RSR: Championnats Romands Hiver
Sion, 30.10. - 1.11.2026

Epreuve 4 | Dames, 400m 4 nages | Open
30.10.2026 - 9:44 | Liste résultats Eliminatoires

Swiss National Records	4:33.51	UGOLKOVA Maria	SCU	Budapest (HUN)	08.10.2021
Records régionaux de la Romandie	4:48.62	FROISSART Alexandra	LYN	Uster	16.11.2018

Time standard Futura - 13 50m: 6:05.00 - 25m: 6:05.00 / Time standard Youth 14 - 15 50m: 5:54.50 - 25m: 5:54.50 /
Time standard Open 16 + 50m: 5:37.60 - 25m: 5:37.60

Points: AQUA 2024

Rang		AN		Temps	Pts	
1.	MAGGINI Ayleen	11	Fribourg Aquatics	**5:20.26**	528	A
	50m: 33.92 33.92 150m: 1:56.45 41.78 250m: 3:22.07 45.12 350m: 4:45.01 37.42					
	100m: 1:14.67 40.75 200m: 2:36.95 40.50 300m: 4:07.59 45.52 400m: 5:20.26 35.25					
2.	GABELLIERI Gaia	13	Lausanne Aquatique	**5:20.68**	526	A
	50m: 33.50 33.50 150m: 1:55.29 41.43 250m: 3:21.30 45.46 350m: 4:44.77 37.17					
	100m: 1:13.86 40.36 200m: 2:35.84 40.55 300m: 4:07.60 46.30 400m: 5:20.68 35.91					
3.	LA GROTTERIA Alyssia	10	Red-Fish Neuchâtel	**5:24.31**	508	A
	50m: 34.61 34.61 150m: 1:55.94 41.65 250m: 3:21.55 45.03 350m: 4:46.58 39.24					
	100m: 1:14.29 39.68 200m: 2:36.52 40.58 300m: 4:07.34 45.79 400m: 5:24.31 37.73					
4.	SACHET Brune	11	Rolle Natation	**5:27.36**	494	A
	50m: 34.29 34.29 150m: 1:56.33 41.03 250m: 3:23.36 45.49 350m: 4:49.08 39.11					
	100m: 1:15.30 41.01 200m: 2:37.87 41.54 300m: 4:09.97 46.61 400m: 5:27.36 38.28					
5.	CHANSON Yaël	12	Renens-Natation	**5:27.70**	493	A
	50m: 33.25 33.25 150m: 1:55.71 42.45 250m: 3:23.44 45.85 350m: 4:49.96 39.28					
	100m: 1:13.26 40.01 200m: 2:37.59 41.88 300m: 4:10.68 47.24 400m: 5:27.70 37.74					
6.	ROCCHI Camilla	13	Natation Sportive Genève	**5:28.37**	490	A
	50m: 34.96 34.96 150m: 1:58.14 41.98 250m: 3:26.03 45.50 350m: 4:51.40 38.87					
	100m: 1:16.16 41.20 200m: 2:40.53 42.39 300m: 4:12.53 46.50 400m: 5:28.37 36.97					
7.	STETTLER Inès	12	Lancy Natation	**5:30.29**	481	A
	50m: 34.35 34.35 150m: 1:56.71 42.75 250m: 3:26.83 48.24 350m: 4:53.28 37.85					
	100m: 1:13.96 39.61 200m: 2:38.59 41.88 300m: 4:15.43 48.60 400m: 5:30.29 37.01					
8.	CHARBONNIER Kira	08	Lancy Natation	**5:31.81**	475	A
	50m: 33.65 33.65 150m: 1:57.44 43.34 250m: 3:25.34 45.60 350m: 4:52.90 40.85					
	100m: 1:14.10 40.45 200m: 2:39.74 42.30 300m: 4:12.05 46.71 400m: 5:31.81 38.91					
9.	GRICHTING Jolyne	10	Lancy Natation	**5:33.49**	468	B
	50m: 35.44 35.44 150m: 1:59.52 42.51 250m: 3:28.73 47.41 350m: 4:55.85 39.31					
	100m: 1:17.01 41.57 200m: 2:41.32 41.80 300m: 4:16.54 47.81 400m: 5:33.49 37.64					
10.	BLATTER Nives	11	Schwimmklub Region Murten	**5:33.84**	466	B
	50m: 35.72 35.72 150m: 1:58.70 41.67 250m: 3:30.24 49.47 350m: 4:56.77 38.10					
	100m: 1:17.03 41.31 200m: 2:40.77 42.07 300m: 4:18.67 48.43 400m: 5:33.84 37.07					
11.	BONDA Mélissa	13	Lausanne Aquatique	**5:37.22**	452	B
	50m: 36.72 36.72 150m: 2:03.49 42.57 250m: 3:32.49 47.32 350m: 5:00.47 39.97					
	100m: 1:20.92 44.20 200m: 2:45.17 41.68 300m: 4:20.50 48.01 400m: 5:37.22 36.75					
12.	OTT Léa	12	Lausanne Aquatique	**5:37.55**	451	B
	50m: 36.82 36.82 150m: 2:03.88 44.81 250m: 3:34.05 46.11 350m: 4:59.50 38.77					
	100m: 1:19.07 42.25 200m: 2:47.94 44.06 300m: 4:20.73 46.68 400m: 5:37.55 38.05					
13.	ERARD Nina	12	CN La Chaux-de-Fonds	**5:41.95**	434	B
	50m: 38.74 38.74 150m: 2:06.52 43.84 250m: 3:37.56 47.56 350m: 5:04.97 38.73					
	100m: 1:22.68 43.94 200m: 2:50.00 43.48 300m: 4:26.24 48.68 400m: 5:41.95 36.98					
14.	FAVRE Elynn	14	CN La Chaux-de-Fonds	**5:43.41**	428	B
	50m: 37.14 37.14 150m: 2:02.31 43.80 250m: 3:34.56 49.06 350m: 5:04.87 40.29					
	100m: 1:18.51 41.37 200m: 2:45.50 43.19 300m: 4:24.58 50.02 400m: 5:43.41 38.54					
15.	ERARD Lola	14	CN La Chaux-de-Fonds	**5:45.87**	419	B
	50m: 37.66 37.66 150m: 2:07.47 44.81 250m: 3:40.27 49.70 350m: 5:07.89 39.52					
	100m: 1:22.66 45.00 200m: 2:50.57 43.10 300m: 4:28.37 48.10 400m: 5:45.87 37.98					

Epreuve 4, Dames, 400m 4 nages, Eliminatoire, Open

Rang		AN		Temps	Pts	
16.	LE LIRZIN Nerea	13	Red-Fish Neuchâtel	**5:46.90**	415	B

50m:	37.66	37.66	150m:	2:06.53	41.98	250m:	3:37.56	49.60	350m:	5:08.44	40.37
100m:	1:24.55	46.89	200m:	2:47.96	41.43	300m:	4:28.07	50.51	400m:	5:46.90	38.46

Rang		AN		Temps	Pts	
17.	MEYER Anaîs Alice	14	Red-Fish Neuchâtel	**5:50.84**	402	C

50m:	36.75	36.75	150m:	2:10.12	44.90	250m:	3:40.08	46.18	350m:	5:09.94	42.11
100m:	1:25.22	48.47	200m:	2:53.90	43.78	300m:	4:27.83	47.75	400m:	5:50.84	40.90