11</b>				248
	50m: 40.20	40.20	150m:	250m:	350m:			
	100m: 1:30.53	50.33	200m: 3:14.10	300m: 5:12.23	400m: 6:46.11			
<b>15 - 16 ans</b>								
1.	LETEHEUX, Lucie	10	Tan	<b>5:40.36</b>				422
	50m: 36.75	36.75	150m:	250m:	350m:			
	100m: 1:21.49	44.74	200m: 2:46.05	300m: 4:21.90	400m: 5:40.36			
2.	THONET, Julia	11	Perron	<b>6:02.11</b>				351
	50m: 40.20	40.20	150m:	250m:	350m:			
	100m: 1:28.52	48.32	200m: 3:02.61	300m: 4:36.30	400m: 6:02.11			
disq.	EL BARODI, Zahra	11	Perron	<b>7:15.40</b>				
	<i>SW 8.2. a Le nageur n'a pas ramené ses bras en avant au dessus de la surface de l'eau</i>							
	50m: 50.38	50.38	150m:	250m:	350m:			
	100m: 1:52.91	1:02.53	200m: 3:36.23	300m: 5:40.50	400m: 7:15.40			