Epreuve 3 — Garçons, 400m Libre — 16 ans et moins
07.11.2026 - 9:15 — Liste résultats

Swiss National Records	3:39.86	MEICHTRY, Dominik	SCUW	Berlin (GER)	14.11.2009
Swiss Junior Team Championships	4:05.62	BERNARDESCHI, Alain	SUI	Kloten	04.12.2010

Points: AQUA 2026

Rang		AN		Temps	Pts
1.	DONATI, Ernesto	11	Lausanne Aquatique 1	**4:20.26**	542
	50m: 29.68 29.68 150m: 1:35.39 33.07 250m: 2:41.81 33.18 350m: 3:48.69 33.13				
	100m: 1:02.32 32.64 200m: 2:08.63 33.24 300m: 3:15.56 33.75 400m: 4:20.26 31.57				
2.	OUAFI, Elias	11	Renens-Natation 1	**4:35.83**	455
	50m: 30.35 30.35 150m: 1:38.06 34.36 250m: 2:48.83 35.61 350m: 4:01.72 36.67				
	100m: 1:03.70 33.35 200m: 2:13.22 35.16 300m: 3:25.05 36.22 400m: 4:35.83 34.11				
3.	FERREIRA, Gabriel	12	CN La Chaux-de-Fonds 1	**4:43.24**	420
	50m: 32.49 32.49 150m: 1:45.10 36.43 250m: 2:58.85 36.83 350m: 4:09.72 35.22				
	100m: 1:08.67 36.18 200m: 2:22.02 36.92 300m: 3:34.50 35.65 400m: 4:43.24 33.52				
4.	WEBER, Julien	12	Lausanne Aquatique 2	**4:43.53**	419
	50m: 31.36 31.36 150m: 1:43.09 36.38 250m: 2:56.25 36.57 350m: 4:09.15 36.32				
	100m: 1:06.71 35.35 200m: 2:19.68 36.59 300m: 3:32.83 36.58 400m: 4:43.53 34.38				
5.	YILDIZ, Kaan	13	Red-Fish Neuchâtel 1	**4:52.29**	382
	50m: 32.49 32.49 150m: 1:45.25 36.90 250m: 2:58.93 36.76 350m: 4:14.61 38.54				
	100m: 1:08.35 35.86 200m: 2:22.17 36.92 300m: 3:36.07 37.14 400m: 4:52.29 37.68				
6.	LAFRANCHI, Alessandro	11	Fribourg Aquatics 1	**5:16.01**	302
	50m: 32.78 32.78 150m: 1:50.03 39.42 250m: 3:12.22 41.49 350m: 4:36.96 42.62				
	100m: 1:10.61 37.83 200m: 2:30.73 40.70 300m: 3:54.34 42.12 400m: 5:16.01 39.05				