Epreuve 16 — Dames, 400m Libre — 11 ans et plus
18/10/2026 - 14:50 — Liste résultats

Points: AQUA 2026

Rang			Inschr.	Temps	Pts

11 - 12 ans

1. NDIAYE, Maï — DDAT/21170/14 — 5:06.24 — **5:03.50** — 436
   50m: 34.59 (34.59) 150m: 250m: 350m:
   100m: 1:13.52 (38.93) 200m: 2:30.09 300m: 400m: 5:03.50
2. GHOOS, Kato — BEST/21171/14 — 5:10.85 — **5:05.21** — 429
   50m: 35.66 (35.66) 150m: 250m: 350m:
   100m: 1:15.23 (39.57) 200m: 2:32.94 300m: 400m: 5:05.21
3. VAN DEN TROOST, Amy — KVZP/21116/14 — 5:18.97 — **5:25.09** — 355
   50m: 36.85 (36.85) 150m: 250m: 350m:
   100m: 1:18.49 (41.64) 200m: 2:42.61 300m: 400m: 5:25.09
4. DELCOIGNE, Ella — DDAT/21161/14 — 5:18.45 — **5:26.69** — 350
   50m: 36.68 (36.68) 150m: 250m: 350m:
   100m: 1:18.06 (41.38) 200m: 2:42.71 300m: 400m: 5:26.69
5. VANGENECHTEN, Anna — BEST/21163/15 — 5:59.73 — **5:53.71** — 275
   50m: 39.48 (39.48) 150m: 250m: 350m:
   100m: 1:23.98 (44.50) 200m: 2:54.40 300m: 400m: 5:53.71
6. VANMECHELEN, Kato — BEST/21180/14 — 6:07.70 — **6:04.03** — 253
   50m: 40.17 (40.17) 150m: 250m: 350m:
   100m: 1:26.55 (46.38) 200m: 3:00.32 300m: 400m: 6:04.03
7. SMEETS, Lou — BEST/21169/14 — 6:59.84 — **6:14.70** — 232
   50m: 40.85 (40.85) 150m: 250m: 350m:
   100m: 1:29.44 (48.59) 200m: 3:08.86 300m: 400m: 6:14.70
8. DE PRATER, Eline — DDAT/21180/15 — 6:15.94 — **6:14.90** — 231
   50m: 42.98 (42.98) 150m: 250m: 350m:
   100m: 1:32.93 (49.95) 200m: 3:06.35 300m: 400m: 6:14.90
9. ANCOLET, Laure — ZIOS/21140/14 — 6:49.65 — **6:35.00** — 198
   50m: 44.45 (44.45) 150m: 250m: 350m:
   100m: 1:35.48 (51.03) 200m: 3:18.62 300m: 400m: 6:35.00

13 - 14 ans

1. WYFFELS, Louise Marie — DDAT/21150/13 — 5:00.37 — **5:00.29** — 450
   50m: 33.79 (33.79) 150m: 250m: 350m:
   100m: 1:11.05 (37.26) 200m: 2:27.98 300m: 400m: 5:00.29
2. BIESEMANS, Jana — ZIOS/21109/13 — 5:18.75 — **5:16.91** — 383
   50m: 34.98 (34.98) 150m: 250m: 350m:
   100m: 1:14.59 (39.61) 200m: 2:37.66 300m: 400m: 5:16.91
3. KERCKHOFS, Wouke — BEST/21148/13 — 5:51.84 — **5:20.42** — 371
   50m: 37.14 (37.14) 150m: 250m: 350m:
   100m: 1:19.06 (41.92) 200m: 2:41.81 300m: 400m: 5:20.42
4. TRONCKOE, Bente — DDAT/21167/13 — 5:59.79 — **5:43.64** — 300
   50m: 37.46 (37.46) 150m: 250m: 350m:
   100m: 1:20.57 (43.11) 200m: 2:47.51 300m: 400m: 5:43.64

15 - 16 ans

1. VANDERLINDEN, Paulien — BEST/21117/11 — 4:53.05 — **4:52.92** — 485
   50m: 33.95 (33.95) 150m: 250m: 350m:
   100m: 1:11.45 (37.50) 200m: 2:26.86 300m: 400m: 4:52.92
2. DE PRATER, Juno — DDAT/21148/11 — 5:21.07 — **5:14.10** — 393
   50m: 33.29 (33.29) 150m: 250m: 350m:
   100m: 1:11.80 (38.51) 200m: 2:31.70 300m: 400m: 5:14.10

Epreuve 16, Filles, 400m Libre, 15 - 16 ans

Rang			Inschr.	Temps	Pts
3.	MUYLAERT, Yinse	ZIOS/21134/11	6:28.05	**6:13.49**	234

50m:	39.75	39.75	150m:		250m:		350m:		
100m:	1:26.21	46.46	200m:	3:03.30	300m:		400m:	6:13.49	

17 - 18 ans

1.	CIOBANU, Anastasia	DDAT/21112/09	4:45.24	**4:38.76**	563

50m:	31.02	31.02	150m:		250m:		350m:		
100m:	1:05.76	34.74	200m:	2:16.90	300m:		400m:	4:38.76	

2.	LECHIFFLARD, Léa	CNSN/013582/09	4:50.30	**4:52.96**	485

50m:	32.65	32.65	150m:		250m:		350m:		
100m:	1:08.27	35.62	200m:	2:22.60	300m:		400m:	4:52.96	

3.	DE BISSCHOP, Lisse	ZIOS/21074/08	5:20.94	**5:30.39**	338

50m:	36.10	36.10	150m:		250m:		350m:		
100m:	1:16.54	40.44	200m:	2:40.51	300m:		400m:	5:30.39	

19 ans et plus

1.	VAN LIERDE, Lana	ZIOS/21082/07	5:15.02	**5:50.47**	283

50m:	39.83	39.83	150m:		250m:		350m:		
100m:	1:23.23	43.40	200m:	2:52.20	300m:		400m:	5:50.47	