Epreuve 37 — Dames, 400m Libre — 11 ans et plus
15-11-26 - 15:30 — Liste résultats

Points: AQUA 2026

Rang		AN		Temps	Pts

11 - 12 ans

1.	PONCELET, Niene	14	Liège Natation	**4:49.69**	502
	50m: 31.35 31.35 150m: 1:42.29 36.51 250m: 2:56.97 37.07 350m: 4:12.99 37.80				
	100m: 1:05.78 34.43 200m: 2:19.90 37.61 300m: 3:35.19 38.22 400m: 4:49.69 36.70				
2.	MORENO, Noéline	14	Liège Natation	**4:55.65**	472
	50m: 33.42 33.42 150m: 1:48.22 37.65 250m: 3:04.14 37.51 350m: 4:19.77 37.84				
	100m: 1:10.57 37.15 200m: 2:26.63 38.41 300m: 3:41.93 37.79 400m: 4:55.65 35.88				
3.	SCAGLIONE, Louise	14	Liège Natation	**4:57.72**	462
	50m: 33.81 33.81 150m: 1:48.63 38.10 250m: 3:05.14 38.19 350m: 4:21.27 38.36				
	100m: 1:10.53 36.72 200m: 2:26.95 38.32 300m: 3:42.91 37.77 400m: 4:57.72 36.45				
4.	BOUVEROUX, Nina	14	Liège Natation	**5:05.42**	428
	50m: 34.14 34.14 150m: 1:52.61 39.50 250m: 3:10.96 38.90 350m: 4:29.07 39.12				
	100m: 1:13.11 38.97 200m: 2:32.06 39.45 300m: 3:49.95 38.99 400m: 5:05.42 36.35				
5.	JACOBY, Apolline	15	Liège Natation	**5:48.67**	287
	50m: 37.18 37.18 150m: 2:06.16 46.04 250m: 3:37.85 46.26 350m: 5:07.79 44.55				
	100m: 1:20.12 42.94 200m: 2:51.59 45.43 300m: 4:23.24 45.39 400m: 5:48.67 40.88				
6.	LE BRAS, Adele	15	Longchamps Swimming Club	**6:15.05**	231
	50m: 38.45 38.45 150m: 2:11.04 47.14 250m: 3:49.74 49.74 350m: 5:28.06 48.32				
	100m: 1:23.90 45.45 200m: 3:00.00 48.96 300m: 4:39.74 50.00 400m: 6:15.05 46.99				

13 - 14 ans

1.	TOUSSAINT, Anaelle	13	Esn	**5:09.84**	410
	50m: 33.95 33.95 150m: 1:50.67 39.11 250m: 3:10.88 40.10 350m: 4:31.39 39.98				
	100m: 1:11.56 37.61 200m: 2:30.78 40.11 300m: 3:51.41 40.53 400m: 5:09.84 38.45				
2.	GABRIELE, Marie	13	Esn	**5:24.91**	355
	50m: 35.82 35.82 150m: 1:57.89 41.61 250m: 3:20.90 41.80 350m: 4:44.85 41.76				
	100m: 1:16.28 40.46 200m: 2:39.10 41.21 300m: 4:03.09 42.19 400m: 5:24.91 40.06				
3.	LEMAIRE, Marie	12	Vn	**5:27.08**	348
	50m: 35.65 35.65 150m: 1:57.66 41.79 250m: 3:22.28 42.66 350m: 4:46.75 42.52				
	100m: 1:15.87 40.22 200m: 2:39.62 41.96 300m: 4:04.23 41.95 400m: 5:27.08 40.33				

15 - 16 ans

1.	DELSAER, Laurien	11	Liège Natation	**4:16.29**	725
	50m: 29.14 29.14 150m: 1:33.98 32.78 250m: 2:38.82 32.07 350m: 3:44.35 32.85				
	100m: 1:01.20 32.06 200m: 2:06.75 32.77 300m: 3:11.50 32.68 400m: 4:16.29 31.94				
2.	JORISSEN, Janne	11	Liège Natation	**4:23.28**	668
	50m: 29.32 29.32 150m: 1:34.72 33.01 250m: 2:42.06 33.79 350m: 3:50.42 34.09				
	100m: 1:01.71 32.39 200m: 2:08.27 33.55 300m: 3:16.33 34.27 400m: 4:23.28 32.86				
3.	WÉGRIA, Elena	11	Liège Natation	**4:36.52**	577
	50m: 30.66 30.66 150m: 1:38.10 34.51 250m: 2:48.98 35.58 350m: 4:01.00 36.25				
	100m: 1:03.59 32.93 200m: 2:13.40 35.30 300m: 3:24.75 35.77 400m: 4:36.52 35.52				
4.	MARDAGA, Anaïs	10	Liège Natation	**4:38.48**	565
	50m: 31.11 31.11 150m: 1:40.03 35.13 250m: 2:51.08 35.56 350m: 4:03.26 36.28				
	100m: 1:04.90 33.79 200m: 2:15.52 35.49 300m: 3:26.98 35.90 400m: 4:38.48 35.22				
5.	GABRIELE, Lucie	10	Esn	**5:32.26**	332
	50m: 37.03 37.03 150m: 2:00.93 42.04 250m: 3:26.10 42.42 350m: 4:51.14 42.46				
	100m: 1:18.89 41.86 200m: 2:43.68 42.75 300m: 4:08.68 42.58 400m: 5:32.26 41.12				

Epreuve 37, Dames, 400m Libre

17 ans et plus

1.	PAQUES, Célya				09	Liège Natation						**4:21.63**	681
	50m:	30.10	30.10	150m:	1:35.56	33.13	250m:	2:42.39	33.47	350m:	3:49.31	33.21	
	100m:	1:02.43	32.33	200m:	2:08.92	33.36	300m:	3:16.10	33.71	400m:	4:21.63	32.32	
2.	PAQUES, Typhanie				09	Liège Natation						**4:22.66**	673
	50m:	30.14	30.14	150m:	1:35.76	33.34	250m:	2:42.54	33.19	350m:	3:49.84	33.46	
	100m:	1:02.42	32.28	200m:	2:09.35	33.59	300m:	3:16.38	33.84	400m:	4:22.66	32.82	