

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

Epreuve 33  
15-10-23

Messieurs, 400m Libre

11 ans et plus  
Liste résultats

temps 2023 11: 5:52.14; 12: 5:31.44; 13: 5:18.02; 14: 5:08.08; 15: 5:02.30; 16: 4:58.03; 17: 4:49.51; 18: 4:42.49; 19 +: 4:31.51

Points: FINA 2022

Q	PL	NAME	YB	CLUB	COUN	I-TIME	S-TIME	FINA
<b>12 ans</b>								
	1.	DENEUBOURG, Kylhian	11	Helios	BEL	5:33.77	<b>5:26.70</b>	274
		50m: 37.39 37.39	150m:		250m:		350m:	
		100m: 1:18.20 40.81	200m: 2:41.20		300m:		400m: 5:26.70	
x	2.	D'EUGENIO, Enzo	11	Mhn	BEL	5:24.05	<b>5:33.48</b>	257
		50m: 36.44 36.44	150m:		250m:		350m:	
		100m: 1:17.95 41.51	200m: 2:43.50		300m:		400m: 5:33.48	

**13 ans**

	1.	WATTIAUX, Thomas	10	Mhn	BEL	4:31.96	<b>4:30.93</b>	480
		50m: 30.11 30.11	150m:		250m:		350m:	
		100m: 1:04.23 34.12	200m: 2:13.65		300m:		400m: 4:30.93	
	2.	EMARA, Naël	10	DM	BEL	4:54.95	<b>4:44.54</b>	415
		50m: 33.48 33.48	150m:		250m:		350m:	
		100m: 1:09.07 35.59	200m: 2:22.23		300m:		400m: 4:44.54	
	3.	SYLVIO, Sacha	10	EnIn	BEL	4:49.68	<b>4:47.44</b>	402
		50m: 33.88 33.88	150m:		250m:		350m:	
		100m: 1:09.95 36.07	200m: 2:24.38		300m:		400m: 4:47.44	
	4.	THILL, Esteban	10	EnIn	BEL	4:57.03	<b>4:48.37</b>	398
		50m: 31.58 31.58	150m:		250m:		350m:	
		100m: 1:06.69 35.11	200m: 2:19.44		300m:		400m: 4:48.37	
	5.	EL YOUSFI, Ilyes	10	MS-Team	BEL	5:11.19	<b>4:57.46</b>	363
		50m: 34.29 34.29	150m:		250m:		350m:	
		100m: 1:11.41 37.12	200m: 2:27.48		300m:		400m: 4:57.46	
	6.	DELATTRE, Shaïn	10	EnIn	BEL	5:10.94	<b>4:59.28</b>	356
		50m: 34.73 34.73	150m:		250m:		350m:	
		100m: 1:12.16 37.43	200m: 2:28.49		300m:		400m: 4:59.28	
	7.	DUREZ, Oliver	10	EnIn	BEL	5:16.87	<b>5:11.75</b>	315
		50m: 35.36 35.36	150m:		250m:		350m:	
		100m: 1:13.60 38.24	200m: 2:32.67		300m:		400m: 5:11.75	
	8.	FALZONE, Raphaël	10	EnIn	BEL	5:21.01	<b>5:13.91</b>	309
		50m: 35.43 35.43	150m:		250m:		350m:	
		100m: 1:14.72 39.29	200m: 2:34.85		300m:		400m: 5:13.91	

**14 ans**

	1.	GUELTON, Mathias	09	CNT	BEL	4:42.37	<b>4:35.44</b>	457
		50m: 30.82 30.82	150m:		250m:		350m:	
		100m: 1:05.38 34.56	200m: 2:16.22		300m:		400m: 4:35.44	
	2.	NEGRIN, Samuel	09	Mhn	BEL	4:48.74	<b>4:44.29</b>	416
		50m: 32.21 32.21	150m:		250m:		350m:	
		100m: 1:06.80 34.59	200m: 2:18.22		300m:		400m: 4:44.29	
	3.	ABRAHAM, Noa	09	CNT	BEL	5:02.36	<b>4:54.07</b>	376
		50m: 32.60 32.60	150m:		250m:		350m:	
		100m: 1:08.60 36.00	200m: 2:23.46		300m:		400m: 4:54.07	

**15 ans**

	1.	SOBRIE, Gautier	08	DM	BEL	4:22.76	<b>4:15.85</b>	570
		50m: 29.24 29.24	150m:		250m:		350m:	
		100m: 1:01.56 32.32	200m: 2:06.15		300m:		400m: 4:15.85	
	2.	DUFOND, Nathan	08	EnIn	BEL	4:22.22	<b>4:22.45</b>	528
		50m: 29.35 29.35	150m:		250m:		350m:	
		100m: 1:01.91 32.56	200m: 2:08.03		300m:		400m: 4:22.45	
	3.	VANDERSTICHELEN, Oscar	08	CNT	BEL	4:27.45	<b>4:25.88</b>	508
		50m: 30.80 30.80	150m:		250m:		350m:	
		100m: 1:04.78 33.98	200m: 2:11.27		300m:		400m: 4:25.88	

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Epreuve 33, Garçons, 400m Libre, 15 ans

Q	PL	NAME	YB	CLUB	COUN	I-TIME	S-TIME	FINA
	4.	BRUNEE, Jules	08	Helios	BEL	4:32.33	<b>4:36.27</b>	453
		50m: 31.83	31.83	150m:	250m:		350m:	
		100m: 1:06.80	34.97	200m: 2:18.05	300m:		400m: 4:36.27	
	5.	ANKAERT, Léon	08	EnIn	BEL	4:35.79	<b>4:38.02</b>	444
		50m: 30.39	30.39	150m:	250m:		350m:	
		100m: 1:04.20	33.81	200m: 2:13.80	300m:		400m: 4:38.02	
	6.	MUNARON, Théo	08	EnIn	BEL	4:45.37	<b>4:43.28</b>	420
		50m: 31.68	31.68	150m:	250m:		350m:	
		100m: 1:06.41	34.73	200m: 2:18.31	300m:		400m: 4:43.28	

16 ans

	1.	CABO, Esteban	07	EnIn	BEL	4:26.01	<b>4:22.14</b>	530
		50m: 30.83	30.83	150m:	250m:		350m:	
		100m: 1:04.19	33.36	200m: 2:08.59	300m:		400m: 4:22.14	
x	2.	DUQUESNE, Ioann	07	MS-Team	BEL	5:12.73	<b>4:59.57</b>	355
		50m: 32.07	32.07	150m:	250m:		350m:	
		100m: 1:08.20	36.13	200m: 2:23.67	300m:		400m: 4:59.57	

19 ans et plus

	1.	VANHUYS, Logan	97	DM	BEL	3:56.02	<b>3:58.51</b>	704
		50m: 27.52	27.52	150m:	250m:		350m:	
		100m: 57.34	29.82	200m: 1:57.37	300m:		400m: 3:58.51	
	2.	DAL, Lucas	99	Helios	BEL	4:15.68	<b>4:06.71</b>	636
		50m: 27.95	27.95	150m:	250m:		350m:	
		100m: 58.15	30.20	200m: 2:00.52	300m:		400m: 4:06.71	