

championnat du Hainaut des sprints
Tournai, 20- - 21-11-2021

Epreuve 10
20-11-21

Dames, 400m Libre

11 ans et plus
Liste résultats

temps 2021 11: 6:11.61; 12: 5:52.54; 13: 5:38.42; 14: 5:30.35; 15: 5:19.70; 16: 5:10.71; 17: 5:07.55; 18: 5:00.08; 19 +: 4:55.64

Points: FINA 2021

PL	Nom	An.	Club	Nat	Q-T	result	FINA					
11 ans												
1.	WILLEMYNS, Marie-Lou	10	CNT	BEL	5:26.88	5:15.24	408					
	50m:	36.06	36.06	150m:	1:56.38	40.19	250m:	3:16.97	40.03	350m:	4:38.55	40.69
	100m:	1:16.19	40.13	200m:	2:36.94	40.56	300m:	3:57.86	40.89	400m:	5:15.24	36.69
2.	ROUX, Nina	10	MHN	BEL	5:32.81	5:28.70	360					
	50m:	38.54	38.54	150m:	2:02.44	42.29	250m:	3:26.26	41.99	350m:	4:49.54	41.30
	100m:	1:20.15	41.61	200m:	2:44.27	41.83	300m:	4:08.24	41.98	400m:	5:28.70	39.16
3.	LECLERCQ, Aline	10	CNT	BEL	6:40.79	5:31.50	351					
	50m:	38.11	38.11	150m:	2:00.29	41.44	250m:	3:26.12	43.51	350m:	4:51.33	42.37
	100m:	1:18.85	40.74	200m:	2:42.61	42.32	300m:	4:08.96	42.84	400m:	5:31.50	40.17
12 ans												
1.	DEGRAENE, Satheen	09	DM	BEL	5:03.37	5:01.07	469					
	50m:	34.46	34.46	150m:	1:50.45	38.06	250m:	3:06.69	37.99	350m:	4:23.84	38.48
	100m:	1:12.39	37.93	200m:	2:28.70	38.25	300m:	3:45.36	38.67	400m:	5:01.07	37.23
2.	VACHAUDEZ, Ella	09	Enln	BEL	5:11.49	5:04.64	452					
	50m:	35.34	35.34	150m:	1:51.58	38.35	250m:	3:08.53	38.40	350m:	4:27.31	39.51
	100m:	1:13.23	37.89	200m:	2:30.13	38.55	300m:	3:47.80	39.27	400m:	5:04.64	37.33
3.	LEGRAND, Constance	09	CNT	BEL	5:59.14	5:08.50	435					
	50m:	34.92	34.92	150m:	1:52.65	39.40	250m:	3:11.28	38.98	350m:	4:30.82	39.43
	100m:	1:13.25	38.33	200m:	2:32.30	39.65	300m:	3:51.39	40.11	400m:	5:08.50	37.68
4.	PAVAN, Nahla	09	MS-Team	BEL	5:47.95	5:17.16	401					
	50m:	36.66	36.66	150m:	1:56.80	40.78	250m:	3:19.35	41.05	350m:	4:38.74	39.62
	100m:	1:16.02	39.36	200m:	2:38.30	41.50	300m:	3:59.12	39.77	400m:	5:17.16	38.42
13 ans												
1.	RINCHON, Rachel	08	Helios	BEL	4:36.38	4:31.51	639					
	50m:	30.88	30.88	150m:	1:40.12	34.94	250m:	2:49.99	34.96	350m:	3:59.16	34.45
	100m:	1:05.18	34.30	200m:	2:15.03	34.91	300m:	3:24.71	34.72	400m:	4:31.51	32.35
2.	DEBOUVRIE, Lyse	08	CNT	BEL	4:45.02	4:42.43	568					
	50m:	32.21	32.21	150m:	1:43.36	35.71	250m:	2:55.83	36.17	350m:	4:07.84	35.92
	100m:	1:07.65	35.44	200m:	2:19.66	36.30	300m:	3:31.92	36.09	400m:	4:42.43	34.59
3.	DELEPLANQUE, Emma	08	Helios	BEL	5:24.48	5:22.18	382					
	50m:	38.02	38.02	150m:	2:01.29	40.99	250m:	3:22.24	39.84	350m:	4:43.98	40.97
	100m:	1:20.30	42.28	200m:	2:42.40	41.11	300m:	4:03.01	40.77	400m:	5:22.18	38.20
14 ans												
1.	DEGRAENE, Sioban	07	DM	BEL	4:38.72	4:34.63	617					
	50m:	32.39	32.39	150m:	1:42.17	35.12	250m:	2:51.65	34.01	350m:	4:00.73	34.46
	100m:	1:07.05	34.66	200m:	2:17.64	35.47	300m:	3:26.27	34.62	400m:	4:34.63	33.90
2.	DEBOUVRIE, Klara	07	CNT	BEL	4:45.51	4:40.32	581					
	50m:	32.16	32.16	150m:	1:42.46	35.49	250m:	2:53.64	35.30	350m:		
	100m:	1:06.97	34.81	200m:	2:18.34	35.88	300m:	3:29.67	36.03	400m:	4:40.32	
3.	CORBISIER, Mylene	07	MHN	BEL	4:43.58	4:43.50	561					
	50m:	32.40	32.40	150m:	1:42.67	35.75	250m:	2:54.89	36.03	350m:	4:07.80	36.29
	100m:	1:06.92	34.52	200m:	2:18.86	36.19	300m:	3:31.51	36.62	400m:	4:43.50	35.70
4.	MICHAUX, Valentine	07	Helios	BEL	4:41.75	4:52.70	510					
	50m:	32.69	32.69	150m:	1:43.75	35.99	250m:	2:57.60	37.18	350m:	4:14.38	38.41
	100m:	1:07.76	35.07	200m:	2:20.42	36.67	300m:	3:35.97	38.37	400m:	4:52.70	38.32

championnat du Hainaut des sprints
Tournai, 20- - 21-11-2021

Epreuve 10, Filles, 400m Libre, 14 ans

PL	Nom	An.	Club	Nat	Q-T	result	FINA					
5.	DUPONT, Shannah	07	CNT	BEL	4:49.13	4:53.22	507					
	50m:	32.94	32.94	150m:	1:45.60	36.76	250m:	3:00.89	37.69	350m:	4:16.47	38.26
	100m:	1:08.84	35.90	200m:	2:23.20	37.60	300m:	3:38.21	37.32	400m:	4:53.22	36.75
6.	CHIFFOT, Ness	07	MHN	BEL	5:23.36	5:04.33	454					
	50m:	34.01	34.01	150m:	1:50.44	38.92	250m:	3:08.71	39.01	350m:	4:27.10	39.12
	100m:	1:11.52	37.51	200m:	2:29.70	39.26	300m:	3:47.98	39.27	400m:	5:04.33	37.23
7.	FRANCOIS, Shannon	07	Helios	BEL	5:09.09	5:09.93	429					
	50m:	36.04	36.04	150m:	1:54.57	39.15	250m:	3:14.00	39.97	350m:	4:32.27	38.52
	100m:	1:15.42	39.38	200m:	2:34.03	39.46	300m:	3:53.75	39.75	400m:	5:09.93	37.66
8.	NAZIANZENO, Méline	07	EnIn	BEL	5:30.27	5:21.02	386					
	50m:	36.24	36.24	150m:	1:57.32	41.15	250m:	3:20.71	41.66	350m:	4:42.65	41.11
	100m:	1:16.17	39.93	200m:	2:39.05	41.73	300m:	4:01.54	40.83	400m:	5:21.02	38.37

15 ans

1.	DULLIER, Déborah	06	Helios	BEL	5:19.87	5:16.80	402					
	50m:	35.54	35.54	150m:	1:55.63	40.54	250m:	3:16.74	40.46	350m:	4:37.75	40.63
	100m:	1:15.09	39.55	200m:	2:36.28	40.65	300m:	3:57.12	40.38	400m:	5:16.80	39.05
2.	DULLIER, Coralie	06	Helios	BEL	5:13.08	5:29.39	358					
	50m:	38.31	38.31	150m:	2:00.72	41.86	250m:	3:23.95	42.35	350m:	4:48.88	42.30
	100m:	1:18.86	40.55	200m:	2:41.60	40.88	300m:	4:06.58	42.63	400m:	5:29.39	40.51

16 ans

1.	PUISSANT, Lise	05	MHN	BEL	4:37.84	4:37.78	597					
	50m:	31.93	31.93	150m:	1:40.96	34.78	250m:	2:51.51	35.39	350m:	4:03.71	36.40
	100m:	1:06.18	34.25	200m:	2:16.12	35.16	300m:	3:27.31	35.80	400m:	4:37.78	34.07

17 - 18 ans

1.	GHELEYNS, Juliette	04	CNT	BEL	4:33.47	4:34.79	616					
	50m:	31.30	31.30	150m:	1:39.10	34.35	250m:	2:49.79	35.22	350m:	4:00.60	35.55
	100m:	1:04.75	33.45	200m:	2:14.57	35.47	300m:	3:25.05	35.26	400m:	4:34.79	34.19
2.	VANDUILLE, Noémie	04	CNT	BEL	5:00.96	5:13.74	414					
	50m:	34.44	34.44	150m:	1:51.45	39.14	250m:	3:12.41	40.81	350m:	4:34.63	41.21
	100m:	1:12.31	37.87	200m:	2:31.60	40.15	300m:	3:53.42	41.01	400m:	5:13.74	39.11

19 ans et plus

1.	MICHELS, Chloë	02	ESP	BEL	4:36.17	4:31.96	636					
	50m:	31.84	31.84	150m:	1:40.41	34.69	250m:	2:49.85	34.70	350m:	3:59.31	34.74
	100m:	1:05.72	33.88	200m:	2:15.15	34.74	300m:	3:24.57	34.72	400m:	4:31.96	32.65