Epreuve 38 — Messieurs, 400m Libre — 11 ans et plus
15-11-26 - 15:55 — Liste résultats

Points: AQUA 2026

Rang		AN			Temps	Pts

11 - 12 ans

1.	SCHROYEN, Benjamin	14	Liège Natation		**4:59.78**	354
	50m: 32.73 32.73 150m: 1:47.53 38.14 250m: 3:04.59 38.88 350m: 4:23.02 39.23					
	100m: 1:09.39 36.66 200m: 2:25.71 38.18 300m: 3:43.79 39.20 400m: 4:59.78 36.76					
2.	GILLES, Timéo	14	Esn		**5:05.19**	336
	50m: 33.05 33.05 150m: 1:51.52 40.50 250m: 3:10.62 37.98 350m: 4:28.28 39.29					
	100m: 1:11.02 37.97 200m: 2:32.64 41.12 300m: 3:48.99 38.37 400m: 5:05.19 36.91					
3.	MISCORIA-BAGANELLA, Gabriel	15	Liège Natation		**5:11.84**	315
	50m: 34.21 34.21 150m: 1:53.04 39.99 250m: 3:13.25 40.35 350m: 4:33.28 39.89					
	100m: 1:13.05 38.84 200m: 2:32.90 39.86 300m: 3:53.39 40.14 400m: 5:11.84 38.56					
4.	BOZ, Fehmi Bartu	15	Longchamps Swimming Club		**5:13.71**	309
	50m: 36.72 36.72 150m: 1:55.78 39.80 250m: 3:16.41 40.72 350m: 4:36.33 39.23					
	100m: 1:15.98 39.26 200m: 2:35.69 39.91 300m: 3:57.10 40.69 400m: 5:13.71 37.38					
5.	DEMOUCRON, Victor	14	Longchamps Swimming Club		**5:49.57**	223
	50m: 39.79 39.79 150m: 2:10.52 45.99 250m: 3:41.37 45.00 350m: 5:09.56 44.40					
	100m: 1:24.53 44.74 200m: 2:56.37 45.85 300m: 4:25.16 43.79 400m: 5:49.57 40.01					
6.	NERIS, Matthew	15	Esn		**5:52.18**	218
	50m: 38.53 38.53 150m: 2:07.01 45.37 250m: 3:38.35 45.69 350m: 5:09.10 44.88					
	100m: 1:21.64 43.11 200m: 2:52.66 45.65 300m: 4:24.22 45.87 400m: 5:52.18 43.08					

13 - 14 ans

1.	VANSPAUWEN, Viktor	12	Liège Natation		**4:28.83**	492
	50m: 29.28 29.28 150m: 1:35.54 33.72 250m: 2:43.96 34.30 350m: 3:54.24 35.26					
	100m: 1:01.82 32.54 200m: 2:09.66 34.12 300m: 3:18.98 35.02 400m: 4:28.83 34.59					
2.	DELANNOYE, Tom	12	Esn		**4:34.15**	464
	50m: 31.08 31.08 150m: 1:41.22 35.16 250m: 2:50.55 34.53 350m: 4:00.50 34.90					
	100m: 1:06.06 34.98 200m: 2:16.02 34.80 300m: 3:25.60 35.05 400m: 4:34.15 33.65					
3.	ZAMBITO, Mirko	12	Esn		**4:44.03**	417
	50m: 31.05 31.05 150m: 1:41.38 35.36 250m: 2:53.09 36.20 350m: 4:08.47 37.27					
	100m: 1:06.02 34.97 200m: 2:16.89 35.51 300m: 3:31.20 38.11 400m: 4:44.03 35.56					
4.	RENOUARD, Mael	13	Liège Natation		**5:07.87**	327
	50m: 34.22 34.22 150m: 1:52.09 39.92 250m: 3:11.93 39.70 350m: 4:30.27 38.91					
	100m: 1:12.17 37.95 200m: 2:32.23 40.14 300m: 3:51.36 39.43 400m: 5:07.87 37.60					
5.	PECCHINI, Andrea	13	Esn		**5:10.66**	318
	50m: 32.01 32.01 150m: 1:49.69 40.06 250m: 3:09.45 40.02 350m: 4:31.12 40.44					
	100m: 1:09.63 37.62 200m: 2:29.43 39.74 300m: 3:50.68 41.23 400m: 5:10.66 39.54					

15 - 16 ans

1.	LAMBERT, Noah	10	Liège Natation		**4:00.34**	688
	50m: 27.00 27.00 150m: 1:25.50 29.62 250m: 2:26.43 30.64 350m: 3:29.30 31.64					
	100m: 55.88 28.88 200m: 1:55.79 30.29 300m: 2:57.66 31.23 400m: 4:00.34 31.04					
2.	GILLARD, Sacha	10	Liège Natation		**4:18.06**	556
	50m: 28.71 28.71 150m: 1:32.62 32.34 250m: 2:38.98 33.30 350m: 3:45.58 33.26					
	100m: 1:00.28 31.57 200m: 2:05.68 33.06 300m: 3:12.32 33.34 400m: 4:18.06 32.48					
3.	KHEDIMALLAH, Rayan	10	Liège Natation		**4:24.51**	516
	50m: 29.13 29.13 150m: 1:35.27 33.89 250m: 2:43.37 33.85 350m: 3:51.45 33.50					
	100m: 1:01.38 32.25 200m: 2:09.52 34.25 300m: 3:17.95 34.58 400m: 4:24.51 33.06					
4.	HEROLD, Gabriel	11	Vn		**5:08.78**	324
	50m: 34.37 34.37 150m: 1:53.17 39.81 250m: 3:12.63 39.86 350m: 4:32.94 40.01					
	100m: 1:13.36 38.99 200m: 2:32.77 39.60 300m: 3:52.93 40.30 400m: 5:08.78 35.84					

Epreuve 38, Messieurs, 400m Libre

17 ans et plus

1.	DE SCHRYVER, Noah			01	Liège Natation						**4:08.68**	621
	50m:	27.95	27.95	150m:	1:28.85	30.77	250m:	2:31.83	31.86	350m:	3:36.89	32.84
	100m:	58.08	30.13	200m:	1:59.97	31.12	300m:	3:04.05	32.22	400m:	4:08.68	31.79
2.	MAKA, Nicolas			09	Esn						**4:22.54**	528
	50m:	29.56	29.56	150m:	1:34.47	32.94	250m:	2:41.93	33.74	350m:	3:50.15	34.00
	100m:	1:01.53	31.97	200m:	2:08.19	33.72	300m:	3:16.15	34.22	400m:	4:22.54	32.39
3.	JANSSEN, Nicolas			08	Esn						**4:33.79**	465
	50m:	30.10	30.10	150m:	1:38.03	34.82	250m:	2:48.76	35.44	350m:	3:59.54	35.15
	100m:	1:03.21	33.11	200m:	2:13.32	35.29	300m:	3:24.39	35.63	400m:	4:33.79	34.25