

Promotions BCBW 2026 S2_S5
Ottignies-Louvain-la-Neuve, 10 - 11-10-2026

Epreuve 111
11-10-26

Dames, 400m Libre

11 ans et plus
Liste résultats

Temps limite BCBW - Promotions 11: 6:22.74; 12: 6:03.11; 13: 5:48.57; 14: 5:40.26; 15: 5:29.30; 16: 5:20.05; 17: 5:16.79; 18: 5:09.11; 19 +: 5:04.54

Rang	Nom		Licence		T.I.		Temps final	
12 ans								
1.	DROZD, Alexandra	BEL	CNBA/013172/14	6:31.84			6:17.31	
	50m: 39.93	39.93	150m: 2:14.49	48.56	250m: 3:53.68	49.35	350m: 5:30.95	47.12
	100m: 1:25.93	46.00	200m: 3:04.33	49.84	300m: 4:43.83	50.15	400m: 6:17.31	46.36
13 ans								
1.	GRAJA, Lilas	FRA	CNSW/015746/13	NT			6:03.86	
	50m: 38.91	38.91	150m: 2:10.63	47.08	250m: 3:46.32	47.32	350m: 5:22.68	47.72
	100m: 1:23.55	44.64	200m: 2:59.00	48.37	300m: 4:34.96	48.64	400m: 6:03.86	41.18
2.	TER BEECK, Ella	NED	CNSW/454251/13	NT			6:43.46	
	50m: 41.86	41.86	150m: 2:22.84	52.03	250m: 4:07.76	52.44	350m: 5:47.60	47.99
	100m: 1:30.81	48.95	200m: 3:15.32	52.48	300m: 4:59.61	51.85	400m: 6:43.46	55.86
14 ans								
1.	TOUQUET, Eline	BEL	WN/016176/12	NT			5:25.43	*
	50m: 35.87	35.87	150m: 1:59.42	41.81	250m: 3:22.04	41.04	350m: 4:45.80	41.75
	100m: 1:17.61	41.74	200m: 2:41.00	41.58	300m: 4:04.05	42.01	400m: 5:25.43	39.63
2.	OUJAA, Naima	BEL	CNBA/012041/12	5:44.18			5:34.73	*
	50m: 37.40	37.40	150m: 2:01.06	42.72	250m: 3:27.67	43.28	350m: 4:54.00	43.15
	100m: 1:18.34	40.94	200m: 2:44.39	43.33	300m: 4:10.85	43.18	400m: 5:34.73	40.73
3.	PANAIT, Alice	LUX	CNSW/015379/12	NT			6:03.48	
	50m: 37.85	37.85	150m: 2:07.17	47.44	250m: 3:43.96	48.02	350m: 5:19.79	48.58
	100m: 1:19.73	41.88	200m: 2:55.94	48.77	300m: 4:31.21	47.25	400m: 6:03.48	43.69
4.	BECHROURI, Zahra	BEL	CNSW/475621/12	NT			6:54.98	
	50m: 40.59	40.59	150m: 2:23.48	53.63	250m: 4:13.04	55.22	350m: 6:02.20	53.43
	100m: 1:29.85	49.26	200m: 3:17.82	54.34	300m: 5:08.77	55.73	400m: 6:54.98	52.78
16 ans								
1.	WATSON, Lily	AUS	CNSW/014695/10	5:28.53			5:07.77	*
	50m: 34.75	34.75	150m: 1:52.55	39.23	250m: 3:10.43	38.52	350m: 4:29.18	39.48
	100m: 1:13.32	38.57	200m: 2:31.91	39.36	300m: 3:49.70	39.27	400m: 5:07.77	38.59
2.	MARZOUKI, Sandra	BEL	CNSW/012481/10	5:24.43			5:22.89	
	50m: 35.80	35.80	150m: 1:55.83	40.58	250m: 3:18.57	41.60	350m: 4:42.39	41.98
	100m: 1:15.25	39.45	200m: 2:36.97	41.14	300m: 4:00.41	41.84	400m: 5:22.89	40.50
3.	ANTONACI, Martina	ITA	CNSW/015020/10	NT			6:04.21	
	50m: 37.77	37.77	150m: 2:05.59	45.32	250m: 3:40.51	48.19	350m: 5:17.44	48.35
	100m: 1:20.27	42.50	200m: 2:52.32	46.73	300m: 4:29.09	48.58	400m: 6:04.21	46.77