

Epreuve 1
26/09/2026

Dames, 400m Libre

11 ans et plus
Liste résultats

Points: AQUA 2026

Q	PL	NAME	YB	CLUB	COUN	I-TIME	S-TIME	FINA				
11 - 12 ans												
1.	JONCKHEERE	CLAES Clara	15	MHN	BEL	6:17.93	6:20.15	233				
	50m:	40.84	40.84	150m:	2:18.54	49.75	250m:	3:59.07	50.67	350m:	5:40.52	50.59
	100m:	1:28.79	47.95	200m:	3:08.40	49.86	300m:	4:49.93	50.86	400m:	6:20.15	39.63
2.	FALLA	Eléanore	15	ONS	BEL	6:30.74	6:20.57	232				
	50m:	41.06	41.06	150m:	2:15.46	47.66	250m:	3:54.55	49.28	350m:	5:34.85	49.60
	100m:	1:27.80	46.74	200m:	3:05.27	49.81	300m:	4:45.25	50.70	400m:	6:20.57	45.72
3.	MEGDICHE	Sounah	15	BCSG	BEL	6:45.56	6:35.61	207				
	50m:	40.76	40.76	150m:	2:24.13	53.33	250m:	4:08.27	51.47	350m:	5:51.79	52.02
	100m:	1:30.80	50.04	200m:	3:16.80	52.67	300m:	4:59.77	51.50	400m:	6:35.61	43.82
	ROBETTE	Aloona	14	ENLN	BEL	6:23.01	6:35.61	207				
	50m:	40.78	40.78	150m:	2:17.98	49.70	250m:	4:00.06	51.46	350m:	5:46.30	53.03
	100m:	1:28.28	47.50	200m:	3:08.60	50.62	300m:	4:53.27	53.21	400m:	6:35.61	49.31
5.	ROSIGLIONI	Minna	15	ENLN	BEL	7:38.22	7:01.86	171				
	50m:	43.89	43.89	150m:	2:32.19	54.80	250m:	4:22.54	55.26	350m:	6:11.54	53.14
	100m:	1:37.39	53.50	200m:	3:27.28	55.09	300m:	5:18.40	55.86	400m:	7:01.86	50.32
6.	COGELS	Aya	15	ENLN	BEL	7:08.24	7:06.66	165				
	50m:	45.08	45.08	150m:	2:34.71	54.98	250m:	4:26.78	54.76	350m:	6:17.41	54.29
	100m:	1:39.73	54.65	200m:	3:32.02	57.31	300m:	5:23.12	56.34	400m:	7:06.66	49.25

13 - 14 ans

1.	RADERMECKER Zoé			12	HELIOS BEL		6:13.62	5:59.21	277			
	50m:	38.45	38.45	150m:	2:09.19	46.78	250m:	3:42.74	47.02	350m:	5:14.96	46.35
	100m:	1:22.41	43.96	200m:	2:55.72	46.53	300m:	4:28.61	45.87	400m:	5:59.21	44.25
2.	MARINAKI Eleni			12	HELIOS BEL		6:22.79	6:05.90	262			
	50m:	39.58	39.58	150m:	2:11.00	46.81	250m:	3:45.21	47.30	350m:	5:19.66	47.02
	100m:	1:24.19	44.61	200m:	2:57.91	46.91	300m:	4:32.64	47.43	400m:	6:05.90	46.24
3.	BOUGARD Anaé			13	WN	BEL	NT	6:14.81	243			
	50m:	39.85	39.85	150m:	2:14.30	48.44	250m:	3:51.58	49.17	350m:	5:28.80	48.65
	100m:	1:25.86	46.01	200m:	3:02.41	48.11	300m:	4:40.15	48.57	400m:	6:14.81	46.01
4.	GUMUS Sara			13	HELIOS BEL		7:03.58	6:19.16	235			
	50m:	41.18	41.18	150m:	2:18.34	49.86	250m:	3:55.79	48.58	350m:	5:33.89	48.09
	100m:	1:28.48	47.30	200m:	3:07.21	48.87	300m:	4:45.80	50.01	400m:	6:19.16	45.27
5.	VAN DEN BROECK Anaé			13	HELIOS BEL		8:19.42	7:06.51	165			
	50m:	44.32	44.32	150m:	2:36.16	56.06	250m:	4:25.45	55.45	350m:	6:15.02	53.94
	100m:	1:40.10	55.78	200m:	3:30.00	53.84	300m:	5:21.08	55.63	400m:	7:06.51	51.49
6.	SENTE Olivia			12	HELIOS BEL		NT	7:14.62	156			
	50m:	44.58	44.58	150m:	2:35.03	56.96	250m:	4:27.80	57.19	350m:	6:23.07	57.08
	100m:	1:38.07	53.49	200m:	3:30.61	55.58	300m:	5:25.99	58.19	400m:	7:14.62	51.55
7.	LABIOD Omaïma			13	HELIOS BEL		NT	8:09.41	109			
	50m:	41.81	41.81	150m:	2:51.64	1:14.64	250m:	5:00.46	1:04.36	350m:	7:08.50	1:03.71
	100m:	1:37.00	55.19	200m:	3:56.10	1:04.46	300m:	6:04.79	1:04.33	400m:	8:09.41	1:00.91

15 - 16 ans

1.	PLOVIER Nina			11	WN	BEL	NT	6:02.17	270			
	50m:	37.29	37.29	150m:	2:08.28	46.89	250m:	3:44.76	48.25	350m:	5:16.95	46.59
	100m:	1:21.39	44.10	200m:	2:56.51	48.23	300m:	4:30.36	45.60	400m:	6:02.17	45.22
2.	LEFEBVRE Marie-Laure			10	WN	BEL	NT	6:31.37	214			
	50m:	40.25	40.25	150m:	2:17.49	50.21	250m:	3:59.55	51.53	350m:	5:43.02	52.06
	100m:	1:27.28	47.03	200m:	3:08.02	50.53	300m:	4:50.96	51.41	400m:	6:31.37	48.35