

Criterium 2023  
4053 - Embourg, 18 - 19-11-2023

Event 42 Men, 400m Freestyle 2012 and older  
Results  
19-11-23 - 15:10

Points: FINA 2021

Rank	YB				Time	Pts
<b>Benjamins</b>						
1.	ALBORES-SANCHEZ	Rafael	11	Perron	<b>4:40.18</b>	434
	50m:	30.91	30.91	150m:	250m:	350m:
	100m:	1:08.21	37.30	200m:	300m:	400m:
						4:40.18
2.	GILIS	Arthur	11	Perron	<b>5:17.06</b>	299
	50m:	36.25	36.25	150m:	250m:	350m:
	100m:	1:16.36	40.11	200m:	300m:	400m:
						5:17.06
3.	TAZMI	Ilias	11	Cercle Royal De Natation De Bruxelles	<b>A5:17.57</b>	298
	50m:	34.48	34.48	150m:	250m:	350m:
	100m:			200m:	300m:	400m:
						5:17.57
4.	LEGROSCOLLARD	Romain	11	Mosan	<b>5:25.35</b>	277
	50m:	39.36	39.36	150m:	250m:	350m:
	100m:	1:12.66	33.30	200m:	300m:	400m:
						5:25.35
5.	DELANNOYE	Tom	12	Perron	<b>5:37.54</b>	248
	50m:	38.12	38.12	150m:	250m:	350m:
	100m:	1:21.59	43.47	200m:	300m:	400m:
						5:37.54
6.	FRAUENKRON	Luca	11	Sssv	<b>5:46.68</b>	229
	50m:	39.41	39.41	150m:	250m:	350m:
	100m:	1:23.74	44.33	200m:	300m:	400m:
						5:46.68
7.	FORTEMPS	Emilien	12	Perron	<b>5:47.94</b>	227
	50m:	37.81	37.81	150m:	250m:	350m:
	100m:	1:21.86	44.05	200m:	300m:	400m:
						5:47.94
8.	BRUNO	Diego	12	Aquabla	<b>5:58.82</b>	206
	50m:	41.36	41.36	150m:	250m:	350m:
	100m:	1:27.13	45.77	200m:	300m:	400m:
						5:58.82
9.	LIBERT	Timothe	11	Esn	<b>6:02.43</b>	200
	50m:	38.06	38.06	150m:	250m:	350m:
	100m:	1:21.95	43.89	200m:	300m:	400m:
						6:02.43
10.	DEVILLE	mael	12	Perron	<b>6:03.12</b>	199
	50m:	39.38	39.38	150m:	250m:	350m:
	100m:	1:24.89	45.51	200m:	300m:	400m:
						6:03.12
11.	VAN SLYCKE	Max	11	Cercle Royal De Natation De Bruxelles	<b>A6:10.40</b>	188
	50m:	41.05	41.05	150m:	250m:	350m:
	100m:	1:27.79	46.74	200m:	300m:	400m:
						6:10.40
12.	MOTTEISS	Rayan	12	Mosan	<b>6:11.84</b>	185
	50m:	42.34	42.34	150m:	250m:	350m:
	100m:	1:29.32	46.98	200m:	300m:	400m:
						6:11.84
13.	SARKISIAN	Arthur	11	Cercle Royal De Natation De Bruxelles	<b>A6:13.53</b>	183
	50m:	39.26	39.26	150m:	250m:	350m:
	100m:			200m:	300m:	400m:
						6:13.53
14.	ENDRES	Leevi	12	Sssv	<b>6:22.58</b>	170
	50m:	40.80	40.80	150m:	250m:	350m:
	100m:	1:28.17	47.37	200m:	300m:	400m:
						6:22.58
15.	VAN REETH	Maxime	11	Perron	<b>6:25.30</b>	167
	50m:	42.74	42.74	150m:	250m:	350m:
	100m:	1:31.44	48.70	200m:	300m:	400m:
						6:25.30
16.	OTOUL	Simon	12	Perron	<b>6:58.29</b>	130
	50m:	44.76	44.76	150m:	250m:	350m:
	100m:	1:35.43	50.67	200m:	300m:	400m:
						6:58.29
17.	EMMANUELE	Romeo	11	Perron	<b>7:34.70</b>	101
	50m:	47.36	47.36	150m:	250m:	350m:
	100m:	1:45.49	58.13	200m:	300m:	400m:
						7:34.70

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Minimes

1.	MAKA Nicolas		09	Esn		<b>4:51.26</b>	386
	50m: 32.28	32.28	150m:	250m:	350m:		
	100m: 1:07.84	35.56	200m: 2:21.35	300m:	400m: 4:51.26		
2.	DAVID Alan		10	Perron		<b>4:58.04</b>	361
	50m: 33.43	33.43	150m:	250m:	350m:		
	100m: 1:10.48	37.05	200m: 2:24.93	300m:	400m: 4:58.04		
3.	BOEHM Lennart		10	Cercle De Natation Sportcity Woluwe		<b>5:06.24</b>	332
	50m: 35.68	35.68	150m:	250m:	350m:		
	100m: 1:14.17	38.49	200m: 2:32.30	300m:	400m: 5:06.24		
4.	MARCOUX Lens		09	Esn		<b>5:08.70</b>	325
	50m: 33.78	33.78	150m:	250m:	350m:		
	100m: 1:12.76	38.98	200m: 2:31.83	300m:	400m: 5:08.70		
5.	JANS Ruben		10	Perron		<b>5:09.08</b>	323
	50m: 34.25	34.25	150m:	250m:	350m:		
	100m: 1:13.75	39.50	200m: 2:31.10	300m:	400m: 5:09.08		
6.	EL BOUSTANE Dawood		10	Mosan		<b>5:18.79</b>	295
	50m: 36.61	36.61	150m:	250m:	350m:		
	100m: 1:18.05	41.44	200m:	300m:	400m: 5:18.79		
7.	NEZER Tom		10	Esn		<b>5:20.11</b>	291
	50m: 39.31	39.31	150m:	250m:	350m:		
	100m: 1:15.11	35.80	200m: 2:36.11	300m:	400m: 5:20.11		
8.	KERFF Peter		10	Mosan		<b>5:36.08</b>	251
	50m: 38.48	38.48	150m:	250m:	350m:		
	100m: 1:20.74	42.26	200m: 2:45.81	300m:	400m: 5:36.08		
9.	CHAOUB Bassam		10	Cercle Royal De Natation De Bruxelles	<b>A5:37.05</b>		249
	50m: 39.69	39.69	150m:	250m:	350m:		
	100m: 1:21.23	41.54	200m: 2:46.40	300m:	400m: 5:37.05		
10.	PIETTE Morgan		10	Perron		<b>5:41.56</b>	239
	50m: 38.76	38.76	150m:	250m:	350m:		
	100m: 1:21.46	42.70	200m: 2:49.16	300m:	400m: 5:41.56		
11.	THEUWIS Tijl		10	Zdkb		<b>5:45.45</b>	231
	50m: 36.44	36.44	150m:	250m:	350m:		
	100m: 1:19.62	43.18	200m: 2:48.43	300m:	400m: 5:45.45		
12.	GUELOVANI Demetre		10	Mosan		<b>5:46.63</b>	229
	50m: 38.22	38.22	150m:	250m:	350m:		
	100m: 1:20.67	42.45	200m: 2:49.13	300m:	400m: 5:46.63		
13.	DOLYAN Daniel		10	Cercle Royal De Natation De Bruxelles	<b>A6:01.90</b>		201
	50m: 38.56	38.56	150m:	250m:	350m:		
	100m: 1:23.18	44.62	200m: 2:55.15	300m:	400m: 6:01.90		
14.	LEMNOUAR Youssef		10	Perron		<b>7:20.83</b>	111
	50m: 44.53	44.53	150m:	250m:	350m:		
	100m: 1:40.00	55.47	200m: 3:33.84	300m:	400m: 7:20.83		

Cadets

1.	MESTDAGT Arnaud		08	Esn		<b>4:35.83</b>	455
	50m: 31.18	31.18	150m:	250m:	350m:		
	100m: 1:05.63	34.45	200m: 2:15.67	300m:	400m: 4:35.83		
2.	GARRAUX Yoris		08	Perron		<b>5:09.81</b>	321
	50m: 36.42	36.42	150m:	250m:	350m:		
	100m: 1:15.63	39.21	200m: 2:35.01	300m:	400m: 5:09.81		
3.	GUELOVANI Data		08	Mosan		<b>5:29.37</b>	267
	50m: 34.12	34.12	150m:	250m:	350m:		
	100m: 1:13.98	39.86	200m: 2:35.43	300m:	400m: 5:29.37		

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Juniors

1.	LEDENS Victor		06	Cercle De Natation Sportcity Woluwe	<b>4:58.29</b>	360
	50m:	33.10	33.10	150m:	250m:	350m:
	100m:	1:08.51	35.41	200m:	300m:	400m:
						4:58.29

Seniors

1.	ROGEBOZ Marcus		02	Boust	<b>4:59.06</b>	357
	50m:	32.75	32.75	150m:	250m:	350m:
	100m:	1:08.84	36.09	200m:	300m:	400m:
						4:59.06
2.	RADOUX Thomas		92	Perron	<b>6:02.17</b>	201
	50m:	36.42	36.42	150m:	250m:	350m:
	100m:	1:17.59	41.17	200m:	300m:	400m:
						6:02.17