

championnat du Hainaut des sprints
Comines, 14- - 15-10-2023

Epreuve 11
14-10-23

Dames, 400m Libre

11 ans et plus
Liste résultats

temps 2023 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 2022

Q	PL	NAME	YB	CLUB	COUN	I-TIME	S-TIME	FINA
11 ans								
	1.	ROUDOMETKINA, Ksenia	12	Helios	BEL	5:16.69	5:16.51	403
		50m: 35.70 35.70	150m:		250m:		350m:	
		100m: 1:15.61 39.91	200m: 2:37.33		300m:		400m: 5:16.51	
	2.	FALZONE, Tess	12	EnIn	BEL	5:37.70	5:36.81	335
		50m: 38.02 38.02	150m:		250m:		350m:	
		100m: 1:22.46 44.44	200m: 2:48.79		300m:		400m: 5:36.81	
	3.	DELEPLANQUE, Erin	12	Helios	BEL	5:36.63	5:46.81	306
		50m: 39.08 39.08	150m:		250m:		350m:	
		100m: 1:23.99 44.91	200m: 2:52.89		300m:		400m: 5:46.81	
	4.	MAENE, Lea	12	Mhn	BEL	6:06.49	5:47.34	305
		50m: 38.34 38.34	150m:		250m:		350m:	
		100m: 1:22.25 43.91	200m: 2:52.98		300m:		400m: 5:47.34	
	5.	VALLEE, Elisa	12	BCSG	BEL	6:12.50	5:52.61	291
		50m: 40.40 40.40	150m:		250m:		350m:	
		100m: 1:27.76 47.36	200m: 2:54.98		300m:		400m: 5:52.61	

12 ans

	1.	VANDAMME, Louna	11	DM	BEL	5:06.25	4:59.72	475
		50m: 34.32 34.32	150m:		250m:		350m:	
		100m: 1:12.07 37.75	200m: 2:28.91		300m:		400m: 4:59.72	

13 ans

	1.	ROUX, Nina	10	Mhn	BEL	5:01.01	4:50.67	521
		50m: 33.72 33.72	150m:		250m:		350m:	
		100m: 1:10.31 36.59	200m: 2:23.51		300m:		400m: 4:50.67	
	2.	LECLERCQ, Aline	10	CNT	BEL	5:12.91	5:07.51	440
		50m: 35.66 35.66	150m:		250m:		350m:	
		100m: 1:13.14 37.48	200m: 2:31.02		300m:		400m: 5:07.51	

14 ans

	1.	VACHAUDEZ, Ella	09	EnIn	BEL	4:42.11	4:37.71	597
		50m: 31.86 31.86	150m:		250m:		350m:	
		100m: 1:06.33 34.47	200m: 2:16.89		300m:		400m: 4:37.71	
	2.	PAVAN, Nahla	09	EnIn	BEL	5:00.59	5:04.03	455
		50m: 34.06 34.06	150m:		250m:		350m:	
		100m: 1:10.87 36.81	200m: 2:27.57		300m:		400m: 5:04.03	

15 ans

	1.	RINCHON, Rachel	08	EnIn	BEL	4:29.29	4:29.44	654
		50m: 30.71 30.71	150m:		250m:		350m:	
		100m: 1:04.30 33.59	200m: 2:12.52		300m:		400m: 4:29.44	
	2.	PETRE, Victoria	08	EnIn	BEL	5:06.45	4:59.20	477
		50m: 34.42 34.42	150m:		250m:		350m:	
		100m: 1:11.60 37.18	200m: 2:28.74		300m:		400m: 4:59.20	
	3.	DELEPLANQUE, Emma	08	Helios	BEL	5:10.81	5:13.29	416
		50m: 35.19 35.19	150m:		250m:		350m:	
		100m: 1:14.22 39.03	200m: 2:34.29		300m:		400m: 5:13.29	

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16 ans

1. MERCIER, Faustine	07	DM	BEL	4:24.57	4:27.47	668
50m: 30.88 30.88	150m:		250m:		350m:	
100m: 1:04.39 33.51	200m: 2:12.81		300m:		400m: 4:27.47	
2. DECREAENE, Sioban	07	DM	BEL	4:29.72	4:34.97	615
50m: 31.85 31.85	150m:		250m:		350m:	
100m: 1:06.39 34.54	200m: 2:16.15		300m:		400m: 4:34.97	
3. DE BECKER, Aurore	07	DM	BEL	4:45.77	4:44.02	558
50m: 33.16 33.16	150m:		250m:		350m:	
100m: 1:08.47 35.31	200m: 2:20.08		300m:		400m: 4:44.02	
4. MICHAUX, Valentine	07	Helios	BEL	4:41.79	4:47.83	536
50m: 32.09 32.09	150m:		250m:		350m:	
100m: 1:07.07 34.98	200m: 2:18.19		300m:		400m: 4:47.83	
5. CORBISIER, Mylene	07	Mhn	BEL	4:44.29	4:49.81	525
50m: 32.76 32.76	150m:		250m:		350m:	
100m: 1:07.74 34.98	200m: 2:20.66		300m:		400m: 4:49.81	
6. WOLF BAYOT, Alix	07	Enln	BEL	4:55.14	4:56.05	493
50m: 34.04 34.04	150m:		250m:		350m:	
100m: 1:10.69 36.65	200m: 2:26.54		300m:		400m: 4:56.05	
disq. DUPONT, Shannah	07	DM	BEL	4:36.96		
SW 4.4 - Départ anticipé						