

Meeting demi-fond 2026
Petit-Lancy, 11.10.2026

Epreuve 4
11.10.2026 - 14:00

Dames, 400m 4 nages

Cat. générale
Liste résultats

Points: AQUA 2026

Rang	AN				Temps				Pts
1.	ROCHAT, Leane	10	La		5:09.12				564
	50m: 33.00 33.00	150m: 1:50.14 39.08	250m: 3:14.08 44.97	350m: 4:35.50 35.26					
	100m: 1:11.06 38.06	200m: 2:29.11 38.97	300m: 4:00.24 46.16	400m: 5:09.12 33.62					
2.	KAMPHUIS, Lisa	12	Lancy Natation		5:17.85				519
	50m: 35.06 35.06	150m: 1:55.60 40.46	250m: 3:21.87 46.28	350m: 4:45.28 36.73					
	100m: 1:15.14 40.08	200m: 2:35.59 39.99	300m: 4:08.55 46.68	400m: 5:17.85 32.57					
3.	DELLA BONA, Lea	08	Lancy Natation		5:24.62				487
	50m: 33.39 33.39	150m: 1:54.26 40.77	250m: 3:21.01 46.85	350m: 4:46.79 38.21					
	100m: 1:13.49 40.10	200m: 2:34.16 39.90	300m: 4:08.58 47.57	400m: 5:24.62 37.83					
4.	FERRARI, Maddalena	11	La		5:28.81				469
	50m: 35.16 35.16	150m: 1:59.89 43.07	250m: 3:28.47 46.33	350m: 4:53.03 38.44					
	100m: 1:16.82 41.66	200m: 2:42.14 42.25	300m: 4:14.59 46.12	400m: 5:28.81 35.78					
5.	GRICHTING, Jolyne	10	Lancy Natation		5:28.92				468
	50m: 35.02 35.02	150m: 1:57.03 41.74	250m: 3:24.25 46.32	350m: 4:50.89 39.56					
	100m: 1:15.29 40.27	200m: 2:37.93 40.90	300m: 4:11.33 47.08	400m: 5:28.92 38.03					
6.	MESHCHERYAKOVA, Elizaveta	14	Genève Natation 1885		5:29.53				465
	50m: 33.82 33.82	150m: 1:55.31 43.25	250m: 3:25.37 47.38	350m: 4:52.52 39.01					
	100m: 1:12.06 38.24	200m: 2:37.99 42.68	300m: 4:13.51 48.14	400m: 5:29.53 37.01					
7.	STETTLER, Inès	12	Lancy Natation		5:29.65				465
	50m: 34.60 34.60	150m: 1:56.75 41.71	250m: 3:25.63 47.57	350m: 4:53.10 39.03					
	100m: 1:15.04 40.44	200m: 2:38.06 41.31	300m: 4:14.07 48.44	400m: 5:29.65 36.55					
8.	CHARBONNIER, Kira	08	Lancy Natation		5:33.32				450
	50m: 35.19 35.19	150m: 2:00.91 43.65	250m: 3:28.40 45.06	350m: 4:54.79 40.38					
	100m: 1:17.26 42.07	200m: 2:43.34 42.43	300m: 4:14.41 46.01	400m: 5:33.32 38.53					
9.	TRAJKOVSKA, Isabelle	11	Nyon		5:37.05				435
	50m: 35.01 35.01	150m: 2:01.61 45.35	250m: 3:34.51 48.13	350m: 5:01.07 37.55					
	100m: 1:16.26 41.25	200m: 2:46.38 44.77	300m: 4:23.52 49.01	400m: 5:37.05 35.98					
10.	LECOULTRE, Zoja	10	Lancy Natation		5:38.20				431
	50m: 36.75 36.75	150m: 2:04.60 43.13	250m: 3:31.05 43.91	350m: 4:58.27 42.02					
	100m: 1:21.47 44.72	200m: 2:47.14 42.54	300m: 4:16.25 45.20	400m: 5:38.20 39.93					
11.	KAMERZIN, Emma	11	La		5:43.39				411
	50m: 35.63 35.63	150m: 2:06.81 46.80	250m: 3:38.67 48.21	350m: 5:06.78 38.28					
	100m: 1:20.01 44.38	200m: 2:50.46 43.65	300m: 4:28.50 49.83	400m: 5:43.39 36.61					
12.	GARELLI, Alyssa	12	Lancy Natation		5:44.25				408
	50m: 34.78 34.78	150m: 1:56.50 42.29	250m: 3:31.27 52.71	350m: 5:05.54 40.59					
	100m: 1:14.21 39.43	200m: 2:38.56 42.06	300m: 4:24.95 53.68	400m: 5:44.25 38.71					
13.	GERARD, Eline	13	Nyon		5:45.73				403
	50m: 38.84 38.84	150m: 2:07.87 43.10	250m: 3:38.52 48.82	350m: 5:07.66 40.64					
	100m: 1:24.77 45.93	200m: 2:49.70 41.83	300m: 4:27.02 48.50	400m: 5:45.73 38.07					
14.	ADOUANI, Elin	13	Nyon		5:46.74				399
	50m: 35.30 35.30	150m: 2:04.95 46.58	250m: 3:40.08 50.95	350m: 5:10.64 38.36					
	100m: 1:18.37 43.07	200m: 2:49.13 44.18	300m: 4:32.28 52.20	400m: 5:46.74 36.10					
15.	TORRUBIA BAEZA, Carlota	12	Lancy Natation		5:55.25				371
	50m: 39.69 39.69	150m: 2:07.82 43.67	250m: 3:43.65 52.21	350m: 5:16.71 40.16					
	100m: 1:24.15 44.46	200m: 2:51.44 43.62	300m: 4:36.55 52.90	400m: 5:55.25 38.54					
16.	ADOUANI, Emilia	10	Nyon		5:55.96				369
	50m: 38.45 38.45	150m: 2:11.14 46.98	250m: 3:46.01 50.69	350m: 5:17.40 40.72					
	100m: 1:24.16 45.71	200m: 2:55.32 44.18	300m: 4:36.68 50.67	400m: 5:55.96 38.56					
17.	KARAM, Alexandra	11	La		5:57.91				363
	50m: 40.15 40.15	150m: 2:12.18 43.63	250m: 3:46.13 51.12	350m: 5:17.86 40.83					
	100m: 1:28.55 48.40	200m: 2:55.01 42.83	300m: 4:37.03 50.90	400m: 5:57.91 40.05					

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Rang				AN				Temps	Pts
18.	HASANOVIC, Alma			12	Lancy Natation			5:59.81	357
	50m: 41.83	41.83	150m: 2:10.36	43.57	250m: 3:44.25	51.70	350m: 5:20.61	42.96	
	100m: 1:26.79	44.96	200m: 2:52.55	42.19	300m: 4:37.65	53.40	400m: 5:59.81	39.20	
19.	LÉGER, Manon			11	CN Plan-les-Ouates			6:00.92	354
	50m: 36.20	36.20	150m: 2:07.67	48.17	250m: 3:44.67	49.83	350m: 5:19.35	43.71	
	100m: 1:19.50	43.30	200m: 2:54.84	47.17	300m: 4:35.64	50.97	400m: 6:00.92	41.57	
20.	ROSSIER, Daphne			11	CN Plan-les-Ouates			6:06.05	339
	50m: 38.56	38.56	150m: 2:10.56	45.44	250m: 3:48.32	53.82	350m: 5:25.75	42.40	
	100m: 1:25.12	46.56	200m: 2:54.50	43.94	300m: 4:43.35	55.03	400m: 6:06.05	40.30	
21.	HAU, Noémie			11	Nyon			6:15.74	314
	50m: 39.17	39.17	150m: 2:13.22	45.98	250m: 3:55.13	57.17	350m: 5:35.68	43.92	
	100m: 1:27.24	48.07	200m: 2:57.96	44.74	300m: 4:51.76	56.63	400m: 6:15.74	40.06	
22.	BERTHOD, Romane			12	CN Plan-les-Ouates			6:20.64	302
	50m: 39.24	39.24	150m: 2:16.68	48.63	250m: 3:58.12	54.66	350m: 5:38.07	44.85	
	100m: 1:28.05	48.81	200m: 3:03.46	46.78	300m: 4:53.22	55.10	400m: 6:20.64	42.57	
23.	KERLI, Sarah			12	CN Plan-les-Ouates			6:25.69	290
	50m: 40.44	40.44	150m: 2:18.65	50.14	250m: 3:57.41	50.25	350m: 5:40.26	50.26	
	100m: 1:28.51	48.07	200m: 3:07.16	48.51	300m: 4:50.00	52.59	400m: 6:25.69	45.43	
24.	MYKHAILOVA, Iva			15	Natation Sportive Genève			6:27.34	286
	50m: 38.64	38.64	150m: 2:20.62	52.97	250m: 4:03.60	54.31	350m: 5:45.11	45.40	
	100m: 1:27.65	49.01	200m: 3:09.29	48.67	300m: 4:59.71	56.11	400m: 6:27.34	42.23	
25.	JACCARD, Carla			10	La			6:30.09	280
	50m: 40.43	40.43	150m: 2:17.77	48.09	250m: 4:02.10	55.38	350m: 5:48.29	48.01	
	100m: 1:29.68	49.25	200m: 3:06.72	48.95	300m: 5:00.28	58.18	400m: 6:30.09	41.80	
26.	MATTHEY, Ayalén			15	Natation Sportive Genève			6:37.10	266
	50m: 44.70	44.70	150m: 2:30.09	51.81	250m: 4:14.92	54.17	350m: 5:55.70	45.87	
	100m: 1:38.28	53.58	200m: 3:20.75	50.66	300m: 5:09.83	54.91	400m: 6:37.10	41.40	
27.	BENAVENT, Keela			15	Natation Sportive Genève			7:03.80	219
	50m: 51.23	51.23	150m: 2:47.11	56.16	250m: 4:35.61	55.72	350m: 6:18.89	47.80	
	100m: 1:50.95	59.72	200m: 3:39.89	52.78	300m: 5:31.09	55.48	400m: 7:03.80	44.91	
28.	NOFAL, Dima			15	Natation Sportive Genève			7:09.14	210
	50m: 46.55	46.55	150m: 2:43.62	56.57	250m: 4:34.00	56.82	350m: 6:19.15	47.44	
	100m: 1:47.05	1:00.50	200m: 3:37.18	53.56	300m: 5:31.71	57.71	400m: 7:09.14	49.99	
29.	CHKARAT, Anissa			15	Natation Sportive Genève			7:10.68	208
	50m: 49.26	49.26	150m: 2:39.12	50.83	250m: 4:34.27	1:01.28	350m: 6:23.65	46.91	
	100m: 1:48.29	59.03	200m: 3:32.99	53.87	300m: 5:36.74	1:02.47	400m: 7:10.68	47.03	
30.	EGIDIO, Eva			15	Natation Sportive Genève			7:30.08	182
	50m: 47.76	47.76	150m: 2:43.74	55.83	250m: 4:41.96	1:01.55	350m: 6:37.53	52.71	
	100m: 1:47.91	1:00.15	200m: 3:40.41	56.67	300m: 5:44.82	1:02.86	400m: 7:30.08	52.55	